



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
WEDNESDAY, JULY 21, 2021

FACTOID

34 LAKH TONS

The amount of plastic waste, which was generated in the financial year 2019-2020, an increase of more than 10 lakh tons compared to 2017-18, the ministry of environment informed Rajya Sabha on Monday. According to the ministry of environment, a multi-pronged strategy has been adopted to phase out identified single-use plastic items in the country, which comprises awareness generation and behavioural change, regulatory regime for phasing out of plastic items having low utility and high littering potential, engagement with stakeholders, and strengthening of institutional mechanism for collection, segregation, recycling and environmentally-sustainable end of life disposal of plastic waste, as envisaged in Plastic Waste Management Rules, 2016

Bob Dylan returns to stage through live-streaming platform



After a year and a half absence because of the pandemic, relentless road warrior Bob Dylan returned to a concert stage on Sunday at least online. He performed for fans, who paid \$25 to watch online through the live-streaming platform Veeps. Dylan hasn't performed live since December 2019. Since 1988, he had kept performing regularly: 78 gigs in 2019 and 84 in 2018

CLICK HERE: PAGE 1 AND 2

PEGASUS SPYWARE

WHAT The Pegasus revelations, reported by 17 publications, including 'The Washington Post', 'The Guardian' and 'The Wire' have created ruckus in Parliament. The revelations show how the spyware developed by an Israeli firm, NSO Group, was used by agencies from over 10 nations, including Hungary, Azerbaijan and India, to target journalists, Opposition politicians and others. Pegasus is a spyware that infects devices and spies by transferring data to a master server in an unauthorised manner. Once compromised, the agency using Pegasus can gain access to texts, pictures, documents, calls, GPS location as well as the ability to remotely control the microphone.

HOW it works: A hacker, who intends to hack a phone, sends the targeted user a malicious website link, and if the user clicks on it, Pegasus is installed on the phone. Besides, installed through a security bug in voice calls made through apps like WhatsApp, the spyware is so potent and secretive that it could be installed on the phone just by giving a missed call to the user. Once, the software is installed it would delete the call log entry so that the user wouldn't know about the missed call.

THE IMPACT: Once Pegasus is on a phone, it can potentially spy on the targeted user completely and thoroughly. Even encrypted chats like the ones made through WhatsApp were accessible to Pegasus

It first came to the limelight in 2016, when an Arab activist got suspicious after receiving a shady message. It was believed that Pegasus was targeting iPhone users. Several days after its discovery, Apple released an updated version of iOS, which reportedly patched the security loophole that Pegasus was using to hack phones. Pegasus in 2021 is a far more evolved avatar of its 2016 version, and can now execute what is known as a 'zero-click' attack, which means it can infiltrate a phone with practically no action from the target



PEGASUS BUGS INDIA

According to reports, 40 journalists, three major Opposition figures, one constitutional authority, and two serving ministers in the Narendra Modi government have been affected by the spyware. This is the second such revelation about Pegasus. Previous investigations by Citizen Lab had revealed that the spyware was used to target activists and lawyers across the world, including Indian lawyers and activists related to the Bhima Koregaon case, through a flaw in WhatsApp

HARRY FOLLOWS MEGHAN'S STEPS

Prince Harry is writing what his publisher is calling an "intimate and heartfelt memoir." The book by the Duke of Sussex, currently untitled, is expected to come out late in 2022. "Prince Harry will share, for the very first time, the definitive account of the experiences, adventures, losses, and life lessons that have helped shape him," Random House announced on Monday. The announcement comes four months after Harry and his wife, Meghan, the Duchess of Sussex, made worldwide news during their interview with Oprah Winfrey near the couple's home in Montecito, California.



Last month, Meghan published the picture book 'The Bench' through Random House Books for Young Readers

Meet the Olympic refugee team, a team with a cause



The Olympic refugee team arrived in Tokyo on Sunday. The team, which will compete under the Olympic flag and comprises people from countries including Syria, South Sudan, Eritrea, Afghanistan and Iran, is almost three times as big as the inaugural team at the Rio de Janeiro 2016 Olympics. Of the 26 athletes, five are originally from Iran, four from South Sudan, and three from Afghanistan. Ten are women.

1 The refugee team was envisioned by the International Olympic Committee, following the case of marathon runner Guor Marial, a refugee living in the US, who competed at the 2012 London Games as an independent athlete

2 Four years later, at the 2016 Games, the team made its debut. Ten athletes took part

TOKYO OLYMPICS THE COUNTDOWN BEGINS

3 There are a few stalwarts in the ranks too. Kimia Alizadeh, who defected from Iran to Germany last year, is an Olympic medallist (bronze-taekwondo), while Yusra Mardini, is a refugee from Syria, who competed in Rio

Julia Roberts lends voice to powerful video on environment conservation

In a bid to create awareness on conservation, actress Julia Roberts has done the voiceover in a video uploaded on the YouTube channel of the organisation Conservative International. In the video, which is one minute and 58 seconds-long, the actress speaks from the point of view of Mother Earth. She goes on to make a powerful statement on behalf of Earth. She says, "But I have been here for eons. I have fed species greater than you, and I have starved species greater than you. My oceans, my soil, my flowing streams, my forests, they all can take you or leave you."

Some call me nature, others call me mother nature. I have been here for over four and a half billion years - 22,500 times longer than you. I don't really need people but people need me. Yes, your future depends on me. When I thrive, you thrive. When I falter, you falter, or worse
Julia Roberts, actress

India bags Best Documentary Award @Cannes film festival

Mumbai-based filmmaker Payal Kapadia has bagged the Oeil d'or (Golden Eye) award for Best Documentary for her film 'A Night of Knowing Nothing' at the Cannes Film Festival. 'A Night of Knowing Nothing' emerged as the winner on a list of 28 documentaries submitted from around the world. The announcement came through the Twitter account of Cannes Independent movie selection handle Quinzaine Des Real.



'A Night of Knowing Nothing' follows a university student in India, who writes letters to her estranged lover while he is away

STUDENT EDITION
FRIDAY, JULY 23, 2021

CITIUS ALTIUS FORTIUS

► **THINK TOKYO**
New sports in Tokyo, biggest Olympics ever till now

► **HOW IT STARTED**
Trivia on Ancient Olympics (Greece), how it started and how it ended with Romans conquering them + quiz and trivia

► **HOW IT'S GOING**
History of modern Olympics from 1896 to 2021

► **ALL ABOUT THE MOTTO**
Trivia and history of Olympic hymn, motto, symbol

► **ALL ABOUT INDIA**
Who all are in the Indian contingent
Past Indian glory in Olympics

► **GREATEST FEATS**
Greatest achievements and glories in Olympics till date.

OLYMPICS SPECIAL
COMING OUT ON JULY 23

TIMES NIE EDITORIAL POWERED BY STUDENTS

THE GROSS MISMANAGEMENT OF PANDEMIC

We need to debate on how and why the govt fumbled during the pandemic

A health crisis was emerging, spreading the disease and economic losses across the globe. Countries were locking down and by the time our Prime Minister announced a one-day Janata curfew the message was becoming clear. Lockdown during such a pandemic was inevitable, but did we lock down too soon? According to Abhijit Banerjee, yes. The Nobel Laureate feels that state governments did not give priority to producing high quality statistics which led to an absence of



By **DURGA BASU**
Class: X, Vasant Valley School, New Delhi

evidence that they consulted the finance and health ministries or even the Chief Ministers of Delhi, Assam and Telangana, to when Modi ji declared victory over the disease last September and this March and also claimed that the BJP victory in Bihar was due to the centre's handling of Covid 19.

Along with the health crisis, came an economic meltdown. Last December,

A significant moral blunder was committed when the government could somehow afford to bring back Indians from foreign countries with chartered jets, but could not offer early support to thousands of impecunious migrant workers!

science-based decision making. This absence of science-based decision making, lack of economic and moral sense, combined with hubris might have led to the failure of the first lockdown.

The lack of respect for science showed when the world's strictest lockdown was triggered at a time when we had only 519 cases. There were no central government ordered regional lockdowns as well - red, orange and green zones were announced only six days into the lockdown. Health experts believe that localised lockdowns would have worked better during the initial stages of the pandemic. While other countries were pre ordering vaccines last summer, we waited till January 2021 before placing any orders. A significant moral blunder was committed when the government could somehow afford to bring back Indians from foreign countries with specially chartered jets, but could not offer early support to thousands of impecunious migrant workers. The government closed state borders, buses and trains leaving the workers to attempt dangerous journeys to walk thousands of kilometres on foot in the hope of returning home someday. And the central government has now announced that there will be no compensation for the families of dead migrant workers. The hubris was on full display throughout the crisis starting when the Prime Minister enforced the world's strictest lockdown without any



India, for the first time, fell into technical recession. Unemployment peaked at 27.1% last May. 2020's economic recession also pushed 75 million into poverty and shrunk the middle class by 30% or even higher. Of course, we are not the only country to have mismanaged the pandemic in its early stages. Former

We wanted 300 million people vaccinated by July, but as of now, the number stands just above 4.3 million (approx). We are now paying the price for our government's refusal to order shots in advance.

larger price, a policy that was questioned by the Supreme Court. The government has allowed manufacturers to hike prices and has left the people to pay for it. Free vaccines for all was only declared on June 21.

We initially wanted 300 million people vaccinated by July, but as for now, the number stands just above 4.3 million. We are now paying the price for our government's refusal to order shots in advance. After the first wave receded in September, a wave of complacency swept India, with states and the centre easing restrictions and telling the whole world about India's incredible victory. It was because of this complacency that the government underestimated demand for vaccines in January. What followed in the second wave is history and hope the history isn't repeated.

Do you agree? Mail us your thoughts on toinie175@gmail.com



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Women make up only 28% of the workforce in STEM

The fight against patriarchy has been an ongoing one. Feminist movements have asserted for equal rights for women and equal opportunity when it comes to education, career opportunities, equal pay and more. Despite the tremendous achievements that girls and women have had in education and the workforce during the past 50 years, women make up only 28% of the workforce in STEM. Men vastly outnumber women in most STEM fields in college, and in the upper levels of these fast-growing, high paying professions.



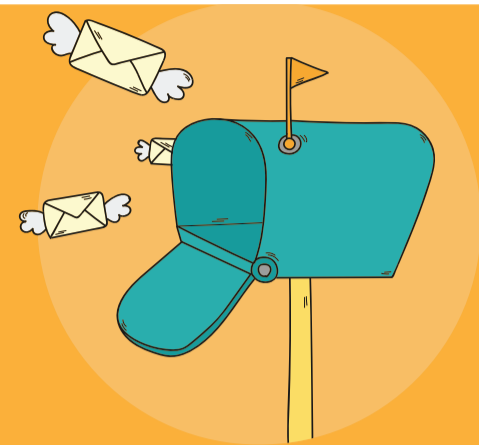
By **GARVITA YADAV**
class XI, Shiv Nadar School, Noida

Science, technology, engineering, math (STEM) is regarded as a vital sector for the growth of the national economy. This isn't to say we as a society haven't progressed. According to the All India survey of higher education, there has been a sharp growth in girl students pursuing and outperforming boys in subjects like math and engineering, a large concentration of them being in the state of UP. Historically boys have outperformed girls in subjects like math, due to the fundamental difference in their upbringing and the way boys and girls used to be encouraged about education in the past.

It had established the narrative that fields like STEM aren't suitable for women. But in the past few decades, the gender gap has narrowed, and today girls are doing as well as boys in math on average. Girls and boys take up a roughly equal number of math and science courses in primary, middle and high school.

This shows the importance of culture and learning environments in cultivating interests and honing our abilities. About as many girls as boys leave high school prepared to pursue science and engineering subjects in college. Yet fewer women than men pursue these careers.

And sadly around 80% of all women who receive equal quality of education as boys don't choose STEM careers!



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WE ARE WAITING

Our Word...

Let's get to know 'Nature'

What is Nature? Does it only mean forest, trees, mountains, lakes? No! It is the phenomena of the physical world. It has its own music, rhyme and rhythm. It listens to us, understands, tells us what we are and connects our body to our soul.

Humans are a part of nature and nature is a part of humans. The rise of technology has distanced us from mother nature. We have so disconnected ourselves from the natural world that we tend to forget what it has given us. It gives us water, shelter, food, medicines and many more things. We should not forget that nature is our solo supplier. The most beautiful part of nature is the flora and fauna.



Unfortunately humans are devastating nature. Biodiversity spots are decreasing day-by-day. There are many environmental problems like global warming, ozone depletion, etc. However, these problems have solutions. Using jute bags instead of plastic bags can be helpful, promising yourself to plant a seed on every special day or occasion, going for beach cleaning once a month, promoting the use of biomass energy from waste litter can help us tackle all the environmental issues. These small steps will contribute to a better and happy future.

TANVI SHINDE, class VIII, Bombay Cambridge International School

Inspirational Sport

(About Vishwanathan Anand)

When we hear the word 'chess', some people think that it is a game which was invented in India and some may think about the first Indian chess grandmaster, Vishwanathan Anand. He was born on December 11, 1969, in the state of Tamil Nadu. Anand started learning chess at the age of six and his mother was his first teacher. Apart from chess, he likes to listen to music and enjoys swimming. Because of his achievements, he is called the 'Tiger of Madras' and his nickname is Vishy; he is married to Aruna Anand and has a son named Akhil Anand. Anand was the undisputed World Chess Champion from 2007 to 2013; he got the rare honour to be awarded Padma Shri at the age of 18 and later also got the Rajiv Gandhi Khel Ratan Award, Padma Vibhushan, Arjun Award and Chess Oscar. He published his collection of games under the title 'Vishy Anand: My Best Games of Chess'. Anand was the first Asian at the age of 17 to win the World Chess title at the FIDE (The International Chess Federation) Junior Championship, 1987. He is also the five-time World Chess Championship winner. Vishwanathan Anand brought great honour to India due to his many achievements in chess.

S SRISABARIVEL, VII A, Essar International School

TEACHERS HAVE THEIR SAY

Delhi Board Secondary Education 2021: Reactions and Expectations

The Delhi Government has started the process of setting up its independent state board - Delhi Board of School Education (DBSE). Chief Minister Arvind Kejriwal had earlier announced (this year in March) that to begin with, nearly 21-22 state government schools will be affiliated to DBESE, and in the next four years all the schools will be brought under the new Board. Presently, there are around 1,000 Delhi government schools and 1,700 private schools, affiliated to the CBSE, in the city

Will this new education Board bring about a paradigm shift in the education sector in the Capital? We found out reactions from educators and principals across the city. A special report by TIMES NIE.

Brilliant move; must include application-based learning

The idea of having a State Education Board that caters specifically to Delhi students and its functioning in close alignment with national and international Boards is a brilliant move. We hope to witness a shift in teaching-learning practices across Delhi. The other thing that the Board must include is application-based learning and assessment.

MONIKA KOUL SULTAN, HOD English, Khaitan Public School, Sahibabad, Ghaziabad

Hope it brings instrumental changes to curriculum

Delhi holds a very high regard within our country's educational ecosystem. The govt has been constantly bringing constructive changes within the education system of Delhi. Introduction of DBSE is a welcome addition. On the one hand, it affirms the commitment of the govt towards improving education, while on the other, it seems to cater to the needs of students ready for critical thinking. I hope it brings innovative and instrumental changes to curriculum and attitude of students. **Punam Gupta**, principal, Maharaja Agarsain, Ashok Vihar, New Delhi

Separate Board will divide, not unite!

Unity has always been our strength. CBSE as a standard Board adds to that unity and weaves us in a common national thread. Creating a parallel Board (for which there is no need) would not just confuse but would also divide. I don't see the need for a separate Board.

NAMITA SHARMA, teacher, Queen's Valley School, Dwarka



Look forward to new paradigm of continuous learning

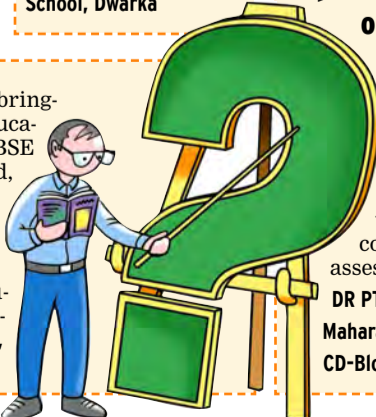
With the new Board for Delhi schools, encompassing entrepreneurship and self-reliance, it appears to be a novel initiative. We look forward to the new paradigm of continuous learning and assessment.

DR PTAIBHA KOHLI, principal, Maharaja Agrasen Model School, CD-Block Pitampura, New Delhi

May help to narrow skill-set gap

This is a welcome step as it can allow the Delhi govt to plan and devise strategies based on the demographic, cultural and social background of students in the state. The curriculum can be detail oriented which is great. Also, addition of skill-set can vary in every state and hence, this narrowing will go a long way in bridging the gap that we feel today.

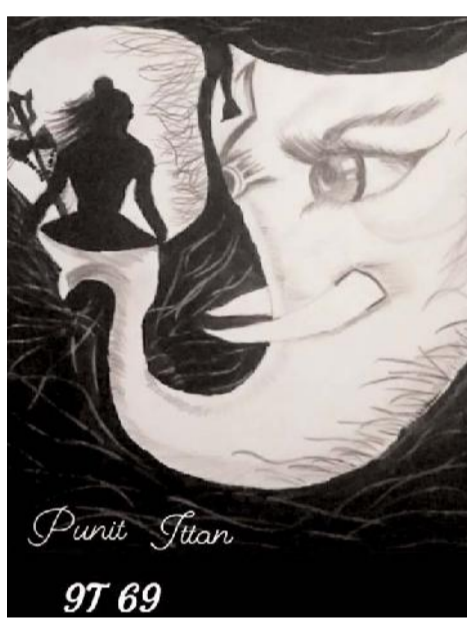
Latesh Chaudhary, principal, Lancer Convent, Rohini, New Delhi



World Youth Skills Day @ Sakar



World Youth Skills Day - This day is meant to commemorate, acknowledge and celebrate the importance of equipping young people with skills for employment and entrepreneurship. As the world changes and economics along with it, the need for a skill-based workforce is on the rise. Keeping this in mind Sakar celebrated World Youth Skills Day. Teachers motivated students and made them understand the importance of skills. Einstein invested his entire life and gave some theories to the world and the world has not been the same ever since. Edison's views changed the lifestyle of the rest of the world. Socrates, Aristotle and Plato changed the thinking of the world. Zakir Hussain brought a new status to the tabla. Every human life not only has the power to



lift itself but also has the power to lift the collective consciousness of humanity. Many students participated and showcased their skills by sending their creative videos on sketching, graphics, magic with coins, playing a musical instrument, photography, cooking, etc. It was an astonishing moment to see such potential and confident students. We all were witnessing future M.F Hussain's, Ratan Tatas, Zakir Hussain's, A.R Rehman's, etc. Sakar always encourages students to believe in themselves and their skills. It organises co-curricular activities in school, which helps hone the talents of young minds and give them the opportunity to develop their specialized skill. Competitions that are organized can create a competitive environment and help them work towards continuous improvement in their skill.

VAN MAHOTSAV AT GIIS



GIIS Ahmedabad celebrates Van Mahotsav every year with great fervour and enthusiasm as the children are always eager to express their love for Mother Earth. 'Plant a tree and add a new friend to your life, was the motto for the Van Mahotsav celebration at GIIS Ahmedabad this year. As part of the, 'I Care Programme', the school tries to sensitize the students towards environmental issues at a very young age.



On the Van Mahotsav Day, the young 'Green Warriors' were dressed in green attires. They expressed their determination and love towards the trees by taking a pledge to plant a sapling on their birthdays and take care of them. The tiny tots of pre-primary and the 'Young Explorers' of Grade 1 took the initiative of making trees their friends by tying friendship bands prepared by them to the trees! To create awareness about the importance of trees and conservation of the forests, the 'Green Crusaders' of

Grade 2 started a campaign to 'Save Trees, Save Earth'. The students participated in a Poster making activity and created beautiful messages on environment conservation. With a sense of fulfillment and pride, the students displayed their posters on their society notice boards and outside their homes. For the activity, 'Capture a snapshot with the Plants' the students took 'selfies' with the plants with a unique pose and shared them during the class.



SOJOURN AT DUBAI

Last year I went to Dubai with my family to enjoy my short trip. I started my journey from Ahmedabad Airport. When I reached Dubai there was a metro train to drop the passenger from one terminal to another. "The Airport was awesome so many different shops like eatery, perfumes, chocolates, dates, etc. were there. We went to the hotel and the next day we started visiting beautiful places in Dubai including the Dubai Mall, Mosque, Ferrari World, Dessert Safari, Bollywood park etc. The first we went for Dessert Safari and jeep ride was very exciting.

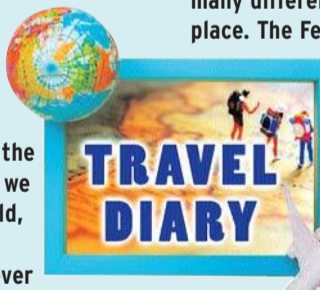


We stayed for some time we had dinner the people showed magic from the ring, fire, etc. Then we went to Ferrari World, there were exciting things that I had never

seen like a huge roller-coaster, car racing, and monkey bar. I saw so many different Ferrari cars in one place. The Ferrari world is so big that one day was not enough. There were many other places like the frame of the Dubai, mina Bazar, beaches, at the top (Burj

Khalifa). It takes 60seconds to reach 124 floors by the lift and at the top is the Dubai Mall, the tallest building in the world, with a musical fountain, which was really amazing. I was excited to see the underwater Aquarium in Dubai Mall.

NANDINI NANKANI, class IV, Zebar School For Children, Ahmedabad



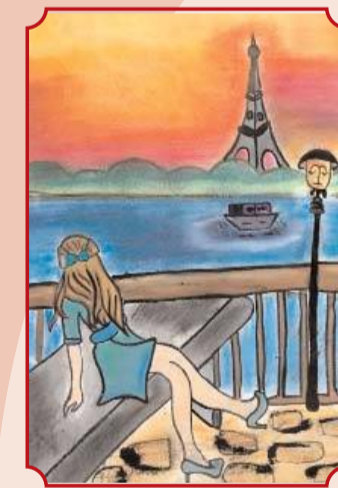
Painters' Gallery



Bhavya Patel, Class VIII, Jannabai Narsee School, GIFT City



Kavya Lathiya, Class VII, Joyous English School, Surat



Swini Shah, Class VIII, St Kabir School



Mansi Modi, Class X, Sakar English School



Sukanya Dholakia, Class VIII, Krishna International Public School, Patan

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Laws against animals cruelty in India lack teeth

We all live in an interconnected world and that means we are also dependent on other species on this planet. Going by the rules, it's a human's right to get a fair stance when attacked or disturbed. Similarly, it is the right of every species on this planet to feel safe and secure. More importantly, it is the responsibility of human beings to exercise this duty. But we all know that the laws against animal cruelty in India lack teeth. Offenders do not show any remorse as they know that they can get away by paying Rs 50-100 as penalty for harming animals, which is laughable.

Animals are not safe in their natural habitats, on roads, even in shelters specially built for them. Yes, people still fail at soft values; they differentiate between strays and pets and even try to justify their acts. But ultimately the laws defined have failed to protect the voiceless. **INAYAT KAPOOR**, class XII, Bhavan Vidyalaya, Panchkula

Blaming the law, every time does not work. Long back, the 1960 Prevention of Cruelty to Animals Act and the Wildlife Protection Act in 1972 were put in place by the government, understanding the fact that even animals are living beings like us. Even at the state level, cattle protection and cow slaughter prohibition legislations are there. Criticising our government about a significant issue for which a law is already punishing the offender by fining a compensation of thrice of the animal's cost and a sentence of almost five years, seems futile. Even people of the country refuse to be sensitive and videos of animal cruelty are viral every now and then. What will work more is awareness among people as a vigilant society. It can prevent crime in a far better manner as compared to stringent laws. **SOMYAA SINGH**, class X, St Kabir Public School, Chandigarh

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DEBATE

AGAINST

LIFE

Life is all fair, nothing to compare. Life is all to enjoy nothing to destroy. Life has many ups and downs And what goes always comes around. Life is a pretty time, not made for doing a crime. Life is like a story all framed by you, The life you have has only a few. Although this story has to end one day, 'Die with memories, not with dreams' that's what they say **HELLY CHHAYA**, class VI, Shanti Asiatic School, Bopal

Little Leap Olympiad

Little Leap congratulates all the final round winners.

Age Group 4-6	Age Group 7-10	Age Group 11-13
Aishani Misra	1st Siyona Joyce Tennela <i>Global Edge School, Madhapur</i>	1st Thejaswini <i>Global Edge School</i>
Yuvaan Bopche	2nd Ishita Das <i>St. Teresa Secondary School</i>	2nd Gunank Raj Mishra <i>Delhi Public School</i>
Sadyant Bal <i>Vikhe Patil Memorial School</i>	3rd Rehat Kaur	3rd Sampurna Gope <i>Adamas World School</i>

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WON'T BE BOGGED DOWN DESPITE COVID-19: STIMAC

Football team coach's contract extended till September next year

His contract as the men's football coach extended till September 2022, national team head coach Igor Stimac on Tuesday said that Covid-19 dented the plans of the Indian senior side, but they would not be bogged down. The All India Football Federation's (AIFF) Technical Committee on Monday decided to extend Stimac's contract till September 2022, keeping in mind the Asian Cup qualifiers, the All India Football Federation (AIFF) has said.

AFC Asian cup in view

AIFF Technical Committee under the chairmanship of Shyam Thapa met via a video conference on Monday. AIFF interim technical director Savio Medeira, and AIFF general secretary Kushal Das were also present. "The committee deliberated at length, and reached a consensus that in view of the external factors which has had

a huge impact on the footballing world in general, and with the national team all set to begin their campaign in their quest to qualify for the AFC Asian Cup China 2023, head coach Igor Stimac be given an extension of his contract till September 2022," the AIFF said in a statement.

The AFC Asian Cup qualifiers are scheduled to be played from February to September next year. One of the most high-profile coaches to manage the Indian men's national football team, Stimac was appointed to the top post in May 2019 for a two-year term, and has had mixed results since. The previous contract of Stimac, who had coached Croatia to the 2014 FIFA World Cup in Brazil, was valid till September after getting an extension in May 15.

Opened up opportunities

While the team may not have won many games under the former West Ham United defender, Stimac has given opportunities to many promising youngsters in the team with

the freedom to express themselves on the field. The Croatian was in charge of the team's 2022 World Cup and 2023 AFC Asian Cup qualifiers where they were drawn in Group E.

While they could not advance to the next round of World Cup qualifiers, India finished third in the group with seven points to make the third round of the Asian Cup qualifiers.

Thapa, chairman of the technical committee, asked Stimac to "come up with a detailed long-term plan to take Indian football forward together".

According to AIFF, Stimac made a presentation on the performance graph of the Senior Men's National Team wherein he highlighted about the change in football philosophy and the emergence of the future generation of the Blue Tigers in the national team set-up. Stimac has been on contract as head coach since May 2019. The AFC Asian Cup qualifiers will be played from February 2022 to September 2022. ANI

It's been a pleasure having worked with Indian football since 2019 and I'm more thrilled to have gotten this opportunity to continue working with these wonderful people for another year. Our job is far from being done but we are on course to achieving our target.

IGOR STIMAC



Photo: TOI

MARY KOM HOPES FOR A MEMORABLE SWANSONG

Six-time world champion sets sights on elusive gold in her final Olympics

"My goal is to win the elusive Olympic gold medal," came the reply from India's most decorated boxer while preparing for her final Games fling in the Italian town of Assisi, before reaching Tokyo on Sunday. She added, "And I hope my last Olympics turns out to be the most memorable one and I can inspire people and bring some joy in these challenging times."

The only boxer in the world with eight World Championship medals, MC Mary Kom's status as an inspiring sporting icon is not accurately reflected in the well-known but poorly-made Bollywood biopic. Instead, her influence looms large in the steady churning out of

women boxers in the country, three of whom will accompany her in Tokyo.

Yet, as the six-time world champion was making the most of the final leg of her preparations in an Italian commune strewn with Roman remains, she was aware of the warrior-like effort she has had to put up in the last one and a half years against an opposition as formidable as Covid-19. "It was a tough time in general with the second wave rampant and everything happening so quickly. The training camp had to be stopped temporarily but we were in touch with each other through video calls and we devised a new plan," Mary Kom said, describing the period when she was without her personal coach, Chhote Lal Yadav, who

had contracted the virus in mid-April.

Coach Yadav gave more details of that plan. "Sumya (Halder, her physio) was in touch with her and made sure that all the good work that we did in the past months continued. After a few weeks, we went to SAI, Pune, and trained there. We took it as another challenge and did everything possible," said Yadav.

"I was doing my best with whatever was possible, keeping myself fit and training and brushing up on my techniques," added Mary Kom. "My experience also helped me in such tough circumstances as I knew it wouldn't be long before things changed again for the better. With Asian Championships and Olympics around, I had enough motivation to train hard." It was this optimism and constant support of her family that kept her mentally strong even when she was devoid of training and sparring.

OLYMPIC WATCH

midable as Covid-19. "It was a tough time in general with the second wave rampant and everything happening so quickly. The training camp had to be stopped temporarily but we were in touch with each other through video calls and we devised a new plan," Mary Kom said, describing the period when she was without her personal coach, Chhote Lal Yadav, who

BALA DEVI, MANISHA KALYAN WIN ANNUAL AIFF AWARDS

India women's forward Bala Devi has been named as the AIFF Women's Footballer of the Year 2020-21, with young gun Manisha winning the AIFF Women's Emerging Footballer of the Year 2020-21 Award. On receiving the honour, the 31-year-old Bala, in an official AIFF release said: "I'm so happy to have won this award. A big thank you to the AIFF and all the fans for their support. I'd also like to thank my coaches, both at my club in Rangers, and in the national team, and also all the coaches that I've played under in the past. A big thank you also to my family and all my teammates for all the support."

Both the winners were chosen by the national team



head coach Maymol Rocky in consultation with AIFF Interim Technical Director Savio Medeira.

Meanwhile, the AIFF Award for the Best Referee 2020-21 went to Tejas Nagveer while Sumanta Dutta was adjudged for the Best Assistant Referee award. ANI

QUIZ TIME!

The Olympians

DUTEE CHAND

Athletics

Dutee Chand has been creating history ever since she entered the Indian athletic scene. She is the first woman to qualify in 100m for the second time in a row. The 25-year-old scripted history at the 2019 World Universiade in Naples when she became the first Indian to clinch gold in a 100m event at a global meet. She also holds the national record in the women's 100m and became only the fifth Indian to participate in the women's 100 metres at the Olympics when she qualified for the 2016 Rio Games. Hailing from a family of weavers she was inspired to take up running because of her sister, and this year she is all set to make a mark at the Games this year.



PHOTO: GETTY IMAGES

Q1: In which year did Dutee Chand clinch silver in women's 100m at the Jakarta Asian Games?

a. 2015 b. 2016 c. 2017 d. 2018

Q2: In 2019, Dutee Chand became the first Indian sprinter to win gold at the Universiade. What time did she clock in the 100m race?

a. 11.32 seconds b. 11.12 seconds
c. 10.23 seconds d. 10.21 seconds

Q3: How many gold medals did she win at the Asian Junior Athletics Championships in 2014?

a. 1 b. 2 c. 3 d. 4

Q4: In which event did Dutee Chand participate at Rio 2016 Olympics?

a. Women's 100m b. Women's 200m
c. Women's 400m d. Women's 1000m

Q5: Dutee Chand was the third Indian woman to qualify for the Olympics in the 100m category. Who was the first woman?

a. Hima Das b. PT Usha
c. PU Chitra d. Tintu Luka

Q6: In which competition did she win a bronze in the Women's 200 metres event in the year 2013?

a. Asian Games
b. Japan Championships in Athletics
c. Asian Athletics Championships
d. World Athletics Championships

Q7: Dutee Chand currently holds a national record in 100m. In which other category is she a national champion?

a. 1000m
b. 800m
c. 400m
d. 200m

Q8: Dutee Chand hails from which state in India?

a. Maharashtra
b. Jharkhand
c. Odisha
d. Madhya Pradesh

ANSWERS: 1. d. 2018 2. a. 11.32 seconds
3. b. 2 4. a. Women's 100m 5. b. PT Usha
6. c. Asian Athletics Championships
7. d. 200m 8. c. Odisha



THE TIMES OF INDIA

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TODAY'S EDITION

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> India aim to secure series with win over Sri Lanka in second ODI
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STUDENT EDITION

TUESDAY, JULY 20, 2021



TOKYO OLYMPICS

THE COUNTDOWN BEGINS

Excited and cautious in equal measure, the first batch of athletes from India's Olympic contingent arrived in Tokyo on Sunday, clearing the exhaustive Covid-19 protocols at the airport before entering the Games Village. All 88 athletes were tested Covid negative. They started training on Monday, the Sports Authority of India said.

COVID-INFECTED ATHLETES
Two South African footballers tested positive for Covid-19 at the Tokyo Olympic Village, where athletes are housed during the competition.

(Clockwise) Boxer Mary Kom prays before having her breakfast at the Olympic Village in Tokyo; Archery mixed team, Atanu and Deepika, during a practice session; Archery team being welcomed by Kurobe city team and sailor Vishnu Saravanan during a training session in Tokyo

CLICK HERE: PAGE 1 AND 2

What is an IPO?

MONEY MATTERS WITH TIMES NIE

After the food delivery giant, Zomato closed its historic and successful initial public offering (IPO) last week on July 16, it has finalised its IPO share allotment. The public issue received a great deal of demand and response last week, as investors over-subscribing a total of 38.25 times from its opening day on July 14, till its close date. TIMES NIE explains



LET'S UNDERSTAND IPO...

An IPO, or Initial Public Offering, is a process by which a private company can go public by sale of its stocks to general public. It could be a new, young company or an old company, which decides to be listed on an exchange and hence,

goes public. The private company hires an investment bank to sell its stock to the general public for the first time. After an IPO, the stock gets listed on a stock exchange so that it can be bought and sold like any other stock.

WHY DOES IPO HAPPEN?

Companies sometimes need extra money for growth and expansion. An IPO is one of the ways they can raise money. Plus, IPOs are a win-win: Companies get to raise money, and people get to invest in a firm that they haven't been able to invest in earlier.

HOW DOES AN IPO BENEFIT INVESTORS?

When a company offers its stock to the public through an IPO, investors get to be a part of the future growth of the company - something they would miss out on if the company stayed private. Another benefit is the possibility of quick gains. Often, the stock price of a company spikes once the stock gets listed after an IPO - this is called an 'IPO pop'. So someone who has bought the stock in an IPO can sell it in the open market, and earn a quick profit.

One of the bigger benefits is the prestige that accompanies a firm becoming a public company. In the past, only companies that had strong fundamentals were able to file for an IPO. But the tech world has changed that with the growth of the internet boom

HOW CAN ONE APPLY FOR STOCK IN IPO?

Buying stock in an IPO is similar to a regular stock trade: You go to your brokerage account during the IPO, and place an order for the company's stock.



HOW IS STOCK PRICE DECIDED?

The investment bank hired by the company issuing the stock looks at the projected demand for the stock, and uses that to set the IPO price. Once the stock is listed in a stock market after the IPO, the number of buy vs sell orders determine the price of the stock - just like for any other stock.

INDIA SAYS, NAMASTE TOKYO



CAN SCHOOL FB POSTS THREATEN STUDENT PRIVACY?

YES, SAYS US STUDY

concerns about teachers posting about their children on social media, said the study.

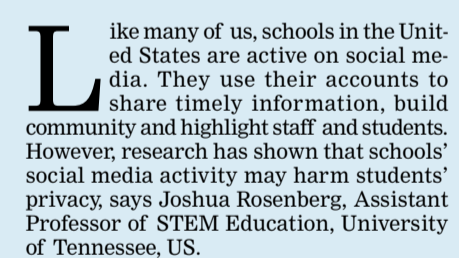
Millions of student photos available
In the study, within 9.3 million posts, around 467,000 students were identified. In other words, it was found that nearly half a million students on schools' publicly accessible Facebook pages are pictured and identified by first and last name and the location of their school.

Assessing the risks

While many of us already post photos of ourselves, friends and family - and sometimes of our children - on social media, the posts of schools are different in one important sense. As individuals, we can control who can see our posts. We can change our own privacy settings. But people do not necessarily control how schools share their posts and images, and all of the posts the study analysed were publicly accessible. Anyone in the world could access them.

WHAT CAN SCHOOLS DO

- 1 Refrain from posting students' full names:** Not posting students' full names would make it much more difficult for individual students to be targeted and for students' data to be sold and linked with other data sources by companies.
- 2 Make school pages private:** Making school pages private means that data mining approaches similar to our own would be much more difficult - if not impossible - to carry out. This single step would drastically minimise risks to students' privacy.
- 3 Use opt-in media release policies:** Opt-in media release policies require parents to explicitly agree to have photos of their child shared via communications and media platforms.



Like many of us, schools in the United States are active on social media. They use their accounts to share timely information, build community and highlight staff and students. However, research has shown that schools' social media activity may harm students' privacy, says Joshua Rosenberg, Assistant Professor of STEM Education, University of Tennessee, US.

While exploring how schools used social media during the early days of the pandemic, specifically March and April of 2020, Rosenberg noticed something surprising about how Facebook worked. "We could view the posts of schools - including images of teachers and students - even when not logged in to personal Facebook accounts."

The ability to access pages and pictures even when we were not logged in revealed that not only could schools' posts be accessed by anyone, but they could also be systematically accessed using data mining methods.

Risks are present

The easy access to student photos that was encountered comes despite broader concerns about individuals' privacy on social media. Parents, for instance, have expressed

TWITTER'S 'FLEETING' INTEREST



This week, Twitter crashed and burned on its own platform. Last week, the social-media company said in a blog post it was cancelling Fleets, its ephemeral "story"-like feature popularised by competitors like Snapchat, Facebook and Instagram. Internet banter abounded, inclusive of every imaginable pun comparing Twitter's short-lived messages to their short-lived existence. Fleets were introduced just eight months ago, but Twitter said they failed to catch on as hoped. The Fleets will be discontinued from August 3, said officials.

MONSOON SESSION OF PARLIAMENT BEGINS



The monsoon session of Parliament - the sixth session of the 17th Lok Sabha - started on Monday. It's the first session after the second wave of Covid-19 broke out in the country. Among the Bills, which will be introduced are the Insolvency and Bankruptcy Code (Amendment) Bill, 2021, The Essential Defence Service Bill, 2021 and The Commission for Air Quality Management in National Capital Region and Adjoining Areas Bill, 2021 - the three will replace ordinances. However, the Cryptocurrency Bill has not been listed.

RED ALERT IN MAHARASHTRA'S 5 DISTRICTS: IMD



The India Meteorological Department has issued a red alert for Mumbai and neighbouring Thane, indicating heavy to very heavy rainfall at isolated places. The same has been issued for Pune, Raigad, Ratnagiri, Kolhapur and Satara districts for Wednesday. The IMD said red alert indicates that "extremely heavy rainfall is likely at isolated places in ghat areas." Extremely heavy rainfall means more than 204.4 mm precipitation in 24 hours, it said. As many as 32 people lost their lives and many were injured in rain-related incidents in Mumbai.

HAMILTON WINS GP, BUT WITH 'NOT SPORTY' TAG



Lewis Hamilton roared back from a first-lap incident that sent championship leader Max Verstappen to the hospital and overcame a 10-second penalty to win the British Grand Prix and reignite his title defense on Sunday. Meanwhile, Max Verstappen accused Hamilton of "disrespectful and unsportsmanlike behaviour" after the two collided at the British GP. "Glad I'm ok. Very disappointed with being taken out like this. The penalty given does not help us and doesn't do justice to the dangerous move Lewis made on track," tweeted Verstappen.

THIS DAY THAT YEAR



FIRST MOON LANDING: On this day in 1969, the Eagle lunar landing module, carrying US astronauts Neil Armstrong and Edwin ('Buzz') Aldrin, landed on the Moon, and several hours later Armstrong became the first person to set foot on its surface

Green activists see red as space tourism lifts off



After years of waiting, Richard Branson's journey to space this month on a Virgin Galactic vessel was supposed to be a triumphant homecoming. Instead, the jaunt attracted significant criticism - about its carbon footprint. With Jeff Bezos set to launch on a Blue

Origin rocket today, the nascent space tourism industry finds itself facing tough questions about its eco impact.

Right now, rocket launches as a whole don't happen often enough to pollute significantly. "The carbon dioxide emissions are negligible compared to other human activities or even commercial aviation," said NASA's chief climate advisor Gavin Schmidt. But scientists are worried about the potential for long-term harm as the industry is poised for major growth, particularly its impact on the ozone layer.

■ Virgin Galactic's SpaceShipTwo uses a type of synthetic rubber as fuel and burns it in nitrous oxide, a powerful greenhouse gas. ■ The fuel pumps black carbon into upper stratosphere, 30-50 kilometres high. ■ Once there, these particles can have multiple impacts, from reflecting sunlight and causing a nuclear winter effect, to accelerating chemical reactions that deplete the ozone layer.

■ Compared to Virgin Galactic's SpaceShipTwo spaceplanes, Bezos's Blue Origin's are much cleaner, according to a recent paper by scientist Martin Ross of Aerospace. That's because it burns liquid hydrogen and liquid oxygen, which combusts as water vapour.



OVERCOMING VIRTUAL HURDLES

When the going gets tough, the tough get going.... For students in their classes X and XII, it is indeed a year when they need to strengthen their resolve to get going, to reach their goal despite all the distractions. Online classes are a different ball game altogether and students are making that virtual shift in their learning journey. There are some subjects they love and other ones which they love to hate! Students share how they plan to tackle all that and more...

MATHS, REDEFINING THE NIGHTMARE

Last year was nothing short of a turmoil. We were introduced to reduced portions, online classes and online assignments, which did open new avenues, but as they say, there are two sides to every coin. With the pandemic continuing into my board year, life does seem to be rather uncertain.

That one subject that I struggle with is the nightmare of many, synonymous with peril (drum-roll), Maths! As always for Maths, the first part of the action plan consists of practice, which consists of getting those NCERT sums in order. Secondly, we have the extra sums marathon, which involves exploring the dream of math nerds - puzzles and HOTS (higher-order thinking skills) sums. Thirdly, we have clarification - not letting doubts take root, and moving on ahead. Penultimately, we have organizing and planning, which ensures that everything's smooth and sound. Ultimately, we have self-confidence; we need

absolute faith in the answers. To conclude, the implementation of this action plan will ensure that Maths isn't as terrifying as it used to look, and it's worth giving it a shot.

Sai Krishna Priya, class X, GTA VM, Chennai

YOGA, BHARATANATYAM KEEP ME GOING

The pandemic is still raging and speculation is on regarding syllabus and exams. Online mode may be the norm all through this year too, so I have made a solemn resolution to concentrate on studies whatever be the situation. I have adopted a few habits to focus on my studies.

- 1 I have decided to meditate and practice yoga to improve concentration.
- 2 I have made a timetable and follow it diligently. A to-do list is always with me as a reminder.
- 3 I keep reminding myself that 'consistency is the key to success' and 'procrastination is the enemy of success'. I study and

do the work given on that day itself.

4 I have kept away all things that distract me.

5 I regularly indulge in my hobbies that include Bharatanatyam, singing and playing the veena, which help me lighten my mood and focus better on studies. Last but not the least, I try to remain motivated, disciplined and consistent as I believe that these are what one needs to excel in studies.

Anagha B Poojari, class X, MES Kishore Kendra Public School, Bengaluru

GAINING A GRIP OVER HINDI

Being a class X student in the times of the pandemic is really tiring.

I try to revise what is taught in the school on that particular day. My main focus is to practice writing and studying Hindi in particular. I am weakest in this subject but am trying my best to cope up with it. I am planning to read all the chapters from the textbook and writing material given to us by the school

for the literature part of Hindi and then ask my mother to give me dictation and help me practice grammar in both oral and written form. I am also going to solve the past question papers and practice worksheets given by the school to score well in this subject.

Paraem Kotecha, class X, Sri Sri Ravishankar Vidya Mandir, Mulund

SELF-STUDY WILL BE THE FOCUS

With one of the most important exams of our school life coming up, attending five hours of class a day and then tuitions and entrance coaching for some of us, have made time management a prerequisite.

While comparing classes X and XII, the board exam for the latter is an entirely different ball game. It's a turning point, a deciding factor for grabbing a seat in the top-notch colleges, or even the basis for a scholarship. I have started treating this year as a stepping stone and not a hurdle. It serves as an experience which will prepare me deal with similar and perhaps more important situations in the future. It will be a significant milestone in my life and I plan to face it in the right spirit.

I have realised that self-study is most important. Following simple practices such as setting achievable goals and meeting them will certainly give me a sense of satisfaction. This will act as a driving force to help get through the portions smoothly and perform better.

Ishita Delish, class XII, Global Public School, Ernakulam

ONLINE HURDLES TO CROSS IN SCIENCE

Study! Study! Study! A single word that haunts students going to sit for their Boards. Learning all our subjects online has not been an easy task. While our favourite subjects are a cakewalk, others are a hard nut to crack. For me, Science is a subject that I struggle with. The chemical equations, scientific terms and definitions can

only be understood when you are attentive in a physical classroom, throwing questions back and forth. I try and do my best in my online classes. Self-study helps with learning and re-learning at our own pace. I along with my father, experiment with methods of alternate learning and thinking.

Hard work and concentration are keys to help improve upon where we lag behind. The present pandemic has made everything erratic and unpredictable. But we all have to make sure we stick to a schedule, keep our grades intact so that we can clear our Boards with flying colours.

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

GETTING CLARITY OF ECONOMICS CONCEPTS

I have just entered class XII after a very short class XI experience. Unfortunately, I don't think going to physical college is going to be possible anytime soon.

Therefore, I must make do with online college for the year ahead.

I don't quite enjoy the online classes as the lack of interaction makes the whole ordeal exhausting. By the time the college day ends, I am all tuckered out. Online classes are rather draining, as any student would know. The only thing I look forward to is the other

skills that I can develop in the time that I am saving by not having to commute to college. Honestly, it's the only bright side of college being online.

Unfortunately, I am not drawn to any subject in the curriculum because of the general exhaustiveness of the portion.

Economics is one subject in which I can never seem to recollect the concepts when I need to. I plan to devote more time to Economics and try to understand it more practically, instead of

only theoretically.

My parents, both who love the subject, are looking forward to helping me undertake this endeavour. In this overall situation, all you can do is make the best out of what you have.

Arushee Menon, class XII, St Xavier's College, Mumbai

A MOUNTAIN TO CLIMB WITH SOCIAL

The academic year 2020-2021 was a difficult one for me as it involved learning through a virtual platform. This year, I plan on investing my entire time in learning efficiently by keeping my video ON all the time. This will help me concentrate more in class without any distractions. It is hard on both students and teachers, but this is the best we can get at times like this.

For Board exams, I have to practice time management to write the papers in the given time. Of all the five subjects that we have (Math, English, Science, Social and Second Language), I find Math easy. Social Studies is a tough one for me, it includes Geography, History, Civics, and Economics, making it an enormous subject with a lot of info.

I will try to revise constantly, make mind maps, refer notes and practice maps in Social. There are a lot of dates and references to the past in History that need to be memorised. I have put events in a chronological order, which will allow me to memorise and remember.

A Umesh, class X, GTVM, Chennai

THE ROAD AHEAD...

A LOOK AT THE CBSE SPECIAL SCHEME OF ASSESSMENT OF BOARD EXAMS FOR CLASSES X AND XII FOR THE SESSION 2021-2022

- The academic session is divided into 2 Terms with approximately 50% syllabus in each term. The Board will conduct examinations at the end of each term on the basis of the bifurcated syllabus.

- The syllabus for the Board examination 2021-22 will be rationalised.

- Internal Assessment/Practical/Project work will be made more credible and valid

- Schools will continue teaching in distance mode till the authorities permit in-person mode of teaching in schools.

- Schools will create a Student Profile for all assessments undertaken over the year and retain the evidences in digital format.

- Flexible schedule to be conducted between November-December 2021 with a window period of 4-8 weeks.

- The Question Paper will have Multiple Choice Questions (MCQ) including case-based /assertion-reasoning type.

- Duration of test will be 90 minutes. It will cover the rationalised syllabus of Term I only (i.e. approx, 50% of the entire syl-

labus).

- The responses of the students will be captured on OMR sheets which, after scanning, may be directly uploaded on CBSE portal or alternatively may be evaluated and marks obtained will be uploaded by the school on the very same day.

- Marks of the Term I examination will contribute to the final overall score.

- Term II examination would be held around March-April 2022 at the examination centers fixed by the Board.

- The question paper will have questions of different formats (case-based/ situation based, open ended- short answer/long answer type).

- It will cover the rationalised syllabus of Term II only (i.e. approx. 50% of the entire syllabus).

- In case the situation is not conducive for normal descriptive examination, a 90-minute MCQ based exam will be conducted at the end of the Term II also. Marks of the Term II Examination would contribute to the final overall score.



Assessment/Examination as per situations that may arise...

A) In case the pandemic situation improves and students are able to go to schools or centres for taking the exams.

- Board will conduct Term I and Term II examinations at schools/centres.
- The theory marks will be distributed equally between the two exams.

B) In case the situation of the pandemic forces complete closure of schools during November-December 2021, but Term II exams are held at schools or centres.

- Term I MCQ based examination will be taken by students online/offline from home.

- The weightage of Term I exam for the final score will be reduced, and weightage of Term II exams will be increased for declaration of final result.

C) In case the then situation forces complete closure of schools during March-April 2022, but Term I exams are held at schools or centres.

- Results will be based on the performance of students on Term I MCQ based examination and internal assessments.
- The weightage of marks of Term I examination conducted by the Board will be increased to provide year end results of candidates.

D) In case the situation of the pandemic forces complete closure of schools and Board conducted Term I and II exams are taken by the candidates from home in the session 2021-22.

- Results will be computed on the basis of the Internal Assessment/Practical/Project Work.
- Theory marks of Term-I and II exams taken by the candidate from home in Class X/XII subject to the moderation or other measures to ensure validity and reliability of the assessment.

T Lalitha Kumari, Principal, Sister Nivedita School, Hyderabad

@HAPPIFY DIARY

Finding Happiness with Chocolatology

Happiness is baffling. It eludes us as we try to pursue it. The more we try to chase and find it the further it goes from us. Happiness is like playing hide and seek.

FOR INSTANCE,

- 'I am happy because my friend complimented me.'
- 'I am happy because I won.'
- 'I am not happy because my parents don't believe me.'

All these examples prove that 'Happiness' is under the control of something that is materialistic or attached to someone. So Where and how can we find happiness? The mantra is finding the right lock combination. **CHOCOLATE**

C - COMPASSION FOR OTHERS

Try an act of kindness (random) with your friend or family member. Do it for a week and see the difference in your stress and mood level. To feel good and happy - do good and spread happiness by being compassionate.

H - HAPPY GOALS

Dare to Dream- Goals with an optimistic approach can not only motivate but are also important for our happiness. It is proved scientifically optimistic people are happier and healthier and can cope better in any adverse situation. Choose goals that will take you towards positive goal rather than goals that make you avoid things you don't want

O - OUR BODY

Our physical body is connected with our Mind. To be active is not only good for our physical health but also it can make us happy. We can find happiness by boosting our well-being (through our body and mind) by reducing screen time, by getting into physical activity, by getting enough and good sleep, and by not comparing our inner persona with other people's outer persona.

C - COMPASSION FOR URSELF

Self-Compassion (a thousand-year-old theory) which modern-day psychology and neuroscientist are exploring. It is strongly associated with being optimistic, showing resilience, reduced stress and anxiety, and happiness. The trick is to be:

- Kind and understanding to our own self first instead of suffering or complaining
- Aware of our own emotions, by facing thoughts and feelings that are complex

but without any sort of self-pity.

O - OTHER PEOPLE MATTER

Connecting with other people in the heart of Happiness. Research has proved that the quality and quantity of our social and people connect has a strong impact and effect on our physical and psychological health as well as our longevity. Happiness is contagious, it can ripple through a group of people just like a pebble thrown in a pond. Create an open chain of the social network, and let the Happiness spread.

L - LIVING YOUR LIFE MINDFULLY

Imagine - You are in a classroom listening to lecture but realised you haven't listened to what the teacher said - This is 'Being Mindlessness', which is common and keeps happening with us. The reason being we are so

caught up with our long chain of thoughts which are generally what has happened or what is about to happen (past or future) - ignoring the present.

■ Get your attention and observe through your 5 senses for a few seconds every day. Stop and observe what is happening around you? What kind of noises are there? Can you smell anything? Observe what others are doing? Get your mind to present with 5 senses

A - ART OF BEING HAPPY

It is said that 10% is what happens to you in your life and rest 90% is the way you react to it. 90% is the choice we get to make. It is the ability to make the right choice and extracting satisfaction from little moments in our life. The ability to acknowledge and accept any adverse situation and choose to be happy irrespective of whatever is happening around you.

T - TIDY UP

Declutter and tidy up your personal space and your mind from unwanted things. Remove any clutter which is an impediment to your well-being and decorate that place with beautiful, happy things. For instance, changing your profile picture or having a profile picture that is happy, smiling, and positive. Surround yourself with happiness and it will bring order and more happiness to your life.

E - EMOTIONS

Experience and practise positive emotions like joy, gratitude, contentment, pride, love, interest, hope Focus on glass is half full rather than glass is half empty.

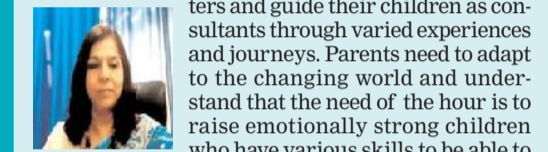
SMITA GHOSH, counselor, Anand Niketan



BHIS, Baroda celebrates FOUNDER'S DAY



Lina Ashar, founder of KKEE and BHIS believes that to establish a culture of learning, innovation, and creativity, parents need to be goal-setters and guide their children as consultants through varied experiences and journeys. Parents need to adapt to the changing world and understand that the need of the hour is to raise emotionally strong children who have various skills to be able to solve real-world problems.



Our heartfelt gratitude to all the supportive parents, wonderful staff, and amazing students. Each one of them has helped crystallize the dream of our Founder in building a school where every child is unique and allowed to be 'free, natural curiosity and themselves'

A special virtual assembly was conducted to celebrate 14th Founder's Day with the students and the alumni sharing their thoughts and expressing their life for their alma mater.

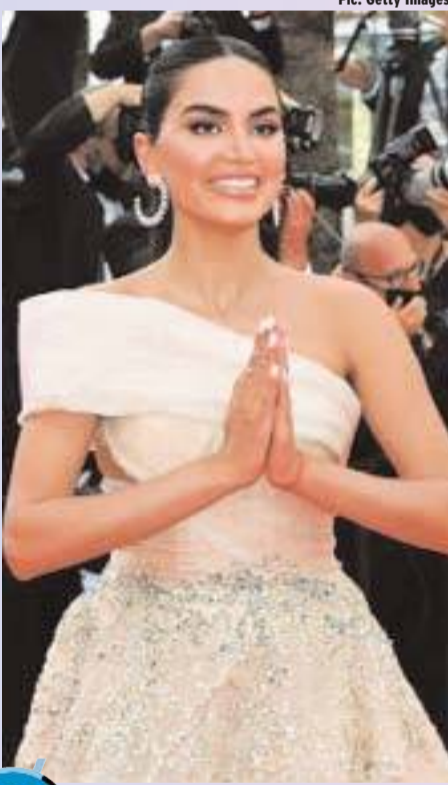


SHE INSPIRES MANY TO EMBRACE CULTURE & COLOUR

Diipa Buller Khosla is an Indian born and brought up social media influencer, who is spreading the desi roots in fashion industry around the globe. She moved abroad to complete her degree in international human rights law and a dream to make a change.

Because of Diipa, I feel that I can achieve anything I want if I have crystal clear vision for it. She is the founder of NGO called 'Post For Change' where social media influencers use their platform as a transformative engine to drive change with the tagline #SocialmediaforSocialchange.

Post for Change revolves around equality for women, sexual rights and mental health. Stepping into this industry she got pushed back a lot because of her colour and race but she did not let it affect her and continued achieving her dreams. She shared her story openly and inspired thousands of teen girls to embrace their culture and colour. She taught me that



Pic: Getty Images

we don't need to step out to make a change. Knowledge and a simple social media platform hold a lot of power to make it happen. Diipa continues to inspire thousands of girls out there that courage and hope is enough to break the barriers of society and shine bright.

She's also the first Indian influencer to walk the red carpet of Cannes Film Festival in France. The House of Commons of Great Britain invited her to speak on Women's Day where she said "To the girls and to my old self, I owe it to use my voice here and a well as online to share my journey from an insecure 17-year-old girl whitening her skin and wearing coloured contact lenses to the proud brown woman I am today."



TANVI MITTAL, class X, St Joseph's Sr Sec School, Chandigarh

INSPIRING ICONS
DIIPA BULLER KHOSLA

Painters' Gallery



Soumya Singh, Essar International School, Surat

Mishri Solanki, Class II, St Kabir School



Aradhya Soni, Class XII, Shanti Asiatic School, Bopal

Jaival Trivedi, Class IV, Zydus School Of Excellence

Jiana shah, Class III, Zydus School For Excellence

These poems, paintings and photograph have been directly sent to us by the schools and students. The Times of India's Student Edition (Times NIE) is not responsible for breach of copyrights

POWER OF YOGA

India is a nation of billion people. A nation's progress depends upon how its people think. It is thoughts which are transformed into actions. It is said that 'A sound mind in a sound body'. The scattered state of mind, indeed is the greatest drawback of human endeavour. Most of our sorrow, suffering, sickness and failure are due to a divided mind set. Yoga is a set of exercises for the mind and body. It coordinates both mind and body and energises all body parts. Body becomes flexible and the mind is filled with

fresh thoughts. Human beings are the natural resource of a nation. The thought of Mahatma Gandhi (Father of the Nation) and the unified dedicated efforts of the people from every walk of life won freedom for the country. India stands too long in the line of developing nations. Each citizen of India should construct a sound body to lead the country to light. Yoga helps us build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best

element to take care of our mind, body and soul. Yoga also teaches us to regulate our breath, which can make a person feel relaxed and at peaceful during this pandemic, because the fear of being 'Positive' kills many.

So let us grab our mats and lift our spirits with yoga during this pandemic.
MARY JOSEPHIN, S.G Senior Headmistress Velammal Matriculation HSS, Ponneri



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ENROLL NOW

INDIA AIM TO STAMP AUTHORITY

Will look to secure series with win over Sri Lanka in second ODI



Shikhar Dhawan and Ishan Kishan in action as they run between the wickets

India's young guns will get another opportunity to flaunt their exceptional talent and secure a series win against a hapless Sri Lankan outfit in the second ODI in Colombo on Tuesday. Skipper Shikhar Dhawan was left in complete awe at the other end as the likes of Prithvi Shaw, Ishan Kishan and Suryakumar Yadav made batting look ridiculously easy in the first ODI on Sunday night.

Bench strength evident

In the long run, India want to play more aggressively in the shorter formats and the performance of the trio served as a perfect template in that context. Their sensational batting also reinforced the might of India's bench strength with ODI debutants Kishan and Ya-

dav bossing the opposition from ball one.

India are unlikely to make changes as they would like to pocket the series before giving chances to other youngsters in the squad. The only one feeling the heat would be Manish Pandey, who laboured to a 40-ball 26 in the series opener when others were at their fluent best. Shaw, in his comeback game, played breathtaking strokes on the off-side but missed out on a big score. It is something he would like to correct on Tuesday.

It was good to see Kuldeep Chahal and Yuzvendra Chahal bowl in tandem after a long time and they proved once again that they perform better as a pair. With spinners bowling the bulk of the overs, star all-rounder Hardik Pandya showed promise in the five overs he bowled. Seniors most pac-

DHAWAN AT 10,000 AS OPENER, 6000 IN ODI

India's stand-in white-ball captain Shikhar Dhawan has completed 10,000 runs as an opener in international cricket. The left-handed batsman achieved the feat against Sri Lanka in the first ODI of the three-match series. He also became the tenth Indian batsman to score 6000 runs in the 50-over format. Virender Sehwag, Sachin Tendulkar, Sunil Gavaskar, and Rohit Sharma are the other batsmen to have scored more than 10,000 runs as an opener.

er Bhuvneshwar Kumar did not have the best of days but trust him to be back in his elements in the next game.

Lankan team lacks experience

Sri Lanka bowlers also made it easier for the marauding Indian batters who romped home to the win in the 37th over. It will take a special effort from the struggling Sri Lankan side to pull one back against the rampaging visitors. The inexperienced team showed it has the talent to compete with the opposition if not win. Most of the batsmen got starts but could not convert. It is something they will have to fix to test India.

Thanks to Chamika Karunaratne's 35-

ball 43, Sri Lanka were able to cross 250. He feels his team can regularly score 300-plus if the batsmen don't squander starts. "We were trying to play longer innings - even when I was batting with Dasun Shanaka in the 42nd or 43rd over I asked him if I should go for some big shots, but he told me to wait until the 45th over.

"If more of our batsmen had been able to bat longer, we could have attacked earlier and gone for a bigger score. We do have the ability to get to 300 or 350, and hopefully that will happen in the next games," said Karunaratne. The bowlers too need to raise their game significantly to put pressure on the high-quality Indian batsmen.

Both teams might be interested in chasing with the slow pitch playing better in the evening. **PH**



LAHIRI WELCOMES BARBASOL BOOST AHEAD OF BIG EVENT

Anirban Lahiri gave himself a timely boost with a season's best tied-for-third finish at the Barbasol Championship on Sunday and hopes to carry that momentum into Tokyo where he will be chasing his country's first Olympic golf medal

Lahiri ended the week one stroke behind the playoff duo of eventual champion Seamus Power and J T Poston after shooting rounds of 68, 67, 68 and 65 at the Keene Trace Golf Club in Nicholasville. "I think all week, I've played a little better than the scores I've shot," the former Asia number one told the PGA Tour after securing his tour card for the next season.

"I'm not playing next week, off to Tokyo, so I wanted to make sure that I get the most out of this week," said

Lahiri, who was laid low by COVID-19 in April. "Every opportunity that I get, I'm going to grab it with both hands, and hopefully I can go with this form to Tokyo and keep making these birdies because I'm going to need them."

OLYMPIC WATCH

In Tokyo, Lahiri will be part of a field that includes newly crowned British Open champion Collin Morikawa, world number one Jon Rahm, Justin Thomas, Rory McIlroy

and Japan's Hideki Matsuyama, this year's Masters champion. Lahiri, a two-time winner on the European Tour, said an Olympic medal would go a long way in lifting golf's profile in India, where cricket is king. "I think it would change the way golf is perceived in India. It would have similar impact to winning a major even," said the 34-year-old.

"I think more people would watch an Olympic event than just a regular PGA Tour event. That's a great opportunity for me to give back to the game and bring some glory to India." **REUTERS**

BANGLA WINS 2ND ODI, SERIES VS. ZIMBABWE

Bangladesh won the second one-day international against Zimbabwe by three wickets with five balls remaining to claim the series. Bangladesh passed the victory target of 241 in the last over and finished on 242-7 to lead the series 2-0 with one game to play. Shakib Al Hasan hit 96 not out to continue a brilliant series for him. His five wickets in the first game saw him become Bangladesh's highest wicket-taker in ODIs. Shakib's unbeaten 69-run partnership with No. 9 Mohammad Saifuddin (28 not out) took Bangladesh home.

Zimbabwe had a chance when Bangladesh was 130-5 but couldn't keep the pres-



Shakib Al Hasan

sure on. Wesley Madhevere made 56 in Zimbabwe's 240-9 in 50 overs. Captain Brendan Taylor scored 46. Shakib also took two wickets with his left-arm spin to help Bangladesh's bowling effort. The third ODI is on Tuesday. **AP**

QUIZ TIME!

The Olympians

VINESH PHOGAT

Wrestling

Born into a family of wrestlers from Haryana, the 26-year-old Vinesh Phogat took up the sport at an early age, and soared through the ranks, emerging as one of the most successful athletes in India. A knee injury suffered at Rio de Janeiro left her on a wheelchair. Cut to 2021, this year alone Vinesh Phogat has competed in four different international tournaments and won golds in each of them. With such a prominent dominance against some of the best in the world, all hopes are pinned on Phogat to return with an Olympics gold from Tokyo this year.



Q1: Vinesh Phogat became the first Indian women athlete to win a gold medal at the Asian Games 2018. Whom did she defeat?

- a. Yuki Irie b. Emilia Cricu
- c. Alina Vuc d. Valentina Islamova

Q2: The Indian wrestler won gold at Yasar Dogu International in Istanbul in 2019. Under which weight category did she compete?
 a. 60 kg b. 45 kg c. 50 kg d. 53 kg

Q3: In the same year, Vinesh Phogat won gold again. Name the tournament.
 a. World Wrestling Championships
 b. Poland Open Wrestling Tournament
 c. United World Wrestling
 d. None of the above

Q4: In 2019, Vinesh Phogat became the first Indian

athlete to receive a nomination for a prestigious award. Name the award.

- a. Laureus World Comeback of the Year Award.
- b. Pro Wrestling Illustrated awards
- c. AEW Dynamite Awards
- d. Professional Wrestling Hall of Fame Awards

Q5: The grappler qualified for the 2020 Tokyo Olympics in the 53-kg category beating American Sarah Hildebrandt in the World Championships. What were the winning points?
 a. 7-6 b. 5-3 c. 8-2 d. 5-1

Q6: Vinesh Phogat's cousin sisters are also successful wrestlers. They are _____

- a. Divya and Babitha b. Kavitha and Geetha
- c. Sakshi and Divya d. Geetha and Babita

Q7: Vinesh Phogat is the daughter of which famous wrestler?
 a. Mahavir Singh b. Dalip Singh Rana
 c. Tiger Jeet Singh d. Vijay Chaudhary

Q8: What is Vinesh Phogat's current ranking in her category?
 a. 5 b. 4 c. 2 d. 1

- ANSWERS:** 1. a. Yuki Irie 2. d. 53 kg
 3. b. Poland Open Wrestling Tournament
 4. a. Laureus World Comeback of the Year Award.
 5. c. 8-2 6. d. Geetha and Babita
 7. a. Mahavir Singh 8. d. 1



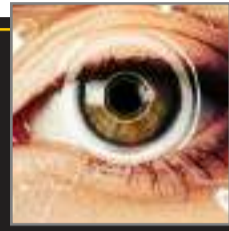
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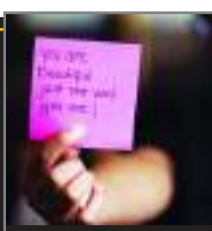
► Check out some tips for your delicate eyes in this weather that brings its own set of woes

PAGE 2



► Educationists and students express their views through articles, poems and paintings

PAGE 3



► Manpreet Singh is all set to lead the India's hockey team at the Olympics this year, and hopes a podium finish

PAGE 4



STUDENT EDITION

MONDAY, JULY 19, 2021



WHICH WAS THE FIRST-EVER ICC TROPHY WON BY THE ENGLAND MEN'S TEAM?

CLUE 1: Links of London designed the silver-rhodium trophy, weighing approximately 7.5 kg.

CLUE 2: India hosted the last edition, back in 2016.

CLUE 3: West Indies have won it the most number of times and are the defending champions.

ANSWER: ICC T20 WORLD CUP. India and Pakistan are set to clash in the Super 12s stage of the 2021 edition, to be co-hosted by the UAE and Oman between Oct 17 and Nov 14. This will make it the first faceoff between the two teams in more than two years, their last fixture having come in the 2019 50-over World Cup

CLICK HERE: PAGE 1 AND 2

A teen to join Bezos FOR SPACE DRIVE



An 18-year-old physics student, whose father heads an investment management firm, is set to take the place of a person, who put up \$28 million in an auction to take part in the inaugural space tourism flight for billionaire Jeff Bezos' Blue Origin company. **Oliver Daemen** will join the four-member all-civilian crew for Tuesday's scheduled flight after the auction winner, whose name had not been made public, dropped out due to unspecified "scheduling conflicts." Daemen becomes the company's first paying customer. The flight is set to include the oldest person ever to go to space – 82-year-old trailblazing female aviator Wally Funk, and the youngest, Oliver Daemen.

Bezos has been locked in a race with billionaire rivals Richard Branson and Elon Musk, as they seek to usher in a new era of commercial space travel in a tourism market that Swiss bank UBS estimates could be worth \$3 billion annually in a decade

WARM VACCINE SOON?

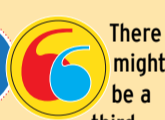
WHAT A new 'warm' vaccine being developed in India is making headlines for being effective against SARS-CoV-2 variants. Developed by the Indian Institute of Science (IISc) and biotech company Mynvax, the vaccine has developed antibodies that could neutralise all the four major covid variants.

HOW will it help: The vaccine will be helpful in inoculating people in remote parts of the world where access to cold storage is limited. Human trials of the vaccine will reportedly be conducted later in 2021. According to experts, a thermostable or 'warm vaccine' is critical for remote or resource-limited locations with extremely hot climates, which lack reliable cold storage supply chains, including regional communities in Australia's outback and the Indo-Pacific region.



DID YOU KNOW? Most vaccines require refrigeration to remain effective. For example, the Oxford-AstraZeneca vaccine, known as Covishield in India, must be kept between 2 and 8 degrees Celsius, and the Pfizer preventive requires specialised cold storage at minus 70 degrees Celsius

Quote unquote



There might be a third wave. If the third wave happens, it will hit sometime around August end, it is not inevitable. It is important for each state to examine the pandemic situation and take a call regarding the Covid-19 cases



there. There are states where the first and second waves of Covid-19 had a low impact. If the restrictions are not maintained now, then these states may be severely impacted by the third wave

Dr Samiran Panda, Head of epidemiology and infectious diseases at the Indian Council of Medical Research (ICMR)

Avoid bunching of class XII marks in range of 95 or above: CBSE

The Central Board of Secondary Education (CBSE) opened the tabulation portal for the moderation of class XII marks on Friday. The portal will be closed on July 22, and the schools have been asked to follow the schedule strictly as the board has to declare the results by July 31. The schools have also been instructed to ensure there is no bunching of total marks in the range of 95 and above. "To aid the schools, CBSE has provided marks, including distribution of the marks, based on the best performance of the previous three years, which will be taken as reference for the purpose of moderation. Schools are directed to follow the reference distribution while moderating mass. Also, to ensure comparability and fairness at the higher range of marks, schools should exercise due diligence and ensure that there is no bunching of total marks in the range of 95 and above," said the circular sent to



the school heads. "They will, therefore, have to restrict the number of students at each level of overall marks from 95 and above, to ensure that this number is not more than the number of students scoring those overall marks, as per the best historic performance of the last three years," it stated.



Get ready for EMOJIS THAT CAN TALK!

Social media giant Facebook has rolled out emojis with sound on Facebook Messenger. Called 'Soundmojis', it is a next-level emoji that lets users send short sound clips in a Messenger chat, ranging from clapping, crickets, drumroll and evil laughter, to audio clips.

- To check out Soundmojis, the users can head to the Messenger app, start a chat, tap the smiley face to open the expressions menu and select the loudspeaker icon
- From there, users can preview and send their favourite Soundmojis



Max Verstappen Wins First-Ever F1 Sprint Race

Red Bull's Max Verstappen has won the first-ever F1 Sprint Race beating Lewis Hamilton. He also takes pole for British GP. It's a fourth straight pole for the Dutch driver and this win also adds three points to his kitty that extends his title lead



over Lewis Hamilton to 33 points. The Red Bull driver finished the 100km dash ahead of defending world champion Lewis Hamilton with Valtteri Bottas in the second Mercedes in third place. Meanwhile, World champion Lewis Hamilton who aced the qualifying on Friday to take top spot on the grid said that 'he gave his all' and Red Bull are very 'strong.'

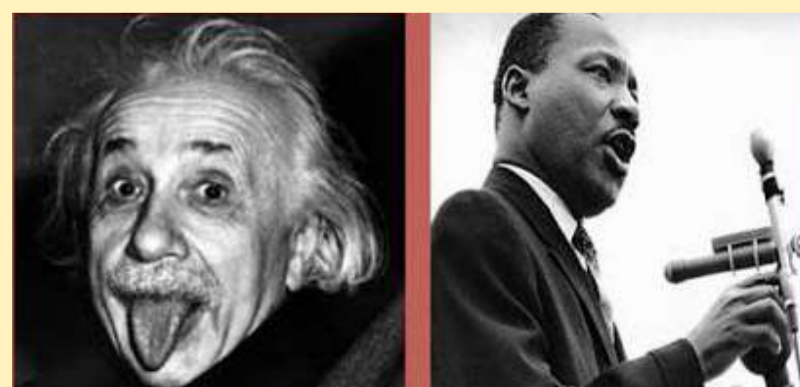
\$4.7 MN

Price of Roger Federer's memorabilia (t-shirts, racquets, shoes, etc) that went under the hammer recently. The highlight of the online sale was a set of three racquets used at the 2019 Wimbledon Championships, which sold for £162,500 – more than 23 times above their estimate of £7,000-10,000. The combined proceeds from an online and a live auction – over three times more than his £1-million target – will go to the Roger Federer Foundation, which supports educational projects in southern Africa and Switzerland.



FACTOID

NASA's asteroid-exploring 'Lucy' spacecraft will carry the words of Einstein, Sagan and Martin Luther King Jr into space



NASA's Lucy mission to the Trojan asteroids, a group of space rocks that share Jupiter's orbit around the sun, will bring some inspired words from some very famous people with it when it launches in October 2021. Carl Sagan, Albert Einstein, The Beatles, Martin Luther King Jr and more, will be among the group...

- 1 Named after the fossil skeleton of a human ancestor, the Lucy spacecraft was also inspired by the hit Beatle's song, 'Lucy in the Sky with Diamonds'
- 2 NASA noted that these asteroids, which are beyond the main asteroid belt, are 'in many ways "fossils" from the formation and evolution of the planets'
- 3 In addition to the quotes, the plaque has an image of the solar system as depicted on the launch date of October 16, 2021 and the original trajectory of the craft

The object of the Lucy mission is to study these ancient asteroids in an effort to learn more about the solar system, as well as the origin of the planets

MONSOON SPECIAL

pallavi.shankar@timesgroup.com

Rain is life saving. It's romantic and poetic. It raises the levels of underground water in cities and villages and provides relief after a long spell of summer. Enjoy it. Relish it. But while you do so, make sure you care for your delicate eyes in this weather that brings its own set of woes. Here are top tips

Take care of your EYES in monsoon

6

ways to keep eyes safe in rainy weather

1 Avoid using common towels, napkins, or handkerchiefs to clean the eyes - this will keep conjunctivitis at bay.

2 Clean your contact lenses from time to time. Keep a pair of spectacles handy and wipe it with a clean cloth. Use eye drops recommended only by your ophthalmologist.

3 Avoid rubbing your eyes, wash your eyes with the help of cold water to get rid of the dust particles if you get drenched in the rain.

4 If you get a stye around your eyes, don't touch it; seek a medical professional's help immediately.

5 Limit the usage of electronic gadgets if you need to stay indoors.

6 Don't wear eye makeup if you are suffering from eye pain or eye allergy. Consult an ophthalmologist in case of fungal infections.

Eye problems are commonly seen in monsoon. To keep your eyes in good condition, follow advice by experts

IS RAIN WATER SAFE FOR EYES?

Bollywood has romanticised rain since decades in movies where well-dressed actors sing and dance in the much-awaited first few showers of the monsoon. So far so good. But the rain water is not so innocent. "If you are venturing out in rain, don't allow rain water to enter your eyes directly because it consists of germs, microbes and pollutants, which can take a toll on your eyes. This can invite eye infections, allergies, redness, swelling, and burning of the eyes," informs Dr Ashwani Seth, ophthalmologist, Apollo Spectra Karol Bagh, Delhi. Sorry for spoiling it for you but rain water is not so clean anymore - in a polluted world!

WHAT CAN YOU DO IF PRE-RAIN DUST STORMS LEAVE YOU DUSTY EYED?

Dr SETH ADVISES: "Do not self-medicate and avoid using over-the-counter products, don't share your spectacles, and stay at home during dust storms. If you are outdoors during that time, then just wear your sunglasses or cover your eyes with a clean cloth."

CHILDREN, EYE CARE IS A MUST!

"If the rain water enters your eyes, clean it right away with running water. Don't use chemical-infused rose water to clean and cool your eyes as the chemicals (usually present) in the product can irritate already unclean eyes," suggests Dr Seth. Always wash your hands before touching your eyes. Hand hygiene is also crucial before wearing contact lenses to prevent any bacterial infections. If you are wearing lenses then be extra careful and wear protective shades to avoid rain water and dust from entering your eyes.

..WELLNESS..

DIY REMEDIES FOR TANNED HANDS

Yoghurt and TURMERIC PACK

Yoghurt contains probiotics that lighten and moisturise the skin, while turmeric improves the uneven skin tone.

RECIPE Take a bowl of yoghurt and add 1 teaspoon of turmeric powder. Mix it together and apply the mixture on your tanned hands. Leave for around 20 minutes and rinse with cool water.

Sandalwood and TURMERIC POWDER

Take 2 teaspoons of sandalwood powder and turmeric powder and mix them well. Add 2 to 3 drops of rose water to this and mix together to make a thick paste. Apply this paste on your hands and leave it for 30 minutes. Rinse it off with clean water. This paste will improve the complexion of the skin and reduce tanning.



In summer and monsoon, the heat and humidity not only dehydrates our body but also makes our skin dull and dry. Our hands are subjected to the maximum amount of sun exposure (even on cloudy days) as it is difficult to protect them from the harmful UV rays. To remove tanning, try these DIY ideas

Almond paste

Almonds are rich in vitamins and are great for skin health. **RECIPE** Take 5 to 6 almonds and soak them overnight. In the morning, blend the almonds with a small amount of milk to make a smooth paste. Apply this paste and leave it overnight. Wash off in the morning with lukewarm water.



Aloe vera GEL

The antioxidants present in aloe vera gel protect your skin cells from damage and help in removing tanning. Take some fresh gel from the sap of aloe vera leaf and apply it on your hands. Leave it overnight and wash off with water in the morning.



Lemon Juice

The vitamin C in lemon juice protects the skin cells from UV rays.

RECIPE Take a bowl of warm lemon juice and soak your tanned hands in it for around 15 minutes. Rinse your hands with cold water and make sure you moisturise your skin after this as the acidic lime juice can make your skin dry.

Cucumber paste

This cool veggie is rich in vitamins that can refresh your skin and help in regaining the lost glow. Take 2 tablespoons of cucumber juice and add few drops of lemon juice to it. Apply this paste on your hands and leave it for 30 minutes before rinsing it off with cool water.



DESI immunity booster

Try this easy-to-prepare herbal immunity booster shot to keep your immunity levels high at a time when the pandemic continues to ravage many parts of the country

How to make

INGREDIENTS
10 Curry leaves,
10 Basil leaves,
1 tbsp honey

Grind curry and basil leaves together using mortar and pestle to make a fine paste. Once it is done, put this paste into a cup and add a tablespoon of honey to it. Consume 1 tablespoon of this paste every day in the morning on an empty stomach. You can also add an inch of grated turmeric root to it.

Virtual graduation day for the Batch of 2021

Billabong School, Vadodra, congratulated the Class of 2021! Mentors and class XII students mesmerized the audience with a skit and well-coordinated program to make every student feel important and loved. An emotional adieu to a super talented batch of 2021. Blessings, fond wishes, and super success to all students to reach for the stars and achieve their dreams



Activities that help in developing fine motor skills

Fine motor skills are those that involve a refined use of the body's small muscles, such as those in the hands, fingers, thumbs, and wrists. The development of these skills allow the children to complete important life skills like writing, zipping, buttoning, and tying and they are essential for success in the classroom. But fine motor skills don't develop on their own!

Just like reading, writing, and maths, they require children to practice activities that will strengthen them! Teachers and parents, can help this process by encouraging children to play, explore and interact with a variety of materials and tools in creative and new ways.

Today I am excited to share with you a list of simple fine motor activities you can do with children at home! Activities like arranging buttons, painting, drawing, threading the beads, use of clothespin or tweezer, using a paint dropper, clay moulding, use of scissors, building blocks, students will find fun and engaging. The best deal is that all the materials required are easily available at home.

JIGNASA JANI, Supervisor, Bodakdev School for Children

Colouring competition conducted



Fun-filled activities for pre-primary students are held around the year which goes along with their academics in school. A virtual colouring competition was conducted for Preprimary children at Som Lalit School on June 29. The main objective of this competition is to ignite the creative side of the child's mind which helps to develop their fine motor skills. The students had a gala time colouring the pictures on the 'Monsoon' theme and showcasing their creativity.

THE EDUCATIONIST

Decoding Depression in Children



Depression is not just limited to adults, even children undergo depression. It can be seen in a child as young as three years old. Childhood depression is different from the daily blues that children often exhibit. Since children lack the language skills to communicate their feelings and Emotions correctly, it many times gets passed off as an emotional issue or a mood swing.

The primary symptoms however remain the same as adult depression, which is feeling of hopelessness, mood changes, and sadness.

Childhood depression is often masked by irritability, not growing nutritionally, acting out, attention-seeking, talking about suicide even under a pretext, to mention a few. Following are a few signs to watch out for.

- Feeling of hopelessness
- Sadness
- Social withdrawal
- Fatigue and low energy
- Irritability or crankiness
- Changes in the sleep

pattern/hours

- Changes in appetite
- Trouble focussing
- Disinterested in doing anything extra-curricular)
- Frequent headache or Stomach-ache

Please note these are only indicative and not exhaustive. Symptoms in children vary. A child may exhibit different symptoms at different times.

Home-schooling, restricted social activities, fear, family, and friends diagnosed with covid 19, loss of loved ones, and most importantly the uncertainty has had its impact on the children too.

If any or some of these symptoms are persistent for more than three weeks, you should consider reaching out to your school counselor.

SHIVANI JOSHI, Vice-Principal-Special Education, Zebar School for Children



Express YOURSELF

Aarna Mistry, Class I, Shanti Asiatic School, Bopal



Arav Hardik Mehta, Class V, Sheth C N English Medium School



Satya Joshipura, Student, Udgam School For Children



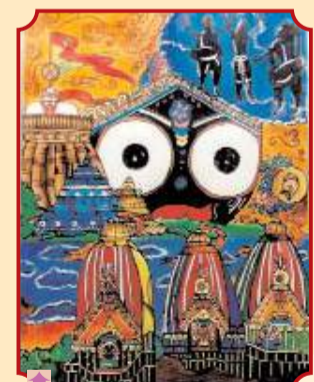
Trinabh Sharma, Class IV, St Kabir School



Shaurya Mutta, Class VI, St Kabir School



Tirth Pandya, Class IV, Podar World School, Sherkhi



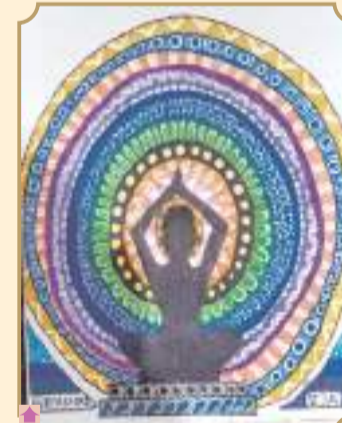
Sneha Mehta, Class XII, Shanti Asiatic School, Bopal



Jenil Dalki, Class IV, Zydus School For Excellence



Neil Jain, Class X, Udgam School For Children



Suryashmi, Class V, Delhi Public School, Bopal



Dhanvi Soni, Class VI, Podar International School, Gandhinagar

Not being able to go to school and chit-chat with friends seemed like a curse when the pandemic and the lockdowns initially began. But then, every situation has a good and a bad side to it. I'm grateful to my parents and teachers who taught me to see the silver lining in every cloud. They tried to explain to me, in every possible way, that this time could be utilized to do something creative. That's when I thought of doing something with music, something that I dream of all day.

Let me share with you ,how I went about creating my music. When I got my iPad, I formed the base or the start of the music on Garage Band. First, I used the piano

A dive in the ocean of music



provided on the app. Every note had to be experimented with. So I fiddled with it and then found a beautiful note to start with. After I inserted that piece of music, I lingered over the loops that Garage Band provided. Finally, I decided to make the music from slow to fast and calm to rocky and then back to calm. I picked up pieces from the Chinese instruments and felt that they suited my music best. I kept two bases and added a little of Western and Indian music. It may be just a single step, just a dive in the vast ocean of music, but I can't wait to unearth the symphonies yet to be heard...

VRATI JOSHI, class VIII, Jamnabai Narsee School, GIFT City

These poems, paintings and photograph have been directly sent to us by the schools and students. The Times of India's Student Edition (Times NIE) is not responsible for breach of copyrights



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 prize:

- 1st Prize : INR 2,000
- 2nd Prize : INR 1,000
- 3rd Prize : INR 500

Participation certificate for all students.

Register Now!



MAX VERSTAPPEN CLAIMS BRITISH GRAND PRIX POLE

World championship leader won Formula One's inaugural sprint race on Saturday to take pole position for the British Grand Prix

The Red Bull driver finished the 100km dash around Silverstone ahead of defending world champion Lewis Hamilton with Valtteri Bottas in the second Mercedes in third place. Verstappen went into the weekend with a 32-point lead over seven-time champion Hamilton, who is hoping to capture an eighth British Grand Prix triumph. "We were pushing each other hard as the tyres were blistering a lot," said Verstappen who collected three points for his win. Hamilton took two and Bottas one. "I am happy to have scored the three points and it is funny to say I have scored the pole position too, but we'll take it," added the Dutchman.

Hamilton's lack of optimism

Hamilton started the 17-lap sprint at the front of the grid having topped qualifying on Friday but was immediately passed by Verstappen. He admitted he will face a battle to secure a 99th career win in front of around 90,000 fans when the main event will be raced over 52 laps. "First of all, let me say thank you to the

“We had a good start and a good fight with Lewis on the first lap and then we tried to do our own pace. You could see we were pushing each other hard, because at the end of the race the tyres were blistering a lot.”
MAX VERSTAPPEN

fans, their energy is amazing," he said. "I gave it everything today, I'm just sorry I couldn't win it for them. Tomorrow we will fight again, but Red Bull are just so

strong." He added: "Verstappen was pulling away and there was nothing I could do to hold on to him. Their starts have been great this year and we've lost a bit on our starts and losing position is never a good thing... I wish we could do the start again." Bottas shared Hamilton's lack of optimism. "We tried to do something different and the target was to try and get Verstappen in the first lap. It didn't happen," said the Finn. "Today shows that tomorrow is not going to be easy. If it's going to be a bit warmer, then we might see more issues."

Other top 10

The rest of the top 10 was made up of Charles Leclerc in a Ferrari in fourth, Britain's Lando Norris, in a McLaren, in fifth, and teammate Daniel Ricciardo just behind. Two-time champion Fernando Alonso, behind the wheel of an Alpine, shrugged off his 39 years to climb to seventh on the grid. Behind him are four-time world champion Sebastian Vettel in the Aston Martin, Williams' George Russell and Esteban Ocon in the second Alpine. Saturday's sprint qualifying race was the first of three planned for this year. Another will follow at the Italian Grand Prix in September with the third venue still to be confirmed. **AFP**



Max Verstappen



Photo: AFP

Red Bull's Dutch driver Max Verstappen drives during the sprint session of the Formula One British Grand Prix at Silverstone motor racing circuit

V REVATHI IS ALL SET TO SPRINT FOR INDIA AT TOKYO

Her journey of being part of the Indian 4x400m mixed relay team representing India at the Olympics has been nothing short of a miracle

“Once my name was confirmed for the Olympics, I went blank for some time and my entire journey flashed before my eyes," an emotional Revathi Veeramani said after she qualified for the Tokyo Games. The 23-year-old Tamil Nadu sprinter's journey has been a story of battling odds, poverty and numerous hurdles, common to many Indian sportsmen who dare to dream but often do not have the means. Revathi, part of the 4x400m mixed relay team, lost her parents by the time she turned

seven and was brought up by her grandmother Arammal a daily wage. She began her running sojourn barefooted as her family couldn't afford a pair of shoes.

During a zonal meet at the MGR Race Course Stadium in Madurai in 2014-15, K Kannan, coach at Sports Development Authority of Tamil Nadu (SDAT) centre in Madurai, saw Revathi in action. Though she didn't win the event, Kannan saw a spark in the then 17-year-old and was keen to train her. "I saw this young girl running barefoot and was impressed by her strides. Re-

vathi's grandmother declined my offer of coaching her as she felt it would be expensive. They came from a poor family and were reluctant to pursue the sport full-time," Kannan recalled. "I couldn't afford the bus expenses of about Rs 40 from my home to the training centre but Kannan sir was persistent," Revathi mentioned.

Multiple attempts from Kannan finally saw Revathi's grandmother give in. Not only did Kannan coach Revathi without charging a fee, but he also helped her get free admission at Lady Doak College, Madurai.

The first biggest challenge for Revathi was to run with shoes. "Even though Kannan sir got me shoes, I was comfortable running barefoot. Over a period of time, I learned to run with shoes." Her breakthrough moment came in 2016 when she won gold in 100m, 200m and 4X100m relay at the Junior Nationals in Coimbatore. In 2019, Revathi won the women's 400m events in Indian Grand Prix 5 and 6. A knee injury kept her out of action for a while but in the final trial to select the 4x400m relay event she finished on top with a timing of 53.55 seconds.

OLYMPIC WATCH



Photo: TWITTER

VIRAT KOHLI AND THE BOYS GET INTO THE GROOVE

From captain Virat Kohli to swashbuckling opener Rohit Sharma, the top guns of the Indian team underwent an extensive net session at the Durham County Cricket Club on Saturday, preparing in earnest for the marquee Test series against England.

Besides Kohli and his limited-overs deputy Rohit, one-down batsman Cheteshwar Pujara and KL Rahul also hit the nets, as they trained to tackle a challenge that is expected to test their skills against the moving ball when they stand up to the likes of James Anderson, Stuart Broad and Jofra Archer. The BCCI also shared snapshots of the



team's bowlers with pacers Ishant Sharma, Mohammed Shami, Mohammed Siraj and off-spinner Ravichandran Ashwin seen training hard ahead of their warm-up game. Before that, the Kohli-led Indian side is scheduled to play a practice match against Combined Counties from July 20. **PH**

QUIZ TIME!

The Olympians

MANPREET SINGH

Hockey

Manpreet Singh is the captain of the Indian Men's Hockey Team, that is ranked World no 4. He started playing at the young age of 10 years after being inspired by former Indian hockey captain Pargat Singh. Manpreet first represented India at the 2012 Summer Olympics. He was made captain in the year 2017. Under his leadership, the team went on to win the Asia Cup that same year. With over 200 international caps, he has been a major part of the Indian hockey team which he will be leading at they aim for a podium finish at the Games this year.



Photo: TOI

Q1: At what position does Manpreet Singh play for India in hockey?

- a. Set plays b. Defense
c. Goalkeeper d. Halfback

Q2: In which year did Manpreet Singh captain the Indian junior team at the Men's Hockey Junior World Cup?

- a. 2013 b. 2012
c. 2011 d. 2010

Q3: At which competitive event did India win gold under his captainship?

- a. Sultan of Johor Cup
b. Sultan Ibrahim Ismail Hockey Tournament
c. Hockey Champions Challenge
d. Commonwealth Games

Q4: In 2014, the Asian Hockey Federation presented him with a prestigious award. Name the award.

- a. Rising Star of the Year
b. Junior Player of the Year
c. Best Goal of the Year
d. None of the above

Q5: Manpreet Singh was part of the Indian team that won a medal at the Commonwealth Games in 2014. Which medal did India win?

- a. Gold
b. Silver
c. Bronze
d. None of the above

Q6: Manpreet Singh has a record _____ international caps.

- a. 200 b. 250
c. 269 d. 300

Q7: How many goals has Manpreet Singh made in total since his international debut?

- a. 22 b. 30
c. 25 d. 15

Q8: Name the Academy where Manpreet Singh began his journey as a hockey player.

- a. Cheema Hockey Academy
b. MahaRaja Ranjit Singh Hockey Academy
c. Surjit Hockey Academy
d. Royal Hockey Academy Achal Sahib

ANSWERS: 1. d. Halfback 2. a. 2013

3. a. Sultan of Johor Cup
4. b. Junior Player of the Year
5. b. Silver 6. c. 269 7. a. 22
8. c. Surjit Hockey Academy

TRIUMPHS AND TRIBULATIONS

Victories and trophies are as much about practice, discipline and team work as they are about missed chances, stumbles and falls; they are as much about failures, disappointments and heartbreaks as about emotions and dreams that come true. Here are some significant moments from the high-action week that was...

COPA AMERICA



A CONSOLING HUG

Messi finally had the Copa America title in his bag, as Argentina beat Brazil 1-0, on July 10, 2021. It was a sweet triumph after having lost three Copa America finals and the 2014 FIFA World Cup final. When his dear friend Neymar, in tears, came to congratulate him after the match, Messi consoled him with a long tight hug even as he kept his celebrating teammates away. Messi and Neymar were teammates at FC Barcelona.



A FINE MESS(I)

Argentina captain Lionel Messi is thrown into the air by teammates after winning the final match against Brazil at the Maracana Stadium in Rio de Janeiro, Brazil.

Messi was all smiles as he settled down on the ground after the match to talk to his wife after winning the final.

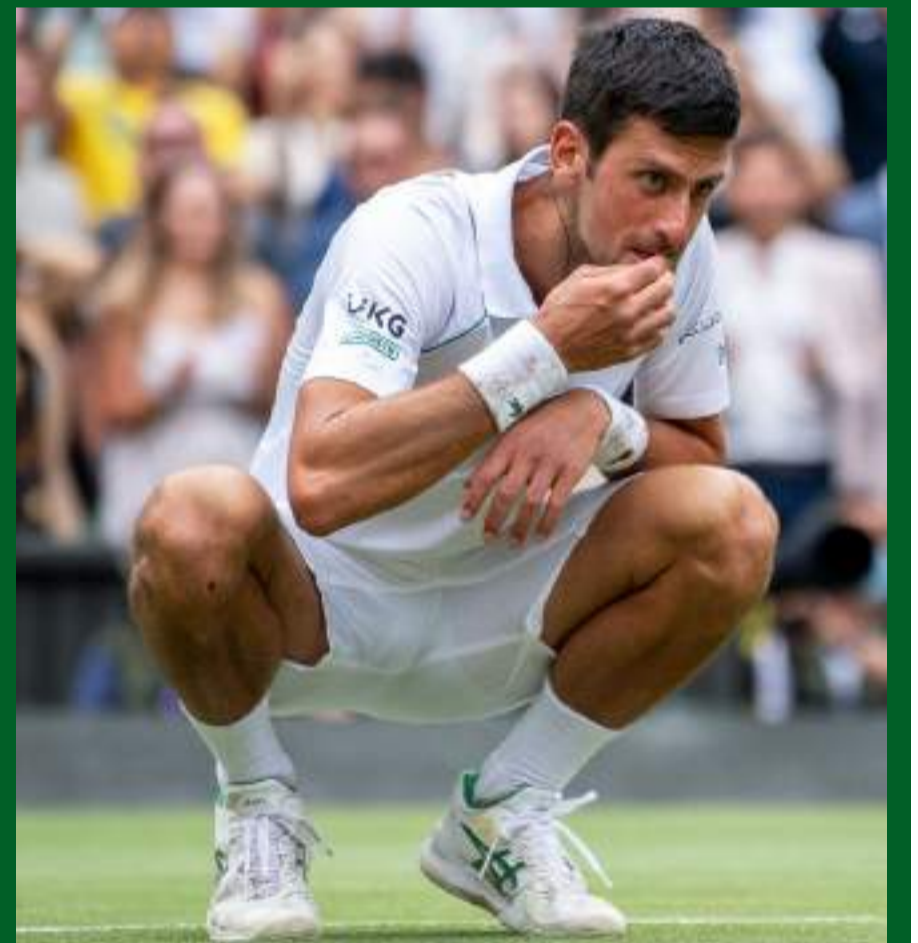


WIMBLEDON



AN EXCITING CLIMB

After winning the Women's Singles final match against Karolina Pliskova of The Czech Republic at the Wimbledon, an excited Ashleigh Barty emulated her Australian tennis icon Pat Cash. She clambered up the grand stand to reach her team in the players box. Midway through she realised she had no way to get there and took the stairs, eventually.



HOW SWEET IS THE GRASS

Novak Djokovic beat Italian dynamite Matteo Berrettini to earn a sixth Wimbledon and a record-leveling 20th Grand Slam title. It was a history-making win. The celebrations on the Centre Court were frenzied. Djokovic fell to his back before standing arms aloft, soaking in the acclaim of 15,000 fans. He then sat down to pick a blade of grass, that he chewed on. Later, the champion handed over his racket to a young member in the audience.

EURO 2020

CUP GOES TO ROME

Fans gathered in large numbers to greet the Italian team as they drove through Rome on an open-top bus, the trophy aloft. Italy won the Euro 2020 by beat England 3-2 on penalties. This is their second Euro title.



SUPPORT FOR RASHFORD

Messages of support poured in at a mural of Manchester United striker and England player Marcus Rashford, in Manchester, England. The mural was earlier defaced with racist graffiti in the wake Rashford missing a penalty at final match against Italy.



SPORTING SPIRIT UP IN FLAMES

Hundreds of fans without tickets broke through security barriers to get into Wembley Stadium in a bid to watch the European Championship final between England against Italy, leading to chaos and a stampede in which several people were injured. A large crowd of fans engaged in unruly behaviour at Leicester Square in London, throwing bottles around as it became the unofficial fan zone for the event. Hours before the match, glasses were thrown into the air, trees were ripped up, bottles were thrown at windows.

THE HIGH CHAIR

Wimbledon history was made when Marija Cicak became the first woman to umpire the men's final. Wimbledon is the last of the Grand Slams to have let a woman officiate in the men's final. The Australian Open men's final in 2007 had Sandra de Jenken in the chair.





THE TIMES OF INDIA

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TODAY'S EDITION

> 'I am a human's bff, but I am not a dog. I speak metaphorically and I have stories to tell. Who am I?' Read to solve this riddle

PAGE 2



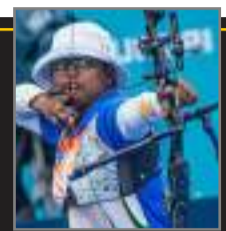
> Participate in your favourite activity corner. From anagrams to riddles and maths quiz, you have it all

PAGE 3



> Did you know Deepika was 11 when she had her first rendezvous with archery? Know more about her medal hopes at Olympics

PAGE 4



STUDENT EDITION

FRIDAY, JULY 16, 2021



TWITTER TO LET USERS CHANGE WHO CAN REPLY TO TWEETS AFTER POSTING



In a bid to give more power to its users, Twitter has rolled out a new feature where you can decide who can reply to your tweet after you post it, a move that will help curb harassers and abusers on the platform. Called 'Change who can reply', the feature is available in the three dots menu next to your tweet. "Your Tweets = Your Space. Now, you can change who can reply to you even after you Tweet," the company said.

Currently, the users can limit who replied to your tweets, but they have to set that preference while writing the tweet

- 1 With the new feature, the users can change who can reply at a later time
- 2 To change who can reply, click or tap the three-dot menu on a tweet and look for the option in the menu
- 3 The new feature will soon be available on iOS, Android and the web globally

CLICK HERE: PAGE 1 AND 2

TOKYO OLYMPICS

THE COUNTDOWN BEGINS

Cheer for India the 'Hindustani Way'



The Union minister for youth affairs and sports Anurag Thakur has launched Team India's official cheer song 'Hindustani Way', ahead of the upcoming Tokyo Olympics, beginning July 23. The song, titled, 'Hindustani Way', has been sung by pop singer Ananya Birla and composed by veteran music composer, AR Rahman. In typical Rahman fashion, it's heavy on rousing beats.

The video for 'Hindustani Way' begins with an Indian family watching Leander Paes in action at the 1996 Atlanta Olympics, where Paes won a bronze to end India's 16-year drought without an Olympic medal. The video then goes on to follow the same family, as it maps some of India's Olympic medal winners since then— Rajyavardhan Rathore(2004), Abhinav Bindra (2008), PV Sindhu (2016) – interspersed with shots of Rahman dancing and Ananya singing

GHOST GEAR

WHAT WHY

Recently, expressing concern over the depleting number of marine mammals, PETA said, over 6,50,000 'non-target' marine mammals (or bycatches) are injured and/or killed every year due to the fishing industry. Similarly, according to the World Wildlife Fund(WWF), ghost gear is the most-deadly form of marine plastic debris. According to experts, ghost gear is any discarded, lost or abandoned fishing nets, traps and pots in the marine environment.

Is it dangerous: According to the National Oceanic and Atmospheric Administration (NOAA), ghost fishing gear wreaks havoc on marine animals and their environment. The most obvious concern is entanglement. Fish, seals, sea lions, turtles, dolphins, whales, seabirds, crustaceans— are vulnerable to entanglement. If an animal doesn't die from injuries sustained during the entanglement, it will suffocate or starve, trapped. Similarly, a single net has the potential to destroy an entire coral reef, killing some of the animals that live there, wiping out the habitat of many others, and damaging an already sensitive ecosystem for years to come. Ghost fishing gear can also transport invasive species to new areas. And it can be ingested by marine animals, which can lead to injury and death. It can act as a hazard to navigation as well.



X-PLAINED

HOW can we stop it: To stop the destruction done by ghost gear, an initiative called the Global Ghost Gear Initiative(GGGI) has been launched. Started in 2015, it brings together more than 100 stakeholder groups, including 17 national governments as well as representatives from the civil society, the private sector and others from across the fishing industry. In India, in 2018, the Kerala government launched the 'Suchitwa Sagaram' scheme to collect ghost gear, which is fed into a plastic shredding machine.

DID YOU KNOW? Ghost nets make up 46% of the Great Pacific Garbage Patch (now about thrice the size of France) and up to 10% of all the marine litter. Interestingly, it takes about 400-600 years for ghost fishing nets to naturally decompose

BEST OUT OF GHOST GEAR

If reports are to go by, a new market for 'green plastics' is reportedly emerging— from shoes partially made from ocean plastics to swimsuits made from ghost nets, and products such as skateboards, sunglasses, athleisure wear, among others, are being produced from old fishing gear and are getting popular among the scuba divers

ISRO SUCCESSFULLY TEST FIRES LIQUID FUEL ENGINE FOR GAGANYAAN



The Indian Space Research Organisation (ISRO) on Wednesday successfully conducted the third long-duration hot test of the liquid propellant Vikas engine for the Gaganyaan programme, the country's first manned mission to space...

- The objective of the Gaganyaan programme is to demonstrate the capability to send humans to low Earth orbit onboard an Indian launch vehicle and bring them back to the Earth.
- The Union minister of state (Independent charge) of space, Jitendra Singh, said in February this year that the first unmanned mission is planned in December 2021 and the second unmanned one in 2022-23, followed by

- the human spaceflight demonstration
- Four Indian astronaut-candidates have already undergone generic space flight training in Russia as part of the Gaganyaan programme
- ISRO's heavy-lift launcher GSLV Mk III has been identified for the mission
- The formal announcement of the Gaganyaan programme was made by PM Narendra Modi during his Independence Day address on August 15, 2018

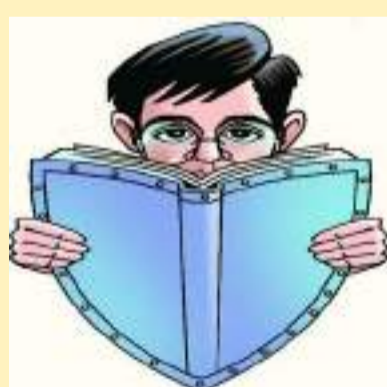
You ask,

We answer

Are you facing issues related to your academics, mental health, etc? Do you want to share your problems, but shy to reveal them with your near ones? Never mind, our expert, CBSE helpline counsellor, JAYDEB KAR will answer queries from students, parents, and educators. Your identity will be strictly protected...

Q My elder brother never shares his mobile phone with me to play. I feel bored all the time. How should I convince my brother to give me the phone to play? What else can I do to entertain myself?

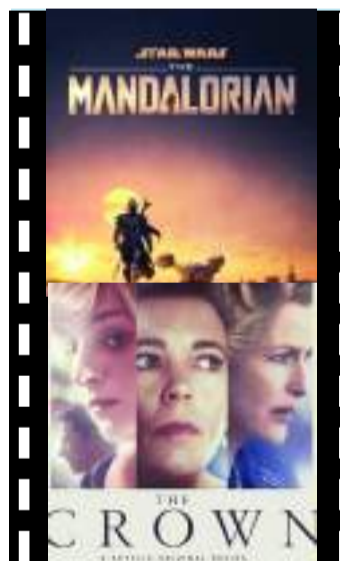
■ This is a common problem but it is not a big issue to be concerned with. Firstly, remember that you should not be spending too much time with electronic gadgets. Cellphones and other gadgets are there to make life easier for us, but that does not mean we are dependent/addicted. Try to add digital detox hours to your day, wherein you can indulge in creative activities, pursue hobbies, indulge in physical activities and spend time having conversations with your family members. Make it a point to set an example to your sibling and show him all the things he is missing out on by being glued on to gadgets all the time. Of course, one can't completely stay away from the gadgets, therefore, rope in your brother for an online quiz or puzzle that will make him share the phone with you. Make your gadget time fun and experiential, rather than just entertainment.



Q I face a lot of difficulty in learning fast. How can I become a fast learner?

■ When it comes to learning, we get anxious, especially when we procrastinate. A lot of time is wasted in finishing a pending task. So build a routine and finish all work on time. Here are some easy steps. Decide the time that works the best for you (morning/afternoon/evening). Revise when you are most alert and focused. Revisit your study plan, and include more writing practice. Lastly, don't study under pressure, you should relax, meditate and perform yoga to increase your understanding power.

(MAIL US YOUR QUERIES AT TOINIE175@GMAIL.COM)



EMMY NOMINEES ANNOUNCED: 'THE CROWN' AND 'THE MANDALORIAN' LEAD RACE

The nominations for the 73rd Emmy Awards were announced on Tuesday by the Emmy-winning father-daughter duo Ron Cephas Jones and Jasmine Cephas Jones. 'The Crown' and 'The Mandalorian' lead with 24 nominations each, while WandaVision has 23. Ted Lasso, The Handmaid's Tale and Lovecraft Country are among other big nominees. The ceremony will be hosted by Cedric, the Entertainer for a limited live audience of nominees and guests this year, after last year's show went almost virtual owing to the Covid-19 pandemic.

■ According to ew.com, Television Academy's Board of Governors recently announced a small but notable rule change this year for the Emmys to be more inclusive of gender-non-conforming individuals: A nominee or winner of any acting category can request they be recognised with the more gender-neutral title 'Performer' on their nomination certificate and Emmy statuette, although the categories themselves relating to the actor and actress won't change.



Entertainment

CORONA UPDATE

Here's why you should encourage people to get vaccinated

A cohort study on the impact of vaccination among Covid-19 patients by Star Health and Allied Insurance has unveiled the significant impacts of vaccination among individuals 45 years and above. The study concluded that there was a marked reduction in the total hospitalisation expenses by approximately 24 per cent, the average length of stay (ALOS) by a mean of 2.1 days, ICU requirement by 66 per cent and a reduction of approximately 81 per cent in mortality among patients, who had completed two doses of vaccination.



THE TIMES OF INDIA

STUDENT EDITION

SATURDAY, JULY 17, 2021

RETHINK: What are positive affirmations? And why you should try this practice?

HEALTH: All you need to know about infusing water for greater health benefits

EXPLORIA: Celebrate World Emoji Day (July 17) with us as we tell you more about "world's fastest growing language"

FILMS, BOOKS: Know the origins of time travel as a genre in movies and books. PLUS: Sports flicks you need to see now

SIMPLY SPORTS: Catch all the action of last week with frame-worthy moments from Wimbledon, UEFA Euro and Copa América

Your Weekender

Students launch 'Go Green Campaign'



Trees are an essential and indisputable part of our life. They are a vital part of our environment and are essential to maintain the balance in the ecology. However, in recent times, the practice of deforestation is on the rise. Tree plantation is a critical process. It refers to the planting of seedlings not only for increasing the forest cover but for ensuring that our ecosystem is intact. At RIS we have initiated the GO GREEN project under the leadership of Rangoli International School chairman Prahar Anjaria, and the target is to plant over 1100 saplings in and around the school campus.

On July 12, the school did tree plantation in association with LIONS Club members and people from various walks of our society including doctors, engineers, defense



personnel, builders, social workers, parents of RIS students, and so on.

This program was organized by principal Anamika Anjaria and was graced by trustees Prahar Anjaria and Pranav Soni and vice-principal Deepa Nishad. All teachers have also done plantation during the activity. There were more than 30 represen-

tatives from Lions Club including District Environment chairman K P Prajapati, President of Lions Club Vaishali Joshi, Regional chairman of Lions Club Mamta Raval, Chanda Yadav, and Archana Dave. Event coordinator by Harpreet Lamba and she presented the vote of thanks at the end of the function.



CARE AND CONCERN NURTURED FRIENDSHIP

It started out as a regular day of school. Same lectures, same students, same teachers... Basically, kind of uneventful. But, during the 5th period, something happened... Nothing very serious but I can't forget that day.



It was three years ago, when I was in class V, we were all playing games during P.E. class, just like always. I was with my group of friends, Ishna, Aayushi, and Manushi, and were playing kho kho. It was my turn to be chased, and Manushi was chasing me. We were all having fun, but all of a sudden, I felt a push and fell forwards, bruising my knees badly. The nurse was mad at me for being irresponsible.



You probably must be wondering who pushed me. It was Manushi. But it's not like you think, it was a mistake and she apologized to me a million times. But it was a good thing that I fell, in some ways. The fall strengthened our bond. They all took care of me and checked on me all the time, even during tests and stuff. We all got closer than we ever were before.

It's been three years and we are still the best of friends. If I hadn't fallen, this friendship probably wouldn't have been this strong. Even after growing, changing so many things, and me moving to a new city, we are still the best of friends, and I like to think that it's because of my bruise.

ANUHYA SHAH, class VIII, Udgam School, Ahmedabad

Maximum rhymes played on a keyboard by a kid

The record for playing the maximum number of rhymes on a keyboard was set by Pratham Ankitkumar Bhatt (born on August 8, 2016) of Ahmedabad, Gujarat. He played 28 English rhymes, along with one Bollywood song, 2 patriotic songs, and the Gayatri Mantra on a keyboard in 16 minutes and 40 seconds, at the age of 4 years, 8 months and 13 days, as confirmed on April 24, 2021.

His parents do not know how to play the piano. However, they did impart some training via youtube and without any classes, he learned this much and set a record in the



India Book of Records. Last year, he created records in GK and Maths category. This time he created a record in the music category.

You can watch Pratham's video of the record attempt on the youtube channel "Genius Pratham and Mom".



Yes, I am the best friend of humans, I never expire at least as the saying says. People say I speak metaphorically but that's what I am though. I and my buddies live in houses called shelves where we are just stacked up and wait for a never-ending time for someone to pick us up and take our knowledge. I might be not a living creature with two arms, two legs, and an excellent brain. But I have a life within my stories that brings smiles to peoples' faces, that avoids their boredom, and sometimes enlightens their spiritual thinking, this feeling never lets me rest and break down.

IF I WERE BOOK OF KNOWLEDGE

People around are strange; they all are different; they all have choices. The children in the family love to read colourful pictured books while adults like philosophy and teens like fiction. But, now my interaction with humans is limited as people around are always struck on watching some strange reflecting surfaces and also get all the information from them. It feels good when I get a nice companion who understands and reads me, I give my best in keeping up his interest. I believe the humans should become



more of me, who speak of their feelings. People say I do magic but it's just my stories that ignite their imagination, transporting them to a new world of magical tales.

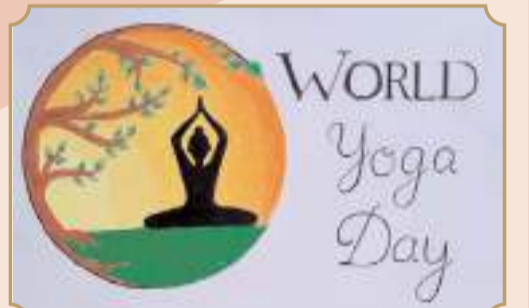
RAKSHIT DUBEY, class X, Zebur School for Children, Ahmedabad



Painters' Gallery



Mantra Vadhadiya, Class II, SGVP International School



Aarya Kalaria, Class X, Delhi Public School, Bopal



Mishika Maniar, Class VI, Delhi Public School, Bopal



Yashvi Chavada, Class VII, Udgam School For Children



Tulsika Taparia, Class VI, St Kabir School

Yoga: Journey of the self, through the self

The word Yoga is derived from the Sanskrit word "Yuji," meaning yoke or union. It is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation, and poses designed to encourage relaxation and reduce stress.

Practicing yoga daily is said to come with many benefits for both mental and physical health. Yoga is an inspiring and ancient art that connects the mind and the body together. It is an exercise we perform by balancing the elements of our body.

Yoga and mindfulness has been

shown to improve both physical and mental health in school-age children (ages 6 to 12). Yoga improves balance, strength, endurance, and stamina in children. Yoga and mindfulness offer psychological benefits for children as well. Many research has shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.

Over the past few months, we've all experienced upheaval in our lives due to COVID-19. For many of us, the Coronavirus pandemic has impacted our physical and mental health, living situation, job security or in-

security, or ability to connect with others. Luckily, yoga can help children and teens deal with anxiety in the wake of the Coronavirus. Yoga can help us be more mindful. Mindfulness is an incredible tool to teach us socio-emotional skills like compassion,

empathy, respect, and peer acceptance. Yoga can be performed by everyone regardless of their age, disabilities, etc. Yoga can be performed anywhere as only a little space is needed. Also, no equipment is needed to perform yoga. There are more than 80 asanas in Yoga to suit everyone. So, start performing yoga today, and see the wonders it does to you!

AAYESHA GOYAL, class VI, Zebur School for Children



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LEVEL-1



ANAGHA SASTIKAR
educator, Bodakdev
School for Children,
Ahmedabad

Draw the easy way



Step-1



Step-2



Step-3



Step-4



Step-5



Step-6



RESPONTANTIO

- a. presentation b. tension
- c. training d. tanning

2.ISPEDERS

- a. disperse b. pending
- c. pedantic d. penance

NTUQSIOE

- a. sequence
- b. quest
- c. session
- d. question

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

Riding with the Riddle

SINCHANA V, class VI,
National Public School, Kengeri

I am green in colour, but I'm not a parrot
I get my food naturally, nobody can feed me
People's life depends on me, but I'm not water
I come in different shapes, but I'm not a fruit
Guess who I am?

Answer: Plant

ANAGRAMUSEMENT

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

1 Please speak softly as the baby is ____.

- a) Please b) Speak
- c) Softly d) Baby



2 They praised the woman for not succumbing to ____.

- a) They b) Praised
- c) Woman d) Succumbing



3 The adventurer sailed across the ocean in a ____.

- a) Adventurer b) Sailed
- c) Across d) Ocean

4 A panel of experts investigated the crash of the ____.

- a) Panel b) Experts
- c) Investigated d) Crash

Quiz TIME



In each of the following, an anagram (letters of one word rearranged to form another) of one word completes the sentence. Choose the correct words and unscramble their letters to fill in the blanks.

EXAMPLE: Her wand cannot turn dusk to ____.

- A. Wand B. Cannot
- C. Turn D. Dusk

Answer: A. Wand-Dawn

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

LEVEL-2

Idiom-etrics

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

(Choose the idiom that best suits the situation) ?

Auditions were being held for 'The Merchant of Venice', which was to be staged at school the following year. Ms Chopra, who was directing the play, was certain that Madan would prove a perfect Shylock. Hoping to hear a moving rendition of the 'Hath not a Jew' speech, the teacher was in for a shock. Madan started well but got stuck. He began again and could not proceed. "I got nervous, Ma'am," he told Ms Chopra later.

- A) Fly in the ointment
- B) Butterflies in one's stomach
- C) Ants in one's pants



Answer: B

Hi Arjun!, called Sheela. "I am Rakesh," said the boy. "My mistake," apologised Sheela. "You and my classmate, Arjun, look identical."

- A) A dead end
- B) A dead duck
- C) A dead ringer



Answer: C

TRIVIA

An interesting idiom derives from an American equestrian term, related to a 19th-century racing fraud. A horse, closely resembling another of greater ability, was substituted for the superior one. The fake animal with a false name and pedigree was known as a ringer, which meant a duplicate. Dead in 'dead ringer' means accurate (as in dead on target). A dead ringer, therefore, is an exact replica of someone or something.

EDITOR IN THE MAKING



Weave a story with headlines

Include some of these 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) Game over?
- 2) Bragging 'space' of the billionaires...
- 3) EURO 2020: Home or Rome?
- 4) RBI tells a banking comic story to children
- 5) Messi wins his first major title

Blank lines for writing a story.

And the winner is...
V. KRISHNA SAI GAYATRI
Bharatiya Vidya Bhavan's Public School, Hyderabad

A REGULAR RECESS

Did you know that Maana Patel is the first Indian female swimmer to qualify for the Tokyo Olympics? 'Did you know that the first human-rated test flight for Gaganyaan is NOT in 2021?' My desk-mate kept reeling off facts she had read online the previous day. It was our recess break, and I would usually spend the short 10 minutes making small talk with my desk-mate. One of my friends came along, offering his whole wheat veggie momos to us. I took just one, but my desk-mate took three, to which the momo-man reacted, 'Better gain control over your stress-eating!' My desk-mate felt offended, and said, 'I'm not stressed.' While this fight seemed interesting, I was intrigued by the headline in a nearby newspaper, 'Sherlock Holmes goes digital with Gen Z in the frame-' Oh wait, never mind, somebody just wiped their disgusting oily hands all over the paper. The bell rings. Well, that was just a regular recess break.



MATH MAGIC

NUMBER SERIES

1 Choose the correct alternative from the given ones that will complete the given series?

13, 17, 23, 31, ?, 53, 67

- A. 40 B. 41
- C. 43 D. 47

Answer: B

2 Find the correct answer from the given one that will complete the series?

2550, 3660, 4770, ?

- A. 5580 B. 5680
- C. 5880 D. 5980

Answer: C

3 Choose the correct alternatives from the given ones that will complete the series.

0, 2, 6, 12, ?, 42, 56

- A. 38 B. 36
- C. 34 D. 30

Answer: D

Learn a NEW LANGUAGE

FRENCH

- 1) Je voudrais une chambre pour deux.
Meaning: I would like a double room.
- 2) Je voudrais annuler ma réservation.
Meaning: I would like to cancel my reservation.
- 3) Est-ce qu'il y a de climatisation?
Meaning: Is there an air conditioning?
- 4) À quelle heure est-ce qu'il faut régler la note?
MEANING: At what time should we check out?
- 5) Où sont les magasins?
MEANING: Where are the shops?

Work sheet

Q:1 How would you communicate that you wish to cancel your reservation?

Q:2 How will you ask if there is an air-conditioning?

Q:3 How will you ask at reception about the check-out time?

Q:4 What does it mean when you ask for shops and someone says, 'C'est tout droit'?

1) Bonjour! Je voudrais annuler ma réservation 2) Monsieur, Est-ce qu'il y a de climatisation? 3) Mademoiselle, à quelle heure est-ce qu'il faut régler la note? 4) It means, It is straight ahead

MAX VERSTAPPEN AIMING FOR 'KNOCKOUT' TRIUMPH AT SILVERSTONE

The seven-time champion and his Red Bull team will seek a potentially decisive "knockout" triumph over defending champions Mercedes and home hero Lewis Hamilton in this weekend's British Grand Prix which features a new form of qualifying

After reeling off his first hat-trick of successive wins to move 32 points clear of seven-time champion Hamilton the 23-year-old Dutchman is in imperious form. Red Bull are reveling in five straight victories to lead both championships after nine races. But he recognises that Hamilton, 36, remains a formidable force, especially on home soil at Silverstone.

The Briton has won a record seven times at the often windswept former war-time airfield in central England where a capacity crowd of 140,000 is expected on Sunday. It will be the biggest attendance at a sports event in Britain since the start of the Covid-19 pandemic.

I have great respect for Lewis and we are taking nothing for granted. We are taking each race one at a time, but, of course, I am hoping to come out of the race with 29 points. **MAX VERSTAPPEN, Belgian-Dutch racing driver**

New experimental format

Normally it would be a maximum of 25 points for a victory and one for the fastest lap. There are additional points on offer this weekend through 'The Sprint' which is being used for the first time as an alternative to the traditional qualifying. It will take place on Saturday afternoon and, like traditional qualifying, will decide the grid positions for Sunday's 52-lap race. The sprint is part of an experimental format aimed at attracting a younger audience with the top three awarded three, two and one point respectively. They will also be taken on a victory parade lap and presented with 'retro' wreaths in a salute to the sport's history. The 100km non-stop race will take around half an hour. Starting positions for 'The Sprint' will be decided by a three-part qualifying hour on Friday afternoon, replacing second free practice. That will mean Friday's opening free practice hour is the team's only chance to find a competitive set-up for the conditions. Further sprints are due to be held in Italy and at one other race later in the season.

Immense pressure on Hamilton

Hamilton and Mercedes will be under acute pressure as they attempt to arrest their slide. The Englishman is without a win in five races since the Spanish Grand Prix in May, when he led the title race. The team hopes that the possible introduction of updates

can close the performance gap on Red Bull. "We are expecting a very strong performance from Mercedes and Lewis," said team boss Christian Horner. "He's at home and will be backed by the crowd, but if we can win at Silverstone, it will be a very significant victory." Hamilton won last year's British event, but was beaten by Verstappen in the '70th Anniversary' race just a week later as the circuit hosted two successive contests behind closed doors. The decision to allow a full house to attend the race secured the future of the circuit, said managing director Stuart Pringle. "Our ability to survive Covid was stacked against us if we had no crowd," he said. "It's absolutely critical."

Norris in the right zone

Red Bull number two Sergio Perez and his Mercedes counterpart Valtteri Bottas and Sergio Perez are expected to be in serious contention but many fans will cheer McLaren's 21-year-old Briton Lando Norris, who was mugged after attending the England-Italy Euro 2020 final at Wembley. Norris is the only man to have scored points at every race this year and has three podium finishes. Compatriot George Russell of Williams is looking for his team's first points since 2019. Despite being badly shaken by his experience, Norris said he would be 'in the right zone' to enjoy racing in front of home fans. "I am really looking forward to it," he said. Hamilton, however, will be drawing most energy from the fans as he aims to add to his record 100 pole positions and 98 victories and reduce the deficit in his bid for an eighth world title.



Photos: GETTY IMAGES



FILE PHOTO: Max Verstappen of Netherlands driving the Red Bull Racing RB15 Honda during the Red Bull Racing Filming Day at Silverstone

SONAM MALIK AIMS FOR OLYMPIC GLORY

The 19 year old wrestler will be competing in the 62kgs category at the Tokyo Olympics 2020

Late in 2017, it seemed that Sonam Malik would never be able to take to the mat again. A nerve-related twinge on her right shoulder, that also affected the right arm, left young grappler Sonam Malik paralysed on her right side. Her world came crashing down. After all, she was fresh from winning gold at the World Cadet Championships in Athens, Greece.

Cut to present, she has booked her berth for the upcoming Tokyo Olympics in the 62kg category and is gunning for glory at the showpiece event.

After suffering from the paralysis,

Sonam was out of action for six months. "She couldn't hold her arm up. She wasn't able to grip anything with any strength," said Ajmer Malik, Sonam's coach.

OLYMPIC WATCH

In 2018, Sonam was back on the mat and won bronze medals at the Asian Cadet Championship and World Cadet Championship. In 2019, she won another World Cadet gold. She graduated to the senior level, thereafter. Soon she started making waves and hit the headlines in early 2020 after defeating Rio Olympics bronze medal-

ist Sakshi Malik at a national trial in Lucknow. In April, Sonam became the youngest Indian woman wrestler to qualify for the Olympics by reaching the 62kg final at the Asian Olympic Qualifiers in Almaty, Kazakhstan.

At the Olympics, Sonam will be taking to the mat on August 4. "I know there is a lot of competition in my category. I know I am not one of the favourites to win, but on my day I can defeat the best. If any one takes me lightly, it'll be at their own peril. I have studied the video footage of my competition and have made my plans accordingly," Sonam says with confidence.

Photo: INSTAGRAM

MESSI TO SIGN A NEW DEAL WITH BARCELONA

Lionel Messi is set to extend his stay at Barcelona by signing a new five-year deal, with the Argentine talisman set to take a wage cut, according to reports. Lionel Messi, Barca's all-time top scorer and appearance maker, technically ended his 21-year association with the club last month and is currently a free agent after his previous contract expired. Since Joan Laporta took over as Barca president, the club has been trying to reduce their wage bill in order to keep Messi and stay within La Liga's strict financial control rules. La Liga chief Javier Tebas said last week that Barcelona, which has a total debt of more than 1 billion euros (\$1.18 billion), would not



be shown any leniency. Messi's last contract, signed in 2017, was the most lucrative in world sport according to a January report in newspaper El Mundo. REUTERS

QUIZ TIME!

The Olympians

DEEPIKA KUMARI

Archery

World No. 1 archer, Deepika Kumari's journey in the sport began as a child aiming for mangoes with stones. Her professional journey began in 2006. She won the 11th Youth World Archery Championship, Utah, United States in 2009, at the age of fifteen, also winning a gold medal in the women's team recurve, at the event. She is currently ranked World No. 1 and has a string of medals won at the World Cups, Asian Archery Championships, the Commonwealth Games, the World Championships and the Asian Games. The triple gold she won at the Archery World Cup 2021, leaves no doubt that she is India's best bet at the Games this year.



Photo: GETTY IMAGES

Q1: What kind of bow does Deepika Kumar specialise in?

- a. Compound Bow
- b. Longbow
- c. Recurve Bow
- d. Recurve Barebow

Q2: At what position did India finish in the women's team event at the 2012 Olympics?

- a. Eighth
- b. Sixth
- c. Fourth
- d. Second

Q3: Deepika became the second Indian after Palton Hansda to win the junior compound competition at the Archery World Cup. In which year did she win it?

- a. 2006
- b. 2007
- c. 2008
- d. 2009

Q4: How many Gold medals did she win at the 2021 Paris World Cup?

- a. 4
- b. 3
- c. 2
- d. 1

Q5: Recently, Deepika Kumari won the Gold Medal in Women's Recurve event at the Archery World Cup (stage III). Where was the event held?

- a. Berlin
- b. Cortina
- c. Salt Lake City
- d. France

Q6: Who did she defeat at the circuit final stage III at the World Cup?

- a. Michelle Kroppen
- b. Choi Misun
- c. Olivia Sloan
- d. Chang Hye Jin

Q7: What is Deepika's current world ranking?

- a. 4th
- b. 11th
- c. 2nd
- d. 1st

Q8: Deepika Kumari won a triple gold in the Archery World Cup held at Paris this year. How many gold medals has she won overall?

- a. 10
- b. 9
- c. 8
- d. 7

ANSWERS: 1. c. Recurve Bow 2. a. Eighth
3. a. 2016 4. b. 3 5. d. France
6. a. Michelle Kroppen 7. d. 1st 8. b. 9



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Read more about Vaishali Shroff, the author of children's book 'Sita's Chitwan', which takes readers on a tour to Nepal's first national park
PAGE 2



➤ Students present a novel DIY project that will help you take your time off screen
PAGE 3



➤ Youngsters should enjoy the journey that landed them in the team, says Shikhar Dhawan, the interim captain of Team India
PAGE 4



STUDENT EDITION
THURSDAY, JULY 15, 2021



CLICK HERE: PAGE 1 AND 2

SUNDAR PICHAI

The CEO of Alphabet and Google, in an interview with the BBC, shared his thoughts on internet freedom, kids' dependence on technology, and much more...

ON WHETHER TECHNOLOGY IS DESTROYING KIDS' CREATIVITY AND ABILITY TO BUILD RELATIONSHIPS

I think we should worry, and I'm glad there are experts looking at areas like mental health, and all that, but I would also say that throughout history, we've always been worried about technology.

ON FREE AND OPEN INTERNET

The free and open internet is under attack in countries around the world. Many countries are restricting the flow of information and the model is often taken for granted. None of our major products and services are available in China.

ON ARTIFICIAL INTELLIGENCE

I view Artificial Intelligence (AI) as the most-profound technology that humanity will ever develop and work on. You know, if you think about fire or electricity or the internet, AI is like that. But I think AI is even more profound.

ON INDIA

I am an American citizen but India is deeply within me. So, it's a big part of who I am.

ON WHEN DID HE LAST CRY

Seeing the morgue trucks parked around the world through Covid, and seeing what's happened in India.



Celeb talk

I allow my kids to be on YouTube. As far as policy on screen time for kids is concerned, I think this generation needs to learn to adapt to technology, it's going to be a big part of their lives. So, I've encouraged them to develop boundaries on their own, but I approach it as a journey of personal responsibility. On whether children should be allowed to spend time on YouTube

PHISHING ATTACKS VIA WHATSAPP, TELEGRAM SOAR IN INDIA



India is among the top-three countries facing phishing attacks primarily via instant mobile messaging apps like Facebook-owned WhatsApp and highly-encrypted Telegram, a new report has claimed. The biggest share of detected malicious links between December 2020 and May were sent via WhatsApp (89.6 per cent), followed by Telegram (5.6 per cent), according to data shared by Kaspersky Internet Security for Android, part of the cyber security firm Kaspersky Lab.

Countries experiencing the highest number of phishing attacks were Russia (46 per cent), Brazil (15 per cent) and India (7 per cent)

BEWARE

1 In a phishing attack, a cybercriminal sends a fraudulent message designed to trick a human victim into revealing sensitive information to the attacker, or to deploy malicious software on the victim's infrastructure like ransomware

2 Sometimes, it can be difficult to determine whether an attack is phishing, as the difference can be just one character or a minor mistake

3 Even if messages and websites look real, the hyperlinks, most likely, will have incorrect spelling, or they can redirect you to a different place

4 Even if a message or letter came from one of your best friends, remember that their accounts could also have been hacked

5 Remain cautious in any situation. Even if a message seems friendly, be wary of links and attachments

FOR THE RECORD

MEET CHRIS GAYLE: BOSS OF T20 UNIVERSE

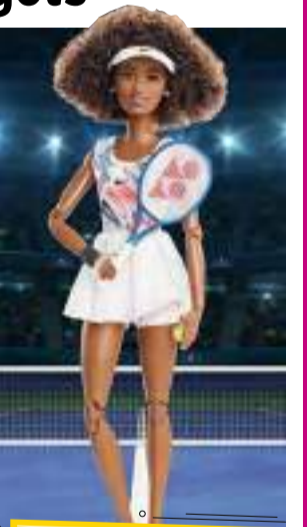
For him, age is just a number. West Indies opener Chris Gayle isn't just an entertainer in the shortest format of the game but a true legend when it comes to limited-overs cricket. In the third T20I against Australia recently, the 'Universe Boss' reached another breathtaking milestone, as he became the first batsman all across the globe to register 14,000 runs in T20 cricket alone. The hard-hitting batsman reached the milestone with a six off Adam Zampa.



Following Gayle on the list is his compatriot Kieron Pollard, who has 10,836 runs in the format to his name. Pakistan's Shoaib Malik isn't far behind Pollard with 1,074 runs in 425 matches. Australia's David Warner (10,017 runs in 304 matches) and India's Virat Kohli (9,992 runs in 310 matches) complete the top five

Tennis Star Naomi Osaka gets own line of Barbie dolls

Four-time Grand Slam singles champion Naomi Osaka now has her own line of Barbie dolls. The 23-year-old world No 2 tennis player, who has used her position to call attention to issues of police violence and racial inequality, became a part of Mattel Inc's push to make its iconic toy line more diverse, with dolls based on different role models and professions. "It's such an honour to be a part of the Barbie Role Model series, and to remind young girls that they can make a difference in the world. I want young girls everywhere to feel empowered to dream big," Osaka, who grew up idolising 23-times Grand Slam champion Serena Williams, said in a statement.



- Mattel's tie-up with Japan's Osaka is the latest example of brands becoming more comfortable with taking a stand on social issues and banking on partnerships with female athletes to pull in new customers
- In April, Gap Inc's Athleta brand signed four-time Olympic gymnastics champion Simone Biles for a new apparel partnership, with a focus on diversity and inclusion
- Mattel also has Barbie dolls modelled on US soccer player Alex Morgan and Olympic fencer Ibtihaj Muhammad

FOR A CAUSE

Facebook rolls out new feature. Group admins can now designate 'Group Experts'

Facebook has come up with a new feature called 'Group Experts', which will let admins designate members with better knowledge on a given subject as the expert. With this new feature, Facebook hopes to tackle the spread of misinformation on the Group pages by letting experts decide the authenticity of the information...



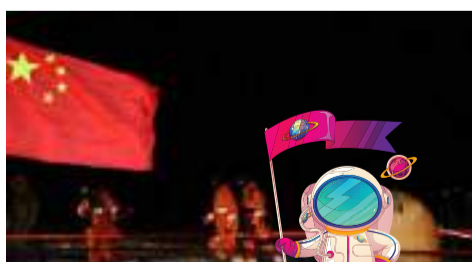
on Facebook groups around the world," the social networking site said in a blog post

More to this feature, members of any group will be able to accept or decline the role designated to them. In case an untrustworthy member becomes the expert, the admin has exclusive powers to remove them from their status

TECHAWAY

SPACE RICE: CHINA HARVESTS FIRST BATCH OF RICE THAT TRAVELLED AROUND THE MOON

China has harvested its first batch of rice grown from the seeds that travelled 23 days in space on the Chang'e-5 lunar probe in November 2020. After the seeds were exposed to zero gravity and cosmic radiation. They were harvested at the space breeding research centre of the South China Agricultural University in Guangdong province. They are expected to offer new varieties of rice that will help boost China's breeding industry efficiency.



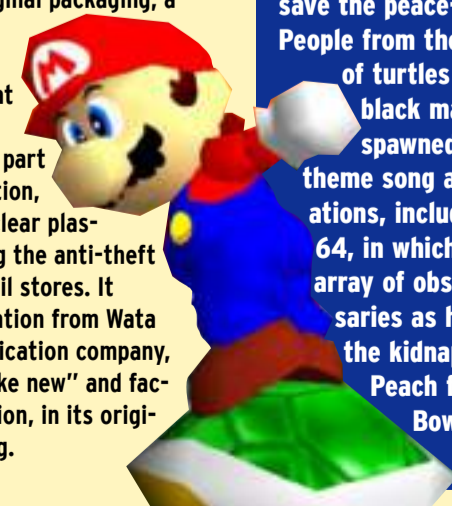
SPACE

AROUND 40 GRAMS OF THE SEEDS MADE THE TRIP TO THE MOON AND THE YIELD WILL ENRICH CHINA'S GRAIN VARIETIES, SAY EXPERTS

FACTOID

\$1.56 MILLION

Price of a 25-year-old copy of Super Mario 64 in its original packaging, a record price for a video game, which was sold recently at an auction. The game, which was a part of a private collection, is sealed inside a clear plastic case resembling the anti-theft boxes used by retail stores. It includes a certification from Wata Games, an authentication company, attesting to its "like new" and factory-sealed condition, in its original shrink-wrapping.



In the original game, Mario must save the peace-loving Mushroom People from the Koopa, a tribe of turtles known for their black magic. The game spawned an enduring theme song and multiple variations, including Super Mario 64, in which Mario faces an array of obstacles and adventures as he tries to rescue the kidnapped Princess Peach from the villain Bowser



Quote unquote



When you will wave the flag in Tokyo, the world will see. Don't take pressure of winning, just tell yourself one thing that we will do our best. I will say it again 'cheer for India'. I see you all together and I see some things common - confidence, positivity, discipline, dedication and commitment. You are a reflection of new India. You come from all of India, some started in field, some in academies but all of you are part of Team India. You are going to represent the country, and this spirit is the image of India. You play with all your spirit, work more on your technique
Narendra Modi, PM, addressing Indian contingent to Tokyo Olympics

NEWS IN CLUES

WHICH COUNTRY BOASTS THE ONLY NATIONAL FLAG IN THE WORLD THAT DOESN'T HAVE FOUR SIDES?

- Clue 1:** It hosts the permanent secretariat of the SAARC
- Clue 2:** Sandeep Lamichhane became the first cricketer from the country to play in the IPL
- Clue 3:** It boasts a female President, Bidhya Devi Bhandari, the first woman to hold the office in the country

ANSWER: NEPAL. Sher Bahadur Deuba has taken oath as the PM for the fifth time, hours after he refused to swear in seeking a correction in his appointment letter, which was missing in the constitutional clause under which he was named as the successor of KP Oli

Exploring the wild side

Author Vaishali Shroff's latest children's book 'Sita's Chitwan' takes young readers on a tour to Nepal's first national park. Narrated from the perspective of an 8-year-old Sita who dreams of becoming a nature guide just like her Baba, the book has plenty of astonishing facts about Chitwan National Park, and aims to inspire young readers about taking interest in wildlife. Excerpts from an interview:

nitya.shukla@timesgroup.com

Q WHAT INSPIRED YOU TO WRITE 'SITA'S CHITWAN'?

While I have visited many national parks, I spent an entire day walking inside Chitwan National Park in Nepal with my family and our nature guide - Man Bahadur. He showed us the significance of slowing down, enjoying the breathtaking beauty around us, listening to the melodious yet haunting sounds, and feeling the forest with all our senses. We would have missed all this in the rush of completing the forest trail. This experience, my passion for forests and conservation, and the need to make readers empathise with all the creatures on our planet, compelled me to write 'Sita's Chitwan'.

Q THE CHOICE OF A FEMALE NATURE GUIDE WAS QUITE UNIQUE. WHY?

It's definitely rare to see a fe-

male nature guide, which is a very male dominated profession, but it's definitely not improbable at all. Sita aspires to be a nature guide, just like her father and Sita's father encourages her to be the best nature guide there is. Thanks to women such as Doma Paudel (first female nature guide in Nepal), Samantha Helle (conservation scientist at Chitwan), Radha Wagle (Joint Secretary, Ministry of Environment, Nepal), who are trail-blazers and are leading the way for more women to join the forest department in various capacities. In fact, the Jim Corbett National Park in India introduced female nature guides for the first time only last year (2020). I hope more girls feel encouraged to take up forest-related professions upon reading this book.

I've always enjoyed reading the amazing worlds created by the likes of Sukumar Ray and his son, Satyajit Ray, Rabindranath Tagore, Neil Gaiman, Michael Morpurgo, Kate DiCamillo, Sir Arthur Conan Doyle, Agatha Christie, Shel Silverstein, Jack Prelutsky, Edward Lear, Jacqueline Woodson, among others. I also read books on environment by authors such as David Attenbor-



sects, reptiles, and every little species depend on each other for survival. It's a very symbiotic existence. The monkeys jump from one tree to another, dropping leaves and fruits to the ground, which are in turn eaten by the deer—they are always seen hanging around together. Monkeys also warn the deer against stealthy predators. Every creature helps another and that is something we need to imbibе in our day-to-day living, especially in the troubled times that we live in.

Q WHAT ARE YOUR FAVOURITE CHILDREN'S STORIES?

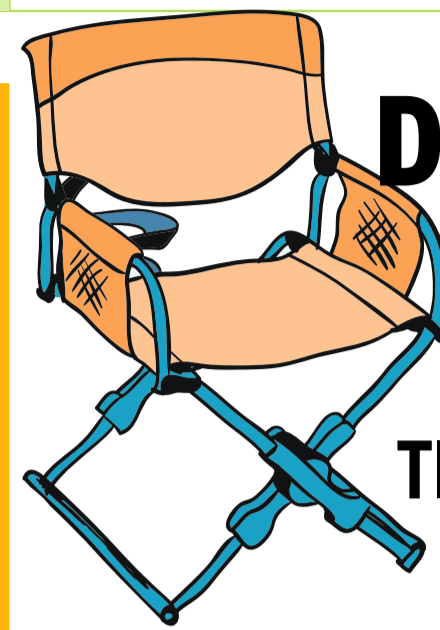
I love realistic fiction, thrillers, detective stories and works of non-fiction. I love poetry, too. If I feel strongly and passionately about something, I write about it. That's when I can feel the subject, the characters, in a way that my thoughts flow naturally through words. I was so overwhelmed and moved by my collective experiences inside forests across the last decade that I just had to write Sita's story. That's the only way the reader can feel what they are reading and feel encouraged to do their bit for our planet—I have tried my best to achieve that.



ough, Bill Bryson, and Douglas Adams among many other legends.

Q HOW DO YOU DECIDE WHAT TO WRITE ON? IN TERMS OF YOUR STORIES/THEMES.

If I feel strongly and passionately about something, I write about it. That's when I can feel the subject, the characters, in a way that my thoughts flow naturally through words. I was so overwhelmed and moved by my collective experiences inside forests across the last decade that I just had to write Sita's story. That's the only way the reader can feel what they are reading and feel encouraged to do their bit for our planet—I have tried my best to achieve that.



DIRECTOR'S CUT

TIPS FOR BUDDING FILMMAKERS

Hear from the horse's mouth about the intricacies of filmmaking, the know-how, best courses on the subject and more...



Pallavi.shankar@timesgroup.com

Q WHAT INSPIRED YOU TO TAKE UP FILMMAKING?

Filmmaker Durba Sahay has highlighted the beauty of *guru-shishya* (teacher-student) tradition in her debut directorial work 'Aavartan'. Relevant for youngsters, the movie is about connecting to Indian culture. Sahay entered the world of acting by doing theatre as a child artist and eventually progressed to script writing and direction (she made a couple of short films before her present feature film debut). In a conversation with Times NIE, Sahay gives suggestions to young people on how to begin a career in filmmaking and shares her professional learnings.



BEST COURSES ON FILMMAKING IN INDIA

- FTII, Pune
 - SRFTI, Kolkata
- (ONE CAN CHOOSE THE COURSE AS PER THEIR FIELD OF INTEREST)

gives you a sense of aesthetics, and with music, you understand the flow of emotions and rhythm. These are very important ingredients to make a good movie.

3. Learn Photography: Every single image tells a story. Learn and master the art of photography, if you can become good at telling a story with a still image then you are going to be good at telling the story with moving images.

4. Become a member of a movie club: A filmmaker needs to be a part of his fraternity, where he is surrounded by like-minded and creative individuals. A place where he can share his work and receive appreciation or critical remarks as well as

Best courses in filmmaking internationally

- La Femis, France
 - The Polish National Film, Television and Theatre School in Lodz, Poland
 - American Film Institute, Los Angeles, California, US
 - Beijing Film Academy, Beijing, China
 - The Film and TV School of the Academy of Performing Arts in Prague, Czech Republic
- (RECOMMENDED BY DURBA SAHAY)

I don't think they fit into the classical art form of making films. There are five tips I will share with kids who want to pursue filmmaking:
1. Watch a lot of movies: With all kinds of genres from around the world.
2. Develop taste for literature and music: These are the two things that shape your personality if you dive into it. Literature

get enough encouragement and support.

5. Attend film festivals: Film festivals are a happening place if you don't belong to a family of filmmakers or don't have a Godfather. A film festival can bring you opportunities to be face to face with successful filmmakers, producers and funding agencies to whom you can pitch your ideas/scripts.

WRITING TIPS

Read. Read a lot. Reading broadens your perspective and widens your horizons. Reading gives you a lot to think about and fills you up with fresh ideas, words, and new worlds you can create. It also helps you to understand how stories and books are structured.

Focus on writing well and on improving your craft with every new story you write. If you are writing stories for children, just think about the kind of stories you enjoyed reading as a child. Think about how you can make the most boring subjects most enjoyable for children to read. Above all, enjoy the entire process of writing!

Q WHAT IS THAT WE CAN LEARN FROM LIFE IN FORESTS?

It's a common myth that forests are places where one wild animal eats another wild animal. That's not all that happens inside a forest. It's the most peaceful place on earth where the entire ecosystem—from the grass to the trees, birds, animals, in-



Lessons from regions with highest lifespan

Did you know that places where people often live to their 90s and 100s are called 'Blue Zones'? Dan Buettner wrote in his books about these zones where the secret of a long life is due to a strong sense of purpose. Here's more

OKINAWA, JAPAN

They have the highest centenarian ratios in the world, thanks to their powerful network of friends (*moai*), strong sense of purpose (*ikigai*) and plant-based diet of stir-fried vegetables, sweet potatoes and tofu.



Health Secrets



SARDINIA, ITALY

They live a traditional life of hunting, fishing and harvesting and have a very strong sense of community.



ICARIA, GREECE

Their Mediterranean diet - low on red meat and high on vegetables, fruits, lentils, cheese and herbs - is said to be good for the heart and overall health. They also live a relaxed life, enjoy and live in a climate that allows them to enjoy outdoor life.

BEST INDOOR PLANTS WITH HEALTH BENEFITS

Wellness & decor



Plants give a great vibe to your home and help in purifying indoor air. If you are looking to place some indoor plants in your home for a new look, here are the best ones with great health benefits



Spider plant

This is the best plant for removing toxic substances from the air. The impurities that enter through different mediums like shoes, fabrics, food, etc. are removed through this plant. Spider plant targets the carbon monoxide that is present in the air as well. It doesn't require much care and can be kept in a place with less sunlight. It can grow in any type of soil and needs to be watered less.



Aloe vera

You can apply aloe vera to your hair, skin or even mix it in your food for better health. It not only treats skin allergies but also helps in maintaining clean air at home. However, it needs to be watered regularly and needs indirect sunlight to grow well.

Lavender

This pretty plant adds a pleasant aroma to your house. Lavender is known for its qualities to relieve stress; it is also a great plant to keep in your room if you are struggling with sleep as its fragrance, according to many studies, helps in inducing restful slumber.



What should you do with a sunburn?

Sometimes, when you spend too much time in the sun, you may end up burning your skin. If that happens, what should you do?

"Cover the affected parts of the skin and stay in the shade until your skin has healed," says UK-based consultant dermatologist Anjali Mahto.

She recommends pain relief medicines such as ibuprofen to reduce pain and inflammation. A cool compress or a shower in lukewarm temperature water will also help.

"Moisturise with a fragrance-free cream or lotion. Aloe vera or soy lotions can be helpful too, but be wary of creams with petrolatum, benzocaine or lidocaine, which may trap heat in the skin," Mahto adds. DAILY MIRROR



Besides wearing sunscreen, try to use a physical sunscreen like umbrella and scarves when you are out in the sun

Virtual Annual Day Celebrated

Aga Khan preschool recently celebrated its annual day. A day was created for the students in collaboration with the parents, to showcase the multifaceted students and parents, where their innate and learned skills found a means of expression. These expressions saluted their roots and provided them an opportunity to reflect the nuances of the community, while empowering themselves.

Preparations began by creating 6 preschool clusters, with each of them showcasing a performance at the end of the previous school year. Announcements of the event were met with an overwhelming response – the excitement and buzz about their impending performances were palpable! Both parents and children, left no stone unturned, in their quest for creative perfection.

Consistent parent-teacher interactions and the regional team of preschool supervisors played a crucial role in the success of the event. The event had solo and group



dance performances, local songs, animated storytelling with creative props, show-and-tell by students getting into the character of a community helper, or a national hero, to pay tribute to their selfless service. One of the parents, Nazma Jiwani (Parent of Zikr and Rahim) from AKP Rander, remarked, "During these unprecedented times, such events promote the spirit of togetherness and positively shift the focus of the child.



My children and I are grateful for the unending support received from the teachers." When cancellations and postponements were becoming the trend, the teams across the preschools pushed boundaries and dissolved barriers, to harness the strength of the collective. Dr. Iqbal Sama (Regional Head – AKESI) said, "The pandemic taught us to think creatively and facilitate learning in unique ways using technology. The AKP



team has worked tirelessly with the continuous support of the parents and the students, to create a memorable event." The Annual Day was more than a creative showcase; it was 'hope manifested'. Saleema Sohani (AKP Supervisor) concluded by saying, "It was delightful to witness the connectedness and enthusiasm with which the students, teachers, and parents worked."



Painters' Gallery



Heeva Shah, Class II, Udgam School For Children



Falak, Class VII, Delhi Public School, Bopal



Arav Mehta, Class V, Sheth C N English Medium School



Rudranshi Oza, Class V, Zydus School For Excellence



Daivik Patel, Class VII, Siddharth's Miracles School

THE INSPIRING SAGA OF BRAVERY!

Gunjan Saxena was the first woman to fight in the Kargil war. For this, her father supported her a lot. When Gunjan Saxena was nine years old, she was traveling in an airplane, and the air hostess took her to show the cockpit and from that day, she wanted to be a pilot only. Her brother and father were in the Indian Army. She was the first woman airforce officer to go to fight in the Kargil war. I love the song of this movie.

'Udd Ja Banke Asmaan Di Pari'. I love this movie as this is a true story.

Gunjan Saxena's height was less, so she failed the physical test, but her hand was long so she got a chance to be an air force officer. In the training, she was the only female, so male colleagues felt bad when she used to lead. During the Kargil war, some of the Indian soldiers were stuck in the LOC but there was no one to save them and bring them back and at that, time



Gunjan's boss assigned her the task. So she fled to the LOC and saved the Indian soldiers.

The actress who played the role of Gunjan is Jhanvi Kapoor and with her expressions and dialogues, she manages to incite patriotism in the audience.

AAROHI TRIVEDI, Class V, Udgam School, Ahmedabad

Rath yatra - the chariot festival

The Rath Yatra has a great spiritual significance. As per the Katha Upanishad, the human body is like a chariot, driven by God who is the Sarathi. God takes us through a journey of material existence to that of the spiritual level. Total dedication and submission to God is the only way to get out of the cycle of birth and death.

Rath Yatra Festival brings happiness to our life. It is celebrated all over the world. Rath yatra is an auspicious occasion that is carried out by thousands of people. On this day 3 chariots from the temple of Lord Jagannath (Lord Krishna) to 'Gundicha temple' are driven. Lord Jagannath (Lord Krishna) sits on one of the chariots. In the other two chariots Lord Jagannath's siblings (Lord Balbhadr and Goddess Subhadra) are there. The biggest of these processions takes place in Puri, the eastern state of Odisha while the other takes place in the western state of Gujarat. This is the only festival in the world



where deities are taken out of temples to travel to devotees. The chariot travels 3kms which is carried out by numerous volunteers. The idols stay in Gundicha temple for 9 days and the return journey is called 'Ulta Rath Yatra'.

This festival is also called as Patitapaban Yatra. 'Patita' means duntrodden and 'Pabana' means to purify or to remove the effects of sin. The Chinese pilgrim, Fahien has mentioned about Car

Festival celebrated at Khotan during 5th Century A.D. Irrespective of different data available in historical records, it is undisputed that the Car Festival of Shreekshehra is the most special festival of the world, glorifying the culture of Lord Jagannath, the saviour of the downtrodden people on the earth.

DARSHIL GHIYA, class VIII, St Kabir School, Navrangpura

CREATE A BEAUTIFUL TORTOISE

MATERIAL REQUIRED :

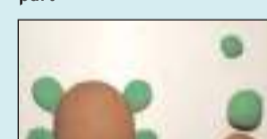
1. Clay
2. Googly eyes or Black seeds - 2
3. Clay moulding tool or plastic knife



1 Make clay balls of given sizes: 1 Big ball, 2 Medium sized balls, 4 small sized balls, 1 tiny ball.



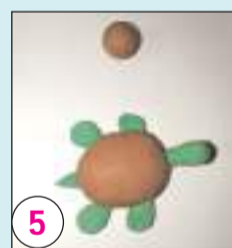
2 Flatten the big ball for the body part



3 Press the 4 small balls and stick them on 4 sides as legs



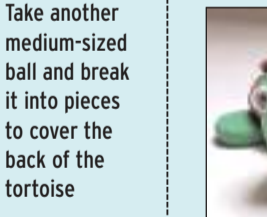
4 Now take 1 medium-sized ball and press it on one side to make it cylindrical and attach it as the head



5 Take the tiny ball and press it flat and stick it as the tail



6 Take another medium-sized ball and break it into pieces to cover the back of the tortoise



7 Stick black seeds to the head of the tortoise for eyes



ANAGHA SASTIKAR, educator, Zebar School For Children, Ahmedabad

WHAT MY CACTUS DOES

I wonder what my cactus does?
All the day and night,
It never barks or moos
nor it needs to fight a knight,
It never needs to wash a dish
nor it needs to grant a wish,
It never needs to graze a goat
nor it needs to iron a coat,
Suddenly my cactus woke,
and answered in one stroke.
I not only decorate your home,
I am found everywhere, even in Rome.
CHARVI SHAH, class V, Udgam School



ODE TO THE PEN

ON SUNDAY WHAT ALL STUDENTS DO?

On Sunday What All Students Do?
Are they wake up at 6 o'clock?
Do they wear uniform?
Are they study the whole day?
They sleep as much they want.
They play games which they like.
They go everywhere they want

Like Cinema, Park or mall.
They wear their choice dress
Instead of school uniform ;
They eat their choice fast food
Instead of healthy food.
They read their own choice books
Instead of study books ;
Sunday is a fun day for all students
To fulfill their own hobbies.
DHRUV PARIKH, class VI, Sheth CN English Medium

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MY IDEA AS A LEADER IS TO KEEP EVERYONE TOGETHER, HAPPY: DHAWAN

Handed captaincy for the Sri Lanka tour, Shikhar Dhawan's idea of leadership is all about keeping the flock together and in a good state of mind



Shikhar Dhawan plays a shot during the T20 intra squad game, in Colombo

Photo: ANI

The left-handed opener was given the reins of the team after Virat Kohli and other key players were sent to England for the WTC Final against New Zealand and the five-Test series against the hosts. Sri Lanka's limited overs tour, comprising of three ODIs and as many T20s, will begin on July 18 in Colombo. "It is a big achievement for me that I have become the captain of the Indian side. As a leader, my idea is to keep everyone together and happy - that is the most important thing," Dhawan said on a TV show. "We have got a lovely bunch of boys, great support staff, and we have worked earlier as well."

Good chemistry with coach

Dhawan says he shares a good chemistry with the legendary



Indian team Head coach Rahul Dravid

Rahul Dravid, who is the head coach for the series. "I have a good relationship with Rahul Bhai. When I started playing Ranji Trophy, I played against him, and I have known him since then. When I went to play India A match, I was the captain, and he was the coach, so there was interaction."

"When he became the director of NCA, we used to go there

for around 20 days, so we had a lot of interaction, and now we have a good chemistry. And now that we have the chance to play six matches together, so it will be great fun, and I think we all sync nicely," he said.

Happy to get youngsters

The selectors have picked many uncapped players, including the likes of Ruturaj Gaikwad and Chetan Sakariya, and Dhawan wants the youngsters to enjoy their journey

"Happy to get the youngsters in the team and see their dreams come true. It's a big thing that these youngsters have come from their respective home towns with certain dreams, and their dreams are getting fulfilled. "And now, they should enjoy the journey which landed them in team India, and they should know the value of their strength and how to improve it," he said.

Seniors and youngsters from the squad will learn from each other. There are seniors in the team, so the youngsters will learn from them, and we will get to learn from the youngsters. Whenever I meet the youngsters they often have new ways of thinking, and I try to learn things which will help us.

SHIKHAR DHAWAN

FITNESS THE HOCKEY TEAM'S BIGGEST ASSET

Former India great Dhanraj Pillay believes side can break medal drought in Tokyo

An Olympic medal missing from his own cupboard, Indian hockey great Dhanraj Pillay believes the supremely fit team going for the upcoming Tokyo Games has what it takes to finish on the podium and end the medal drought, which his generation of players could not. Pillay, who represented India in four consecutive Olympics from 1992 to 2004, said fitness is the key asset of the Man-

preet Singh-led side going into the Summer Games that begins on July 23 in Tokyo. "I am very confident they will do it this time. They have been doing well in the last 5 years. Fitness is their biggest asset. In those days, we didn't have the kind of support system they have now," the 52-year-old Pillay was quoted as saying in Hockey India's Flashback Series. "This team has done wonders, won hearts of millions with their performances, particularly at the Cham-

pions Trophy (in 2016 and 2018) and the World League Finals (2015 and 2017). They can do it this time," he added.

OLYMPIC WATCH

Unable to meet the team personally because of the strict COVID-19 protocols, Pillay sent a letter to Manpreet and women's skipper Rani Rampal, wishing both the teams luck and success in Tokyo. "I would have loved to meet them in person but due to protocols, I

did not. I sent them a letter wishing them the very best and I wanted to convey to them that they should be careful about their diet when they are in the Olympic village.

"I wanted to convey to them that they should enjoy the best part of their athletic life by being calm and relaxed," he said. "To both men and women's team, I want to say, don't think about the podium finish. Go match-by-match and stick together as one unit right un-

til the last day, the last match of the tournament." Pillay advised both the Tokyo-bound teams not to think too far ahead.

"I think the mistake we did at every Olympic Games was that we went with the mind set of aiming for the final instead of taking it match-by-match. "Though we had the best teams each time, things did not materialise for us to finish on the podium," he signed off.



VINCE CENTURY POWERS ENG TO SERIES WHITWASH OF PAK

England won the three-match ICC Men's Super League ODI series against Pakistan 3-0 by a three-wicket win in the third and final match, which turned out to be a high scoring thriller at Edgbaston, Birmingham on Tuesday. Sent out to bat, Pakistan finished with what looked like a competitive total of 331/9 thanks to Babar Azam's career-best 158 and fifties from Imam-ul-Haq (56) and Mohammad Rizwan (74).

Unfortunately for the

visitors, it did not prove enough as England chased down the target with two overs and three wickets to spare, courtesy of a maiden ODI ton from James Vince and an impressive 77 from Lewis Gregory. The right-handed Vince posted the maiden ODI century of his career; he scored 102 off 95 balls (11 fours) to spearhead the big chase - sixth-best by England in ODIs. Both sides will now feature in a three-match T20I series starting July 16 at Trent Bridge, Nottingham.



England captain Ben Stokes holding the trophy with teammates after the third one day international

QUIZ TIME!

The Olympians

RANI RAMPAL

Hockey

Rani Rampal made her debut in the Indian women's Hockey team as a teenager, becoming the youngest at 14 in the Olympic qualifiers in 2009. She made her World Cup debut in 2010, the youngest for India at age 15. Her shining moment came during the Champions Challenge II in Russia, in 2009 where she took India to victory with four goals in the final against Belgium. The 26-year-old captain's journey was not easy. Her father, a cart-puller, could not support her financially. Fast forward to 2021, Rani vows the team will leave no stone unturned to win a historic medal at Tokyo and dedicate it to frontline workers.



Q1: How old was Rani Rampal when she participated in the 2010 Hockey World Cup?

- a. 18 years b. 17 years
c. 16 years d. 15 years

Q2: What is the total tally of international goals scored by Rani Rampal?

- a. 134 goals b. 144 goals
c. 154 goals d. 163 goals

Q3: Which prestigious award did the Government of India honour her with in 2020?

- a. Bharat Ratna
b. Padma Shree
c. Padma Vibhushan
d. Padma Bhushan

Q4: What award did Rani Rampal receive apart from The Top Goal Scorer at the Champion's Challenge Tournament 2009?

- a. Young Player of the Tournament
b. Best Player
c. Best Goalkeeper
d. none of the above

Q5: Which medal did the Indian team, led by Rani Rampal, win in the Asia Cup held in Nov 2009?

- a. Bronze b. Silver c. Gold d. None

Q6: How many goals did Rani Rampal score at the Women's Hockey World Cup held in Rosario, Argentina in 2010?

- a. 5 b. 6 c. 7 d. 8

Q7: In 2013, she helped India win a bronze in which competitive event?

- a. Hockey Champions Trophy
b. Women's FIH Hockey Junior World Cup
c. Junior World Cup
d. Olympics Games

Q8: Which state in India does Rani Rampal hail from?

- a. Tamil Nadu b. Karnataka
c. Maharashtra d. Haryana

ANSWERS: 1. d. 15 years 2. a. 134 goals

3. b. Padma Shree

4. a. Young Player of the Tournament

5. b. Silver 6. c. 8 7. c. Junior World Cup

8. d. Haryana



THE TIMES OF INDIA

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TODAY'S EDITION

> Learning is fun when there are activities with it. Bringing you concepts that you can experiment with...

PAGE 2



> **Debate of the week:** Has recent advances in technology influenced the way Gen Z use their leisure time?

PAGE 3



> **Tokyo 2020:** Know more about Javelin thrower Neeraj Chopra, and India's medal hope

PAGE 4



STUDENT EDITION

WEDNESDAY, JULY 14, 2021



CLICK HERE: PAGE 1 AND 2



X-PLAINED

SUBORBITAL FLIGHT

TICKET TO SPACE NOW WIDE OPEN

WHAT

As Richard Branson took flight to space and Jeff Bezos' Blue Origin's New Shepard vehicle prepare to touch the boundary of space and experience a few minutes of weightlessness, **conversations on suborbital flights have gained momentum.** So, what exactly is suborbital? It is a space flight in which the spacecraft reaches outer space, but its trajectory intersects the atmosphere or surface of the gravitating body from which it was launched, so that it will not complete one orbital revolution. Simply put, it means that while these vehicles will cross the ill-defined boundary of space, they will not be going fast enough to stay in space once they get there. In other words, if a spacecraft or anything else for that matter reaches a speed of 28,000 km/hr or more, instead of falling back to the ground, it will continuously

fall around the Earth. That continuous falling is what it means to be in the orbit, and is how satellites and the Moon stay above the Earth. Therefore, anything that launches to space but does not have sufficient horizontal velocity to stay in space—like these rockets—comes back to Earth and hence flies a suborbital trajectory.

WHY

these suborbital flights matter: Although the two spacecraft launched in July 2021 will not reach the orbit, the accomplishment of reaching space in a private spacecraft is a major milestone in the history of humanity. Those aboard these and all future private-sector, suborbital flights will for a few minutes be in space, experience a few minutes of exhilarating weightlessness, and absolutely earn their astronaut wings.

THE MECHANISM

■ A suborbital flight is like a cricket ball. When a cricket ball is thrown into the air, as no human hand can give it a speed of 28,000 km/hr (about 8 m/sec), the ball will fly in an arc until its entire kinetic energy is swapped with the potential energy, thereby losing its vertical motion momentarily, before returning to the Earth under the influence of gravity. A suborbital flight, just like a cricket ball, travel fast enough to reach the "edge of space", and with enough horizontal velocity go into the orbit

■ However, if an object travels at 40,000 km/hr, it will achieve what is known as "escape velocity", and never return to Earth

FOR THE RECORD:

Neither Blue Origin nor Virgin Galactic flights go high enough or fast enough to enter the orbit around the Earth. Rather, these sub-orbital flights are more like giant roller coaster rides that allow passengers to float for a few minutes while admiring a view of the Earth against the black backdrop of space

> Branson's flight has reinforced the hopes of space enthusiasts that routine travel to the final frontier may soon be available to private citizens, not just the professional astronauts of NASA and other space agencies

> The era of non-professional astronauts regularly heading to orbit may also begin in the coming year. Jared Isaacman, a 38-year-old billionaire, is essentially chartering a rocket and spacecraft from SpaceX

for a three-day trip to orbit that is scheduled for September

> Another company, Axiom Space in Houston, is arranging a separate trip to the space station that will launch as soon as January



■ Charles Simonyi, who built the first versions of Microsoft Office, was the first billionaire to go to space, and he remains the only one who has gone twice. Notably, American millionaire Dennis Tito, became the world's first space tourist in 2001

Ganga is Covid-free: Scientists

The Ganga river has been declared Covid-free. The finding bears significance in the backdrop of the fact that BSIP scientists had earlier found traces of the SARS-CoV2 virus in the water of Gomti river in Lucknow. After a two-month research by medical and genetic experts of Banaras Hindu University (BHU), Varanasi and Birbal Sahni Institute of Palaeosciences (BSIP), Lucknow, it has been found that the Ganga river has no trace of the pandemic causing coronavirus. BSIP scientist Niraj Rai, who heads the Covid Lab at the institute, said: "Our team extracted RNA and performed an RT-PCR test for all the samples with a true positive and negative sample. Surprisingly, none of the samples collected from the Ganga showed any trace of the viral RNA. However, samples collected from river Gomti did show the presence of viral RNA."



The finding is also important as it has been conducted amid apprehension that water of river Ganga

may have been contaminated after several bodies were found floating in rivers Ganga and Yamuna. A large

number of bodies were also buried on their banks during the peak of the pandemic

NEET 2021 to be held on Sep 12: Education minister

The National Eligibility cum Entrance Test for Undergraduate (NEET UG) 2021 exam will be conducted across the country on September 12 following the Covid-19 protocols. The application process for NEET (UG) 2021 started from 5 p. on Tuesday through the website(s) of the NTA, Union education minister Dharmendra Pradhan said.

Education

■ The entrance test for MBBS/BDS courses had been scheduled for August 1, but the registration process was deferred due to the surge in Covid-19 cases in April-May and subsequent lockdown

■ The education ministry had on July 6 announced fresh dates for JEE (Main)'s April and May sessions. The April session will be conducted from July 20-25 and the May session (fourth and last) fourth from July 27-August 2



Quote unquote

Delta, the most-transmissible of the variants identified so far, has been identified in at least 85 countries, and is spreading rapidly among the unvaccinated population. The only way to break the link between transmission and the emergence of new variants is mass vaccination

Tedros Adhanom Ghebreyesus, director-general, WHO

50,000 TONS

FACTOID

That's the amount of sand used to build the world's tallest sand castle. Situated in Denmark, the structure is 21.16 metres-high, 3 metres taller than the one built in Germany in 2019. The intricately-decorated structure, reminiscent of a pyramid in the small seaside town of Blokhus, has been created by Wilfried Stijger, a Dutch sand artist, with the assistance of 30 of the world's best sand sculptors. Interestingly, the sand contains approximately 10% clay and a layer of glue to keep the structure remain intact in chilly and windy conditions



World's TOP 10 richest people gained \$209 bn in first half of 2021

World's top 10 richest people added \$209 billion to their net worth in the first half of 2021, according to Bloomberg. The list includes Jeff Bezos, Elon Musk, Bernard Arnault, Bill Gates, Mark Zuckerberg, Larry Page, Sergey Brin and Warren Buffett. Notably, the combined wealth of China's richest tycoons has fallen by \$16 billion in 2021's first half.

@happify Diary

eHappiness



Nobody can make you happy until you are happy with yourself first. eHappiness class launched for class I to VIII keeping with the aim & vision of ANTS (Anand Niketan School). The eHappiness class is based on the scientifically designed curriculum by the education department of Delhi and theories and concepts of Emotional Intelligence.

Happy and emotionally strong children can do better in school, have positive relations with peers, reduce the likelihood of bullying and be more successful in life.

DEEP MOUNTAIN DEEP BREATHING

1. Put one palm facing out with fingers spread apart.
2. Place the index finger of the other hand at the base of the thumb
3. Move your finger up as you breathe in and move finger down as you breathe out
4. Repeat the same with the remaining four fingers.
5. Repeat 4-5 times

eHappiness curriculum will focus mainly on:

- The art of being happy
 - Mindfulness
 - Developing growth mindset
 - Being positive
 - Being kind
 - Showing Gratitude & Respect
 - Empathy
 - Meditation
- Activities Spreading Happiness.....radiate Happy Vibes
Change your Zoom or online DP to a happy picture. Spreading light - Smiles & Happiness.
SMITA GHOSH, Counsellor/Happiness Navigator, Anand Niketan School

India's biggest interschool Quiz - School Super League competition

Season 4 of the School Super League is being presented with the thought, 'Aao Milkar le Khushi ki Udaan'. The event presented by The Times of India - Newspaper in Education Program and BYJU'S, bring to students a unique opportunity to take part in a truly national, competitive yet engaging, fun and interactive interschool quiz. The quiz it-



dents a unique opportunity to dive deeper into every subject while honing their general knowledge. Combining technology and creativity, we're bringing students immersive ways to stay engaged whilst learning. The application is a wholesome destination for acquiring knowledge and every student gets a chance to participate in the quiz hassle free. School Super League began as a means to contribute to the development of young minds, letting them compete in a healthy way. With students from across 30,000 schools participating in the quiz, season 4 will bring double the excitement, fun and learning"

So, if you think, you have what it takes to be next Aptitude wizard of your city, be sure to take part in Round 1

THE TIMES OF INDIA



of School Super League. Please contact your Times NIE teacher coordinator for more details or call Times NIE at 9824008260. To participate in this competition, please download the App. Hurry, don't miss this winning opportunity.



BYJU'S

self is presented by experts and is open to participation for students from all classes. The quiz not only tests the learning mettle of the students across STEM and Social Sciences, it also helps them learn while engaging in a competitive spirit.

Participants, from the comfort of their homes, will compete in 3 categories: Sub juniors comprising classes

III and IV, Juniors comprising classes V, VI and VII students, and Seniors comprising class VIII, IX and X students. Every participant will receive an 'E-Certificate of Participation', a 60-day free subscription to BYJU'S worth Rs 6,000, besides Rs 5,000 as BYJU'S scholarship. Each category winner will receive smart backpacks as prizes. The school category toppers will represent their schools in the State finals. The top team from each State will qualify for the televised finals, which will be aired on a National Television Network. The top 9 winning students along with their Principal will earn a trip to NASA, USA.

Speaking about the program this year, Atit Mehta, Marketing Head, BYJU'S said "This initiative is an attempt to give stu-



TRIP TO DISNEYLAND!

I went to sleep at night in my cozy bed but woke up in the morning to see that I was sitting upright in an A380! I was a little scared but excited, nonetheless. I sat on the window seat, which felt very uncomfortable. On looking out of the window, I noticed that the houses seemed like grains of rice.

It seemed very funny, and I couldn't stop laughing when I tried to visualize that the people living inside those tiny houses would be as tiny as ants.

We landed in some time and headed to the hotel in a taxi. The hotel was magnificent. The next day, we visited Disneyland, my dream place. I was in seventh heaven when I met my

favourite characters like Mickey, Minnie, Donald Duck, Darth Vader, Woody, Snitch and so on. I sat in all rollercoasters and rides and enjoyed them thoroughly. I was unhappy when we had to go home again. We reached the airport, which was very lively. We boarded the plane, and it took off soon. I slept for four hours but woke up as there was a lot of turbulence. After some time, the plane was soaring smoothly again. I enjoyed watching a movie. On landing in Ahmedabad, we hired a taxi and enjoyed our ride back home.

AVYUKT KARNANI, class IV, Udgam School, Ahmedabad



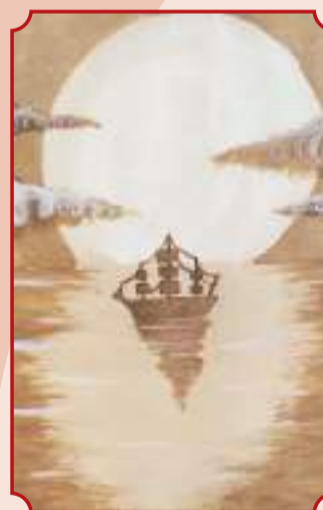
Painters' Gallery



Heeva Shah, Class II, Udgam School For Children



Jaival Trivedi, Class V, Zydus School For Excellence



Ananya Pisharody, Class VI, Siddharth's Miracles School



Aadhya, Class III, Delhi Public School, Bopal



Nashita Goriya, Class VIII, Sheth C N English Medium School

Technology has changed the way young people spend their leisure time...

Technology has enhanced the quality of leisure, as it has facilitated faster communication and with new gadgets ensured additional fun activities like gaming consoles, exercising machines, virtual reality headsets, and so on. Computers, TV sets, and mobile phones are now present in every household, so naturally, leisure time has got the technological touch.

Regardless of whether we use them for work-related or recreational activities, the impact of technology on the way our days unfolds, cannot be ignored. Moreover, the internet has made it easier for people to find information about hiking trails, riding trails, campsites, and other recreational activities in other cities and book their next holiday from the comfort

of their homes. Technology has brought a sea change in the way we spend our leisure time.



RUTVI JETHAWA, class VII, Zebar School, Ahmedabad

CHOICE - It's a choice one makes. A choice that is free of any peer pressure, a choice that is not based on any need to show that I am a millennial, it's a choice that shows there is a life beyond those gadgets and devices, which surround you all the time. It's a choice which shows we can enjoy and have a good time without any gadgets. I choose cycling rather than to sit and play online, I choose to laugh with real people

DEBATE



rather than with animated characters, I choose to learn from nature than from innumerable online videos, I choose to make mistakes and learn rather than hide my frustrations and anger under the tsunami of online games. I choose technology free as my 'ME TIME' rather than getting drowned in technology.



POORNA GHOSH, class XII, Anand Niketan School, Satellite

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INDIA AIM FOR COMPLETE PERFORMANCE

SERIES-DECIDER AGAINST ENGLAND WILL REQUIRE IMPRESSIVE MOMENTUM

The Indian women's cricket team will aim to put up a complete performance instead of relying on individual brilliance to topple a hurting England for its first T20 series victory since 2019 on Wednesday. Another impressive outing in the field and tight death over bowling from the spin duo of Poonam Yadav and Deepti Sharma brought India back from the dead in the second T20 on Sunday. And now Harmanpreet Kaur and her players have a chance of enjoying their first T20 series success after the 2019 away triumph against the West Indies.

Eng will put up fight

■ England self-destructing from a commanding position also helped the visitors level the series in Hove. The hosts are unlikely to gift another match to India, who will need to ex-

cel in all departments to win the series. While Shafali Verma was impressive at the top and spinners came to India's rescue later in the game, the middle-order and the pace department needs to step up. Harmanpreet, who promoted herself to number three and got the much-needed runs, would be well served by doing the same. Shafali had got the team off to a cracking start but the incoming batters were not able to maintain the momentum despite wickets in hand.

Need for aggression

■ Pacers Shikha Pandey and Arundhati Reddy, who were all over the place on Sunday, will have to be much more accurate. On the contrary, England batters kept going for their strokes despite loss of wickets at regular intervals. There is little point in saving wickets in the shortest format and India need to be more aggressive in their approach to score a 160-plus

total. England lead the multi-format series 8-6 and therefore can't lose it. Skipper Heather Knight was expectedly gutted after losing the game from a pretty commanding position. "We were in a great position and asked the batting group to be ruthless, we got to be better in the next game. We got a strong batting line up and shouldn't be losing that," said Knight.

Interesting battle

■ There were as many as four run-outs in England's innings, reflecting a panic situation when they could have sailed to a series win. Opener Danielle Wyatt, who made a comeback with this rubber, is due for a big score. The battle between pacer Katherine Brunt and Shafali at the top has become more interesting with the Indian hammering her for five successive boundaries after being bowled by the English woman in the series-opener. **PH**



Deepti Sharma

Photo: GETTY IMAGES



Poonam Yadav

Photo: REUTERS

I like playing in pressure situations, whether it is in any position in the team _ batting, bowling, or fielding. As an all-rounder, I just want to contribute to my department and take the team forward. I like leading from the front, like in domestic tournaments when I play as a senior player and win matches for my team, that gives one a different confidence. When you bring that confidence here, of course this platform is not easy but it depends on how you handle it. I now know how to read and handle pressure situations, so I find it easy to play because I know I can handle things easily now.

DEEPTI SHARMA,
Off-spinning All-rounder

IOC CHIEF PRAISES 'BEST-PREPARED TOKYO'

Olympic Village sees low-key opening without any fanfare



Olympics chief Thomas Bach praised Tokyo on Tuesday as the "best-ever prepared" host city, as athletes began entering the Olympic Village 10 days before the opening ceremony. The final countdown to the Games comes with Tokyo under a coronavirus state of emergency and spectators banned from attending all Olympic events in the city and surrounding regions.

International Olympic Committee President Bach, who arrived in Japan last week and spent three days in quarantine, told Tokyo 2020 chief Seiko Hashimoto that organisers were "doing a fantastic job". "You have managed to make Tokyo the best-ever prepared city for an Olympic Games," he said. "This is even more remarkable under the difficult circumstances we all have to face."



Photo: GETTY IMAGES

You have managed to make Tokyo the best-ever prepared city for an Olympic Games. This is even more remarkable under the difficult circumstances we all have to face. Now it's 10 days to go to the opening ceremony. That also means there's still a lot of work to do. Our common target is safe and secure games for everybody; for the athletes, for all the delegations, and most importantly also for the Japanese people.

THOMAS BACH, International Olympic Committee President

The pair met as the first athletes began entering the Olympic Village, which opened Tuesday without any of the welcome ceremonies or media opportunities often seen at the Games. Organisers declined to even specify which teams were entering or how many athletes were now in the Village. Strict coronavirus rules mean athletes can only enter the Village five days before their events and must leave within 48 hours after the event.

Despite the low-key opening, Bach said organisers could "be confident that the stage is set". Aside from the spectator ban in Tokyo and surrounding regions, the public will be kept out of most venues elsewhere. Athletes, media and officials are subject to regular virus testing and limits on their movement. Polls have found most Japanese would prefer the games to be postponed further. **AFP**

PALAK KOHLI TO PLAY THREE EVENTS IN PARALYMPICS

Para-badminton player Palak Kohli will compete in singles, doubles and mixed doubles events of the upcoming Tokyo Paralympics, a first for an Indian para-shuttler.

Kohli received her BWF invitation to participate in the women's singles (SU5) category as well as in the SL3-SU5 mixed doubles at the Tokyo Paralympics, which opens on August 24. Having already qualified for the women's doubles earlier, Kohli becomes the first para-shuttler to qualify for the Paralympic Games in all three para-badminton events, according to a release.

In SU5 category, the



players can play standing with upper limb impairment. The 18-year-old has made history by becoming the youngest para-shuttler to qualify for the Paralympic Games. Para-badminton is making its debut in Paralympics in the Tokyo Games. **PH**

QUIZ TIME!

The Olympians

NEERAJ CHOPRA

Javelin Throw

Neeraj Chopra is India's Olympic medal hope in Javelin throw. The 23 year old son of a farmer, who has made a huge mark in the international arena, initially started off by playing cricket, but soon discovered his love for javelin and shifted tracks. Thus began his never ending tally of records, with the first one being the junior national record in 2015 with a throw of 68.4m. He topped the world U20 lists with a breakout 82.23m throw in 2016, and has progressed steadily since then. Despite battling an injury and lack of competitions due to the pandemic, the international record holder is aiming to earn India's first Javelin Olympic medal in at the Tokyo 2020.



Photo: GETTY IMAGES

Q1: Neeraj Chopra created history by becoming the first Indian to win a Javelin-throw Gold medal at the 2018 Commonwealth Games. At which international tournament

did he win his latest gold?

- Offenburg Speerwurf Meeting
- IAAF Diamond League
- Asian Games
- Karlstad Grand Prix

Q2: The champion set a national record at the Indian Grand Prix in March this year. What was the distance of his throw?

- 88.07 m
- 89.09 m
- 90.01 m
- 92.06 m

Q3: At which event did Neeraj Chopra achieve the qualifying mark for the 2020 Summer Olympics?

- IAAF Diamond League
- Sotteville Athletics Meet

- Savo Games
- Athletics Central North East

Q4: He won the Sportsperson of the Year award for his achievements in 2018. What is the name of the award?

- MAKA Trophy
- ESPN India Multi-Sport Awards
- FICCI Sports Awards
- Maharaja Ranjit Singh Award

Q5: Chopra was selected as the flag-bearer at the opening ceremony of which of these events?

- Asian Games 2018
- Commonwealth Games 2017
- Rio Olympic 2016
- None of the above

Q6: Which state in India does Neeraj Chopra hail from?

- Karnataka
- Maharashtra
- Haryana
- West Bengal

Q7: He is not only an athlete but also an officer with _____

- Indian Army
- Indian Navy
- Indian Air Force
- Haryana Police

Q8: What is the overall tally of gold medals that Neeraj Chopra has won?

- 4
- 5
- 6
- 7

ANSWERS: 1. d. Karlstad Grand Prix
2. a. 88.07 3. d. d. Athletics Central North East
4. b. ESPN India Multi-Sport Awards
5. a. Asian Games 2018 6. c. Haryana
7. a. Indian Army 8. d. 7



THE TIMES OF INDIA

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TODAY'S EDITION

Learn more on how to manage stress, as a counsellor explains anxiety management **PAGE 2**



Experts share simple yoga tips to balance your body, mind and soul **PAGE 3**



I consider myself (the) best and I believe that I am the best, otherwise I wouldn't be talking confidently about winning Slams and making history. But whether I'm the greatest of all time or not, I leave that debate to other people. I said before that it's very difficult to compare the eras of tennis. But I am extremely honoured to definitely be part of the conversation **NOVAK DJOKOVIC**

STUDENT EDITION

TUESDAY, JULY 13, 2021



Grand Slam No 20 for Djokovic

CLICK HERE: PAGE 1 AND 2

HISTORY SCRIPTED!

Richard Branson becomes 1st billionaire to fly to space



Ushering in a new space age, Virgin Galactic's billionaire CEO Richard Branson on Sunday touched the edge of space with three employees, including one of Indian-origin, and has landed safely back on Earth. Branson flew aboard his Virgin Galactic's VSS Unity spaceplane to the edge of space a little after 10.30 am ET (8 pm India time). The 70-year-old arrived on a bike at the Spaceport America, the world's first purpose-built commercial spaceport located in southern New Mexico. Virgin Galactic's twin-fuselage WhiteKnight carrier aircraft carried the rocket-powered spaceship VSS Unity. Besides Branson, the flight included Beth Moses, chief astronaut instructor; Colin Bennett, lead operations engineer; and Sirisha Bandla, vice president of government affairs at Virgin Galactic.

Reaching its high-altitude launch point at about 46,000 feet, the VSS Unity passenger rocket plane was released from the mother-ship and fell away as the crew ignited its rocket, sending it streaking straight upward at supersonic speed to the blackness of space some 86 km high. The spaceplane's contrail was clearly visible from the ground as it soared through the upper atmosphere to the cheers of the crowd below. At the apex of the climb with the rocket shut down, the crew then experienced a few minutes of microgravity, before the spaceplane shifted into re-entry mode, and began a gliding descent to a runway back at the spaceport. The entire flight lasted about an hour.

The mission, called Unity 22, was Virgin Galactic's fourth flight to space carrying humans, with its largest crew yet



A MESSAGE TO KIDS, LOUD AND CLEAR

I have dreamt of this moment since I was a kid, but honestly nothing could prepare you for the view of the Earth from space. To the next generation of dreamers: if we can do this, just imagine what you can do **Richard Branson**, after completing his flight



Novak Djokovic tied Roger Federer and Rafael Nadal by claiming his 20th Grand Slam title on Sunday, coming back to beat Matteo Berrettini 6-7 (4), 6-4, 6-4, 6-3 in the Wimbledon final. The No 1-ranked Djokovic earned a third consecutive championship at the All England Club and sixth overall. He adds that to nine titles at the Australian Open, three at the US Open and two at the French Open to equal his two rivals for the most majors won by a man in tennis history.

The 34-year-old from Serbia is now the only man since Rod Laver in 1969 to win the first three major tournaments in a season. He can now aim for a calendar-year Grand Slam to emulate Don Budge (1938) and Rod Laver (1962 and 1969) in winning all the four Grand Slam tournaments in a single season

INDIA, NOT FAR BEHIND

Samir Banerjee lifts Wimbledon boys singles title

American tennis player of Indian-origin Samir Banerjee lifted the Wimbledon boys singles title with a straight set win over compatriot Victor Lilov. Playing only his second junior Grand Slam, the 17-year-old won 7-5 6-3 in the final that lasted for one hour 22 minutes.

Banerjee's parents had moved to America in the 1980s



MORE ON PAGE 4

A long wait ended at Wembley Stadium in London on Sunday when Gianluigi Donnarumma dived to his left to save the decisive spot-kick by Bukayo Saka as Azzurri beat England in the penalties to win their first Euro Championship since 1968.



EURO 20: IT'S ROME ALL THE WAY

Italy has earned 34 million euros (₹300 crore) in prize money for winning this year's European Championship. England will get 30.25 million euros (₹267 crore) as runners up. Each of the 24 teams was guaranteed a basic 9.25 million euros (\$11 million), with bonuses for wins and draws in the group stage and for advancing through each knockout round



MUSK, BEZOS JOIN THE CELEBRATION

While Grammy-nominated R&B singer Khalid performed his forthcoming single 'New Normal' after the flight, fellow

billionaire Jeff Bezos, the Amazon online retail mogul, who had hoped to fly into space first aboard his own space company's rocket, joined millions in congratulating Branson on his success flight. "Congratulations on

the flight," Bezos said on Instagram. "Can't wait to join the club," he added. Joining the reception was another billionaire space industry pioneer, Elon Musk, who is also founder of electric carmaker Tesla Inc



Devotee-less Rath Yatra begins amid Covid protocols

President Ram Nath Kovind and Prime Minister Narendra Modi greeted the nation on Monday, as a devotee-less rath yatra, for the second straight year, began amid curfew in view of the coronavirus pandemic. The three chariots— Lord Balabhadra's Taladwaja, Lord Jagannath's Nadighosh and Devi Subhadras Darpadalan, rolled on the Grand road of Puri, with the help of the sevayats (the servitors of the Lord), under the supervision of local administration. The 15-day long festival will conclude on July 23 with the Niladri Bijee ritual, which is the return of the trinity to the main temple

Suggest names of inspiring people for Padma awards: PM Modi to citizens

P rime Minister Narendra Modi has urged people to nominate their choice of people, who are doing exceptional work at the grassroots, for Padma awards. "India has many talented people, who are doing exceptional work at the grassroots. Often, we don't see or hear much of them. Do you know such inspiring people? You can nominate them for the #PeoplesPadma. Nominations are open till 15th September," PM Modi tweeted.

- The Padma Awards are one of the highest civilian honours of India, announced annually on the eve of Republic Day. The Awards are given in three categories: Padma Vibhushan (for exceptional and distinguished service), Padma Bhushan (distinguished service of higher order) and Padma Shri (distinguished service).
- The award seeks to recognise achievements in all fields of activities or disciplines, where an element of public service is involved.

CHOOSE YOUR HERO AND BE A PART #PEOPLESAPDMA INITIATIVE. SHARE YOR ENTRIES AT TOINIE175@GMAIL.COM





DEFENCE MECHANISMS

OBJECTIVE:
TO BE AWARE OF THE INEFFECTIVE COPING STRATEGIES USED DURING STRESS

A LOOK AT HOW PEOPLE DEAL WITH ANXIETY

CLASS: Class XII, ISC **SUBJECT:** Psychology
CHAPTER: Stress and Stress Management

Stress is derived from the Latin word 'stringere' which means to draw tight. Hans Selye used the term stress in its present context and defined it as "non-specific response of the body to any demand for change."

Stress in everyday life is common and there is no way to escape from it. Our psychological social and physical well being is highly dependent on how we cope with stress. COPING is a person's unique, dynamic

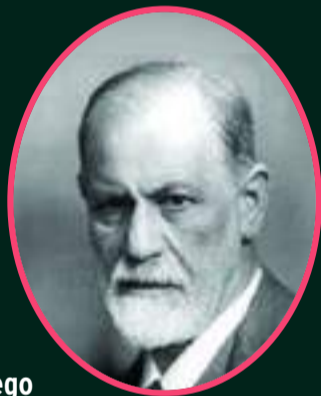
situation-specific response to stress. It's targeted at reducing anxiety and stress reducing feelings directed towards problem solving.

Usually people do manage stressful situations and alleviate anxiety temporarily. Some use effective strategies but many others do not and it's these ineffective methods that often end up causing more problems than solving them. Let's take a look at some common but ineffective strategies used to overcome stress.



The defence mechanisms as given by Sigmund Freud

- Unconscious protective devices that save us from being overwhelmed by anxiety
- Invented by the ego in an attempt to solve the conflict between id and superego



Properties of Defence Mechanism

- Deny or distort reality in some way
- Operate in an unconscious level to protect against anxiety
- Marked by impulsiveness

COMMON DEFENCE MECHANISMS

DISPLACEMENT
When negative feelings are displaced on to another, less threatening subject at the slightest trigger

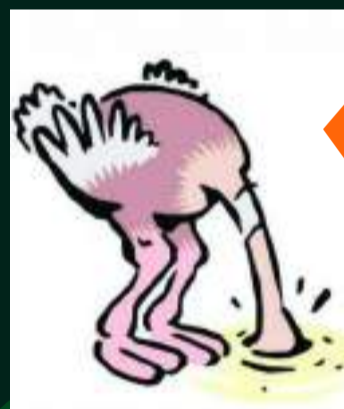


REGRESSION
Regression functions as form of retreat, enabling a person to psychologically go back in time to a period when the person felt safer.



PROJECTION
Projection is a psychological defence mechanism proposed by Anna Freud in which an individual attributes unwanted thoughts, feelings and motives onto another person.

REPRESSION
Repression is the unconscious blocking of unacceptable thoughts, feelings and impulses.



DENIAL
• Denial is the refusal to accept reality or fact, acting as if a painful event, thought or feeling did not exist while being apparent to others.
• It is considered one of the most primitive because it is characteristic of early childhood development



SUBLIMATION
• Dealing with emotional stressors by using the energy in constructive activities
• Channelling negative urges and impulses into positive, socially-acceptable behaviour



BECOMING MORE SELF AWARE

TAKE RESPONSIBILITY FOR ACTIONS



BREAK PATTERNS



Charlotte Raj, Psychology Teacher & Counsellor, The Hyderabad Public School, Begumpet, Hyderabad

IMAGES SOURCED FOR ILLUSTRATIVE PURPOSE AND BETTER UNDERSTANDING FROM GOOGLE IMAGES

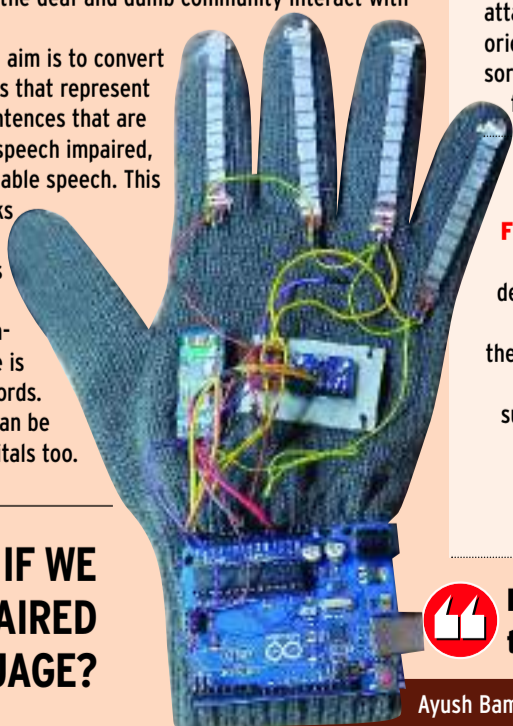
MY SCHOOL PROJECT

SMART GLOVE FOR THE SPEECH IMPAIRED

WOULDN'T IT BE WONDERFUL IF WE COULD 'HEAR' A SPEECH IMPAIRED PERSON 'SPEAK' IN SIGN LANGUAGE?

Over 30 million speech impaired people around the globe rely on sign language as a means of communication. But sign language isn't understood by all and hence this community of people faces many problems while communicating with others. This project aims to help the deaf and dumb community interact with others.

The main aim is to convert basic symbols that represent the short sentences that are used by the speech impaired, into recognisable speech. This gadget speaks more than 29 languages and more than 200 sentences; there is no limit of words. This device can be used in hospitals too.



THE MAKING AND WORKING OF THE DEVICE

Four flex sensors are placed on a glove and attached to the four fingers.

An MPU 6050 gyroscope is also attached to the glove to detect the orientation of the hand. These sensors measure the movement of the fingers and palm and according to

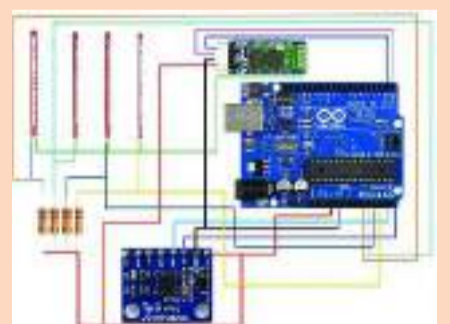
the respective bending angle value, the Arduino Uno (microcontroller board) analyses which set of values represents which symbol.

It then transfers the appropriate outcome value to the Android app via bluetooth, which then displays and forms audio sentences.

THE SCIENTIFIC PRINCIPLE

FLEX SENSING - A flex sensor or bend sensor measures the angle of deflection or bending of the fingers and thumb. Usually, the sensor is stuck to the surface, and resistance of the sensor element is varied by bending the surface. Since the resistance is directly proportional to the angle of the bend it is used as a goniometer, and often called a flexible potentiometer.

GYROSCOPE - Is a device that can measure and maintain the orientation and angular velocity of an object. It measures the tilt and lateral orientation of the object. Measured in degrees per second, angular velocity is the change in the rotational angle of the object per unit of time.



MATERIAL USED

- A3.7 volt rechargeable battery
- Arduino Uno
- A normal glove
- Flex sensor
- MPU 6050 gyroscope module
- A charging jack
- Thin wires
- A switch or button
- Bluetooth Module
- 4 Resistors of 10 kilo ohm

I want it to be an everyday gadget for the speech impaired, as an extension of the body like any normal device."

Ayush Bamaniya, student, Kendriya Vidyalaya, IMA, Dehradun. Guide teachers- Monika Arya & Piyush Nigam



Virtual investiture ceremony at PWS



Great leaders don't set out to be a leader... they set out to make a difference. It's never about the role, always about the goal. On July 7, 2021 Podar World School, Sherkhri organized a virtual Investiture ceremony. This pandemic hasn't stopped the youthful kids of Podar World School to elect their student council. The elected and the non-elected students of the student council were excited to shoulder the new designations and responsibilities to prove their caliber just as those elected leaders at the political scenario. It was a unique and one of its kind investiture ceremony.

The students were conferred with sash and batches by their own parents. This gesture made the event even more special. In spite of the pandemic, the newly elected student council was high on energy and ready to shoulder their duties with responsibility and utmost dedication. The announcement of young leaders was made by Principal, Preeti Pillai. She gave a motivational speech igniting the light of fire among the young leaders. The event announcement began by announcing the house captains, house vice-captain, cultural and cleanliness prefects. Lastly, the important posts were declared headboy Garv Sabarwal, head girl Shaivi Aditya, sports captain boy Avenish Shrivastava and sports captain girl Harni Elango. The solemn event ended with the oath-taking ceremony. It was a memorable and unique event.



PART II Benefits of Gratitude



Holding scientific relevance, there are a number of researches going on in the field of gratitude. Researchers have found that gratitude has many benefits ranging from health, well-being, personality, relationships, and much more.

positives in our relationships, this strengthens our relationships and helps us to keep a healthy relationship. Studies have also found that it may also act in conflict resolution and promoting helpful behaviour towards each other.

SOME PROVEN BENEFITS OF GRATITUDE ARE:

- 1. ENHANCES YOUR MENTAL HEALTH:** Practising gratitude regularly helps enrich positivity and has shown effective results on anxiety and depression.
- 2. ACTS AS AN IMMUNITY BOOSTER:** It lowers stress levels in human beings thus boosting the immune system to fight off threatening diseases.
- 3. MAKES YOU OPTIMISTIC:** Being grateful about whatever we have in life helps us feel more positive about our life and hence we grow up as satisfied individuals who feel optimistic about days to come.
- 4. IMPROVES RELATIONSHIPS:** Gratitude influences us to notice the

Practicing gratitude in any form maybe evening prayers, writing gratitude journals, or talking to your loved ones is a must for overall mental health and well-being making you prosper in life.

Ever since lockdowns were imposed and non-essential activities were put on hold, we got to spend quality time with our families. The limited available quantity of only essential products helped us to be thankful for all we have. Imbibing gratitude in children as well as in adults in the present scenario seemed like an uphill battle with no one having time to stop and think about the good things in life. We should be thankful for the pandemic that taught us the importance of our family, the gift of life.

JAYDEB KAR, CBSE Helpline counsellor

Paschimottanasana

Paschimottanasana is translated as "back stretching pose".

Preparatory poses: Janusirasasana, Adho Mukha Svanasana

01 Sit with your legs stretched out towards the front. Keep the knees pointing upwards and the feet flexed towards you for this pose.

02 On an inhalation, stretch the arms up over the head. As you exhale, bend forward from the hips, having the back straight. Release the hands on the legs wherever they reach.

03 Breathe steadily. If possible hold onto the outer edges of the feet and pull on them to elongate your spine moving your head closer to the feet.

04 Keep the neck neutral. Tilt your hips forward and slightly draw the belly in towards the spine. Avoid rounding the back. Slowly ease yourself deeper into the forward bend.

05 To release, on an inhalation, come up to the starting position. Stretch the arms up over the head and lengthen the spine. Release the arms down as you exhale and relax. Now, practice Purvottanasana.

BENEFITS

1. Stretches the calves, hamstrings, hips and the back.
2. Has a calming effect on the mind.
3. Strengthens the quadriceps and the knee joints.

PRECAUTIONS

Avoid this pose if you have Asthma, Gastritis, Abdominal Hernia, Back pain, Any injury to your back, Neck, Hips or Hamstrings.



SUDHARSAN V J,
Yoga Teacher & Alumnus,
S.B.O.A Matriculation &
Higher Secondary School, 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



Aarav Mehta, Class V, Zydsu School For Excellence



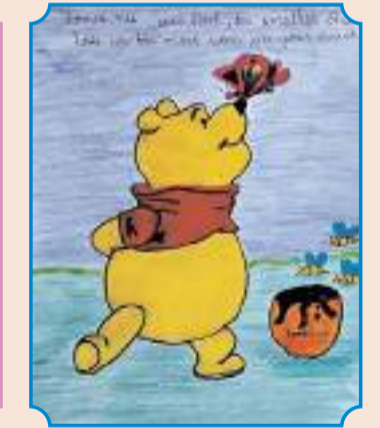
Vani Singh, Class V, Delhi Public School, Bopal



Satvik Pathak, Class VII, Delhi Public School, Bopal



Muskan Rathi, Class I, St Kabir School



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

These poems, paintings and photograph have been directly sent to us by the schools and students. The Times of India's Student Edition (Times NIE) is not responsible for breach of copyrights

WARRIOR DEDICATED TO SAVE THE PLANET

I want to be an environment activist myself and wanted to do something for our mother Earth, but always thought that I was too small, but I still tried to tell people to take an insight into the ongoing problems related to nature. But no one paid heed to it. However, my mother always encouraged me to keep hope and never give up. So, I just kept following that and did the small things, I could do to protect nature. In 2018, there arose a young Swedish climate activist - Greta Thunberg, internationally known for

Challenging the World Leaders to take immediate action against climate change. During the award ceremony speech of Golden Kamera, she said that "We live in a strange world, where media pays more attention to the Met Gala than biggest crisis humanity has ever faced; where we think we can buy and build our way out of the crisis, that has been created by buying and building stuff. It's the world my generation has been handed and is the only one we got."

We are standing at crossroads and we are failing but we have not yet failed, we have time to fix this, and it's up to us." This fact full speech bought tears to my eyes. We all need to work together in order to have a better future. She has inspired many children like me across the globe. I am fascinated by her work and I too was inspired by her aim to do something for the conservation of nature.

DEVIKA SHARMA,
class VIII, St. Angela Sophia Sr. Sec. School, Jaipur



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Stand a chance to win exciting cash prizes:

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- 2nd Prize - INR 1000
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Participation certificate for all students.

For children in KG to 10th standard.

Register Now!



ITALY CROWNED EUROPEAN CHAMPIONS



Giorgio Chiellini, Captain of Italy lifts The Henri Delaunay Trophy following his team's victory in the UEFA Euro 2020 Championship Final between Italy and England at Wembley Stadium

Photo: GETTY IMAGES

England's young guns fail in the final of penalties, as Italy claim glory

Italy won the European Championship for the first time since 1968 as Gianluigi Donnarumma saved two England penalties en route to a 3-2 shootout win after the teams had fought out a 1-1 extra-time draw at a raucous Wembley on Sunday. The giant keeper saved from Jadon Sancho and Bukayo Saka after Marcus Rashford hit a post, as Federico Bernardeschi, Leonardo Bonucci and Domenico Berardi all scored for the Italians.

First final decided on penalties

Luke Shaw had given England a dream start with a superb goal after two minutes but Italy, who offered almost nothing in response in the first half, gradually took command as the hosts sat back and levelled through Bonucci after 67 minutes. It was the first final to be decided on

I've shed some tears. We deserved it, but at this age we realise even more what it means to win a trophy like this. Since May we were saying that something magical was in the air, day after day it was more like that.

GIORGIO CHIellini,
Italy captain

penalties since Czechoslovakia beat West Germany in 1976 and will be wildly celebrated in Italy after they lost in the final in 2000 and 2012.

England came up short

They made most of the running after half-time. England can have few complaints after their early promise faded away. It was nevertheless heartbreaking for most of the 67,000 Wembley crowd as England came up short in their first major since the World Cup 55 years ago. It started so well when Harry Kane spread the ball wide to Kieran Trippier who instantly repaid coach Gareth Southgate's faith in recalling him by sending over a curling deep cross that the fast-arriving Shaw met on the half volley to hammer in for his first international goal.

The guys were extraordinary. I don't have words for them, this is a magnificent group. There were no easy games and this one became very difficult, but then we dominated. You need a bit of luck with penalties and I'm a little sorry for England. This team has grown so much, I think it can still improve. We are so happy for all.

ROBERTO MANCINI,
Italy coach

England did not look like giving up the initiative on home soil, playing on the front foot, though failing to threaten Donnarumma.

RONALDO FINISHES AS TOP SCORER

Portugal forward Cristiano Ronaldo finished as the top scorer at the European Championship with five goals. Ronaldo had the same number of goals as Czech Republic forward Patrik Schick but the Portuguese great will get the award because he had an assist. Portugal was eliminated from the tournament after losing to Belgium 1-0 in the round of 16.

Italy find no resistance

Pickford was called into action after 57 minutes, blocking a Lorenzo Insigne shot and then getting down to palm away from Chiesa as Italy began to apply pressure, pinning England back. It paid dividends when Bonucci pounced from close range after Pickford had turned Andrea Belotti's header onto a post. England could have no complaints, having virtually invited their opponents on and offered almost nothing in attack, and they would have been somewhat relieved to go into extra time.

It was a similar story in the first additional 15 minutes, though England did briefly force their way back into the game in the second period, albeit without either side creating anything to reward the crowd for their waves of noise. So the match went to penalties, where England's young guns failed and Italy took the glory.

EURO 2020 INDIVIDUAL AWARDS

UEFA'S STAR OF THE MATCH
LEONARDO BONUCCI (Italy)

GOLDEN BOOT WINNER
CRISTIANO RONALDO (Portugal)
5 goals and 1 assist in 4 matches

SILVER BOOT WINNER
PATRIK SCHICK (Czech Republic)
5 goals in 5 matches

BRONZE BOOT WINNER
KARIM BENZEMA (France)
4 goals in 4 matches

GOLDEN BALL (PLAYER OF THE TOURNAMENT)
GIANLUIGI DONNARUMMA (Italy)

YOUNG PLAYER OF THE TOURNAMENT
PEDRI (Spain)

DJOKOVIC BATTLES HISTORY

Claims 20th Grand Slam title even as his Italian opponent puts up a colossal fight



Novak Djokovic had the weight of tennis history on his shoulders and an Italian with dynamite on his racket strings to contend with but emerged victorious to earn a sixth Wimbledon and a record-levelling 20th Grand Slam title on Sunday.

Matteo Berrettini, playing inspired tennis in his first Grand Slam final, unleashed everything in his formidable arsenal to rock Djokovic in a riveting contest. But it was not enough to stop the indefatigable Serb, who found his best when required, to pull through 6-7(4) 6-4 6-4 6-3 on what looks like being a momentous day in the raging argument about who will go down as the greatest of all time.

For the first time in his career Djokovic shares the lead for the most Grand Slam singles titles with Roger Federer and Rafa Nadal and looks primed to leave both in his wake.

In a year that is brewing into something extraordinary, the world number one has won the first three majors and will become the first man since Rod Laver in 1969 to complete the calendar-year Grand Slam if he wins the U.S. Open in September. Not only that but with the Olympics looming, the one title to elude Djokovic, he is within sight of the fabled Golden Slam - something no man has achieved.

Frenzied celebrations

The celebrations on a frenzied Centre Court, that at times sounded more like Wembley Stadium, were unconstrained after Berrettini chipped a backhand into the net to end the final. Djokovic fell to his back before standing arms aloft, soaking in the acclaim of 15,000 fans who, while edging towards underdog Berrettini throughout the match, realised they were watching a special player making history.

After chewing on a blade of grass, Djokovic threw his arms out to all four sides of stadium as the crowd roared 'Nole' before he climbed up into the stands to embrace his coaching team and even stopped for a selfie with a young fan.

"That was more than a battle. He has a true hammer, an Italian hammer and I felt that on my skin today," Djokovic said. When he won his second Grand Slam title in 2011, three years after his first, Federer owned 16 and Nadal nine. Yet he has reeled them in relentlessly and his thirst for silverware is unquenched.

"I have to pay a tribute to Rafa and Roger, they are legends of the sport and they are the two most important players I ever faced in my career and the reason I am where I am today," Djokovic said on court. "Something shifted in 2011. The last 10 years have been an incredible journey and it's not stopping here."

Italian gladiator

Actor Tom Cruise was amongst the crowd on Centre Court to watch seventh seed Berrettini's attempt to accomplish what many believe to be Mission Impossible: taking three sets off Djokovic in a Grand Slam match. Yet in the first part of seismic sporting Sunday for his nation, with Italy facing England down the road at Wembley in the Euro 2020 final, he played like a gladiator in Rome's Colosseum. No Italian, man or woman, has ever won a Wimbledon singles title and Berrettini hoped to become the first to win a major since Adriano Panatta triumphed at Roland Garros in 1976.

The effort of snatching a 71-minute first set took its toll on Berrettini. Even after Djokovic had taken the third set Berrettini still looked dangerous but when the Italian double-faulted on break point in the seventh game of the fourth, his hopes were over.

Photo: GETTY IMAGES

Photo: GETTY IMAGES

Photo: REUTERS

Photo: AFP

Photo: AFP

Photo: AFP

Photo: AFP



THE TIMES OF INDIA

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TODAY'S EDITION

> In a unique initiative, the Reserve Bank of India is 'banking on' comic strips to promote financial education among children. The bank, with this endeavour, has rolled out several comic strips. Explore money matters **PAGE 2**



> Drawing upon their own life experiences, educators and students share their views on the happenings around the world **PAGE 3**



STUDENT EDITION

MONDAY, JULY 12, 2021



CLICK HERE: PAGE 1 AND 2

I would not support cyber curfew in India. We are raising a generation to take forward India's ideals of democracy and freedom. Instead of state intervention, families need to bond, share and support, and find solutions. **SONAL GOSWAMI**, coordinator, Vista School, Hyderabad

GAME OVER?

In a bid to keep a check on gaming addiction, excessive screentime, issues such as nearsightedness and poor scores among teens, China started cyber curfew in 2019 during the pandemic. Now, it imposes a midnight e-patrol

New normal for teens in China involves cyber curfew & midnight patrol; TIMES NIE asks teens, parents & teachers their take on if India were to clone such a move here...

For almost every video game restriction, children and teenagers will find a way around it. But the room to manoeuvre is shrinking in China, where underage players are required to log on using their real names and identification numbers as part of countrywide regulations aimed at limiting screen time and keeping internet addiction in check.

REASON WHY CHINA DID THIS

In the case of video games, the government has long blamed them for causing nearsightedness, sleep deprivation and low academic performance among young people. The 2019 regulations also limited how much time and money underage users could spend playing video games.



Not just China, Japan too tried it

Last year, Kagawa prefecture in Japan asked parents to set time limits on adolescents, though without specifying enforcement mechanisms. The move prompted a 17-year-old high school student to challenge the government in court. The suit is still ongoing.

It will be a welcome move in India. State intervention is needed especially since we are grappling with a situation where internet is both a necessity and is also a posing a threat to the young impressionable minds. Parents alone might not be able to deal with the growing internet addiction among youngsters who are cooped up in homes. **SHWETA MATHUR**, parent, New Delhi

As a parent of an 11-year old, I do approve of 'cyber curfew' to manage screen time among children though not imposed by the Govt. As parents, we should step up and impose personal 'cyber curfew' on our kids and involve them in offline games or creative work. Having said that, it is difficult for parents to strike the right online-offline balance with kids. **TANIA SAILI BAKSHI**, parent, Dehradun

WE, TEENS OF INDIA...

Though parents do tell us to keep our phones away, teens tend to use them whenever they are not around. Social media and gaming can be addictive. Parents can't be monitoring kids all the time. Hence, if it is a Govt-imposed rule, teens will have to follow and it is for our betterment. **MANINI SHAH**, class X, Udgam School, Ahmedabad

We can't have such fascist policies. We are a democratic country and believe in freedom and self-discipline. Teens need their personal space and it is a part of their growth and social well-being. State authorities can't interfere with cyber freedom and force decision on minors. Knowing how to control your screentime is also an important learning curve. **MANAS KAPUR**, class XI, Sri Venkateswar Int'l School, Delhi

To be under constant Govt surveillance can be irritating and intrusive, leading to more mental health issues among teens. When there is open communication between parents and kids, there is no need for any state intervention. **TANISHKA WAGH**, class XI, Elpro Int'l School, Pune

With state curfew, probability of the data collected by Govt getting misused is high. Implementing this here may pose a risk of identify theft of minors. **AARYA BHANUSHALI**, class X, SVDD Secondary High School, Mumbai

NEWS OF THE DAY



WIMBLEDON: The victories keep adding up for Novak Djokovic: 20 in a row at Wimbledon since the start of the 2018 tournament, 20 in a row in all Grand Slam matches since the start of this season. He will face Italy's Berrettini in Men's singles tonight. Meanwhile, Ashleigh Barty won her first Wimbledon singles title Saturday, beating Karolina Pliskova, 6-3, 6-7(4), 6-3



EURO 2020: HOME OR ROME?
A combination of pictures shows England supporters (left) holding an English flag reading 'It's coming home soon' in London and Italy fans holding an Italian flag reading 'It's coming to Rome' in London. England faces Italy in the UEFA Euro 2020 final football match at the Wembley Stadium in London on July 11, 2021 midnight (IST)

WHAT IS MINISTRY OF COOPERATION?



The newly-formed Ministry of Cooperation, headed by Amit Shah, will aim to strengthen the cooperative movement in the country

A media release from the Press Information Bureau said the Ministry of Cooperation will provide a **SEPARATE ADMINISTRATIVE LEGAL AND POLICY FRAMEWORK FOR STRENGTHENING THE COOPERATIVE MOVEMENT IN THE COUNTRY.** "It will help deepen the Co-operatives as a true people-based movement reaching up to the

grassroots. In our country, a Cooperative-based economic development model is very relevant where each member works with a spirit of responsibility. The ministry will work to streamline processes for 'ease of doing business' for cooperatives and enable development of Multi-State Co-operatives," it said.

COOPERATIVES IN INDIA
Cooperatives are organisations formed at the grassroots level by people to harness the power of collective bargaining towards a common goal. In agriculture, cooperative dairies, sugar mills, spinning mills, etc are formed with the pooled resources of farmers who wish to process their produce.

First African-American To Win Nat'l Spelling Bee

How Zaila 'scripps' history

Zaila Avant-garde understood the significance of what she was doing as she stood on the Scripps National Spelling Bee stage, peppering pronouncer Jacques Bailly with questions about Greek and Latin roots.

Zaila knew she would be the first African-American winner of the bee. She knew Black kids around the country were watching Thursday night's ESPN2 telecast, waiting to be inspired and hoping to follow in the footsteps of someone who looked like them. She even thought of MacNolia Cox, who in 1936 became the first Black finalist at the bee and wasn't allowed to stay in the same hotel as the rest of the spellers.



But she never let the moment become too big for her, and when she heard what turned out to be her winning word - "Murraya", a genus of tropical Asiatic and Australian trees - she beamed with confidence. It was over. Declared the champion, Zaila jumped and twirled with joy, only flinching in surprise when confetti was shot onto the stage.

THE BRAGGING 'space' of BILLIONAIRES....

They're shooting for sky-high bragging rights as the first person to fly his own rocket to space and experience three to four minutes of weightlessness. The billionaires are putting everything on the line to ride their own rockets into space. The lucrative, high-stakes chase for space tourists will unfold on the fringes of space - 55 miles to 66 miles (88 kilometres to 106 kilometres) up, pitting Virgin Galactic's Richard Branson against the world's richest man, Blue Origin's Jeff Bezos

MEANWHILE, SPACE X'S ELON MUSK SAYS...

"There is a big difference between reaching space and reaching orbit." Musk already has carried 10 astronauts to the ISS for NASA, and his company's first private spaceflight is coming up in September for another billionaire who's purchased a three-day, globe-circling ride.



BRANSON

- Takes off from New Mexico, launching with two pilots and three other employees aboard a rocket plane carried aloft by a double-fuselage aircraft
- Longer flight
- The craft has more windows
- Piloted plane has already flown to space three times

"As a child, I wanted to go to space. When that did not look likely for my generation, I registered the name Virgin Galactic with the notion of creating a company that could make it happen"



BEZOS

- Departs in 10 days from Texas, blasting off in a capsule with his brother, an 82-year-old female aviation pioneer and the winner of a \$28 mn charity auction
- To reach a higher altitude
- Craft's windows are bigger
- Gone through several test flight sans people on board

"I dreamt of travelling to space as a child. On July 20th, I will take that journey with my brother. The greatest adventure, with my best friend."

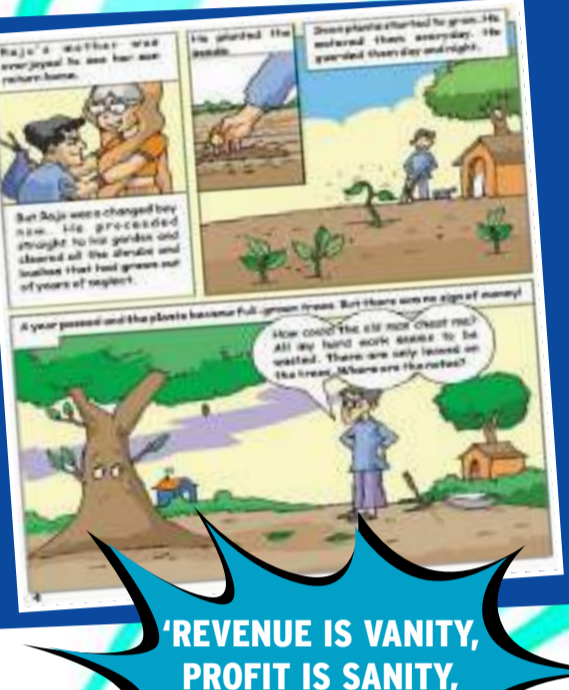
9/11 DOCU TO GIVE YOU SNEAK PEEK INTO POTUS WAR ROOM

A documentary, titled '9/11: Inside the President's War Room', by Apple and the BBC will make its global debut on Apple TV+ and BBC One this September, marking the 20th anniversary of the attack. Narrated by Emmy Award winner Jeff Daniels, it will recount the 12 hours after the strike and feature testimonies with President George W Bush, Vice President Dick Cheney, Condoleezza Rice (national security advisor), Colin Powell (secretary of state) et al.

ENTER THE ART-INTEGRATED CLASSROOM...

RBI tells a BANKING comic story to CHILDREN

With cartoons, the Central Bank has started an innovative series to give financial education to students. Here's one of the stories....



'REVENUE IS VANITY, PROFIT IS SANITY, CASH IS KING'



'MONEY OFTEN COSTS TOO MUCH'



'CASH COMBINED WITH COURAGE IN CRISIS IS PRICELESS'



INVESTITURE CEREMONY at Pragati School



It rightly said that "Leaders aren't born but are made by their experiences in life". To inculcate the leadership qualities in the students and to give them a feel administrative functioning, a school student council board was formed after scrutinious interviewing, election, and selection. The investiture ceremony for the academic year 2021-22 was held on



July 8. The chief guest for the event was Claire Chang - From Taiwan. The ceremony commenced with a grand parade by the school band followed by newly elected leaders. The students also were showered blessings by parents conferring them with the badges. Swearing in and oath-taking ceremony was followed by the address to the new council members by the chief guest and the parents too.

Making difference by sharing!



Many general libraries lack quality educational books. This discourages students from reading and acquiring significant knowledge on different subjects. Many students are also unable to afford academic books due to high prices. To help these students, Som-Lalit School came up with a project named 'Inspiring Readers'.

This project aims at providing quality academic material to students in need. This project seeks to donate unused educational books through different NGOs. The Book Donation Programme was organized on July 7 with the aim to make these academic books accessible to children from underserved communities across Gujarat.

Kabirians give wings to their imagination



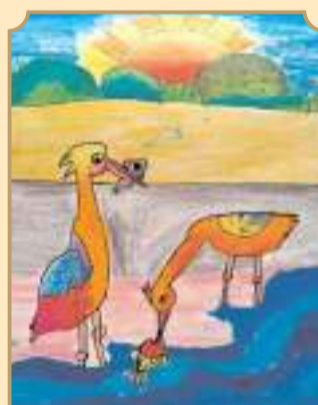
Plastic waste is one of the main killers of marine life. So in order to create awareness of our responsibility towards our planet and for sustainable living, St. Kabir school, Drive-In Branch in collaboration with Fevi Create had organized a contest for the students to reuse and recycle plastic and non-biodegradable waste to create a 3D model solution that reduces plastic waste going into the oceans.

following students were declared as the winners representing their school:
 1. Aarush Chakraborty, class III
 2. Joel Soju, class III
 3. Chitrakshi Mantri, class III
 4. Aakash Prashar, class V
 5. Rudra V. Patel, class VIII
 6. Darsh Patel, class IX
 7. Misari Patel, class IX

The winners were awarded beautiful gifts as a mark of appreciation. The school management indeed provided a platform to the children to showcase their imagination where the children enjoyed making models as well as rocked as school winners.

Express YOURSELF

Karna Dwivedi, Class V, Zydus School For Excellence



Arav Mehta, Class V, Sheth C N English Medium School



Shubh Panchal, Class VII, Joyous English School, Surat

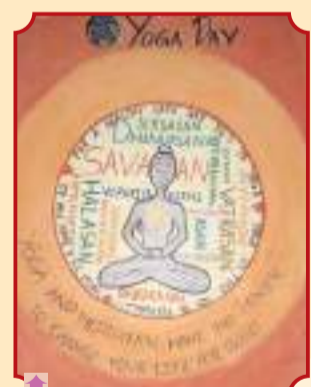
Sai Saswat Das, Class III, Siddharth's Miracles School



Aishita Patel, Class VII, St Kabir School



Hiten Raval, Class II, Delhi Public School, Bopal



Akshita Singh, Class IV, Essar International School



Kanishka Verma, Class VII, Delhi Public School, Bopal



Shailesh Khatik, Class VII, Joyous English School, Surat



Dhruv Khandelwal, Class VIII, SGVP International School



Riya Ankur Manvar, Class IX, Zebar School For Children

STAY HOME, STAY SAFE!



Today I want to share something of significance and about which you all are conscious. Amid this corona pandemic, everyone is suffering. The word 'Corona' itself is enough to threaten us. The year 2020 - 2021 has given us a lot of things. We all have been apprehensive about the dreadfulness of COVID-19. I from the bottom of my heart

want to convey one important thing which must be understood by each one of us that "let the roads diverge but be rooted to the spot [your home]". Can you just look at the trees outside swaying joyfully or the happiness that is displayed when the birds fly? The questions above make us mindful of the inconceivable power of nature. The air that used to give us oxygen has now become one of the spots carrying the strains or variants of COVID-19. It's quite easy for all of us to deny the harshness of this virus. You might



have been listening to people, who take the virus casually or people watching the news and making faces or blaming the government, hospitals, etc sitting in their cozy beds. The need is to take absolute precautions. We all will soon be victorious. MAHEK BAHETY, Class X, St Kabir School, Ahmedabad

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THE EDUCATIONIST

'EVERY CHOICE YOU MAKE, MAKES YOU'



It's just a 6 lettered word that holds the power to build a new world- You may wonder how? It's not long ago that we made a choice for the human race -to follow the covid prevention guidelines. And, today, we do hope of a day when the data of covid cases would be nil (0). Our list of bad choices is endless. But, for sure we learn from our choices.

Consider the example of Yashraj Bharadwaj and Yuvraj Bharadwaj (Founder of Zenith Vipers, cofounder of Incuspaze) - at the age of 13 after a lot of hard work filed their first patent, struck a million dollar deal for the same. Today at age 20 they hold offices around the world where they employ researchers, irrespective of the qualifications. They have signed a 104 crore MOU relat-

ed to Research and Development.

What does this have to do about choices - well,

- They chose to find a solution to the problems faced.
- They chose to work on their paths.
- They chose to work and invest in solutions to environmental issues.
- They chose to lead the way for the inquisitive minds
- They chose to provide a platform for the development of the scholar minds

And the best I can say is 'There are always three choices in life: give up, give in or give it all you've got.'

SANDHYA SHARMA, educator, Zebar School for Children, Ahmedabad



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MESSI WINS HIS FIRST MAJOR TITLE



Lionel Messi and Angel Di Maria of Argentina along with teammates pose with the trophy after winning the final of Copa America Brazil 2021

Superstar Lionel Messi won his first trophy with his national team as Angel Di Maria's goal gave Argentina a 1-0 win over hosts Brazil in the Copa America final on Saturday

The victory at Rio de Janeiro's Maracana stadium ended Argentina's 28-year wait for a major trophy, and also ended Brazil's unbeaten home record that stretched back more than 2,500 days. Argentina had last tasted success at a major tournament in 1993 when the great Gabriel Batistuta's brace gave them a 2-1 win over Mexico in the Copa final in Ecuador. It was the first time in six editions playing at home that Brazil had failed to lift the trophy. And while 34-year-old Messi's odyssey has come to an end, Brazil's Neymar, five years his junior, is still without a major title at international level having missed the Selecao's win on home soil two years ago through injury.

Messi misses a golden chance

Argentina edged a brutal and fractious affair thanks to Di Maria's goal on 22 minutes. The 33-year-old winger ran onto Rodrigo De Paul's sumptuous through ball to lob Brazil goalkeeper Ederson with a first time finish. Messi could have wrapped up the win two

minutes from time but slipped when clean through with only Ederson to beat. In a frantic start, Argentina's burly enforcer Nicolas Otamendi was quickly in with his first foul while Brazilian midfielder Fred picked up the first booking after just three minutes for a studs up lunge at Gonzalo Montiel. Brazil were unchanged from their semi-final win over Peru while Argentina coach Lionel Scaloni made five alterations, notably bringing in Di Maria, who made an energetic and decisive entry off the bench against Colombia last time out.

Brutal first half

The final was the first match of the tournament, which was originally due to take place last year, to allow in fans as 7,800 – a tenth of the Maracana capacity – took their seats after authorities partially lifted pandemic restrictions. The first clear chance came on 13 minutes as Richarlison headed down Marquinhos's long ball into the path of Neymar but the Brazilian star was crowded out by a pair of defenders. The brutal nature of the early challenges could be seen on the players' kits, with Neymar sporting ripped shorts and Lucas Paqueta being left with a hole in his sock fol-



lowing an intervention by Otamendi. Argentina played with aggression and commitment, but no lack of quality with Di Maria tormenting Brazil's left back Renan Lodi, who probably should have cut out De Paul's pass for the winger's goal. Di Maria had a shot from 20 yards blocked while Messi fired just wide following a 40 yard run.

Brazil fail to score

Brazil struggled to create anything of note and even when they had a free-kick from the shooting range, Neymar couldn't beat the wall. When the hosts did finally maintain some pressure late in the first half, Everton's deflected strike bobbed through to goalkeeper Emiliano Martinez. Brazil coach Tite was quick to act, bringing on forward Roberto Firmino for defensive midfielder Fred at half-time. Richarlison had the ball in the net soon after but he was flagged offside. And moments later Neymar teed up Richarlison but Martinez parried his near post effort. Increasingly it descended into a fractious, niggly affair with little fluid play between fouls and a plethora of theatrics and

petulant bickering. It was playing into Argentina's hands as they looked to run down the clock and hold onto their slender lead. Brazil managed to up the pressure again at the end of the half but they lacked a killer touch against some full-blooded defending. Montiel even finished the game with his white sock soaked in blood. When Brazil substitute Gabriel Barbosa fired a volley on target, Martinez was equal to it. Messi slipped embarrassingly late, but later his teammates were tossing him in the air to celebrate their win. AFP

It is a huge title, especially for our people. I hope that the Argentines enjoy it. The fans support the team unconditionally. I think they can identify with this team that never gives up. It was a very difficult Copa América. Luckily it was possible for us this time.

LIONEL SCALONI, Argentina Manager

ASHLEIGH BARTY WINS FIRST WIMBLEDON TITLE

The world no. 1 won her first Wimbledon title on the 50th anniversary of fellow indigenous Australian Evonne Goolagong Cawley's maiden crown

The 25-year-old Australian who wore a specially-designed dress in tribute to Cawley's iconic scallop one she sported in 1971, adds the Wimbledon crown to her 2019 French Open title. It was the first women's Wimbledon final to go to three sets since 2012 when Serena Williams beat Poland's Agnieszka Radwanska. Barty had looked like cruising to victory after soaring into a 4-0 lead over her opponent – the Australian's start so blistering that she won the first 14 points. However, 29-year-old Pliskova steadied herself while Barty fal-

tered when she served for the match at 6-5 in the second set. The Czech broke and then swept the tiebreaker to take the final into a decider.

Emotional win

Barty got the break for 2-0 in the final set and despite one or two wobbles she got herself over the line sinking to her knees, her hands over her face in disbelief. She wiped a couple of tears away before climbing up to the player's box, just like her compatriot Pat Cash did when he won the Wimbledon men's title in 1987. Barty is masterful at re-

maining poker-faced on court and she managed to restrain her emotions largely at the presentation ceremony. However, once off court she sobbed as she hugged her partner Gary Kissick. For Pliskova, it was more heartbreak as the former world number one fell at the final hurdle in three sets in the 2016 US Open final. Karolina Pliskova is the fourth Czech woman to appear in a Wimbledon singles final in the Open era. "We have had an incredible two weeks here", she signed off. AFP



INDIA-SL ODI SERIES RESCHEDULED

The Indian team's six-match limited-overs series in Sri Lanka will now start from July 18, BCCI secretary Jay Shah told PTI, a day after a COVID-19 outbreak in the home team camp forced the postponement. The series, which was originally scheduled to start with the three ODIs on July 13, had to be rescheduled after Sri Lanka's batting coach Grant Flower and data analyst G T Niroshan tested positive for the dreaded virus on their return from the UK tour. While the tentative date that was originally being discussed was July 17, but Shah confirmed that it will start from July 18. Earlier, a Sri Lankan player in one of the two bio-bubbles had tested positive for COVID-19 as the virus outbreak continued to rock the home team ahead of its white-ball series. m



Shikhar Dhawan



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TODAY'S EDITION

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STUDENT EDITION

SATURDAY, JULY 10, 2021



LATEST BUZZWORDS EXPLAINED

LOCKDOWN FOOT

A condition resulting from someone having spent lockdown at home in bare feet or slippers, allowing their feet to change shape and making it difficult or painful to wear normal shoes again. In May 2021, an article in a UK-based magazine "Glamour" mentioned the condition of "lockdown foot". According to the article we have all re-shaped our feet going barefoot at home. Podiatrists claim that the ligaments in the foot have become stretched and arches become unsupported since we are wearing more slippers or going barefoot. The fact that most of us stayed inside and wore slippers or went barefoot, has made shoes optional. No more stuffing your foot into restrictive shoes or unleashing a battle of the bunions. Lockdown foot is all of our feet right now – minus the shoe. If you are returning to the old ways in the better parts of the world, apparently you need to train your feet to get back into pre-pandemic shape and shoes. What one needs is to re-train our feet to get used to shoes. Do more foot-related exercises to make sure that our feet are more resilient and stronger. Start off with low-strain yoga, pilates, and walking can help immensely. Wearing covered shoes daily is a way to retrain your feet.

if all the directors make films on the same topic. Nevertheless, his films have repeatedly opened the Cannes Festival. The festival's budget comes from public funding which goes up to 20 million euros.

7 Selfies are discouraged at the red carpet. Anyone who tries to snap a selfie is pounced on by a security guard. The festival's director, Thierry Frémaux, decried the taking of selfies as a "ridiculous" and "grotesque" habit that encouraged people to hang around on the red carpet, thus turning a carefully choreographed premiere into "a vast mess." It became an official policy since 2018.

8 In 2017, Bong Joon-ho's "Okja" and Noah Baumbach's "The Meyerowitz Stories" were both booed at their Cannes press screenings — not for the films but the Netflix logo that appeared before the opening credits. Netflix films aren't shown in French cinemas before they go online, and so cinema-loving traditionalists (as well as cinema owners) were angry that Cannes was giving them house room.

9 In 2018, Kristen Stewart was seen removing her heels while walking down the red carpet at this year's Cannes Film Festival. Some believe she did so in order to take a stand against the dress code of the festival, which has caused controversy in the past for supposedly dictating that all female guests wear heels. In 2016, Julia Roberts and Sasha Lane went barefoot at Cannes as well. There's an unwritten rule about heels on the red carpet which women attendees are now questioning.

CLICK HERE: PAGE 1 AND 2

FITNESS

FOOTLOOSE AND FIT

WHY YOU SHOULD EXERCISE BAREFOOT?

Supriya.Sharma2 @timesgroup.com

Our yogis and sadhus stayed barefoot or in wooden sandals (khadaon) throughout their lives and most likely never complained of hammer toes, foot deficiencies or aches and pains. Why? Because they didn't have their feet stubbed in shoes

body, says fitness expert and barefoot trainer Gagan Arora. "Many workouts can deliver better results when done barefoot till a certain level. Your feet are designed to give you balance and at the same time they adjust themselves according to the surface they are planted on. Footwear is there only to protect the feet, not stop them from doing their work seamlessly. Even for high impact activities like running, we sometimes go barefoot on grass / mud to get the landing and takeoff response from the ground. This makes our landing soft and recoil smoother," says fitness expert and barefoot trainer Gagan Arora.

"Problems in our feet throw off our posture, creating abnormal stress in our spine which pinches off spinal nerves. Go for custom-made orthotics — custom built insoles you place in your footwear to improve foot alignment, just like braces for the teeth," — says Dr Vikas Puri, partner, Global Chiropractic Management Group, Canada

DARE TO BARE

To reap the real reward of barefoot

HOW TO GO BAREFOOT
1 Stay barefoot at home — easier now thanks to lockdown

2 Give your feet a massage with a moisturiser at night before going to bed

3 Walk barefoot on different surfaces rashes/stones/mud/sand every day for at least 10 minutes

4 If you have squeezed your toes wearing narrow footwear you need to wear a toe separator at night while at rest to increase flexibility and mobility in tissues of the foot

training and making sure you don't get injured in the process, ease into it slowly. Include light barefoot jog on the grass in your warm up or lift light weights without shoes. If you're unable to perform a majority of your activities in barefoot or minimalist conditions, then you have foot and ankle deficiencies. So work on that first. Dedicated fitness crowd is going barefoot to take their training to the next level and take on challenges when it comes to better mobility, flexibility, load or balance. "Barefoot training will help you regain the strength in your foot which drives strength and stability to your glutes and core. It will also reduce many potential injuries associated with walking and running and improves overall balance and stability in your body," adds Arora.

all day. Like with most other things, there is a shift towards going barefoot, especially at the gym. It is not just in yoga and Pilate classes, even cardio and weight lifting sections have people working out shoeless. If experts are to be believed, ditching your sneakers will not only strengthen your feet, but also help you run faster, jump higher, and lift more weights!

FEET FIRST

Wearing shoes all day every day lets our feet slack off and over time, they become weak. Unfortunately, feet are one of the most overused and overlooked parts of our body when it comes to health. Care for your feet before the rest of the

#GOALS

FAMOUS PEOPLE and their FAMOUS PETS

Numerous studies have found that pets bring many welcome benefits to our emotional health and overall wellbeing. While many celebrities use their pets for more social media cred or nonsense value, there are many who feel their furry friend has changed their lives. Here are some famous fur babies

Choupette

KARL LAGERFELD'S CAT

Fashion designer Karl Lagerfeld may have passed away but his pet cat Choupette, a 7-year-old Birman, is an icon in her own right much like him. The famous cat has a total earning of \$4M annually and many a times the designer said that she brought calm and warmth to his hectic life. He told The Cut, "Personally, I have no time [for technology]. I don't do internet, I don't do Facebook. I have to sketch, I have to play with Choupette, I have to sleep." She slept next to his pillow. "I like to be quiet, and my cat brings me a presence that counts but does not clutter. She is peaceful, funny, amusing, graceful...It was love at first sight," he told Numero.

my hand as Bo bounded in and out of the bushes with the girls giving chase — that I felt normal and whole and as lucky as any man has a right to expect."

Meredith and Olivia

TAYLOR SWIFT'S CATS

Taylor Swift's "fuzzy daughters," are the emotional anchor in her high-profile life. After the Grammys in 2015, she spoke to "ET" about skipping the after-parties in favour of soothing snuggles at home: "I'm going to hang out with my friends, and then I go home to the cats." Swift documents her cats on her social media page regularly and is quite the fur parent.

Dodger

CHRIS EVANS DOG

In true Captain America fashion Chris Evans rescued his beloved Boxer mix, Dodger, from a shelter. The emotional video of "our first hello," taken while Evans was filming "Gifted" at the kennel in 2016, has melted hearts worldwide. "My dog is still a pure, brand new soul, enjoying nonverbal bonds of love and acceptance with pretty much everything," Evans says.

Chip

SELENA GOMEZ' DOGS

The singer, has talked about her struggles with anxiety and depression after cancelling the remainder of her Revival tour in 2016. She has six dogs — most of them rescues.

Bo Obama

THE OBAMAS' DOG

The Obamas got Bo — a Portuguese Waterdog — in 2008 after he was elected as the President. Bo passed away recently and Obamas gave heartfelt tributes to their biggest stress reliever in a highly demanding job. In his memoir Barack Obama writes about Bo: "With Bo, I got what someone once described as the only reliable friend a politician can have in Washington. He also gave me an added excuse to put off my evening paperwork and join my family on meandering after-dinner walks around the South Lawn...It was during those moments — with the light fading into streaks of purple and gold, Michelle smiling and squeezing



Cannes you believe it?

The Cannes Film Festival just returned post-pandemic and the glitz and glamour is back. Here are some interesting facts about the International Cannes Film Festival

1 Jean-Gabriel Domergue, Toulouse Lautrec's cousin, designed the first Cannes Festival poster. He planned it for 1939. But the event was cancelled owing to the outbreak of World War II.

2 The renowned 24 stairs in which the world's most famous personalities walk, require 60 meters of carpet. It is replaced three times a day during the film festival.

3 The Palme d'Or or Golden Palm was created in 1955. The festival's organisers invited jewellers to compete for the trophy's design. The design by Lucienne Lazon was chosen. Chopard, a Swiss firm, has been in charge of producing the award since 1997. The price of the Golden Palm branch is about 20,000 Euros. It is

made of 18-carat gold. Each year, two reserve awards are made in the event of two winners or an accident.

4 Only Frenchmen presided over the Cannes Festival jury from 1946 until 1959. Belgian Georges Simenon, however, defied the trend in 1960. For the first time in Cannes Festival history, an Australian, George Miller, was the jury head in 2016. The 2021 jury head Spike Lee is the first black man to head Cannes jury. He was supposed to take on the mantle last year but the festival got cancelled due to the pandemic.

5 Woody Allen has never taken part in the competition for the Palme d'Or. He has long said that he would only fight for the prize

TRIVIA TIME



SELF-CARE

Maintain Your Mane This Monsoon!



Not just your skin, but even your hair and scalp are victims of rain and pollution. The situation is aggravated by sweat, which further attracts dust particles and other polluted elements. Here are common monsoon hair problems and how you can tackle it.

Frizzy hair

As hair tends to get wet during this monsoon, the hair gets frizzy and looks untidy. People usually choose to massage oil on the scalp but a massage only improves the circulation and oil will not go into the hair shaft. However, oiling is good for the

To do: Use anti frizz serum after you wash and towel dry your hair

UV damage

Besides damage to the shaft of the hair, harsh sunlight alters the natural colour and the texture of the hair, more so if you have coloured your hair. The rains and dirt change the colour that has been used on your shaft and also shorten the longevity of the result of hair colour.

To do: Cover your hair with a nice umbrella while travelling

Excessive Dandruff

This probably is the most common scalp problem one comes

To do: Use a medicated shampoo that has ketoconazole, selenium sulphide or zinc pyrithione once a week

Stickiness of scalp

This is due to production of natural scalp oil mixing with rainwater. Use a shampoo that is gentle enough for daily use but strong enough to cleanse your scalp.

To do: A good trick is when shampooing and conditioning the hair, switch from warm water to cool water after you've thoroughly rinsed away the conditioner. The cool water will shrink the opening of the hair follicles and slow down the oil production.

To do: Remember to apply the conditioner only on the ends of the hair.

Fungal infection

Maintaining a good hygiene of hair and scalp is the key to keep away fungal infection of the scalp, which worsens during monsoon.

Lost lustre

Take half a cup of apple cider vinegar and dilute it with a cup full of water. To do: Use the cider mix as your last rinse. — Expert: Dr Jamuna Pai, celebrity dermatologist and founder of SkinLab

6 Languages That Could Be EXTINCT SOON



Preserving languages is important, and UNESCO explains why – "Languages are humankind's principle tools for interacting and for expressing ideas, emotions, knowledge, memories and values. Languages are also primary vehicles of cultural expressions and intangible cultural heritage, essential to the identity of individuals and groups. Safeguarding endangered language is thus a crucial task in maintaining cultural diversity worldwide."

Here are some native tongues at risk of never being spoken again:

ICELANDIC

A study by Europe's leading language technology experts published in 2012 rated Icelandic in grave danger of facing digital extinction because of a lack of technological support. Younger Icelanders are speaking more English because their lives are so intrinsically involved in an English-speaking social media world. English tourism and foreign labour has also played a role in the language's demise, but a lack of technological support for Icelandic in voice-activated gadgets is a factor, too.

IRISH GAELIC

Irish Gaelic currently has over 40,000 estimated native speakers. There are several communities in Ireland, called Gaeltachts, where Irish is still spoken as the primary language. Governmental efforts have been in place for many years requiring Irish students to learn the Irish language and encouraging it to be spoken, yet it continues to be classified as vulnerable.

AINU

Ainu is the language of the Ainu people, a native group in Japan. Because there are only about ten native speakers remaining – all of them elderly members of the community – the language is critically endangered.

RAPA NUI

Many languages are endangered because their populations of speakers are isolated on islands; Rapa Nui is one such language.

Considered a threatened language, Rapa Nui is spoken on the famous



Easter Island; as of 2000 there were 3390 native speakers. Spanish is gradually becoming the more dominant language among the island's inhabitants.

BALTI

Today, this language is spoken in Northern Pakistan and some parts of Northern India. Although, since 1948, English and Urdu have had greater influence, many words that are characteristic of Tibetan dialects have been retained in honour of the language's roots.

LOMBARD

Despite being spoken by people in Italy and Switzerland, Lombard is considered a minority language. Given that it is structurally separate from mainstream Italian, younger generations are considerably less likely to speak it, especially in urban areas.

About 2,500 languages are in danger of becoming extinct according to UNESCO, and some of them are spoken by only 30 people. By the turn of the century, it is estimated that at least 50 per cent of the world's current spoken languages will be extinct. UNESCO uses a set of five categories to define how endangered a language is:

- **Vulnerable** - where most children speak the language, but it may be restricted to certain domains such as the home;
- **Definitely endangered**, where children no longer learn the language as a "mother tongue" in the home;
- **Severely endangered** - when a language is spoken by grandparents and older generations, and while the parent generation may understand it, they do not speak it to children or among themselves;
- **Critically endangered** is when the youngest speakers are grandparents and older, and they speak the language partially and infrequently;
- **Extinct** - there are no speakers left.

Learn to talk like a BRIT, MATE!

HOPPER and CROCKY bring you a list of some of the funniest British English idioms you may not know

Bob's your uncle

This idiom is a catch phrase used when 'everything is alright' and means that something will be done, sorted or successful. It is a conclusion to a set of simple instructions.

'chasing your tail'. A person who is chasing their tail isn't getting very far and would be better off changing tactics.

All talk and no trousers

Someone who is all talk and no trousers talks and thumps his chest a lot about doing big, important things, but doesn't actually take any action. The phrase originated in Northern England.

An idiom is an expression or saying that means something other than its literal translation, and the British English language has hundreds, possibly thousands to get your head around

Do a runner

When someone does a runner, he leaves a place in a hurry in order to avoid paying for something (like in a restaurant) or flees a difficult situation to escape punishment. Like many British idioms, this particular idiom originates from one of Shakespeare's popular plays, Anthony and Cleopatra, a gripping story of romance and tragedy that was first performed in 1606.

Take the mickey

Brits love to make fun of and tease each other and that's exactly what 'taking the mickey' means. You

Fall off the back of a lorry

This is the British humorous way of saying you acquired something that was probably stolen, or you are trying to sell something that's stolen or illegitimate. The American equivalent of the phrase is: "off the back of a truck."

For donkey's years

This British expression jokingly alludes to the considerable length of years the animal works with nothing to show for it. If you have done something for donkey's years, then you have done it for an awfully long time without any change or much to show for it.

Chasing your tail

If you are engaging in an activity that isn't taking you any closer to your goal, then you are

can also say 'take the mick.

Cat got your tongue

If a cat got your tongue, you are unable to speak. Your silence is oddly suspicious. Apparently, the phrase stems from the middle ages when witches were greatly feared. It was said that if you saw a witch, her cat would somehow "steal" your tongue so you couldn't report the sighting.



LANGUAGE QUIZ

1. Hakuna matata (meaning no worries) was a phrase made popular around the world by the movie *Lion*
2. In which country do locals use the phrase "not my circus, not my monkeys" when they

King, but which language is it?

mean "not my problem"?



3. Which is the third most spoken language in the US?

4. Which country has the highest linguistic diversity in the

world with an estimated 820 languages spoken?

5. In which region can you find a remote colony of Welsh speakers?

Answer: 1. Swahili 2. Poland 3. Chinese 4. Papua New Guinea 5. Patagonia

How are new words formed?

COMPLETELY NEW WORDS

Surprisingly very few new words in the English are actually completely 'new'. In fact, completely new words account for less than 1 per cent of all English neologisms and most are often based on proper nouns.

Like: Sandwich was taken from the name of the 18th-century Earl of Sandwich who devised the dish, Hoover (for vacuuming) was based on founder William Henry Hoover, 'Google' now means for searching online

COMPOUNDING

New words and phrases emerge as a direct response to the need to refer to new concepts, and one of the most straightforward ways of doing this is to simply combine existing words, which together make a sensible representation of a new idea.

Like: Mobile phone, furkid (a pet which is a substitute child) and slow food

BLENDS

Combination of parts of existing words is another common process in the formation of neologisms. This phenomenon is often referred to by linguists as blending.

Like: Brunch, flexitarian (a vegetarian who occasionally eats meat), edutainment (a blend of educational and entertainment)

OLD WORDS, NEW USES

Of course even easier than combining

SURVIVAL OF THE FITTEST

Thousands of new words are coined every year but the key to survival for all these new words is usage. With the advent of the World Wide Web, language has a bigger platform for usage and propagation than ever before. Now vocabulary has the potential to expand at a faster rate than in previous generations. Words stay in our language only if they represent concepts which continue to exist over the passage of time.

or blending existing words is simply to find new ways of using words that already exist. The Internet has been a major breeding ground for this process. **Like:** New sense for old words like window, mouse, bug, surf, net, web

ABBREVIATIONS AND ACRONYMS

Abbreviations are another area that over the years has been a rich source of new lexical items. The 21st century has witnessed an explosion of abbreviated forms in English due to the enormous influence



of chat rooms, interactive message boards, text messaging, and e-mail, underlying all of which is the need to communicate effectively but economically. **Like:** DVD, IM (instant messaging), DINKY (young, upwardly mobile professionals, standing for double income no kids yet), LOL, FYI (for your information), BTW (by the way)

AFFIXATION

To find new ways of using recognised affixes, creatively attaching them to established words as a means of expressing a new idea.

Like: Regift, advertainment, frankenfood

BORROWING

Of course more straightforward than any of the processes outlined above is simply to grab words from other languages, a process linguists refer to as borrowing. Borrowing has been a feature of English vocabulary development for centuries. French, Latin and Greek are obvious influences, but also Hindi.

Like: Shampoo (from the Hindi word champo, meaning 'massage'), pukka, latte from Italian word for milk

— Source: Macmillandictionaries.com



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 toinie775@gmail.com



BUCKLE UP Bumpy Road Ahead

With 'F9' from the 'Fast and Furious' franchise breaking all B.O. records worldwide, let's take a look at a few older classics with the best car chase sequences ever shot



The French Connection, 1971
The film is often cited as containing one of the greatest car chase sequences in movie history. The chase involves Popeye (a ferocious Gene Hackman) commandeering a civilian's car (a 1971 Pontiac LeMans). The scene was filmed in Brooklyn. Nearly missed in a sniper attack, Popeye chases the shooter to an elevated train! By the end, you are as exhausted as he is - in a great way.

Bullitt, 1968

At the time of the film's release, the exciting car chase scenes featuring Steve McQueen at the wheel in all driver-visual scenes, generated prodigious excitement. Critic Leonard Maltin has called it a "now-classic car chase, one of the screen's all-time best". Emanuel Levy wrote in 2003 that "Bullitt" contains one of the most exciting car chases in film history, a sequence that revolutionised Hollywood's standards." Last year, the 1968 Ford Mustang GT that McQueen drove in this classic car chase, sold for \$3.4 million at auction in Florida.



Director John Frankenheimer, a former amateur race driver, took his love of fast cars and created numerous chases in this caper starring Robert De Niro and Jean Reno. But the standout is the final one shot throughout Paris that had up to 300 stunt drivers. Film critic and historian Stephen Prince called the film Frankenheimer's "end-of-career masterpiece". The car chases, which were favourably compared with those in 'Bullitt' and 'The French Connection', were included on several media outlets' lists as the best depicted on film.



Ronin, 1998

Director John Frankenheimer, a former amateur race driver, took his love of fast cars and created numerous chases in this caper starring Robert De Niro and Jean Reno. But the standout is the final one shot throughout Paris that had up to 300 stunt drivers. Film critic and historian Stephen Prince called the film Frankenheimer's "end-of-career masterpiece". The car chases, which were favourably compared with those in 'Bullitt' and 'The French Connection', were included on several media outlets' lists as the best depicted on film.



Fast Five, 2011

You must be wondering why 'Fast Five' since we are talking about a movie franchise that's built on the foundation of both cars, and car chases. Well, it's the movie that got the franchise back on track and it features one of the best chase scenes. In the finale, the crew breaks into a police station and steals an entire vault of money, leading to a high-speed chase through the streets of Rio de Janeiro.



Terminator 2: Judgment Day, 1991

This scene is etched in people's minds since the time of its release. On the run from the evil T-1000 (Robert Patrick) and the Terminator (Arnold Schwarzenegger), John Connor (Edward Furlong) races away on his motorbike only to be chased by the T-1000, who has taken over a truck. The scene is already intense with the truck bashing through everything and jumping a bridge to continue chasing John. But then the Terminator arrives on a Harley-Davidson sporting a shotgun he twirls to reload.



The Matrix Reloaded, 2003

Though the movie isn't as universally acclaimed as the first 'Matrix', it does have an insane highway chase sequence, filled with agents replacing drivers and a whole lot of gunshots!



The Bourne Supremacy, 2004

The two car chases at the beginning and end of the film are two of the biggest highlights of the film. The first is set in Goa, as Jason Bourne and his girlfriend Marie are escaping an assassin. In the climax, Matt Damon (Bourne) completely demolishes a Moscow cab while racing from the bad guy. Bourne is not discreet in his getaway tactics. He pinballs off of numerous cars and intentionally rams into a few more to survive.

Mad Max: Fury Road, 2015

In George Miller's last-released installment of the 'Mad Max' franchise, the legendary director delivers a thrilling chase on the desert that is a visual delight and takes the audience through an adrenaline rush that cannot be forgotten long after they left the theatre. With Furiosa (Charlize Theron) racing to get the wives away from Immortan Joe, she and Max have to battle all sorts, leading to massive explosions and gunfights.

Duel, 1971

Four years before Steven Spielberg changed the movie business with 'Jaws', he came out with this TV movie and made us scared of big rigs. Dennis Weaver plays David, a businessman who passes a slow-moving truck on a two-lane highway. Huge mistake. The truck begins to follow him and as an audience you feel you the lead character, David, running or rather, driving, for your life. It's Spielberg's deft handling of the chase that made Hollywood sit up and take note of the then almost-unknown director.

Gone in 60 Seconds, 1974

Forget about the Nicolas Cage/Angelina Jolie 2000 movie - the original version has an authenticity that the remake and numerous other movies have unsuccessfully tried to duplicate. The highlight is the movie's 40-minute chase scene. Yup, you read it right, 40 minutes! In the process, 93 cars are wrecked.

"Happiness is like a butterfly, the more you chase it, the more it will evade you, but if you notice the other things around you, it will gently come and sit on your shoulder"
—HENRY DAVID THOREAU



Where does HAPPINESS COME FROM?

THE GOOD NEWS IS THERE IS NO ONE ANSWER

Nitya.Shukla@timesgroup.com
FROM PRACTICE
A new study published in the 'Journal of Positive Psychology' suggests that happiness comes from practice. And, that an effective practice combines strategies from both positive psychology and lifestyle medicine. To demonstrate this, the study participants were given a 10-week plan in which they had to perform daily and weekly challenges (listed in the box). At the end of the study, participants showed a 17 per cent increase in psychological "flourishing" which is described as the combination of feeling good and functioning effectively to achieve high levels of mental wellbeing.

FROM CONTENTMENT
Author Ishani Naidu, whose book 'The Song at the Heart of the River' is rooted in nature-based analogies, says happiness and contentment go hand in hand. She adds, "Vedic wisdom reminds me that incredible joy is waiting to bubble up from within the moment that I stop grasping for temporary pleasures and let go of heavy expectations of the way things should be. When I take a pause to breathe, I remember that I am complete - in and of myself, accept my present life situation for what it is. I find a kind of authentic happiness resting there that energises and inspires me to live a life infused with creativity and joy."

FROM LEARNING
Rajesh Talwar, author of 'Fabulous Four Battle Zozoo the Wizard', suggests courses in happiness studies may offer some help. He says, "To be sure, no one can become happy just by doing a course. But I believe that a course which has dissected hundreds of books on the theme of happiness could be more useful than reading one book!" According to him, a happiness course is anchored in working on multiple human values which include self-worth, friendship, love, achievement, creativity, spirituality and being able to laugh from time to time. "All of these things and many more are connected to happiness," he adds.

FROM BIBLIOTHERAPY
For avid readers, reading books is an important aspect generating the feeling of happiness. With that in mind, this is an eclectic mix of uplifting books that can leave you warm and fuzzy.
A Little Book of Happiness by Ruskin Bond
A collection of the author's favourite quotes on happiness and sources of unhappiness brought together in a neat little book.

introduce the ecstatic, spiritual poetry of the 13th century Sufi mystic to a wide range of readers.

Zen Pencils by Gavin Aung Than
Based on the web comic the author started in 2012, 'Zen Pencils' is a collection of inspirational and famous quotations adapted into graphic stories.

A Christmas Carol by Charles Dickens
An exquisite piece of literature that will

An uplifting, heartwarming book that can help you see the true meaning of life, even if it is not Christmas season.

The Book of Joy by Dalai Lama, Desmond Tutu & Douglas Abrams
Three masters reflect on their life to answer the question, "How do we find joy in the face of life's inevitable suffering?"

- THE 10 STEP PROGRAMME**
- Week 1: "Speak positively"**
Daily challenge: offer a genuine compliment.
Weekly challenge: memorize an inspirational text or saying.
 - Week 2: "Move dynamically"**
Daily challenge: do 30 minutes of moderate exercise or 10,000 steps.
Weekly challenge: 20 minutes of guided resistance exercises.
 - Week 3: "Immerse in an uplifting natural environment"**
Daily challenge: spend 30 minutes in an uplifting natural environment.
Weekly challenge: experience a sunrise.
 - Week 4: "Immerse in a positive social environment"**
Daily challenge: do something intentional to show you care.
Weekly challenge: forgive someone who has hurt you.
 - Week 5: "Look to the positive"**
Daily challenge: spend 15 minutes reflecting on three things that went well.
Weekly challenge: write a letter of gratitude to someone and share it with them.
 - Week 6: "Eat nutritiously"**
Daily challenge: eat eight servings of plant-based food.
Weekly challenge: prepare a high-fibre, plant-based meal with one or more friends.
 - Week 7: "Rest - sleep"**
Daily challenge: spend eight hours in bed without a device.
Weekly challenge: spend an evening by firelight (fairylights).
 - Week 8: "Rest - from stress"**
Daily challenge: spend 15 minutes in a quiet place, relaxing and being mindful of surroundings.
Weekly challenge: take a day off work and a digital Sabbath (going "off-line" for 24 hours to recharge).
 - Week 9: "Serving others"**
Daily challenge: perform a random act of kindness.
Weekly challenge: use signature strength to perform an act of service.
 - Week 10: "What does it take to flourish?"**
Daily challenge: continue challenges found to be helpful.
Weekly challenge: continue challenges found to be helpful.

FEEL-GOOD FLICKS
The Castle of Cagliostro
Any lover of manga worth his/her salt will love this 1979 collaboration between master storyteller, Japanese director extraordinaire Hayao Miyazaki and manga artist Kazuhiko Kato aka Monkey Punch. 'The Castle of Cagliostro' is an anime classic and the second to feature one of Kato's most unforgettable characters, Arsène Lupin III, the master thief. After pulling off a daring heist at Monte Carlo, Lupin realises the money he stole is all counterfeit and leads him to the small country of Cagliostro, a mysterious count and an unhappy princess.

Okja
An heartwarming story about a young girl Mija who raises a genetically modified superpig, Okja for 10 years in the mountains in South Korea. Enter Miranda Corporation, Mija's family owned conglomerate which suddenly transports Okja to New York to realise a villainous plan. Mija is having none of this and embarks on a mission to rescue her beloved friend.

Over the Moon
The visually stunning animated musical follows a young girl who builds a rocket ship in search of the Chinese moon goddess, Chang'e. 12-year-old Fei Fei is still grieving over the loss of her mother to a terminal illness and finds it hard to accept that her father is considering remarrying. Even though she is a brilliant science whiz, Fei believes in a magical goddess who lives on the moon her mom used to talk about. Fei struggles with the world's expectations that she move on from her anguish, so she decides to build a rocket to go to the moon to meet Chang'e.

"If you aren't going all the way, why go at all?"
Joe Namath, former rugby player

SATURDAY, JULY 10, 2020



CONTINENTAL GLORY

UEFA European Football Championship, informally known as the Euros, sees the best of the national teams from all over Europe vie for glory. It determines the continental champion of Europe. The tournament is held every four years. The UEFA EURO 2020 has seen 24 teams in what is the 16th edition of the tournament. Here is a look at prizes that players are awarded

THE HENRI DELAUNAY CUP

This is the official UEFA Euro trophy that is awarded to the winner of the tournament. The original trophy remains in the custody of the UEFA, while the winning team takes home a full-size replica. The trophy was first presented in 1960. The 24-inches tall trophy is made of sterling silver. The names of the winning teams are engraved on the back of the trophy.

The winning team also receives 40 gold medals that are distributed among the players and staff. The runners-up team gets 40 silver medals. The two teams also receive a commemorative plaque.

Past winners

Germany (as West Germany in 1972 and 1980; unified in 1996) | Spain (1964, 2008) | France (1984, 2000) | Greece (2004) | Denmark (1992) | Netherlands (1988) | Czech Republic (as Czechoslovakia in 1976) | Italy (1968) | Soviet Union (1960)

THE GOLDEN BOOT



The player who scores the most goals in the tournament is awarded the Golden Boot.

If there is more than one player who has scored the same number of goals, then the player who has contributed the most assists, wins the award. If there is still more than one player, the tie-breaker goes in favour of the footballer who has played for the lowest number of minutes, in total. Own goals are not counted. Penalties scored in penalty shoot-outs do not count. Penalties in normal or extra-time are taken into account.

Past winners

The most impressive award winner so far has been Michel Platini, who scored nine tournament goals in 1984.

Antoine Griezmann of France follows close behind with six goals. He won the award in 2016.

In 2012, Spain's Fernando Torres took the award with three goals and one assist. Germany's Mario Gómez tied was on goals and assists but having played more minutes, he sank to second place.

PLAYER OF THE TOURNAMENT

This award is presented to the best player at each edition of the UEFA European Championship. This award was initiated in 1996. However, the UEFA had published names of the Player of the Tournament winners: 1984 - Michel Platini, 1988 - Marco van Basten and 1992 - Peter Schmeichel. But these are considered as unofficial. The UEFA technical team picks the winner based on performance on the field.

Past winners

The first official Player of the Tournament award in 1996 went to Matthias Sammer of England.

The other winners of this award are France's Zinedine Zidane in 2000, Theodoros Zagorakis of Greece in 2004, Spain's Xavi in 2008 and Andres Iniesta in 2012.

Antoine Griezmann of France won it in the last edition in 2016.



Antoine Griezmann



Photo: GETTYIMAGES

YOUNG PLAYER OF THE TOURNAMENT

The Young Player of the Tournament award is presented to the best player who is 22 years old or younger. The award was first given out in 2016.

Only winner: Renato Sanches (France 2016)



Andres Iniesta



Fernando Torres

Photo: GETTYIMAGES

TEAM OF THE TOURNAMENT

The best performers at each edition of the Euro tournaments are picked to form the Team of the Tournament. From 1960 until 1992, only 11 players were chosen. In 1996, the number of players named increased to 18, and in 2000 to 22 players. From 2004 until 2012, 23 players were chosen. In 2016, the format was changed back to 11 players.

In 2016, ahead of UEFA Euro 2016 in France, UEFA published an All-time Euro XI, with players who had exceptional performances till then.

MAN OF THE MATCH

The Man of the Match award is given for outstanding performance in every game of the tournament. This means, Euro 2020 can see 51 players winning the award from the 51 matches Scheduled. The award, first given in 1996, is decided by the UEFA's technical observers.

Past winners

Andres Iniesta of Spain and Italy's Andrea Pirlo won Man of the Match on three occasions at Euro 2012.

France's Antoine Griezmann and Dimitri Payet, Portugal's Cristiano Ronaldo and Renato Sanches, Belgium forward Eden Hazard, Spain's Andres Iniesta, and Switzerland's Granit Xhaka have been named Man of the Match twice in a tournament.

Matthias Sammer (Germany), Thierry Henry (France), Zinedine Zidane (France) are among the other winners

Photo: GETTYIMAGES



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

> Students recall their school life, as they share some fun and frolicking moments
PAGE 2



> Check out your favourite activity corner - From quiz to learning French, you have it all
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> Euro20: England end Danish dream run to enter into the finals
PAGE 4



STUDENT EDITION

FRIDAY, JULY 9, 2021



Spotlight

AMIT SHAH TO HEAD NEW MINISTRY OF COOPERATION



Amit Shah, the number two in Prime Minister Narendra Modi's government, will now also handle the newly-set up ministry of cooperation, along with his current home affairs portfolio. The ministry of cooperation is aimed at realising government's vision of 'Sahakar Se Samridhhi'.

- This ministry will provide a separate administrative, legal and policy framework for strengthening the cooperative movement in the country.
- It will work to streamline processes for 'Ease of doing business' for co-operatives and enable development of Multi-State Co-operatives (MSCS).
- The creation of a separate ministry for cooperation also fulfils the budget announcement made by the finance minister

CLICK HERE: PAGE 1 AND 2

ONLINE Vs IN-PERSON PRESENCE

WHAT @TTRACTS THIS GEN?

With schools and businesses going virtual due to the pandemic, for Gen Z, the 'virtual world seems more real and comfortable'. The offline world, wherein the 'real you' left an impression with your physical presence, has drastically changed among the Gen Z and millennials over the period of Covid years, claims a new study. The study, by a US-based e-commerce platform Squarespace, reveals that 62% of millennials think presenting oneself online is more significant than in-person. According to 44% of Gen Z, one can make a better impression online. Find out why



The BIG debate

Online offers better scope: Gen Z

■ Presenting oneself online allows us to be more creative. It also enables us to connect to a larger network of people. Though there are instances, where one may have to present themselves in-person, but at large, most people are now comfortable with a virtual interview or session. It saves time and is easy in terms of coordination.



Aditya Singh, class XII, Sadhu Vaswani International School, Pune

■ With social media becoming a part of our daily lives, which builds a perception of influence and popularity, the online presence is getting popular among Gen Z. Moreover, I feel over the years, online medium has offered better scope to hone our innate skills.



Somyaa Singh, class X, St Kabir's Public School, Chandigarh

■ Thanks to the pandemic, the dependency on online media has grown immensely over in-person meetings. So, online presentation has gained popularity among the new generation. With

remote learning and working becoming the new norm, people have found ways to make themselves more presentable while interacting online, hiding some of their weaknesses, which would not have been possible during the traditional in person meetings.

Aarya Rajesh Bhanushali, class X, SVDD English Medium Secondary High School, Mumbai

■ Online interaction is proving to be a blessing for the introverts. It gives people, who might feel intimidated by certain factors in an in-person setting, a chance to speak up confidently. Also, interactions via virtual medium make it fair, giving fewer chances to people to judge someone based on appearance or physical attributes.

Tanishka Wagh, class XI, Elpro International School, Pune

WILL IT AFFECT INTERPERSONAL COMMUNICATION? EXPERTS REACT

■ The over-dependency on online platform has affected interpersonal skills. People, especially youngsters, have forgotten the basics of in-person communication. Moreover, cases of social anxieties are being reported, as people, especially the Gen Z, have reduced offline interactions. Moreover, the definition of happiness has become transient and superficial.

Dr Divya Kumawat, counselling psychologist and art therapist, Bengaluru

■ Though online seems safer, less vulnerable, cost-effective, with people having quicker access, let's not forget that in-person meetings give that feel of a personal connect and touch, which helps in developing our emotional and social quotients that are of utmost importance in life. Besides, in person, children tend to open up, get more exposure and reveal more.

Accessing becomes easier, as even the micro muscle movements, mannerisms help to communicate better. Rashmi Pradeep, clinical psychologist, Ernakulam

■ Online media, coupled with the ubiquitous gadgets, which have become an integral part of the glass generation's lives, have actually dented kids' EQ, if we go by various studies. Their EQ is being redefined to the extent that they may be failing to cope with defeat and adversities. Emojis, small ubiquitous symbols, a part of digital lingua franca, has taken over real emotions.

Smita Ghosh, counsellor, Anand Niketan, Ahmedabad

DHARMENDRA PRADHAN IS NEW EDUCATION MINISTER

Dharmendra Pradhan was on Wednesday inducted as the new education minister, while Annapurna Devi, Subhas Sarkar and Rajkumar Ranjan Singh will be the new ministers of state for education. Pradhan was the petroleum minister in the previous Cabinet. In a Cabinet reshuffle in 2017, he was elevated to the rank of a Union minister for the same ministry, with an additional charge of the ministry of skill development and entrepreneurship.

You ask,

We answer

Are you facing issues related to your academics, mental health, etc? Do you want to share your problems, but shy to reveal them with your near ones? Never mind, our expert, CBSE helpline counsellor **JAYDEB KAR** will answer queries from students, parents, and educators. Your identity will be strictly protected...

Q I am a middle child and a girl that is why no one loves me, and I feel ignored. On asking my parents about this, I was told that a middle child is never loved. I feel depressed, and I cry every day thinking what wrong did I do for getting this punishment. Please help me overcome my loneliness.



■ The problem which you are facing is known as the 'Middle Child Syndrome'. Knowingly or unknowingly, most of the middle kids in the family face it. To overcome this, you should adopt some simple steps in your life. Firstly, whenever you feel alienated, spend more and more time with your friends or even with your grandparents with whom you can share your feelings. Secondly, reading comic books or watching cartoons can also help. Third, go for a morning walk, cycling or yoga. And finally, talk with your parents, and don't give up because for parents, all children are equal.

Q I am deaf and mute (profound loss of above 95%). I completed class XII in humanities. Till

class XII, I studied in a normal school affiliated with PSEB. I am confused and tensed about my future after class XII. Kindly advise me as to which degree/diploma will be best for me, and from which university, as my aim is to get a good government job.

■ There are few courses which can be helpful for you. You can flourish in teaching sign language, painting, content writing, data entering, animation, and much more. You can also opt for diploma and degree courses in these. If possible, contact your district employment officer and state employment officer. They can provide you guidelines for vocational education and guide you in getting employed in government sector.

Oversized black hole population discovered in star cluster

Astrophysicists have found an oversized black hole population of more than 100 in the centre of a unique star cluster...

> Called Palomar 5, the globular cluster was discovered in 1950. It is in the Serpens constellation at a distance of about 80,000 light years, and is one of the roughly 150 globular clusters that orbit around the Milky Way
> It is older than 10 billion



years, like most other globular clusters, meaning that it formed in the earliest phases of galaxy formation.
> It is about 10 times less massive, and five times more extended than a typical globular cluster and is in the final stages of dissolution

SPACE

Quote unquote

I really don't know if

that was the last time I'll play Wimbledon. I have to take a few days, then go from there. The last 18 months have been long and hard. I felt very disappointed in the moment (of defeat) itself. I still am. I feel horribly exhausted. You put everything on the line, and when it's all over you could just go sleep because you're so exhausted from mentally pushing yourself forward, and trying everything. You need a goal when you're going through rehab. You can't think of the entire mountain to climb at once. You got to go in steps. Wimbledon was the initial first super-step

Roger Federer, after losing to Poland's Hubert Hurkacz, and on his retirement plans



THE TIMES OF INDIA

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■ **FITNESS**
Why you should exercise barefoot? We tell you how to reap the rewards of barefoot training

■ **TRIVIA TIME**
Interesting facts about the Cannes Film Festival

■ **LANGUAGE**
Six languages that could be extinct soon. PLUS: How new words are formed and interesting British English Idioms

■ **FILMS, BOOKS**
The best car chase

STUDENT EDITION

SATURDAY, JULY 10, 2021

sequences in Hollywood. PLUS: Books that boost happiness and feel-good flicks

■ **SIMPLY SPORTS**
All about the awards and glory at the UEFA EURO 2020

Your Weekender

(MAIL US YOUR QUERIES AT TOINIE175@GMAIL.COM)

Kalorex Group hosts Virtual National Conclave on Hybrid Work Culture



As the Covid-19 pandemic brought a paradigm shift in work cultures across the globe with remote working taking the center stage, a national-level conclave on Hybrid Work Culture - Vision 2025 was organised by Kalorex Group recently. Experts from various sectors underlined how a hybrid work model will be a widely accepted one in the post-pandemic world. At least 250 participants from across the country participated in the conclave, held virtually.

Dr. Manjula Pooja Shroff, MD & CEO, Kalorex Group, delivering her special address, Dr. Shroff said, "Remote work culture has various benefits with its inherently flexible

nature. People could save time spent commuting and got to devote more time to their families, helping reduce stress and burnout. At the same time, people do miss reconnecting with their colleagues when it comes to working. In the education sector, schools, colleges, teachers, and students responded well to the crisis that unfolded. However, striking the right balance between the two models is necessary. Therefore, in days to come, a hybrid work model is expected to be adopted for a longer time."

A special address was delivered by Dr. Jai Tharur, Advisor - media and communication, Chief Minister's Office (CMO), Gandhinagar, who underlined the role of technology as

a driving force for better adaptability towards the new normal.

Eminent panelists who participated in the panel discussion include Arindam Goswami, Head - HR, Mundra, and Tuna Port APSEZ; Pranav Pandya, Co-founder and Chairman, Dev IT Limited; Viral Shah, MD, Sun Buildcon; Heli Shah, Co-owner of Label Jagruti; Partho Chatterjee, Vice President (HR), Balmer Lawrie & Co Limited; Ritika Bajaj, Proprietor Rajiv jobs; Manoj Onkar, Chief Consultant - Management & Innovation and Senior Consultant, Global Transformation Consulting.

Insights shared during Kalorex Group's virtual conclave were well-received and lauded by the participants.

Annual award ceremony of Eco-schools held

Centre for Environment Education (CEE) organized a virtual felicitation ceremony recently for the winners of both the programmes awarded for their exemplary efforts towards the environment. This ceremony was jointly conducted for the Winners of Eco-Schools.

Both of the programmes are International collaboration with Foundation for Environmental Education (FEE Global) based in Denmark.

ECO-SCHOOLS

Programme brief: Eco-Schools India is an International Programme for promoting Environment Education and awareness about sustainable

development issues in schools and communities. It aims to empower students and provides an excellent opportunity for students to learn and identify environmental issues starting from schools to community-based actions by engaging students of class I to V. Eco-schools Programme is based on Seven step methodology in five different thematic areas inclusive Water, Waste, Energy, Biodiversity and Healthy Living. On completion of the work, Eco-schools are awarded the International Green Flag Award and National Handprint Awards.

ECO-SCHOOL - INTERNATIONAL GREEN FLAG AWARDEES:

1. ASN SR. SECONDARY SCHOOL,

DELHI : This school has received both Handprint and Green Flag awards for their excellent performance in the three categories of Energy, Biodiversity and Waste for the year 2020.

2. UNIVERSAL HIGH SCHOOL THANE: This school has also received both Handprint and Green Flag Awards for their outstanding performance in the three categories of Biodiversity, Healthy Living, and waste for the year 2020.

3. UNIVERSAL HIGH SCHOOL, MALAD : Handprint Flag Award for their best performance in the theme Biodiversity for the year 2021



If I were Roary the Racing Car, I would take a break from motor racing circuit to go on a cross country adventure tour to Myanmar, Thailand, Laos, Cambodia and Vietnam with my best friends Dev, Prajin, Hridrick and Varun.

It would be heavenly indeed to drive through the beautiful hills and valleys of Myanmar. I would enjoy taking hairpin turns while crossing the mountain ranges like the Arakan Yoma Range, the Bago Yoma Range and the Shan Plateau in Myanmar.

I would then drive to the east of Thailand to Laos and Cambodia. Thailand would give me the opportunity to see endangered species in real time, like the Asiatic black bear, Malayan sun bear, tigers, leopards, the white-handed lar, pileated gibbon, etc. Roary the Racing car is bright red, cheeky and energetic and I'm sure these wild animals are going to like it. I'm going to show them some stunts like back flip and summer salt flip!

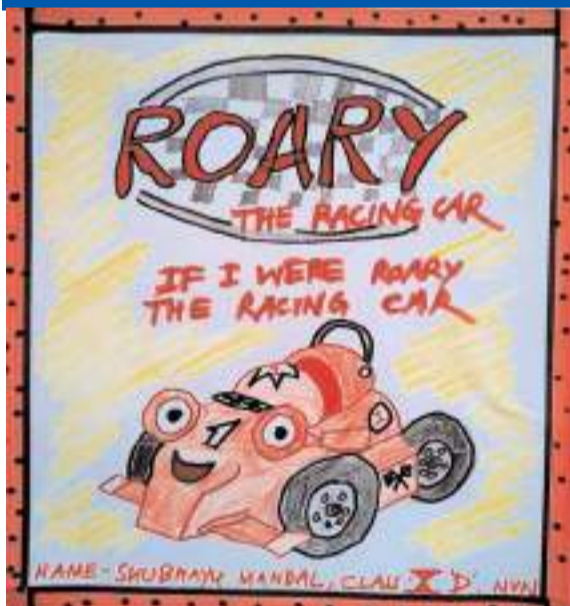
Then would come the tour to the UNESCO World Heritage Site in Cambodia, the breathtaking Angkor Wat. Coral reefs and the magical sea world would be the next sight to behold in Cambodia. And then from there we would drive cross country to Laos and visit another two UNESCO sites - Luang Prabang and Vat Phou.

Would you like to tour with me? If yes, contact me next year for the grand cross country tour to Brazil, Uruguay, Argentina, Paraguay, Peru and Colombia!



SHUBHAYU MANDAL, class X-D, Nagarjuna Vidya Niketan, Bengaluru

IF I WERE Roary the Racing Car



Virtual tour to 'Juvenas Bakery



Cygnus World School, Vadodra had organised a virtual tour to the 'Juvenas Bakery' for the students of Grade 1 recently.

Manish Ajwani, the owner of the bakery, had organised an interesting tour for our Grade 1 students. He showed all the baking tools used in baking such as measuring cups, rolling pins, chef's knives, electric mixers, etc. He also showed them different bakery items such as bread, toast, pastries, and a variety of savoury dishes. The children were excited to see how a cake is baked in an oven and finally how it is decorated to make it look so tempting.

Kids seemed to be very curious about how the baker bakes the different bakery products and how it reaches their homes. In this tour, the children learned the different



techniques used by the bakers. They also learned how much hard work is put in by the bakers to bake the bakery items and thus realised that they should not waste food. It was an exciting virtual visit

for the children. They will never forget this amazing virtual tour to the Juvenas Bakery.

ARCHANA MACWAN, educator, Cygnus World School

UNMUTING THE JOY AND SPARK!

Humour and laughter make the learning process much smoother and effective. In the classroom, I have seen many such incidents during my childhood days. Never thought that I too might experience something in my virtual classes.

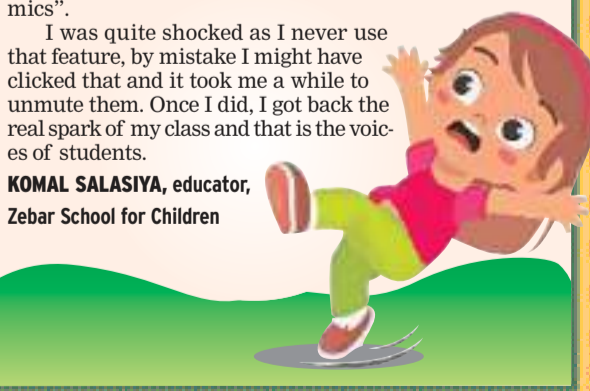
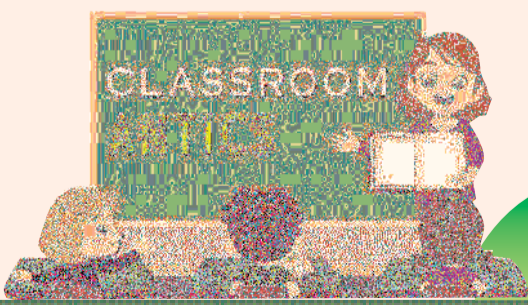
As it is my usual habit of taking pauses in between my lesson to interact with the students and solve their doubts. One day, while I was teaching them grammar, I took a pause and asked them for doubts. Total silence was followed with few gestures on their faces. I was puzzled as I always find them unmuted and asking questions or even stating facts or incidents relating to the ongoing topic. Then again after teaching for a few more minutes, I took a pause and reiterated whatever was taught and questioned their understanding. Total silence again and their faces reflected an uneasy feel-

ing. I was wondering what actually was going on. I used a stern tone and said sarcastically, "I guess today is a special day as all the intelligent people are sitting in my class, who don't have any questions or doubts at all about this topic".

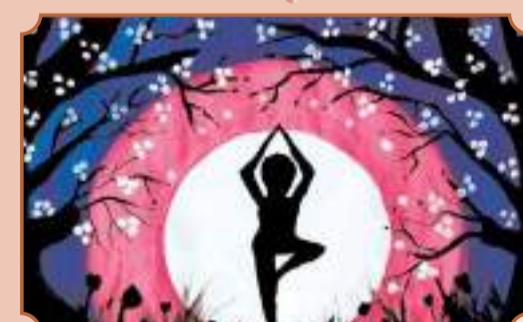
This went on for another five minutes and suddenly one of my students started making faces as if shouting and saying something. I pinned him on my screen and saw that he had covered his face with his notebook in which he had scribbled, "Ma'am please enable our mics".

I was quite shocked as I never use that feature, by mistake I might have clicked that and it took me a while to unmute them. Once I did, I got back the real spark of my class and that is the voices of students.

KOMAL SALASIYA, educator, Zebar School for Children



Painters' Gallery



Noopur Raval, Class IX, Delhi Public School, Bopal



Aarush Abhilash, Class VI, JNS



Aastha Kejriwal, Class IX, Delhi Public School, Bopal



Krishna Pujara, Class V, St Kabir School



Ananya Pisharody, Class VI, Siddharth's Miracles School

LEVEL-1



KHYATI BAJARIA
Art & Craft Dept,
Bodakdev School for
Children, Ahmedabad

Draw the easy way



- 1. EMNARI**
a. Remain b. Maintain
c. Contain d. Certain
- 2. REPENTISOU**
a. Retention b. Pretentious
c. Pertain d. Pertinent

- URSEOSLVE**
a. Resolve
b. Resolution
c. Ourselves
d. Solution

Answers: 1) a, 2) b, 3) c

Riding with the Riddle

It is a variety of mineral, which is as hard as a quartz. Irradiation, impurities of iron, transition metals and other trace elements lead to the formation of complex crystal lattices in colours, which range from light lavender, pale violet to a deep purple. It is often turned into prayer beads.

Answer: Amethyst

JUST JULY

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

3 The English writer born in Calcutta (British India) on July 18, 1811 is William...



- a) Thackeray b) Shakespeare
c) Wordsworth d) Golding

4 The Zodiac sign for part of July is

- a) Sagittarius b) Scorpio
c) Libra d) Leo

5 A game celebrated internationally on July 20 is

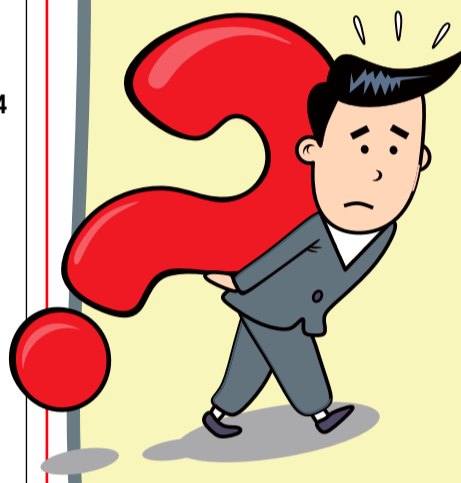
- a) Checkers b) Cricket
c) Chess d) Croquet



6 Americans gained independence on July 4 in the year

- a) 1716 b) 1776
c) 1816 d) 1876

Quiz TIME



Complete these statements on July (formerly Quintilis) by choosing correctly...

1 July is named after Julius

- a) Caesar b) Epstein
c) Nyerere d) Vogel

2 July was once calendar-month number

- a) 3
b) 5
c) 7
d) 9



Answers: 1) a, Caesar, 2) b, 5, 3) a, Thackeray, 4) d, Leo, 5) c, Chess, 6) b, 1776

LEVEL-2

Idiom-etrics

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

(Choose the idiom that best suits the situation)

Don't go out, said Anu's mother. 'These are dangerous days, and this is not the time for you to go out and meet your friends. Covid-19 is still a threat.'

'I'm tired of the pandemic, mummy,' said Anu. 'Nothing will happen and, if it does, I'll fall ill and recover. I refuse to be stuck indoors.' Even as her mother urged her to reconsider, Anu walked out. She ignored her mother's words, not wishing to heed good advice.

- A) Turn a deaf ear B) Lend an ear
C) Play it by ear



We have a test, announced Rohit. His classmates, aware that he enjoys frightening them, were not amused at his repeated pranks.

- A) Go to the dogs
B) Smell a rat
C) Cry wolf

TRIVIA

Aesop, who lived in ancient Greece, is famed for his 'Fables'. One of them concerns a shepherd boy, who repeatedly calls for help, pretending that a wolf is attacking his sheep. Villagers keep rushing to the rescue but discover that the boy is fooling them. Finally, a wolf actually appears. When the boy sounds the alarm ('cries wolf'), people think it is just another trick and nobody comes to his aid.



EDITOR IN THE MAKING

Weave a story with headlines

Include some of these 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:

- Maana Patel becomes first Indian female swimmer to qualify for Tokyo Olympics
- Sherlock Holmes goes digital with GenZ in frame
- First human-rated test flight for India's Gaganyaan not in 2021
- Whole wheat veggie momos
- Gain control over stress eating



DREAMING IN CLASS!

On a lazy afternoon, my teacher was giving a discourse on 'a manner manual for the online world', which was going to be a topic of an upcoming school debate. I was attentive, as I was aiming for the gold. Soon, I got bored and started drawing a garden with a swing. Riding the swing, I thought what keeps me moving now is the joy. Suddenly there was a loud announcement, 'Centre proposes ban on mis-selling, fraudulent flash sales on e-commerce platforms'. I found myself lying on the floor of my classroom, with the teacher extending her hand for support. She asked me, "Can you please draw your experience in front of the class?" The moment she saw my drawing, she left the classroom saying, "laugh your way to good skin". I realised that it was all in my dreams, but the wisdom is now on my fingertips. I promised myself to cherish that wisdom.

Learn a NEW LANGUAGE FRENCH

- À quelle heure faut-il arriver?
Meaning: What time should it arrive?
- Est-ce que c'est loin/proche?
Meaning: Is it far/close?
- Je voudrais réserver un billet
Meaning: I would like to reserve a ticket.
- Quelles chambres avez-vous de disponible?
MEANING: What rooms do you have available?
- Je voudrais regarder l'horaire
MEANING: I would like to look at the schedule.

Work sheet

- Q:1** What will you say if you wish to know how far is a particular place?
- Q:2** How will you ask the hotel to know the type of rooms available?
- Q:3** You are at a station and you wish to know what time the train will arrive. What will you ask?
- Q:4** What will you say, if you wish to reserve a ticket?

1) Monsieur, Est-ce que c'est loin? 2) Quelles chambres avez-vous de disponible? 3) À quelle heure faut-il arriver? 4) Je voudrais réserver un billet



NUMBER SERIES

1 The least number which when divided by 9, 16, 18 and 22 leaves 5 as remainder in each case. Find the number?

- A. 1584 B. 1589
C. 1579 D. 1684

2 Find out the average of 5, 9, 13, 17,41, 45, ?

- A. 17 B. 21 C. 23 D. 29

3 The sum of the five consecutive numbers is equal to 210. What is the product of largest and the smallest Number?

- A. 1620 B. 1680
C. 1760 D. 1780

4 Find the unit digit in the product of (43x73x48x62).

- A. 6 B. 4 C. 2 D. 3

ENGLAND END DANISH DREAM RUN, ENTER EURO FINAL

England won their first semi-final since the 1966 World Cup when Harry Kane's extra-time goal, following up after his penalty had been saved, earned a 2-1 victory over Denmark on Wednesday that sent them into Sunday's Euro 2020 final against Italy

On a night to remember in front of almost 60,000 fans, most of them delirious with joy, England reached the European Championship final for the first time, though they had to come from behind as a Simon Kjær own goal cancelled out Mikkel Damsgaard's superb free kick for the Danes in the first half. The home side were on top throughout but struggled to break down the battling Denmark defence, until they were awarded a penalty in the 103rd-minute after Raheem Sterling went down with minimum contact to allow captain Kane to decide it. It was a tough way for Denmark to end their emotional ride from the fear and distress of Christian Eriksen's opening game collapse to their first semi-final since their shock Euro 92 win, but their exhausted players left Wembley with socks rolled down but heads held high.

England pass test of nerves

England will return on Sunday, 55 years after lifting the World Cup there, but they did it the hard way. They had reached the semis without conceding a goal and it needed something special to pierce their rearguard as Damsgaard fired a powerful, dipping 25-yard free kick over the wall and beyond the diving Jordan Pickford - the tourna-

ment's first goal direct from a free kick - after 30 minutes. The crowd were stunned, that had not been in the script, and the question of how England would respond to their first real taste of adversity would now be addressed. The answer was calmly and patiently, as they passed their way back into the ascendancy.

Italy are a very good side. I've thought that the last couple of years. They are in outstanding form and have defensive warriors who have been through everything. It's a great game to look forward to.

GARETH SOUTHGATE, England Manager

Schmeichel Denmark's hero

Raheem Sterling was denied at point-blank range by Kasper Schmeichel before the 39th-minute equaliser,

when Bukayo Saka hit the by-line and fizzed over a low cross that Kjær bundled over his own line in his attempt to stop the ball reaching Sterling. Schmeichel was on hand again with an excellent diving save to palm away a



Harry Maguire header and England began to turn the screw. However, despite all the pressure and relentless passing and probing around the box, England struggled to carve out a clear opening and the match rolled into extra time.

Electric atmosphere

The extra 30 minutes became a virtual attack v defence exercise, as Schmeichel saved again from Kane and Jack Grealish. Sterling continued to drive into the box and was eventually brought down by Joakim Maehle for the VAR-reviewed penalty that Kane stuck poorly and Schmeichel blocked, only for the captain to tuck home the rebound. England then had to negotiate the last 15 minutes and managed it to spark the loudest, and surely most confident rendition of "Football's Coming Home", ever to ring around Wembley. REUTERS



England's Harry Kane celebrates scoring their second goal

'MY LAST WIMBLEDON? I DON'T KNOW': ROGER FEDERER

The Swiss champ crashed out of Wimbledon in the quarter-finals at the hands of Poland's Hubert Hurkacz on Wednesday, but insisted he will not be rushed into retirement even with his 40th birthday just five weeks away

Federer, the 20-time Grand Slam title winner, lost 6-3, 7-6 (7/4), 6-0 to a player 15 years his junior. It was only the eight-time Wimbledon champion's 14th defeat at the tournament in 119 matches and his first straight-sets loss since an opening round exit against Mario Ancic in 2002.

It was also the first time he had lost a set 6-0 at Wimbledon and just the third time at a Slam.

The other two occasions both came at the French Open - against Pat Rafter in 1999 and Rafael Nadal in 2008.

No grand slam since 2018

"I don't know. I really don't know. I've got to regroup," said Federer when asked if his Wimbledon career was over. "With everything that comes after Wimbledon, we were always going to sit down and talk about it because clearly now Wimbledon is over. I got to take a few days. Just see, Okay, what do I need to do to get in better shape so I can be more competitive."

Those discussions will also centre on his participation in the Olympic Games in Tokyo which start in just over two weeks' time. Federer is now without a Slam since the 2018 Australian Open but he had two match points to

beat Novak Djokovic in the epic 2019 Wimbledon final. Federer had only played eight matches this year before Wimbledon as he recovered from two knee surgeries in 2020.

World number 18 Hurkacz, 24, had never got beyond the third round of a Grand Slam before this Wimbledon. However, boosted by having defeated world number two Daniil Medvedev in five sets in the last 16, he was a break up on a sluggish-looking Federer in the sixth game of the opening set. The Swiss star carved out a break for 2-0 in the second set. He couldn't hang on and Hurkacz levelled in the seventh game from 1-4 down before dominating the tiebreak. Hurkacz wrapped up the decider in just 29 minutes. AFP

NO REPLACEMENT FOR SHUBMAN GILL



The BCCI will not be sending a replacement for the injured Shubman Gill to England and Team India will have to make do with the 23 available players for the series starting next month.

BCCI sources confirmed the development and said that "When Prithvi Shaw was not considered in the pool of 24 players who travelled, why should it be any different now? As for Devdutt Padikkal, well, he's a great talent but doesn't deserve to be pushed to the wall like this. His time will come".

The Board expects the team management to give Abhimanyu Easwaran, the 25-year-old opener from Bengal, an opportunity should an occasion arise. As long as everything goes well, Rohit Sharma and Mayank Agarwal will continue to be the openers in England.

QUIZ TIME!

Q1: Who has become the first Indian to qualify for the Tokyo Olympics in 400m hurdles?

- a) Avinash Sable b) MP Jabir
c) Dharun Ayyasamy
d) Govindan Lakshmanan

Q2: Who won the 2019 US Open Men's title?

- a) Roger Federer b) Rafael Nadal
c) Daniil Medvedev d) Novak Djokovic

Q3: Who is the first Indian to cross seven important

seas by swimming?

- a) Virbhawal Khade b) Kushagra Rawat
c) Rohan More d) Sajjan Prakash

Q4: Which one of the following Cricketers has been declared by the ICC as 'Cricketer of the Twentieth Century'?

- a) Sachin Tendulkar b) Rahul Dravid
c) Anil Kumble d) Kapil Dev

Q5: The term ' Gambit ' is associated with

- a) Tennis b) Football
c) Chess d) Basketball

Q6: Against which team did Virender Sehwag make his one day international debut?

- a) Pakistan b) Sri Lanka
c) New Zealand d) England



Photo: PTI

Q7: In which year did the Indian football team made its first appearance at Olympics?

- a) 1936 b) 1948 c) 1952 d) 1956

Q8: 'Queen's berry rules' is the name given to the rules in

- a) Cricket b) Tennis
c) Hockey d) Boxing

Q9: How long are professional Golf Tour Players allotted per shot?

- a) 22 seconds b) 36 seconds
c) 41 seconds d) 45 seconds

Q10: Which is the only woman to have won the three Wimbledon titles in a row?

- a) Steffi Graf b) Maria Sharapova
c) Serena Williams d) Martina Navratilova

Q11: In archery, what shape is the target

- a) Square b) Rectangle
c) Round d) Triangle

Q12: Who is the first Indian to take a hat trick in an international test?

- a) Harbajan Singh b) Jasu Patel
c) Kapil Dev d) B. S. Chandra Sekhar

ANSWERS: 1. b. MP Jabir 2. b. Rafael Nadal
3. c. Rohan More 4. d. Kapil Dev 5. c. Chess
6. a. Pakistan 7. b. 1948 8. d. Boxing
9. d. 45 seconds 10. a. Steffi Graf
11. c. Round 12. a. Harbajan Singh



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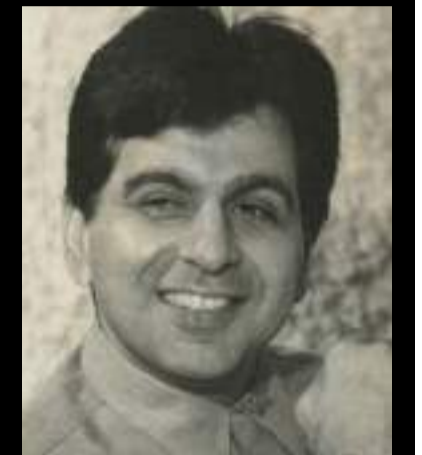


STUDENT EDITION

THURSDAY, JULY 8, 2021



CINEMA LEGEND DILIP KUMAR DIES AT 98



Dilip Kumar, India's enduring film legend through the decades, died at a Mumbai hospital on Wednesday after a prolonged illness. He was 98. The actor, known to generations of film-goers as the 'tragedy king' for his portrayal of the brooding, intense romantic characters in classics such as 'Mughal-e-Azam' and 'Devdas', is survived by his wife, Saira Banu.

TRIBUTES POUR IN

- An institution has gone – whenever the history of Indian Cinema will be written, it shall always be 'before Dilip Kumar, and after Dilip Kumar' **Amitabh Bachchan, actor**
- Dilip Kumar summarised in himself a history of emerging India. The thespian's charm transcended all boundaries, and he was loved across the subcontinent. With his demise, an era ends. Dilip saab will live forever in the heart of India. Condolences to family and countless fans **Ram Nath Kovind, President**



CLICK HERE: PAGE 1 AND 2

Spotlight

Mary Kom, Manpreet Singh to be India's flag bearers for Tokyo Games opening ceremony



Legendary six-time world champion boxer MC Mary Kom and men's hockey team captain Manpreet Singh will be India's flag bearers for the opening ceremony of the Tokyo Olympics on July 23, Indian Olympic Association (IOA) has announced. The 'World Championships' silver medalist wrestler Bajrang Punia will be the country's flag-bearer for the closing ceremony on August 8.

The official size of the Indian contingent will be around 126 athletes and 75 officials, totalling 201. The Indian contingent will have 56 per cent male and 44 per cent female athletes, the IOA has informed. The contingent has 78 quota places, and the athletes will compete in about 85 medal positions

This will be Mary Kom's swansong Olympics, having won the bronze at the 2012 London Games. For Manpreet, he will be playing his third Olympics edition after representing the country at the 2012 London and 2016 Rio Games. Reigning Commonwealth and Asian Games champion Bajrang will be featured in his maiden Olympics

This is amazing, and I am speechless. It's a huge honour to be named the flag bearer for the opening ceremony alongside the incredible Mary Kom. I have always been inspired by her journey in boxing, and personally for me, this is a big moment in my career, and it is also a huge moment for hockey. I thank the Indian Olympic Association for this great opportunity, and I am looking forward to the responsibility at the opening ceremony in Tokyo

Manpreet Singh, Indian hockey captain

The 29-year-old midfielder became only the sixth hockey player to be named the flag bearer of the Indian contingent for the opening ceremony at the Olympic Games. In the past, Lal Shah Bokhari (1932), Major Dhyan Chand (1936), Balbir Singh Sr (1952 and 1956), Zafar Iqbal (1984) and Pargat Singh (1996) have had the honour of being flag bearers of the Indian contingent at the Olympic Games opening ceremony



PM MODI EXPANDS HIS CABINET



Prime Minister Narendra Modi on Wednesday expanded his Cabinet. As many as 43 leaders took oath in the first Union Cabinet reshuffle and expansion after Modi returned to power for a second term in May, 2019. Some of the key figures inducted into PM Modi's Cabinet expansion include Jyotiraditya Scindia, Bhpender Yadav, Sarbananda Sonowal and Pashupati Kumar Paras. The new set of India's Council of Ministers has been chosen with emphasis on representation, experience and education. ET/Agencies

Meanwhile, Minister of Law and IT Ravi Shankar Prasad and Rajya Sabha member Prakash Javadekar quit Modi's team ahead of the Union Cabinet expansion. The President has accepted the resignation of 10 other ministers with immediate effect, including Ramesh Pokhriyal Nishank, Harsh Vardhan, Santosh Gangwar, Babul Supriyo, Dhote Sanjay Shamrao, Rattan Lal Kataria, Pratap Chandra Sarangi, Debasree Chaudhuri, Sadananda Gowda and Thawarchand Gehlot

BIGGEST SOLAR FLARE IN 4 YEARS CAUSES RADIO BLACKOUT OVER ATLANTIC



If reports are to go by, the sun blasted the biggest solar flare since 2017 causing cosmic fireworks, and even a minor radio blackout on Earth. According to NASA, the new sunspot, AR2838, emitted the biggest solar flare, a powerful burst of radiation, in four years, on July 3. The sunspot, which is now gone, occurred over the star's northwestern limb, and is likely to move towards the far side of the sun in the next couple of weeks. Classified as an

According to spaceweather.com, if the sunspot holds together it will come back towards Earth's point of view in late July. The latest eruption marks the beginning of a new solar cycle.

X1.5-class flare, the solar flare ionised the top of the Earth's atmosphere, causing a shortwave radio blackout over the Atlantic Ocean.

What is Solar Flare?

■ A solar flare is a sudden, rapid, and intense explosion on the surface of the sun that happens when massive amounts of energy stored in magnetic fields are suddenly released. The explosion emits radiation across the length and breadth of the universe, hurtling them towards planets in the solar system. These radiations contain radio waves, x-rays and gamma rays
■ According to NASA, the energy released by this explosion could be equivalent to millions of 100-megaton hydrogen bombs exploding at the same time. However, it is just one-tenth of the total energy emitted by the sun every second

ISRO had recently observed around 100 microflares, providing new insights about coronal mass heating on the sun. The corona emits ultraviolet X-rays, and consists of ionised gas at temperatures exceeding 2 million degrees Fahrenheit



Twitter loses immunity over user-generated content in India

Twitter Inc no more enjoys liability protection against user-generated content in India, as the US microblogging giant has failed to comply with the new IT rules, the Centre said in a court filing...

- > The dispute and the public spat has raised concern that American firms will now find it difficult to do business, amid a more stringent regulatory environment.
- > The IT ministry told the high court in New Delhi that Twitter's non-compliance amounted to a breach of the provisions of the IT Act, causing the US firm to lose its immunity, according to the filing dated July 5
- > The filing came in a case filed by a Twitter user, who wanted to complain about some allegedly defamatory tweets on the platform, and said the company was not complying with the new law that requires appointment of certain new executives



> The IT rules, which became effective from end-May, are aimed at regulating content on social media firms, and making them more accountable to legal requests for swift removal of posts and sharing details on the originators of messages

JEE Main to be conducted from July 20-25 and July 27 to August 2

The two pending Joint Entrance Examination (JEE)-Mains will be conducted from July 20-25 and July 27 to August 2, 2021. The registration for the third session (April) exams will commence from Tuesday till July 8, 2021 (11:59pm), while the registration for the fourth and final session (May) exam will begin from July 9 and to continue till July 12, 2021. The final merit list based on the all four JEE (Mains) will be announced on August 9.



JEE-Mains is being conducted four times a year from the current academic session to offer flexibility to students, and a chance to improve their scores, amid the second wave of Covid-19 in India

Paes-Bhupathi set to reunite for a web series

Indian tennis great Leander Paes and Mahesh Bhupathi are set to reunite for a new web series, which will narrate interesting stories and share anecdotes from the duo's journey to stardom. Paes and Bhupathi will be seen in a unique storytelling of their journey and relationship together, created by none other than award-winning husband-wife director duo of Ashwiny Iyer Tiwari and Nitesh Tiwari.



- 1 Paes and Bhupathi were the first Indian pair to win at the Wimbledon in 1999. The speculation about their reunion started after Paes recently posted a picture and wrote a note on Twitter on the 22nd anniversary of their first Wimbledon men's doubles title
- 2 The pair, nicknamed the 'Indian Express', played together from 1994 to 2006, before re-uniting for a second stint from 2008 to 2011. They also had a public fallout but have put that behind them now





Set an example

As a parent, you are the most important teacher for your child. So whatever you'll do, your child is going to learn something or the other from it. So, be your best self and try to set an example that benefits your child. Inspire your child by doing the right thing in real life.



Let them be creative

Leaders are creative. So let the creative mind of your child fly as high as it wants to. Let them take part in all the activities and let them explore to know their best self, because to lead, it's important to know how good you are at that particular thing.



Patience is an important skill

A leader needs to be an excellent listener and an observer that automatically comes when he/she will know how to be patient. Patience is an important skill for a child to be calm and to make informed decisions.



Decision-making skills

Leaders decide on their own. So let your child make decisions. Be it choosing between two outfits or making an order in the restaurant, every decision which he/she will make will build a sense of understanding, clarity and confidence in him/her.

10 ways to inculcate leadership qualities in kids

It's said that today's children are tomorrow's leaders, and who can guide kids better than their parents. You as a parent are the best person to inspire your kids in ways that they can lead tomorrow. Here are 10 ways that will help you inculcate leadership qualities in your child



Practice negotiation skills

Yes, negotiation is an important thing to teach. Every good leader knows the art of compromise or negotiation. Don't let them settle for a mere yes or no. Teach them how to negotiate or how to never give up something until they get something they want in return. Negotiation skills also help the child's brain to develop in such a way that he/she knows to make the best out of the deal or opportunity by looking at it from different angles.



Encourage teamwork

A leader leads a team. Encourage your child to take part in group activities and voice his/her opinion. Teach him how to work in groups and handle things and people in different situations.



Practice confidence building exercise

Tell the importance of being confident to your child. Practice such exercises where he/she can participate and reflect confidence. It's important to be confident while making decisions because no one hears a person who already seems to be confused rather than being confident.



Make them aware of the dangers of procrastination

To procrastinate is a common thing but something that isn't fruitful. Make your child aware about its dangers and how they need to make sure that it never becomes a habit because it will prevent them from meeting their goals.



Tell them how to embrace failures

Being a leader does not mean being successful always. It's important to teach your child that 'you will grow, only when you'll fall so never be scared of falling'. Teach kids that they have to learn from their failures rather than losing hope if they want to be a great leader. TNN

7 ways to convince your parents to get a DOG

Don't all (most) kids want a beautiful golden retriever who would wake them up in the morning. However, it isn't easy for many to keep a pet at home as it's a big responsibility. However, if you have set your heart on keeping one and your parents don't agree with you, here are some tips to convince them. Good luck!

Research first

There are a lot of dog breeds, and one has to handle them with care. You might want a Corgi, but a Lhasa might suit you best. Research about different breeds and how you can adjust one in your home. Consider factors like your location, climate, food availability, etc.

Chalk out a plan

After deciding the breed, plan a daily routine for the dog and show it to your parents. Do include the time for its walk, food, training and exercise. Create a list of the dog's tasks and how you will incorporate them into your schedule.

How will you help?

Will you quit going out to play if the dog is sick? Will



It's not easy to make parents believe you are responsible enough to care for a pet. Give them time to come around the idea. Meanwhile, prove yourself by following a healthy routine

you give him food daily without any complaint? Initially, we all tend to do things for the pet, but later it becomes a responsibility of the parents (which is perhaps why they are resisting your enthusiasm for a pet). Show them you are willing to take the responsibility.

er it becomes a responsibility of the parents (which is perhaps why they are resisting your enthusiasm for a pet). Show them you are willing to take the responsibility.

How will you prove you are responsible?

Start small by doing your tasks on your own or without your mom nagging you. Then graduate to helping your parents,

in doing the dishes, assisting in cooking, etc. Don't just do this for two days and expect them to say 'Yes.' Be patient, and soon you will get a best furry friend.

Can you contribute?

A dog requires a lot of grooming and training, which takes a lot of money. Even their food and medicines are expensive. Plan a way you can help with the expenses, not the full payment but a minor part. You can spend from your pocket money.

List pros of getting dog

There are several benefits of getting a dog. It's like having a fun partner for your family time, they are great for your home's security and also teach family members life skills like responsibility, sacrifice, compassion, etc.

Don't forget to listen

You shouldn't be so involved in pursuing your parents to get a dog that you forget to address their issues. Maybe your mom is allergic to pet dander. Understand their perspective and don't rush. TNN

Pet's Corner

Healthy dips that can be prepared in minutes

From nachos and chips to cutlets, dips single-handedly spruce up the flavours of the snack. We love pairing our meals with different types of dips like ketchup, mayonnaise, chipotle, etc. But most of them are unhealthy and loaded with calories. However, there are healthy dips that are flavourful too – try them and enjoy



PUMPKIN DIP

Ingredients: 1 cup boiled and mashed pumpkin, 2 tbsp curd, 1 green chilli, 4 garlic cloves, 2 tsp coriander leaves, 1 tsp lemon juice, 1 tsp olive oil, 1 tsp black sesame seeds, salt to taste

Method: Add mashed pumpkin, curd, green chilli, garlic cloves, lemon juice and salt in a blender. Blend to form a smooth mixture. Scoop out the dip in a bowl, garnish with olive oil, black sesame seeds. Serve with chips, cutlets or fries.

Ingredients: 4 tomatoes, 1 onion, 2 garlic cloves, 2 tsp coriander leaves, 1 tsp lemon juice, a pinch of red chilli powder, half tsp cumin powder, half tsp black pepper powder, a pinch of asafoetida, salt as per your taste

Method: Chop the tomatoes, onion and



HUMMUS DIP

Ingredients: ½ cup boiled chickpeas, 4 tbsp curd, 2 tsp sesame seeds, 2 tsp olive oil, 4 garlic cloves, 1 tsp chopped coriander, salt as per taste

Method: Use a mortar and pestle to grind the sesame seeds. Once they get a paste-like consistency, scoop it out and add to a blender. To the same blender, add boiled chickpeas, curd, olive oil, garlic cloves, coriander and salt. Blend to get a smooth mixture. Take out the hummus in a bowl, garnish with some red chilli powder and serve. Hummus is best served with pita bread, baked chips and nachos.

TOMATO SALSA DIP

Ingredients: 4 tomatoes, 1 onion, 2 garlic cloves, 2 tsp coriander leaves, 1 tsp lemon juice, a pinch of red chilli powder, half tsp cumin powder, half tsp black pepper powder, a pinch of asafoetida, salt as per your taste

Method: Chop the tomatoes, onion and garlic cloves. Add them to a bowl. Now add coriander leaves, lemon juice, cumin powder, red chilli powder, black pepper powder, asafoetida and salt. Mash everything together gently to make a semi-paste. Your yummy tomato salsa is ready to be served. Pair it up with tacos, nachos, crisps, chips and enjoy.



HUNG CURD DIP

Ingredients: 1 cup hung curd, half tsp oregano, half tsp red chilli flakes, 1 tsp coriander leaves, 4 garlic cloves, 4 mint leaves and salt as per taste.

Method: Add hung curd to a bowl. Add finely minced garlic cloves, coriander leaves, mint leaves, oregano, red chilli flakes and salt. Combine everything well with a spoon and your dip is ready. Serve it with chips or fries.

BETROOT DIP

Ingredients: 2 beetroots, 1 cup curd, 2 garlic cloves, 4 cashews, ½ tsp black pepper powder, salt to taste

Method: Peel and chop the beetroot into cubes and boil them until soft. Use a mortar and pestle to grind cashews and garlic properly. Add them to a blender. Add the boiled beetroot, curd, garlic, black pepper and salt to the blender as well. Blend until smooth. Pour in a bowl and garnish with cashew nuts. Serve it with tortilla chips, vegetable chips or any other snack of your choice. TNN



PART 2

Engaging Teens Constructively



Picture used for representational purpose

It's been more than a year and students in most parts of India have been compelled to stay indoors as Corona virus wreaks havoc across the world. These teenagers who had been following a normal school schedule for years were suddenly left with no option other than online schooling. Some tried hard coping up with the new form of schooling while some dodged the online classes.

Well, this new normal has left many parents struggling to keep their children motivated and engaged during this pandemic. Especially for parents who have been shuffling between home and office work from home, keeping your teens engaged in constructive activities has become a strenuous task. This struggle can be eased by enrolling your teenagers in online classes and directing them towards learning new skills. Here are a few options that might help you motivate your child towards enhancing their skills through some fun learning activities:

1. LIFE SKILLS: None of us can deny the fact that there is no better time than this, to make your children learn life skills that they will undoubtedly need when they grow up. Life skills like Money Management, Managing household chores, Time Management, Basic First-Aid, Gardening, Fitness, Basic tailoring, Wardrobe arrangement, elementary repair works like plumbing, electrifica-

tion, and vehicle repair, etc.

2. PROJECTS: Doing projects in the classroom is one activity that has been neglected but in this pandemic, it can be a fun learning task for children. Apart from the projects assigned by the school, children can autonomously select topics of their choice and work on them. This will not only be a positive experience supporting their mental health but will also allow them to use their creativity and take responsibility for their work.

3. E-BUSINESS: Entrepreneurship is a subject that might be a part of the curriculum for many. But putting their knowledge to work is something that can be done during these testing times. Young minds can brainstorm to generate ideas for setting up student businesses online. This can not only make them a young entrepreneur but also help them make good money.

4. FREELANCE CONTENT WRITING: It is a growing business in India these days and youngsters today with articulate writing skills can opt for freelance content writing projects. This can easily help them earn some much-needed money during this pandemic. Many online platforms offer freelance content writing work.

JAYDEB KAR, CBSE Helpline counsellor

Learning to be resilient during the pandemic

Delhi Public School- Bopal, Ahmedabad organized a parent connect session on 'Practicing Resilience During the Pandemic' by Dr. Swapnali Sangle on June 30 for parents of grade XII. Dr. Swapnali, a well-known doctor and Medical Officer at DPS-Bopal started the session with a vivid slide presentation of how Covid-19 affects the human respiratory system. She chalked the transmission route of the coronavirus from air droplets to alveoli leading to inflammation of lungs with fluid making breathing difficult. She shared how it is crucial to strictly isolate oneself for 14 days to avoid the family members from contracting the virus. She emphasized the importance of following the do's and don'ts and shared important self-quarantine tips to be followed.

She stressed on the fact that Indian diet is the best diet. She suggested that a high protein diet



along with oral nutrition supplements and antioxidants are important to rebuild muscles, immunity and energy level. She also shared a sample diet plan that can not only be implemented during Covid sickness but also later to reduce post-Covid fatigue.

Dr. Swapnali discussed in detail three major vaccines i.e. Covaxin, Covishield, and Sputnik V, and their efficacy. Breaking myths regarding vaccine efficacy numbers, she further went on to answer common FAQs people have in their minds on vaccinations. Keeping in mind the Delta



Plus variant outbreak in India she briefed about various precautions to be taken to keep children safe. She stressed upon keeping a track of immunization card of children and also briefed how influenza vaccine is not an alternative of corona vaccine but

it can definitely help to train immune cells to fight against Covid. The second half of the session saw Dr. Swapnali discussing building resilience during pandemic. She stressed two ways to build resilience and discussed many ways to unload the negative side and upload the positive side.

The highlight of the whole session was when she said "each shot of vaccine will contribute to getting close to the end of the pandemic." The session indeed proved to be an informative and inspiring one.

Podar principal honoured

It was a moment of utmost happiness and pride. Only a few among the chosen ones within thirty-one countries all around the world, principal Preeta Pillai shone like a "true-gem stone" embedded in the ultimate crown of Podar World School by being a recipient of Global Principals' Award 2020 at a glittering virtual award ceremony hosted by AKS Education Awards recently. After the names were declared every winner showered this ceremony with their beautiful words; and Preeta Pillai speech was like a cherry on the cake- so flawless, poised, and full of dignity. All these attributes have made her a magnanimous personality.

We, the team Podar World School, Sherkhil, Vadodara feel fortunate to work and learn under the humble guid-



ance of our dear Principal. Chairman Raghav Podar congratulated Preeta Pillai on her achievement and wished her many more such awards in the future.

Go green, plant trees



Trees are rightfully called the 'lungs of the earth'. Life on earth would cease to exist in the absence of trees. St. Kabir School, Drive-In believes that trees are responsible for sustaining the environment in several ways. Even during the pandemic, Kabirians are not forgetting their responsibilities towards the environment, and hence as the monsoon is set, as a Paryavaran Mitra, St. Kabir School, Drive-In Branch conducted a plantation drive in collaboration with Van Chetna Kendra, Vastrapura Ahmedabad on June 26.

Mukesh Bhati- a true Paryavaran Saathi- from Van Chetna Kendra helped to



arrange around 10-12 saplings of shady trees which can be the shelter and habitat for many other creatures and of course can favor humankind in many ways. Bhati quoted "One person needs around 16 trees to supply his/ her oxygen need." This statement makes us understand how trees are important for humankind.

A CUP OF DELIGHT!

THINGS REQUIRED :
A cup, Fecrylic, clay, colours, buttons and plant



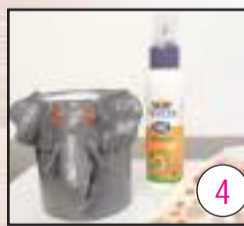
Take any cup or mug with a handle.



Take Fecrylic mould it clay. Mix it with the help of powder. Give it the shape of any animal of your choice. Place it on the cup or mug. Let it dry. In the meanwhile, you can manage the shape.



Colour it with (Acrylic colours) white with a tint of black. Let it dry.



Decorate it with buttons or googly eyes.



Put the plant of your choice.



MAMTA VERMA, educator, Zebar School For Children

Painters' Gallery



Daivik Patel, Class VII, Siddharth's Miracles School



Dhyana Pandya, Class V, Delhi Public School, Bopal



Amber Kanodia, Student



Anvi, Class VII, Delhi Public School, Bopal

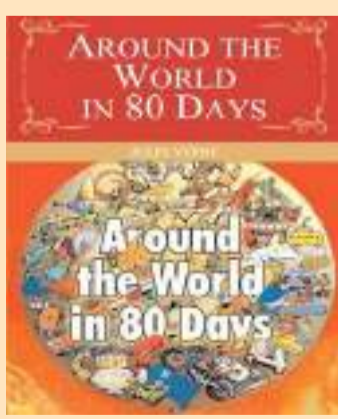


Tanush Jain, Class V, Zydus School For Excellence

BOOK: JOY AND CHALLENGES OF TRAVELING

Around the World in 80 days, written by Jules Verne, is an adventure book. Phileas Fogg is a wealthy man who is organized and particular. He is a member of the Reform Club. He has recently hired a servant named Passepartout. While at Reform Club, he bets to travel around the world in eighty days, which everyone thinks is impossible. To prove his stance, he sets out with his servant Passepartout to journey around the world.

Inspector Fix starts following them to arrest Phileas for robbing a bank, but fails to catch them.



During the journey, they meet Aouda, who is about to be sacrificed by suttee. Passepartout takes the place of Aouda's dead husband on the funeral pyre. He then rises from the pyre and scares off the Brahmins and rescues Aouda.

After tackling many obstacles and solving tons of problems with money. They finally reach

London, thinking that Fogg has lost the bet. However, Aouda confesses her love, which Fogg readily accepts. While making wed-

ding arrangements, Passepartout realizes that the following day is actually Sunday; they had gained a day when crossing the International Date Line. Fogg rushes to the Reform Club and arrives just in time to win the bet and earn back his fortune. He believes that the greatest thing about taking the trip, however, was that he found Aouda. The story is very well written and it has fun, suspense, adventure and thrill.

HARSHITA VERMA, class VII, Essar International School, Surat

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Little Leap

Mad Ad Challenge

Grab an opportunity to show your creativity and work on it with experts.

Choose your favorite toy or book or gadget and advertise it in your own creative way!

Judgment Criteria: Creativity, Originality, Presentation and Speaking skills.

Free Entry & Win Prizes

ITALY BEAT SPAIN REACH FINAL OF EURO 2020

Roberto Mancini delights in defying expectations with a penalty shoot-out win



Italy's Gianluigi Donnarumma saves a penalty during the shoot-out to Spain's Alvaro Morata

Having taken over Italy at their lowest ebb, Roberto Mancini revelled in defying expectations after the Azzurri made it through to the final of Euro 2020 with a dramatic penalty shoot-out win over Spain on Tuesday.

Italy's transformation under Mancini in the last three years has been extraordinary, from a team that failed to qualify for the 2018 World Cup to one that has gone on a national record of 33 games unbeaten, including their Wembley semi-final.

Deserving place in final

They were made to fight all the way against Spain, taking the lead through Federico Chiesa's brilliant goal but being pegged back as Alvaro Morata's equaliser made it 1-1 and

forced extra time before the Azzurri prevailed 4-2 on penalties. However, they merit their place in Sunday's final against England or Denmark, having been the outstanding side thus far at this European Championship.

After putting seven goals without reply past Turkey, Switzerland and Wales in the group stage they ground out an extra-time win over Austria, then beat Belgium in the quarter-finals despite losing star left-back Leonardo Spinazzola to a torn Achilles tendon. Now they are closing on a second European Championship title.

Tough patch in smooth run

"When you play in a World Cup or a European Championship it is intense, and there always comes a game where you have to dig in

We knew this was the one that was going to be really tough and that is why I think the players and everyone who has worked with us over the last three years deserves a lot of credit because it has not been easy by any means. Almost nobody believed we could do it and yet we are in the final, so we are pleased for Italians everywhere.

ROBERTO MANCINI,
Italy Coach

and suffer to win," said Mancini.

Italians took to the streets across the country to celebrate while 11,000 of their fans - all UK-based as restrictions prevented supporters abroad from travelling - were inside Wembley to see Jorginho score the decisive kick in the shoot-out.

Italy were in a mess after losing to Sweden in a 2018 World Cup qualifying play-off and Mancini had to pick up the pieces from that. He has rebuilt them, and at this Euro they have been almost the complete side: from the veteran centre-back pairing of Giorgio Chiellini and Leonardo Bonucci to brilliant attacking full-backs, a gifted midfield trio of Marco Verratti, Jorginho and Nicolò Barella, and a livewire front line. "The players wanted to play a brand of football that people enjoyed and thus far they have managed to do exactly that," added Mancini.

Whether it is England or Denmark on Sunday, Italy should fancy their chances on current form and their record at getting to major tournament finals is enough to strike fear into any opponent. Euro 2020 will see them make their 10th appearance in a final, with six at the World Cup and three at previous European Championships. But while they have lifted the World Cup four times, their only continental triumph to date came as hosts of the four-team event in 1968. Since then there have been two final losses that were painful in different ways. In 2000 they were floored by a French golden goal in extra time in Rotterdam, while in 2012 Spain tore them apart to win 4-0 in Kiev. "There is still one step to go and now we have to rest up because this really was very challenging," added Mancini. "When you go into your sixth match with all the travelling it does become very tiring." AFP

ARGENTINA ADVANCE TO COPA FINAL

BEAT AN AGGRESSIVE COLOMBIA ON PENALTIES TO SET UP FACE OFF WITH BRAZIL

It will be Lionel Messi's Argentina against Neymar's Brazil in the Copa America final on Saturday at the historic Maracana Stadium in Rio de Janeiro. Argentina won its semifinal against Colombia 3-2 on penalties after three saves by goalkeeper Emiliano Martinez. Regular time ended 1-1 at the Mané Garrincha Stadium in Brasilia on Tuesday. "Dibu is a phenomenon. We trusted him," Messi said after the match, in a reference to Martinez's nickname. "It was an objective to play all the matches and now we will try to win this final." Argentina hasn't captured a major title since 1993 when it won Copa Ameri-

ca. On that occasion, the team eliminated Colombia on penalties 6-5 in the semifinal after a goalless draw.

Brazil beat Peru 1-0 on Monday to advance to the final. The Selecao has never lost a Copa America final at home and has won five out of six matches so far. Neymar said after the semifinal he wanted to meet his Barcelona mentor Messi at the decider. "Both of us are in the final, I know Neymar said it because we are friends and he wanted me to be there too," Messi said. It took Argentina only seven minutes to open the scoring. Rodrigo de Paul found Messi in the penalty box with a through pass. The star earned his fifth assist in the tournament with a pass to Lautaro Martinez, who put the ball in the right corner past Colombia goalkeeper David Ospina.

A more aggressive Colombia, led by Juan Guillermo Cuadrado, hit the bar and the post in the first half before it leveled in the 61st minute with Luis Diaz, who received the ball on the left of Argentina's box shot almost with no angle to beat Martinez. Argentina reacted after 67 minutes when Angel di Maria came into the match, replacing Nico González. The winger created several opportunities including one in the 80th minute that ended with Davinson Sanchez saving a finish by Lautaro Martinez on the goal line. The last big opportunity in regular time came with Messi hitting Ospina's right post in 81st minute from short range. Martinez saved the shots taken by Sanchez, Yerry Mina and Edwin Cardona in the shoot-out. Messi converted his opportunity from the spot and was one of the most joyous players in the celebrations. He seeks his first major title with Argentina against favorites Brazil.

Rodrigo de Paul missed his shot, but Leandro Paredes and Lautaro Martinez netted their chances for Argentina in the shoot-out. Cuadrado and Miguel Borja scored from the spot for Colombia. In tears, Martinez said after the match he wanted to face the Brazil-

ians in the final in the Maracana Stadium.

"This is a matter of luck, today it was mine. Brazil is a great team, the favorite," Martinez said. "But we have a great coach, we have the best player in the world and we will try to win it," he said. "We have nothing to regret," Colombia coach Reinaldo Rueda said. He had also reached the semifinal with Chile in 2019 and lost. "Now we have to wait for soccer to give our effort back so we can give some joy to the Colombian people some other time."

Argentina and Colombia were the original hosts of Copa America, which was shifted to Brazil two weeks before kick off. Colombia will play on Friday in the third-place playoff against Peru. AFP

It will surely be very close and difficult. We are aiming high, we managed to get the first objective of playing the final, playing all matches. Now we are aiming higher than ever, we are going to seek that Copa.

LIONEL MESSI

QUIZ TIME!

Q1: Who is the first Indian triathlete to compete in Ultraman?

- a) Madhurjya Borah b) Anu Vaidyanathan
c) Abhishek Mishra d) Arunaabh Shah

Q2: Who had introduced the Olympic Torch relay in the Olympic Games?

- a) Carl Diem b) Joseph Goebbels
c) Jan Wils d) Hera

Q3: What has been the highest ever score in the World

Cup finals and made by which team?

- a) 389, New Zealand b) 290, England
c) 300, India d) 359, Australia

Q4: Which country hosted the 2019 Kabaddi World Cup?

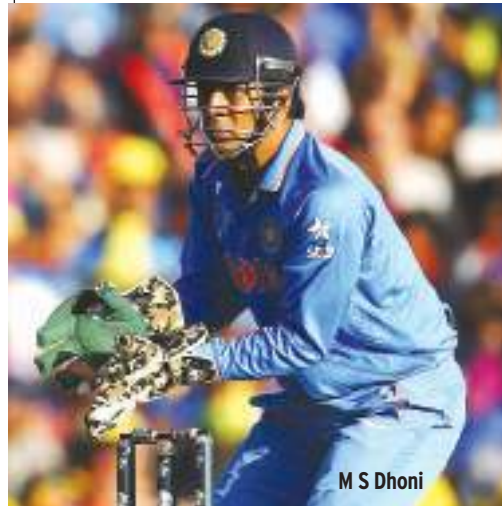
- a) Thailand b) South Korea
c) Malaysia d) India

Q5: Which badminton player won the BWF World Championships most number of times in the men's singles category?

- a) Cai Yun b) Fu Haifeng
c) Hendra Setiawan d) Lin Dan

Q6: MS Dhoni holds the record for most dismissals by an Indian wicketkeeper in international cricket. How many has he made?

- a) 590 b) 829 c) 799 d) 645



M S Dhoni

Photo: GETTY IMAGES

Q7: Which sport's competition is known as the "Masters Tournament"?

- a) Golf b) Basketball
c) Tennis d) Polo

Q8: Who is the only female boxer to have won a medal in each one of the first seven World Championships?

- a) Christy Martin b) Mary Kom
c) Lucia Rijker d) Ann Wolfe

Q9: What is the technique called when a Volleyball player "does not try to make a hard spike, but hits the ball so

that it touches the opponent's block and then bounces off-court"?

- a) Backcourt b) Line and Cross-court shot
c) Block-abuse d) Off-speed limit

Q10: Who among the following cricketers was the first to score a century for the Indian Test cricket team in his Debut Test match?

- a) Sunil Gavaskar b) Kapil Dev
c) Lala Amarnath d) Nawab Pataudi

ANSWERS: 1. d. Arunaabh Shah 2. a. Carl Diem
3. d. 359, Australia 4. c. Malaysia 5. d. Lin Dan
6. b. 829 7. a. Golf 8. b. Mary Kom
9. c. Block-abuse 10. c. Lala Amarnath



THE TIMES OF INDIA

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TODAY'S EDITION

> We share some tips on how to put your best personality forward while facing an interview

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> Social media: Is it a boon or a bane? Gen Z debates on various issues surrounding it

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> Euro20: England aim to end semi-final jinx; Denmark prepare to outplay opponents

PAGE 4



STUDENT EDITION

WEDNESDAY, JULY 7, 2021



STUDENTS REACT

> I welcome this decision, as the previous batch of students faced the uncertainty of exams. This new pattern provides us with flexibility and a proper schedule. Taking exams in two parts will give us enough time for preparation and the much-needed security. Giving equal weightage to both the terms, and an increase in objective questions come as a relief for all the students. **Rakshit Dubey, class X, Zebur School For Children, Ahmedabad**



> The step taken by the CBSE will provide a level-playing field to the students appearing for their board examinations. The students can plan well in advance, and score marks accordingly. **Pranay Upadhyay, class X, MVN School, Sec 17 Faridabad**



> With no overlapping of bifurcated syllabus, the new evaluation criteria will be beneficial for students. Apart from putting lesser burden on us, it will make our preparations more focussed. **Samyukta Sivadkar, class XII, Ryan International school, Kandivali**



Moreover, evaluation of both, practical application as well subjective knowledge, will go a long way in assessing the true talent of a student. **Samyukta Sivadkar, class XII, Ryan International school, Kandivali**

> There will be a lot of pressure on the students to perform well in both the exams. With inadequate information on the reduced syllabus, this decision seems unfair, and an added burden on the students. Results based on evaluation of internal exams and yearly activities seemed a better option. **V Dharshini, class XII, Lalaji Memorial Omega International School, Chennai**



CBSE divides academic session for classes X, XII into two terms; exams at end of each term

IS IT A GOOD MOVE?

The Central Board of Secondary Education (CBSE) on Monday said that the academic session 2021-22 of classes X and XII will be divided into two terms, with approximately 50 per cent syllabus in each term. Exams will be conducted at the end of each term on the basis of the bifurcated syllabus. The syllabus for the board examination 2021-22 will be rationalised similar to that of the last academic session, and will be notified in July 2021, a CBSE circular said.

THE NEW PATTERN

At the end of the first term, the board will organise exams in a flexible schedule between November and December 2021, with a window period of 4-8 weeks for schools situated in different parts of the country and abroad.

The exams will have multiple choice questions (MCQ), including case-based MCQs and MCQs on assertion-reasoning type. The duration of the test will be 90 minutes, and it will cover only the rationalised syllabus of the first term. The question papers will be sent by the CBSE to schools along with the marking scheme.

The exams will be conducted under the supervision of the external centre superintendents and observers appointed by the CBSE.

The responses of students will be captured on the OMR sheets which, after scanning may be directly uploaded at the CBSE portal or alternatively may be evalu-

The CBSE has decided that in case the situation of the pandemic improves and students are able to come to schools or centres for taking the exams, the board would conduct Term I and II examinations at schools or centres, and the theory marks will be distributed equally between the two exams

ated, and marks obtained will be uploaded by the school on the very same day.

At the end of the second term, the board would organise Term II or year-end examination based on the rationalised syllabus.

This examination would be held around March-April 2022 at the examination centres fixed by the

board. The paper will be of two hours duration and have questions of different formats (case-based/situation based, open-ended-short answer/ long-answer type).

In case the situation is not conducive for normal descriptive examination, a 90-minute MCQ-based exam will be conducted at the end of the second term as well.

(Share your views at toinie175@gmail.com)



THE SYLLABUS PATTERN

The syllabus for the academic session 2021-22 will be divided into two terms by following a systematic approach by looking into the interconnectivity of concepts and topics by the subject experts

The CBSE will conduct the examinations at the end of each term on the basis of the bifurcated syllabus. This has been done to increase the probability of having a board-conducted

classes X and XII examinations at the end of the academic session

Schools will also use alternative academic calendar and inputs from the NCERT on transacting the curriculum

Efforts will be made to make internal assessment, practical, project work more credible and valid as per the guidelines and moderation policy to be announced by the board to ensure fair distribution of marks PTI

Spotlight SIRISHA BANDLA

The second Indian-born woman to fly to space

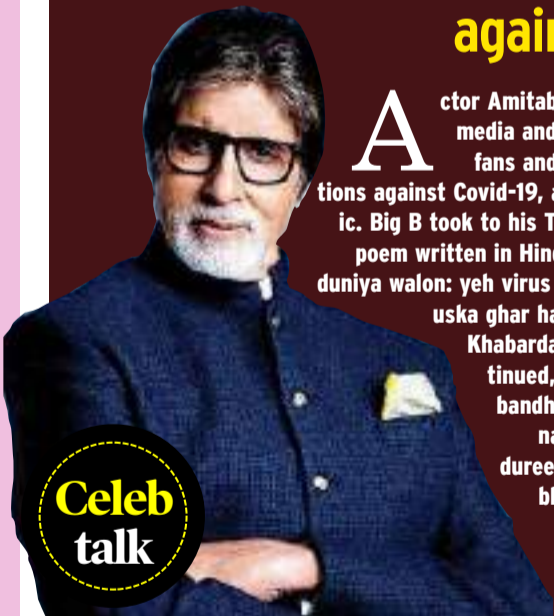


After Kalpana Chawla, Indian-origin Sirisha Bandla will become the second Indian-born woman to fly into space later this month. Bandla will be one of the six space travellers aboard 'VSS Unity' of Virgin Galactic, scheduled to blast off to space on July 11 from New Mexico.

Sirisha Bandla, astronaut number 4 on the crew, was born in Andhra Pradesh, and grew up in Houston. She is also the Vice President, Government Affairs and Research Operations at the Virgin Galactic

The July 11 mission will be the 22nd flight test for VSS Unity and Virgin Galactic's fourth crewed spaceflight

Amitabh Bachchan pens poem, urges fans to take precautions against Covid-19



Celeb talk

Actor Amitabh Bachchan took to social media and shared a poem urging his fans and followers to take precautions against Covid-19, amid the ongoing pandemic. Big B took to his Twitter handle to share the poem written in Hindi. It read, 'Suno suno aye duniya walon: yeh virus ghar dhoond raha hai; aur uska ghar hai insaan ke phepre, lungs! Khabardar!' The poem further continued, 'Darwazein khidkiyan sab bandh kar do, ghar mein ghusne na do usse! Mask pehno aur duree banaye rakkho dusron se, bhid se, party se! Aur haan, hath-wath dhote rehna barabar! Ok!'

'LAKES' UNDER MARS SOUTH POLE MAY NOT BE REAL

Subsurface lakes found under Mars' south pole, using data from the European Space Agency's Mars Express orbiter, may not really be lakes at all, argue researchers. Two research teams in 2018, working on data from the Mars Express orbiter have announced a surprising discovery: The signals from a radar instrument reflected off the Red planet's south pole appeared to reveal a liquid subsurface lake. However, a team of scientists at NASA and Arizona State University (ASU) found dozens of similar radar reflections around the south pole after analysing a broader set of Mars Express data.

The radar signals, originally interpreted as liquid water, were found in a region of Mars, known as the South Polar Layered Deposits. The areas originally hypothesised to contain liquid water, span about 10 to 20 kilometres in a relatively small region of the Martian South Polar Layered Deposits

It revealed dozens of additional bright radar reflections over a far greater range of area and depth than ever before. In some places, they were less than a mile from the surface, where temperatures are estimated to be minus 63 degrees Celsius



FACTOID £2k

Price of a handwritten letter written by author Roald Dahl to a student, which was sold recently at an auction. The 1989 letter was written to Christine Wotton, now a librarian and housekeeper. In it, Dahl tells Christine of Chagford, Devon county in England, "Never shelter children from the world. The content of any children's book is of no importance other than it enthral the child, and thus it teaches or seduces him or her to 'like' books and to become a fit reader. The book-reading child will always outstrip the non-book-reading child in later life."

BEST OUT OF WASTE

AN ARTWORK WITH PLASTIC

Delhi-based artist, Manveer Singh, has created artwork by using plastic waste as a raw material. In fact, he has utilised 250 kg of plastic in three years, diverting it from being dumped at landfills. The artist, who started this innovative eco-friendly work in April 2018, has till now sold three artworks overseas - two in Abu Dhabi and one in Germany. "I have completed 11 artworks made out of plastic and I am

working on my 12th piece," he said. Doing his part in lifting the burden of the non-biodegradable commodity from nature, he said, "At present, we are observing that there are many kinds of pollutants in the environment and plastic is on the top of the list. Every citizen is responsible for it. I noticed that multilayer plastic cannot be segregated and people are unable to recycle it. So, I started using it for my artwork."



MANVEER ON HIS JOURNEY...

In the beginning, I thought that I will use the plastic, which I am consuming. So, I washed it and started making it but it wasn't enough. Therefore, I thought of asking people living in my building and nearby areas. Soon, it also got used up. Then, I spoke to rag pickers, but they refused to give it as it was a loss of money for them. After rag pickers refused to give plastic to me, I started collecting it door to door. This helped in creating awareness about plastic menace and I got clean polythene, which in turn reduced my work to some extent.



BEST BODY LANGUAGE TIPS FOR YOUR INTERVIEW



Working hard for your upcoming interview is a must, especially, if you have just finished school/college and are looking at internship. Remember that interviewers pay special attention to one's body language during the interview, which can tell a lot about a person. How you communicate and present yourself plays a major role in getting selected. Here are some tips to put your best personality forward in the interview



BEST IMPRESSION ALWAYS

Your interview shouldn't be the only time when you appear confident, but also when you talk to the recruiter. Making eye contact and appearing confident in front of everyone will leave a lasting impression on the people you meet there. And you never know, someone significant in the office might even take notice of you!

HAND TRICKS

It's natural when you move your hands accordingly as you speak. While this practice is known to be quite expressive, it can be a bit too much at times when you're moving your hands way too frequently. Keeping it to a minimum or keeping it at a neutral stance maintains your hand posture.



YOUR POSTURE

As mentioned before, the way you present yourself matters a lot during interviews. Your posture specifically tells a great deal about your personality. For instance, if you are shy, you will tend to have a retreating posture whereas if you are confident, your posture will be engaged and the shoulders will be straight and held back. Being too stiff can also be uncomfortable, it's always better to loosen up a little bit.



DON'T WEAR ANYTHING NEW

This isn't to discourage you from wearing your brand new shoes to your big interview, but you might want to consider rethinking the decision. New clothes or accessories usually seem to take time to get comfortable with and if you wear anything new, there are chances you might start fidgeting with it often, making you look pretty clumsy.



HAVE A STRONG EXIT

Don't appear dejected if the interview didn't go well. Keep a strong and confident persona even while exiting the room. Do a firm handshake with the interviewer and thank them for the opportunity. If you are in a remote interview, then smile and exit the interview properly. Even if you don't make it, first impressions do make a difference at some point. ^{TNN}



Recipe

Oats & Coconut TIRAMISU

Nutritionist Pooja Makhija recently shared a guilt-free dessert recipe on her social media handle. It's healthy and delicious - try it out

INGREDIENTS

- 1 cup roasted steel oats
- 2 tbsp chia seeds
- 5 dates
- 2 tbsp peanut butter powder
- 2 sweet biscuits
- 2 tsp coffee powder
- 1 cup coconut yogurt
- 2 tsp maple syrup



Made with coconut milk, starch, and live cultures, Coconut Yogurt is packed with good bacteria, which is good for the digestive system

HOW TO MAKE

To begin with, grind roasted steel oats, soaked chia seeds, dates and peanut butter powder to a fine paste. Layer it in a serving cup, and add the biscuits soaked in coffee concoction. Now, add maple syrup and top it with coconut yogurt. Repeat the layering in the same order. Garnish with coffee and unsweetened cocoa powder. Chill overnight and serve.

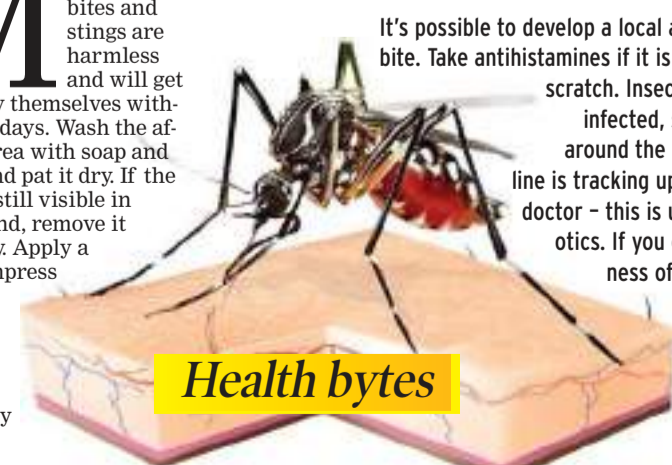
Insect sting? Here's what you can do

Now that monsoon is here, there are insects around that can sting and bite, leading to rashes, itchiness, hives and sometimes serious allergic reactions too. Know about how to tackle those troublesome stings

Most insect bites and stings are harmless and will get better by themselves within a few days. Wash the affected area with soap and water and pat it dry. If the sting is still visible in the wound, remove it carefully. Apply a cold compress to the area if it is swollen. Do not burst any blisters.

HOW TO HEAL ALLERGIC REACTIONS

It's possible to develop a local allergic reaction to an insect bite. Take antihistamines if it is very itchy and try not to scratch. Insect bites can sometimes get infected, so if a red ring develops around the bite, especially if the red line is tracking up your arm or leg, contact a doctor - this is urgent and requires antibiotics. If you experience wheezing, shortness of breath, swelling of the face, lips and tongue, dizziness, confusion or collapse, call a hospital emergency helpline. ^{DAILY MIRROR}



Health bytes

Wellness

Meditation tips for beginners

At a glance, it might look like a simple activity, but it's easier said than done. It is a real challenge for all beginners to calm the mind and begin the meditation journey. But begin you must as it's great for your physical, mental and emotional health. Learn more about how to start.

When is meditation effective?

You cannot just randomly meditate and claim all its psychological, neurological, and cardiovascular benefits. Scientists confirm that meditation only plays an advantageous role if you are consistent. So, do the following:

- Maintain proper frequency of meditation.
- Regulate time or length of meditation.
- Determine the reason for your practice.
- Follow correct instructions whether you are listening to an audio guide or have joined an online class.

Do you know about meditation com-

petence?

To achieve mastery in meditation is not easy. You can improve your meditation skills but it is hard to define something that is called perfect or having proficiency in it. Some religious texts equate true meditation as the highest state of mental concentration where the body unites with the soul and is undisturbed by every worldly noise.

How long should you meditate?

An ideal length of the meditation is something he/she can regulate daily. It shouldn't be something that's fluctuating way too often. Hence, it is vital to design your meditation in a realistic way. ^{TNN}

When you practice meditation in an orderly manner and continue it for a longer duration of time, it is bound to give you positive outcomes. If you meditate regularly for an hour in the evening daily, you will start feeling healthier and happier

Stay fit

WATCH THOSE STEPS

It's where you walk that counts

Walking is great exercise for the mind and body, and dozens of studies have confirmed its health benefits. Walking at least four hours a week reduces the risk of heart attacks or strokes by a third, improves blood glucose levels, lowers blood pressure, combats depression and delays dementia

Where do you walk?

However, latest science has suggested that it's not only the amount you walk, but also the route you take. A pre-pandemic study published in 'The Lancet' looked at two groups of people aged

■ Walking in a busy street does not yield great results for your body and mind. On the other hand, walking in green areas such as parks and green stretches is what really benefits and boosts your physical and mental health



above 60. One group walked in a park, while the other walked down a busy street. The former group saw its lung capacity increase by 7.5 per cent and arterial stiffness reduce by 5 per cent. The latter group showed a brief increase in lung capacity, while their arterial stiffness got worse.

Walking in green spaces provides a mental boost, too, reducing stress and improving working memory. Surfaces also make a difference. A University of Michigan study revealed that uneven ground increases activity in seven muscles and calorie burning by 28 per cent. Walking on cobblestones for 45 minutes a week has been shown to improve well-being and balance. ^{DAILY MIRROR}

SGVP students celebrate FOUNDATION DAY

SGVPI International School celebrated its 22nd Foundation Day, completing 21 years of successful execution. Since its inception, it has been a journey of enthusiasm and steady effort which has brought SGVP to this platform, where it is serving the nation in the best way by imparting value based education and empowering new millennials with 21st century skills.

The day began with an indelible address by the president Madhavpriyadasji Swami. He wished the educators and the students at the completion of 21 years and told them that it was a collaborative effort of everyone who brought the school to the pinnacle of its existence. It was further preceded with a short and interesting quiz.

Later the SGVPians enjoyed the virtual tour of the school, through a video that covered the magnificent and picturesque campus of the school. The video brought out the nostalgia owing to homeschooling throughout the pandemic.

A myriad of activities were conducted throughout all the grades. The activities planned to focus on the core values of the school i.e. Study, Sports, and Spirituality.

The learners emoted themselves in form of illustrations to colouring to art and craft and speeches to creative writing. It was an overwhelming experience to watch young SGVPians display placards etched with 'I Love SGVP' essays on 'My SGVP- My Pride' and

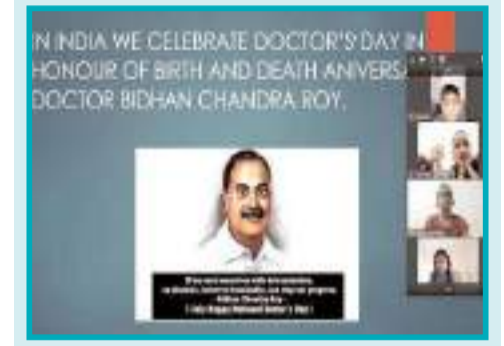


'SGVP- The Foundation of my Moral Character'. The day ended with all the educators and the students promising to collaborate their effort for the glorification of school.

Honouring the white warriors

Schools across the state celebrated Doctor's Day to honour the doctors for their service to the society

UDGAM SCHOOL FOR CHILDREN RANGOLI INTERNATIONAL SCHOOL



As a school, we must make our students understand the importance and dedication of the medical profession. Hence on this Doctors Day, teachers at Udgam School for Children hailed the doctors for their contributions, especially during the crisis.

The day began with a standing ovation followed by applause. Students spoke about doctors and thanked them. They engaged in various activities to wish the Corona Warriors in different ways. Students made unique greetings in the form of cards, letters, posters, poems, drawings, videos, and much more. They participated in the activity to gratify doctors.

Teachers further urged the students to request their parents to participate in the #Vaccination4Education campaign. This campaign asks everyone to get vaccinated with both doses, which might further help normalize the situation and prevent everyone from the ill-effects of the third wave.

All in all, the day's celebration made Udgamites learn the act of acknowledgement really well.

On the occasion of 'National Doctors Day', RIS Gandhinagar celebrated it as an emotional tribute to all our doctors out there who are working day and night to keep us healthy.

Though schools are not having physical classes due to this pandemic but this auspicious day was celebrated online with enthusiasm.

Students showed their active participation in the celebration. They shared their views by a speech on our corona warriors. They praised the doctors for showing their contribution towards the society, amid the Coronavirus pandemic. And they felicitated doctors as they are fighting every day for the lives of people.

Students were asked to make cards for the doctors they know and to share messages as well. It was a real motivation for everyone to know the vital contribution of doctors in our lives.

DOCTOR'S DAY

DOCTORS ARE SPECIAL!

National Doctors' day is celebrated on July 1 every year. This day is celebrated in the memory of Dr. Bidhan Chandra Roy, who was one of the greatest physicians. The main aim to celebrate this day as an attempt to put emphasis on the role played by doctors in our lives and to pay honour to the entire medical profession.

As we all know that doctors play a significant role in our society. They guide us about healthy eating habits which are beneficial for our health. They work relentlessly in order to protect people's lives. During this pandemic, doctors being the frontline warriors have worked tirelessly and selflessly to save the lives of millions around the globe. On this day, I would like to express my gratitude towards all the doctors around the world for standing by the community at the time of crisis. In the end, I would like to conclude by saying that the doctors are one of the most inspiring figures in the society and their efforts should be acknowledged and celebrated every day.

AARUSH K NAIR, class IV, Seventh Day Adventist Higher Secondary School

MY VIRTUAL TRIP TO UNITED KINGDOM



These days in lockdown have been really difficult. Our school had arranged a virtual tour to National Marine Aquarium, Plymouth, UK. "LET'S DIVE INTO THE OCEAN". I was very excited to attend this trip. Our tour was on Zoom meeting. I sat in front of my laptop half an hour before. I started watching Ted-Ed videos. There was a sudden pop sound from my computer and the meeting started. It was really great to hear from Geeta Ma'am.

The guide of our meet was also amazing. We started the tour by watching the sea area around the aquarium. We saw lobsters, who pee from their eyes on other lobster's face, and that way they know each other. Then we saw many starfishes that were stuck on the transparent glass. Then we saw flatfishes and golden fishes. We also saw



crabs, sun starfish, octopus(female). On our screen surfaced large aquarium which had sting ray and sharks and a sea horse. This was followed by aquarium of jellyfish. And also, the octopus that has 9 brains (one normal and 8 in each leg). We saw two types of jellyfish. This tour was virtual but we felt like we went to the aquarium by ourselves. Our Guide sir also showed us, some techniques fish use and he also showed how fish attack on their food. He told us some funny incidents that happened in the aquarium before. It was indeed a memorable trip.

MAURVI PATEL, class VI, Zebar School for Children

Social media can be potentially dangerous?

Data is the new gold in the contemporary era. Social media is a platform that is very prone to get hacked and the sensitive information of the user can be easily circulated everywhere, not only hacking risks the person's information but the pictures uploaded by the social media user can be easily used by anyone to create fake accounts of the user. Cyber bullying and child abuse are also the cons that make social media dangerous, not only it spreads fake news but also the content that is not appropriate. Children often use social media inappropriately and get bullied which cause mental and physical issues. Isolation addiction and affecting productivity are the grounds of concern in social media platform that not only makes it dangerous but also leads to further risks.



RAKSHIT DUBEY, class X, Zebar School for Children, Ahmedabad



It would be no exaggeration to say that the internet has revolutionized this world. Social media has been a boon to humans during this time. No matter how far one is from their family and friends, they can connect with them within a matter of seconds. Social media has created a vast array of employment opportunities. It has also decentralized the entertainment industry by giving power of content creation to every individual. This world has been brought closer by social media. Many students who were not getting education due to non-affordability, are getting world-class education for free from various platforms. Social media has filled the gap between people of different religious, political, economic background by bringing everyone on the same platform.

ABHAS TRIPATHI, class X, Zebar School for Children, Ahmedabad



Painters' Gallery



Khushi Bansal, Class X, Delhi Public School, Bopal



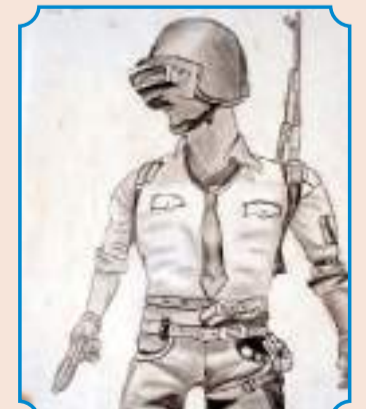
Sonakshi Nagpal, Class VI, Delhi Public School, Bopal



Shubh Panchal, Class VII, Joyous English School, Surat



Heeva Shah, Class II, Udgam School For Children



Shailesh Khatik, Class VII, Joyous English School, Surat

ENGLAND READY TO END SEMI-FINAL JINX

DENMARK EXPECT TO BE OUTNUMBERED IN THE STANDS, BUT PREPARING TO OUTPLAY THEIR OPPONENTS AT WEMBLEY IN A GO FOR THE FINALS



Bukayo Saka

Gareth Southgate says England are ready to end their semi-final hoodoo as they prepare to face Denmark in the last four of Euro 2020, bidding to reach their first final at a major tournament since 1966. England topped their group and beat old foes Germany in the round of 16 before ratcheting up expectations with Saturday's thumping 4-0 quarter-final win against Ukraine in Rome.

Ready for next step

England have fallen at the penultimate hurdle at major tournaments on four occasions since winning the World Cup in 1966, including their defeat by Croatia at the World Cup in Russia three years ago. But Southgate believes his side have learned from that disappointment and are ready to take the next step. "We've knocked off so many hoooods or perceived barriers already and I feel like this group of players will feel this is just the next challenge," he said.

"I guess the interesting part for us is we won't feel totally satisfied if it's just a semi-final for us, whereas maybe three years ago, although there was massive disappointment after the semi-final, there was a feeling we'd come a long way. Now we've replicated what we did there, but that won't be enough to fulfil the group. That's a positive sign."

High expectations

A key difference from 2018 is heightened expectation, with Southgate himself admitting their benchmark in Russia was to end England's 12-year wait for a knockout victory. The former international defender now has more knockout wins than any previous England manager and will go looking for another in Wednesday's semi-final bolstered by a boisterous partisan crowd of 60,000-plus at Wembley.

"It's great to be coming back now," said Southgate, who expects teenager Bukayo Saka to return to training on Monday after missing the Ukraine match with a



Photo: REUTERS

We talk about perspective in sport. This was a moment that brought it home for all of us. They are riding a wave of emotion and that's a powerful force that's coming to Wembley.

GARETH SOUTHGATE, England Manager

slight knock. "To go and have that different environment, preparation, focus was definitely helpful. But now to be coming back to Wembley is a great thing for us."

Power after crisis

Southgate says going through "real-life experiences together" such as the sickening racism experienced in Montenegro and Bulgaria in Euro 2020 qualifiers has helped create a bond among his players.

Semi-final opponents Denmark have also been brought closer together following Christian Eriksen's cardiac arrest in their group opener. The Inter Milan player needed resuscitation on the pitch before a successful operation in hospital.

"We talk about perspective in sport but we rarely have it," Southgate said. "This was a moment that brought it home for all of us. 'I can also imagine what it has done for the Danish team, their bond."

"We are talking about the things we have been through but what they went through that day - the way their captain was and the way the group was - and how that would have connected with their supporters. That's pretty powerful."

Preparing to outplay

Outnumbered in the stands, not outplayed on the field. That is the expectation of Denmark's players ahead of their European Championship semifinal match. Entry restrictions to Britain amid the pandemic are stopping Danish fans from traveling to London to cheer on their team. Only Danish people already in England, or who live in England, can buy a ticket from the country's allocation of about 5,800 from an expected capacity of 60,000 spectators.

Denmark midfielder Christian Norgaard is gearing up for a "hostile environment" at Wembley. That, though, might not be such a bad thing. "They'll get wild support," Norgaard said. "But maybe they'll turn on their own team if things don't go well for them. There is pressure on them," he added. "We can play more freely. We have always been able to do that, but we also have expectations of ourselves. We believe we can deliver something."

Like Norgaard, a defensive midfielder for newly promoted English team Brentford, Andreas Christensen also plays in England with Chelsea and has already been to Wembley twice this season in the FA Cup - for the team's win over Manchester City in the semifinals and a loss to Leicester in the final. The center back knows England's players well and doesn't see a massive gap between the teams.

"Player by player, they will probably say yes," said Christensen, when asked if England was the favorite. "I feel like we have the qualities to play against everyone. As a team, I would not say they are that much better." AGENCIES

NOT JUST ANOTHER MANIC MONDAY: FEDERER, DJOKOVIC WIN

Novak Djokovic marched into his 50th Grand Slam quarter-final while Roger Federer became the oldest man in the modern era to make the last-eight at Wimbledon on 'Manic Monday' at the All England Club



Photo: AP

Excitement and adoration greeted every point claimed by Roger Federer: It all got to be too much for his opponent at the All England Club, No. 23 seed Lorenzo Sonego. So in the latter stages of his 7-5, 6-4, 6-2 loss to the eight-time champion, Sonego would win a point and mark the occasion by waving his arms to ask the crowd for some love, as if to say, "Hey, I'm here, too, OK?"

The match was the last at Centre Court on what was Wimbledon's last Manic Monday: As of next year, no longer will all 16

women's and men's fourth-round singles matches be scheduled on one day, a tradition vanishing along with that of a Middle Sunday without any play. Amid all the chaos of a packed schedule, one could be forgiven for imagining Federer held the stage to himself. He's coming off a pair of knee operations and he's participating in a Grand Slam tournament for the last time before turning 40. Who knows how many of these he has left?

"I guess to some extent it's nice to see that the work I put in paid off, that I'm able to play at this level," said Federer, who only played eight matches in 2021 till last week. "I can actually wake up in the morning and feel all right. ... It's very rewarding and it's a good feeling," he said. At 39, Federer is the oldest Wimbledon quarterfinalist in the Open era, since 1968.

Djokovic marched into his 50th Grand Slam quarter-final while continuing his pursuit of a calendar-year Grand Slam, never troubled while defeating No. 17 Cristian Garin 6-2, 6-4, 6-2. "It's not a secret that I am trying to win as many Slams as possible," said the top-seeded Djokovic, who needs to win three more matches to equal the men's record of 20 major singles titles, held by Federer and Rafael Nadal. Next up for him is Hungary's Marton Fucsovics. AGENCIES

Djokovic untroubled

Djokovic made it to his 12th quarterfinal at the All England Club while continuing his pursuit of a calendar-year Grand Slam, never troubled while defeating No. 17 Cristian Garin 6-2, 6-4, 6-2. "It's not a secret that I am trying to win as many Slams as possible," said the top-seeded Djokovic, who needs to win three more matches to equal the men's record of 20 major singles titles, held by Federer and Rafael Nadal. Next up for him is Hungary's Marton Fucsovics. AGENCIES

STARTING FROM SCRATCH IN SL SERIES: YADAV

The high of a successful debut series behind him, Indian batsman Suryakumar Yadav on Tuesday said he would be looking to "start from the scratch" in the upcoming limited-overs assignment against Sri Lanka, eager to learn from "calm and composed" head coach Rahul Dravid. Yadav made his India debut in the T20 format during the home series against England, in which he scored a half century and was generally impressive. He is part of the Shikhar Dhawan-led second string India team, which will take on Sri Lanka in 3 ODIs and as many T20 Internationals starting July 13.



Photo: ANI

"Pressure will be there, because if there is no pressure, there is no fun, so as I said, it will be a great challenge and I am really looking forward to it," said the aggressive right-handed Mumbai batsman. Asked if a successful debut series would help him cope better with the pressure, Yadav said, "I think, that (debut series against England) was a completely different challenge and every-time you come, I mean for a batter, every-time you go in or play a different game, you start from scratch." PTI

QUIZ TIME!

Q1: Who has become the youngest-ever Grandmaster in chess history, breaking the previous record held by Sergey Karjakin?

- a) Anish Giri b) Abhimanyu Mishra
c) Nihal Sarin d) Samay Raina

Q2: Ezra Cup is related to which of the following sports?

- a) Polo b) Tennis
c) Cricket d) Football

Q3: Which among the following Indian players was famous as "Pocket Dynamo"?

- a) Leander Paes b) Vijender Singh
c) KD Jadhav d) Gurbux Singh

Q4: Which among the following games was previously known as Mintonette?

- a) Football b) Handball
c) Volleyball d) Tennis

Q5: Which football club was designated as the FIFA Club of the Century in 2000?

- a) Manchester United b) Liverpool
c) Real Madrid d) Arsenal

Q6: Who was the first international player to use a Kookaburra released carbon fibre-

reinforced polymer support bat?

- a) Virat Kohli b) Kapil Dev
c) Chris Gayle d) Ricky Ponting

Q7: Thisara Perera has announced his retirement from international cricket. He was playing for which country?



Photo: GETTY IMAGES

- a) Zimbabwe b) Australia
c) South Africa d) Sri Lanka

Q8: How many medals have been won by the India men's hockey team at Asian Games till date?

- a) 11 b) 9 c) 13 d) 15

Q9: Which athlete has been called the "Queen of the Track"?

- a) Merlene Ottey b) Marita Coach
c) Allyson Felix d) Jarmila Kratochvilova

Q10: Which of the following is the oldest Grand Slam tournament?

- a) US Open b) Australian Open
c) French Open d) Wimbledon

Q11: Who was the first Indian athlete to win a gold medal in the Asian Games?

- a) PT Usha b) Tintu Luka
c) Lavy Pinto d) Kamaljeet Sandhu

Q12: Which Indian player became the highest ranked badminton player in the world in April 2018?

- a) Srikanth Kidambi b) Ajay Jayaram
c) Sourabh Verma d) H.S. Prannoy

- ANSWERS:** 1. b. Abhimanyu Mishra 2. a. Polo
3. c. KD Jadhav 4. c. Volleyball
5. c. Real Madrid 6. d. Ricky Ponting
7. d. Sri Lanka 8. d. 15 9. a. Merlene Ottey
10. d. Wimbledon 11. d. Kamaljeet Sandhu
12. a. Srikanth Kidambi

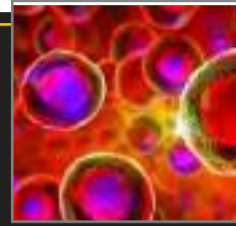


THE TIMES OF INDIA

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TODAY'S EDITION

➤ Learn more about the role of cells in human body
➤ An expert tells how to master maths
PAGE 2



➤ A student tells us why actor Priyanka Chopra Jonas is a role model for many youngsters
PAGE 3



➤ Euro20: Gear up for an exciting clash, as top four teams enter the semi-finals
PAGE 4



STUDENT EDITION
TUESDAY, JULY 6, 2021

Spotlight

My ultimate goal is to become world champion: Youngest Grandmaster Abhimanyu Mishra



Abhimanyu Mishra, who recently became the youngest chess Grandmaster in history, said that his ultimate goal is to be the World Champion. Abhimanyu, who started playing chess when he was two-and-a-half, idolises World Chess Champion Magnus Carlsen. Talking about his passion for chess, he

The 12-year-old player from New Jersey recently scored his third GM norm in Budapest, having already crossed the required 2,500 ELO rating barrier

said, "What I like about chess is that you can crush your opponent without doing any harm to them. My role model is Magnus Carlsen..... the way he has been dominating after becoming the World Champion is amazing," said Abhimanyu. Thanking his parents for supporting him, the young lad said, "My parents have been supporting me tremendously, without them I cannot imagine coming up this far". And how did he feel when five-time world champion Viswanathan Anand congratulated him? Abhimanyu said, "It is a different feeling when a person of his calibre congratulates you. I wish to meet him soon."

CLICK HERE: PAGE 1 AND 2

Education

CISCE REVIEWS SYLLABUS TO REDUCE LOAD FOR '22 ICSE, ISC



The Council for the Indian School Certificate Examinations, which holds the ICSE and the ISC examinations nationwide, has started reviewing the syllabus to reduce the load in both ICSE and ISC examinations to be held in 2022. The first such re-structuring of the English language and literature syllabus and that of Indian languages has been announced on the Council's website. This has been done keeping the pandemic situation in mind, since physical teaching-learning is suspended, and the online mode is on.

- The circular says that the revised syllabus of other subjects will also be announced shortly
- The reduction has been done in such a way that the quality of the academic intent will not be compromised while helping students to cope with the online mode
- The reduced English literature syllabus for the ICSE will now have just three Acts from 'Merchant of Venice', four poems, and four short stories
- Similarly, in ISC, there will be just three Acts from 'The Tempest', five poems, and five short stories



DID YOU KNOW?

EARTH'S CRYOSPHERE shrank by 87,000 sq kms per year in last 37 years!

WHERE DID IT OCCUR?

- 1** The shrinkage primarily occurred in the Northern Hemisphere, with a loss of about 102,000 square km each year. Those losses are offset slightly by growth in the Southern Hemisphere, where the cryosphere expanded by about 14,000 square kilometres annually. This growth mainly occurred in the sea ice in the Ross Sea around Antarctica, likely due to the patterns of wind and ocean currents and the addition of cold meltwater from the Antarctic ice sheets
- 2** The estimates showed that not only was the global cryosphere shrinking but that many regions remained frozen for less time. The average first day of freezing now occurs about 3.6 days later than in 1979, and the ice thaws about 5.7 days earlier

The global cryosphere—the areas with frozen water on the Earth—shrank by about 87,000 square kilometres per year on average between 1979 and 2016, as a result of the climate change, according to a new study. Researchers from the Lanzhou University in China calculated the daily extent of the cryosphere and averaged those values to come up with yearly estimates. While the extent of the cryosphere grows and shrinks with the seasons, they found that the average area covered by the Earth's cryosphere has contracted overall since 1979, correlating with the rising air temperatures.

A CAUSE OF CONCERN?

- Scientists said the cryosphere is one of the most-sensitive climate indicators, and the first one to demonstrate a changing world
- Its change in size represents a major global change, rather than a regional or local issue
- The overall shrinking of the cryosphere was a signal of climate change, they added

The cryosphere is intended to reflect sunlight from its surface to cool the Earth. Therefore, the study says that the shrinking of this area could lead to global changes in air temperatures, sea levels and ocean currents

NOW, A BATTERY-OPERATED REUSABLE MASK



Scientists at the NMIMS University, Mumbai, have developed a battery-operated reusable mask that offers protection from airborne human pathogens. The four-layered new mask is made of cotton with a metallic mesh, which acts as an electrical filter. During inhaling and exhaling, the pathogens coming in contact with the mask get neutralised instantly, ensuring complete protection to the user.

TECH BUZZ

- The mask is reusable, self-sterilising, and environment-friendly. The battery lasts for more than six months, if used with proper care, and is replaceable. This mask replaces more than 240 regular masks, reducing the environmental burden, and is thus eco-friendly
- The masks will be commercially rolled out and marketed by pharma company, Milton Group. It will be priced between ₹ 800 and ₹ 1,000

Third wave of Covid-19 may hit its peak between October-November: Govt panel scientist

The third wave of Covid-19 may hit its peak in October-November this year, if Covid-appropriate behaviour is not followed, Manindra Agarwal, a scientist of the government panel in charge of modelling Covid-19 cases, has warned. However, it is likely to see half the number of daily cases that were recorded during the second surge, he said, adding that if a new virulent variant of SARS-CoV-2 emerges, the infection will spread faster during the third wave.



WhatsApp will soon let users choose video quality before sharing

WhatsApp has started testing a new feature that lets users share videos in high quality. Named 'Video Upload Quality', it's currently under development and therefore, not available for the public.

- In a future update, users will be able to choose the video upload quality by picking one of the three options, namely, auto (recommended), best quality, and data saver
- In the case of auto, WhatsApp will detect the best compression algorithm for that specific video.
- The best quality lets WhatsApp always send the video using the best

TECHAWAY
quality available. The data saver option allows WhatsApp to compress videos before sending them. This new feature will come handy to the users, as WhatsApp users currently don't have the option to select the quality of videos before sharing them with their contacts

Dia Mirza shares five ways to keep OCEANS HEALTHY



Environment activist and actor Dia Mirza has reiterated her concern over marine ecosystems, habitats and resources being vitiated and destroyed by pollutants, plastic waste, overfishing and unsustainable business practices. She shares tips that will help you do your bit to keep the oceans clean and healthy...

STOP USING SINGLE USE PLASTIC THAT ENDS UP IN OCEANS AND LANDFILLS

1 Straws, coffee cups, takeaway containers and plastic bottles, etc, that we throw away after using, end up in oceans, which in turn are ingested by marine organisms. To avoid this, carry your own water bottle, a metal straw, cutlery and a coffee cup everywhere you go. Switch to biodegradable toothbrushes and sanitary products, and refuse plastic shopping bags, and carry your own.



VOLUNTEER FOR BEACH CLEAN UPS

2 If you live in a city like Mumbai, where beaches are an intrinsic part of life, you can volunteer for beach clean up drives. If you are a tourist, you can make sure you don't litter, clean up after yourself, and pick up trash if you come across any. Donating to organisations that are fighting to keep the oceans healthy, can be another good way to help.

MAKE SUSTAINABLE CHOICES IN EVERYDAY LIFE

3 Harsh detergents that we use for washing clothes can harm marine life by entering oceans through our sewer systems. We can prevent that by finding organic alternatives. Our

food choices also affect marine health directly as unsustainable fishing practices are depleting fish population. While consuming products and delicacies, we can be a little mindful and ensure that we are not enjoying the exploitation of endangered species. Remember also to not flush sanitary napkins and pet litter down the toilet.

REDUCE YOUR CARBON FOOTPRINT

4 Greenhouse gases like carbon dioxide trap heat in the atmosphere and warm our planet. Carbon dioxide is also known to make our oceans more acidic and cause damage to corals globally. We can help change that by reducing our carbon footprint and energy consumption. Turning off the lights when they are not needed is just one way to start making a difference but the more you study how vital and vibrant our oceans are, the more ways you will find to cut down on energy consumption at home and while travelling.



ASK FOR GREENER POLICIES THAT SUPPORT OUR ENVIRONMENT

5 Use your voice and your vote to choose public officials, who will work for and not against our oceans, forests and ecosystems. Research if your representatives are doing enough to protect marine life and demand better practices from businesses as well.

Celeb talk

LIVING ORGANISM

ENERGY PRODUCTION

Just as living things consume food to replenish their energy supplies, cells must constantly produce energy to replenish that used by the chemical reactions taking place.

All living organisms require energy to perform their life processes. Energy is the ability to work or to create some kind of change. There are many processes that require energy:

- Movement
- Reproduction
- Maintaining homeostasis of many different conditions
- Acquiring and digesting food
- Producing proteins

All chemical reactions that take place inside cells, including those that consume or generate energy, are referred to as the cell's **metabolism**.

Living cells accomplish energy using ATP (adenosine triphosphate), which can be used to fill any energy need of the cell. How? It functions like a rechargeable battery. When ATP is broken down, energy is released. This energy is used by the cell to do work. For example, in the mechanical work of muscle contraction, ATP supplies energy to move the contractile muscle proteins.

CELLULAR RESPIRATION

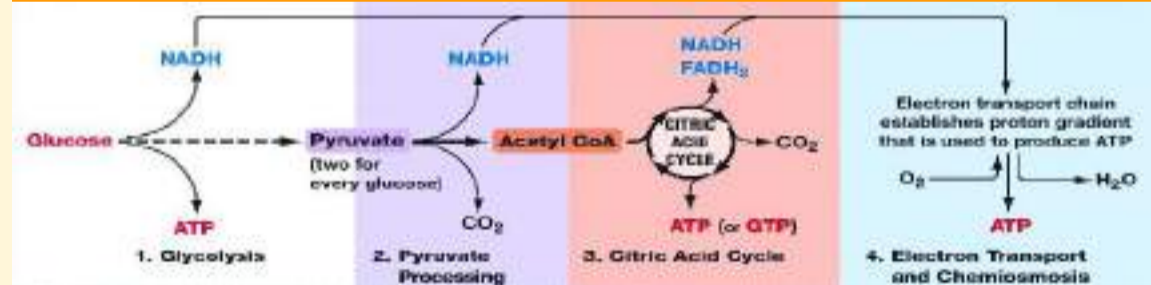
The living cells of every organism constantly use energy to survive and grow. Cells break down complex carbohydrates into simple sugars that the cell can use for energy. Just as energy is required to both build and demolish a building, energy is required for both the synthesis and breakdown of molecules.

The processes to harvest energy from biomolecules are called cellular respiration.

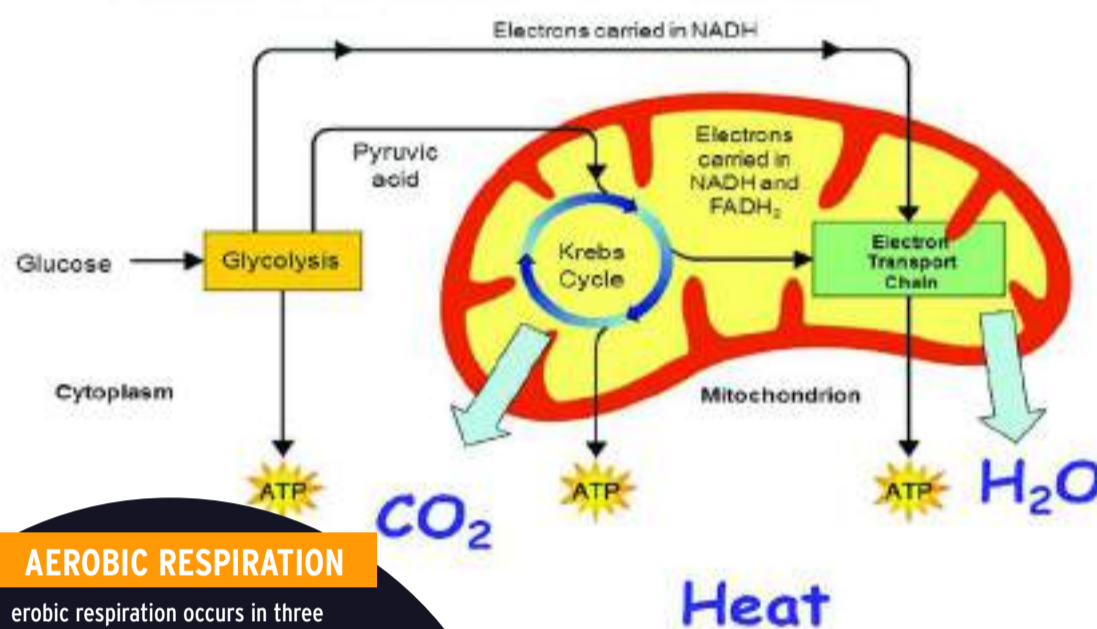
Cellular respiration occurs in both autotrophic and heterotrophic organisms, where energy becomes available to the organism most commonly through the conversion of adenosine diphosphate (ADP) to adenosine triphosphate (ATP).

There are two main types of cellular respiration: aerobic respiration and anaerobic respiration. Aerobic respiration is a specific type of cellular respiration, in which oxygen (O_2) is required to create ATP. In this case, glucose ($C_6H_{12}O_6$) can be oxidized completely in a series of enzymatic reactions to produce carbon dioxide (CO_2) and water (H_2O).

PROCESS: OVERVIEW OF CELLULAR RESPIRATION



WHAT'S THE BIG PICTURE?



AEROBIC RESPIRATION

Aerobic respiration occurs in three stages. A process called glycolysis splits glucose into two three-carbon molecules called pyruvate. This process releases energy, some of which is transferred to ATP. Next, pyruvate molecules enter the mitochondria to take part in a series of reactions called the Krebs cycle, also known as the citric acid cycle. This completes the breakdown of glucose, harvesting some of the energy into ATP and transferring electrons onto carrier molecules. In the last stage, known as oxidative phosphorylation, electrons pass through an electron transport system in the mitochondrial inner membrane, which maintains a gradient of hydrogen ions. Cells harness the energy of this proton gradient to generate the majority of the ATP during aerobic respiration.

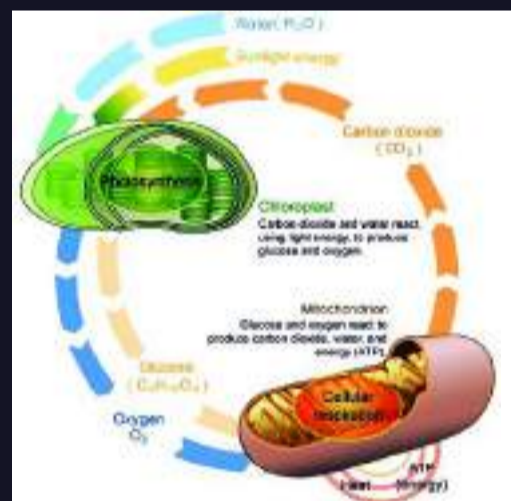
ANAEROBIC RESPIRATION

Aerobic respiration requires oxygen, however, there are many organisms that live in places where oxygen is not readily available or where other chemicals overwhelm the environment. Extremophiles are bacteria that can live in places such as deep ocean hydrothermal vents or underwater caves. Rather than using oxygen to undergo cellular respiration, these organisms use inorganic acceptors such as nitrate or sulphur, which are more easily obtainable in these harsh environments. This process is called anaerobic respiration.

A special anaerobic respiration called fermentation occurs. Fermentation starts with glycolysis to capture some of the energy stored in glucose into ATP. However, since oxidative phosphorylation does not occur, fermentation produces fewer ATP molecules than aerobic respiration. In humans, fermentation occurs in red blood cells that lack mitochondria, as well in muscles during strenuous activity generating lactic acid as a by-product, therefore it is named lactic acid fermentation. Some bacteria carry out lactic acid fermentation and are used to make products such as yogurt. In yeast, a process known as alcoholic fermentation generates ethanol and carbon dioxide as by-products, and has been used by humans to ferment beverages or leaven dough.

INTERESTING FACT

Interestingly, the processes of cellular respiration and photosynthesis are directly opposite of one another, where the products of one reaction are the reactants of the other. Photosynthesis produces the glucose that is used in cellular respiration to make ATP. This glucose is then converted back into CO_2 during respiration, which is a reactant used in photosynthesis. More specifically, photosynthesis constructs one glucose molecule from six CO_2 and six H_2O molecules by capturing energy from sunlight and releases six O_2 molecules as a by-product. Cellular respiration uses six O_2 molecules to convert one glucose molecule into six CO_2 and six H_2O molecules while harnessing energy as ATP and heat.



RECAP QUESTIONS

- The organelle where cellular respiration takes place-
 - nucleus
 - mitochondria
 - ribosome
 - endoplasmic reticulum
- In addition to glucose, cells need _____ to carry out cellular respiration
 - oxygen
 - carbon dioxide
 - hydrogen
 - water
- Another process of making ATP without oxygen is called-
 - breathing
 - fermentation
 - eating
 - glycolysis

Sunanda K Nair, Science teacher, St Therese Convent, Dombivli

Practice to put your ideas into words

Here are some key points I try to keep in mind while answering an English paper...

1 Sequencing the answers according to the question: Flow of events must be established.

2 Using a wide range of vocabulary, expand your vocabulary pertaining to emotions as well, for instance, words such as euphoric, melancholic, sceptical, infuriated.

3 Grammatical accuracy, relevancy, and subjectivity towards the question are absolutely indispensable.

4 Never keep an answer open-ended (don't keep it for the teacher to decipher).

6 Reading and understanding the question (its tone and requirement) is very important.

7 Word limit must be maintained. This particularly is quite hard to follow through. To know the cut off point in an answer is extremely crucial and is what determines you as a writer. Knowing and practicing this is incredibly important.

8 Ncert book is the only rule you have to follow as a student from CBSE. Re-read it, stick to it and know the content well. Don't forget to title the writing skills and practice the format well in advance.

9 Do not take English to be an additional subject. It is an incredibly scoring subject which will give your entire percentage a huge lift if practiced well. Solve question papers. Read answers from reference books or the Internet.

10 Keep calm. The last and most neglected rule. English surely has some rules, but the point really is to put the idea into words. You can't be wrong with an idea as long as it's relevant to what's asked.

KRITIKA AGRAWAL, class X G, Ryan International School, Kandivali East



abstract at times so looking for a practical application can help change your perspective and assimilate ideas differently.

CREATE A DISTRACTION-FREE STUDY SPACE

Mathematics is a subject that requires more concentration than any other. A proper study environment and a distraction-free area could be the determining factor when solving complex equations or problems.

JAYASREE K, PGT(Maths), Kendriya Vidyalaya, INS Dronacharya, Ernakulam



Master Maths with time & patience

Mathematics is considered a tough subject by many students. Some love Mathematics, but many others hate it. Mathematics has a wide application in our day-to-day life and we need to learn it. Here are some easy techniques for studying Maths that you can follow and practice daily.

PRACTICE, PRACTICE AND MORE PRACTICE

Reading and listening are not enough to study Maths, you have to practice regularly by solving as many problems as possible. The more you practice the better. Each problem has its own characteristics and it's important to have solved it in numerous ways.

MASTER THE KEY CONCEPTS

Do not try to memorise the processes. Remember Maths is a sequential subject so it's important to have a firm understanding of the key concepts that underpin a mathematical topic before moving on to more complex solutions which are based on understanding the basics.

UNDERSTAND YOUR DOUBTS

Sometimes you can get stuck trying to solve a part of a problem and find it difficult to move on to the next step. It's common for many to skip that question and move on to the next. You should avoid doing this and instead spend time trying to understand the process of solving it.

Once you have grasped an understanding of the initial problem, you can use this as a stepping stone to progress to the remainder of the question. Maths requires time and patience to master.

REVIEW ERRORS

When you're practising with the problems, it's important to work through the process for each solution. If you have made any mistakes, you should review them and understand where your problem-solving skills let you down.

APPLY TO REAL WORLD PROBLEMS

Try to apply real-world problems when approaching maths. Maths can be very

YOGA FOR HEALTH, YOGA FOR LIFE

Students across the state celebrated International Yoga Day virtually by performing various asanas ...

ST KABIR SCHOOL, NARANPURA



St Kabir School, Naranpura, on June 21 celebrated International Yoga Day by organizing a virtual programme. Pre-recorded videos were sent to the students one day before, in which the PE teacher demonstrated various Asanas. This was done so that the students could get acquainted with the Asanas.

On International Yoga Day, an online Yoga programme was conducted wherein the students, staff, and faculty members participated. Since it was virtual, even some parents joined their kids during the online session. The session stressed the importance of yoga particularly during this pandemic time and urged everyone to aim at achieving holistic health with due emphasis on both body and mind. Students were made to realize that breathing exercises in their daily lifestyle will boost the immune system to fight the pandemic. Yoga has turned out to be one of favourite fitness regimens during the lockdown. We hope that more and more people engage themselves in the practice of Yoga!

JAMNABAI NARSEE SCHOOL, GIFT CITY

On the eve of International Yoga Day, Jamnabai Narsee School GIFT City observed a week-long celebration beginning from June 21, with wholehearted participation by the students and teachers across all grades from nursery to class XII.

In keeping with the holistic approach to well-being, which is the tenet of Yoga, the various asanas were given a fun spin in the form of balloon breathing, dog pose, rainbow bending, owl hooting, etc., to cater to the tiny tots of the Pre-Primary Section. The students of the primary and secondary sections were given a thorough training of the 12 powerful yoga poses of the Surya Namaskar over a period of 5 days. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Special videos were played during the assembly where the Sports teachers demonstrated the different poses of the Surya Namaskar to the accompaniment of a specific shloka. With an aim to instill the value of discipline, even small acts like pulling out the yoga mat, adjusting the camera and attempting to perfect the asanas in the virtual mode, were performed as rituals.



The students participated enthusiastically with the spirit of joy. After all, isn't that the essence of yoga- to bring joy to the heart and peace to the soul?

WEBINAR ON DRUG ADDICTION

The theme of 2021 International Day Against Drug Abuse and Illicit Trafficking is "Share Facts on Drugs, Save Lives". It aims at combating misinformation and promote sharing facts on drugs. In order to achieve the goal in society as well as for students, St. John's School, Abu Road conducted a webinar for students of Classes VIII/IX.



The students were given the opportunity to share research findings, evidence-based data, and lifesaving

facts to continue tapping into a shared spirit of solidarity. The webinar also re-

iterated its stand at fastening greater co-operations to counter the impact of world

health problems on health security but also with the special focus on the impact of the Covid-19 pandemic and addressing challenges that may arise in near future.

The webinar concluded by urging students to become alert, informed and responsible citizens, who would contribute immensely towards nation-building and also reflecting the health risks and solutions to tackle the drug problem to evidence-based prevention, treatment, and care.

IMPORTANCE OF EMOTIONAL LITERACY

We are well aware of the word literacy. By calling ourselves literates, we affirm having the ability to read, write, speak and listen in a way that lets us communicate effectively and make sense to the world. So, does it only stand at the academic level?



Emotional literacy is as important as academic. If a person is not emotionally balanced, life is not easy. It is essential to know that emotional literacy is based on social and emotional development. Self-awareness, self-identification, self-love, self-observation, self-confidence, self-management, etc are the key areas to be taken care of. Emotional literacy helps us handle emotions to improve personal power and improve the quality of life. It improves relationships, creates loving possibilities between people,

makes cooperative work possible, and facilitates the feeling of community.

If you name and observe your emotions and other's too, you are definitely practicing emotional literacy. Everyone has emotional needs like trust, empathy, acceptance, security, affection, care, love, etc to survive and live a healthy life. Physical health is connected to our emotional health. So, understand and develop your Emotional Literacy to live happily forever. Live a fulfilling and purposeful life!

TAPASWINI GAJJAR, Special Educator, Udgam School

Join the resistance, get vaccinated!



Meha Patel, a student of class XII, studying in St. Kabir School, Naranpura branch, participated in a Poster Vaccine Awareness competition arranged by 'Kokuyo Camlin Ltd'.

The purpose of this competition was to create awareness among those, who are still hesitant to get vaccinated. We are gratified as Meha stood first in the competition. Her poster gives out the message beautifully and undeniably. Getting vaccinated is the need of the hour, and Meha depicted the message in her poster in the best possible way she could. Let's ensure that everyone around us who is eligible, gets vaccinated!

MATSYASANA FISH POSE

Students are often unable to retain what they study due to factors such as stress, lack of focus, fatigue, lack of mindfulness, etc. Practicing Matsyasana can help as it improves blood flow in the head.



INSTRUCTIONS

- 01 Sit in lotus posture.
- 02 Bend slowly backward and lie on the floor without releasing the lotus posture.
- 03 Lift the chest a little upward.
- 04 Hold on to the big toes with elbows touching the floor.
- 05 Breathe slowly. Stay here for 30-50 counts.
- 06 To release the position, bring down the back to the floor and straighten the head.

WHO SHOULD AVOID THIS POSE

- ◀ This posture should be avoided if one is suffering from high or low blood pressure.
- ◀ Migraine and insomnia patients, those with serious lower back or neck injuries should not practice this.

SNEHAL GARG, Yoga facilitator at Birla Open Minds International School, Kollur, Hyderabad



Painters' Gallery



Siyona Singhal, Class VI, Delhi Public School, Bopal



Shailaja Sharma, Class X, Delhi Public School, Bopal



Tulsika Taparia, Class VI, St Kabir School



Anvi Kaduskar, Class VIII, Udgam School For Children



Shoyam Saxena, Sr KG, SGVP International School

ODE TO THE PEN

SPRING



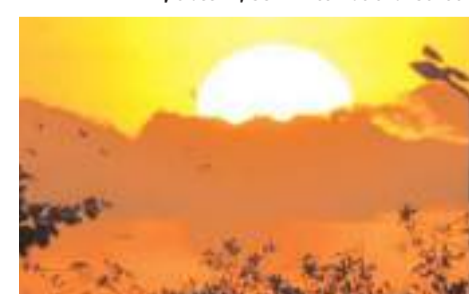
I love the spring, for every day, There's something new that's come to stay. Another bud, another bird, With the bloom of every flower, Beautiful butterflies are being lured. Not every sunrise can be the same, But it's the most beautiful in its own way. Is it anyhow possible that we can repay, The care of nature, And it's miraculous doings? I love every season, For every time There'll be something new, Leaving behind a beautiful chime.

KIMAYA J. SHAH, class VIII, Udgam School For Children

THOSE WERE THE DAYS...

Those were the days; The days of joy; The days of fun; The days of happiness; But the night has come; There will be a new sun; Don't be scared, be alright; There will be a new morning; Don't be scared, be alright; Those were the days; The days of brightness; And the sixes we watch in the stadium; But the night has come; Nights are also bright; Then why cry, be alright.

TIRTH KANABAR, class VI, SGVP International School



QUEEN OF VERSATILITY

As we grow up, we set some goals and start to dream about them. In order to boost our skills, courage and knowledge we follow the person who is most inspiring in our life. I seek inspiration from actor, model, singer, producer Priyanka Chopra Jonas.

Whenever I see her achievements and listen to her, I get a strong feeling that I can do anything in my life.

Priyanka has set a benchmark for everyone who wants to dream big and is willing to work hard enough to achieve it. She has proven time and again that nothing is impossible. She is truly the 'Queen of versa-

tility' and has prospered in every field she's passionate about. This woman with courage has taught us to



never be afraid, to break stereotypes and to never say never. Her quote, "Don't try to squeeze into a glass slipper. Instead, shatter the glass ceiling", helps me realise the vast opportunities and to look at the big-

ger picture. This icon has an Indian restaurant, hair care brand, memoir and continues to do great things in every field. Being a public figure, she has stood up for gender equality and has inspired many by her work as a UN ambassador. She continues to ignite a spark in me and many others throughout the globe.



ISHITA PRASAD, class XII, Gitanjali Senior School, Hyderabad

FANTASTIC FOUR

Euro 2020 has been brimming with superlative goals and shocking results. The two semifinals _ Italy vs Spain and England vs Denmark _ promise to be exhilarating and unpredictable affairs. The desire and motivation to win would be fierce. Italy last won the Cup back in 1968, and Denmark in 1992. England have never played a Euro final. Among them, only Spain have lifted the trophy twice this century, in 2008 and 2012. Here's to more nights of nail-biting football. May the goals continue to rain. And no more 'own goals' please!

SPAIN vs ITALY

SPAIN

ROUTE TO SEMIS: Group E runners-up
ROUND OF 16: 5-3 in extra times vs Croatia. Quarters: 1-1 in extra time (3-1 on penalties) vs Switzerland
STRENGTH: Found their rhythm when necessary and six players, including midfielders, have scored
WEAKNESS: Wing-backs' overlapping adventures often leave them leaky at the back and the centre of defence is yet to face a severe test
OPPORTUNITY: When they score, they score big. Morata and Gerard cannot fail forever
THREAT: Inconsistent in front of goal. Missing too many chances means letting the opponent off the hook. Strikers are not good with aerial balls
COACH: Luis Enrique
WATCH OUT FOR: Simon (gk) Alba, Pedri
KEY FACT: Spain have benefited from 3 own goals scored by their opponents: 2 by Slovakia and 1 by Switzerland



DATE: July 7, Wed, 12.30 am
VENUE: Wembley Stadium, London
Over 60,000 fans allowed

ITALY

ROUTE TO SEMIS: Group A winners
ROUND OF 16: 2-1 versus Australia in extra time. Quarters: 2-1 versus Belgium
STRENGTH: Fast and tricky goal-scoring strikers coupled with gallant defending. A midfield unit almost comparable to one successful for Spain a decade ago
WEAKNESS: Replacing attacking left back Leonardo Spinazzola may be a hard act to follow
OPPORTUNITY: Insigne's confidence likely to rub off on Ciro Immobile, who must come alive in front of goal
THREAT: High press poses a problem as Spain's Pedri and Busquets, are masters of finding way through
COACH: Roberto Mancini
WATCH OUT FOR: Insigne, Verratti, Chiellini
KEY FACT: Italy have won five consecutive matches for the first time at Euro; the overall joint longest streak in the competition



DENMARK vs ENGLAND

DENMARK

ROUTE TO SEMIS: Group B runners-up
ROUND OF 16: 4-0 vs Wales. Quarters: 2-1 vs Czech Republic
STRENGTH: Brave and compact team game with a focus on an organised defence. Unpredictable and inspired by a tragedy. Have come together after Christian Eriksen incident
WEAKNESS: Midfield often lacks ideas. The classy Joakim Maehle may find himself alone as they could go into a shell quickly under pressure
OPPORTUNITY: The forward line of Damsgaard, Braithwaite and Dolberg is quite a handful. Even Delaney showed he can chip in.
THREAT: Had lost to Belgium in the group stage and the Czechs ran them ragged. Yet to win against a big team
COACH: Kasper Hjulmand
WATCH OUT FOR: Schmeichel (gk) Kjaer, Dolberg
KEY FACT: Faced fewer shots (24) than other sides



DATE: July 8, Thursday 12.30 am
VENUE: Wembley Stadium, London
Over 60,000 fans allowed

ENGLAND

ROUTE TO SEMIS: Group D winners
ROUND OF 16: 2-0 vs Germany. Quarters: 4-0 versus Ukraine
STRENGTH: Both Kane and Sterling have found their scoring boots. Defence unscathed so far
WEAKNESS: Midfield has been combative, not creative. Weight of history and expectations are sky high. Home may not always be an advantage
OPPORTUNITY: Huge bench strength which can be put to use by Southgate. The vision of silverware seems real this time and a motivating factor.
THREAT: Seeing off Germany has boosted their confidence but they must take great care not to let their guard down
COACH: Gareth Southgate
WATCH OUT FOR: Kane, Sterling, Maguire
KEY FACT: England have kept seven consecutive clean sheets for the first time



QUIZ TIME!

- Q1:** Rahi Sarnobat has claimed a gold medal for India in which event?
 a) Shooting b) Archery
 c) Boxing d) Badminton
- Q2:** Who has become the 1st Indian swimmer to qualify for the Tokyo Olympics?
 a) Sajjan Prakash b) Sandeep Sejwal
 c) Shamsher Khan d) Deepak Kumar
- Q3:** Who won the gold medal in men's individual compound archery at the Archery World Cup?
 a) Tarundeep Rai b) Abhishek Verma
 c) Jayanta Talukdar d) Atanu Das

- Q4:** Who has become the youngest Indian cricketer to play in all formats?
 a) Sneha Rana b) Taniya Bhatia
 c) Shafali Verma d) Smriti Mandhana
- Q5:** Who won the Austrian Grand Prix 2021?
 a) Lewis Hamilton b) Max Verstappen
 c) Lando Norris d) Valtteri Bottas
- Q6:** Which cricketer became the top run scorer across all formats in women's cricket?
 a) Heather Knight b) Meg Lanning
 c) Mithali Raj d) Amy Satterthwaite

Q7: How many times has Roger Federer reached the last 16 of Wimbledon?

- a) 10 times b) 12 times
 c) 14 times d) 16 times



Photo: REUTERS

Q8: Who holds the record for most victories by a player in Euro Championships?

- a) Cristiano Ronaldo b) Andreas Iniesta
 c) Cesc Fabregas d) David Beckham

Q9: Name the athlete who won the 100m and 200m titles at three consecutive Olympics (2008, 2012, 2016)?

- a) Justin Gatlin b) Yohan Blake
 c) Tyson Gay d) Usain Bolt

Q10: Who is the first Saudi Arabian track and field athlete to participate in Olympics?

- a) Wojdan Shaherkani b) Sarah Attar
 c) Maziah Mahusin d) Melissa Mojica

Q11: Who is the first Test captain in cricket history to score three centuries in the first three innings

- a) Kumar Sangakara b) Steve Smith
 c) Virat Kohli d) M S Dhoni

Q12: The term CUE is related to

- a) Badminton b) Cricket
 c) Tennis d) Billiards

ANSWERS: 1. a. Shooting 2. a. Sajjan Prakash
 3. b. Abhishek Verma 4. c. Shafali Verma
 5. b. Max Verstappen 6. c. Mithali Raj
 7. d. 16 times 8. a. Cristiano Ronaldo
 9. d. Usain Bolt 10. b. Sarah Attar
 11. c. Virat Kohli 12. d. Billiards



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Did you know you can reduce carbon footprints by promoting and using local brands?
PAGE 2



➤ Students and teachers share their views on issues engulfing the country and the world
PAGE 3



➤ Euro20: Kane leads England past Ukraine and into semi-finals
PAGE 4



STUDENT EDITION

MONDAY, JULY 5, 2021



TOKYO OLYMPICS
THE COUNTDOWN BEGINS

MAANA PATEL BECOMES FIRST INDIAN FEMALE SWIMMER TO QUALIFY FOR TOKYO OLYMPICS



Maana Patel has become the first Indian female swimmer to qualify for the upcoming Tokyo Olympics through universality quota, confirmed Sports Authority of India (SAI) on Friday. Maana is the third Indian swimmer, who will take part in Tokyo 2020, as earlier Srihari Nataraj and Sajan Prakash have earned the automatic qualification (A time) for the Olympics.

Last week, Sajan Prakash became the first Indian swimmer to qualify for the upcoming Olympics as he clocked 1:56:38 in men's 200m butterfly at the Sette Colli Trophy

CLICK HERE: PAGE 1 AND 2

Spotlight

WALLY FUNK

Trailblazing pilot, 82, to fly into space with Jeff Bezos

Barrier-breaking woman aviator, Wally Funk, 82, will join Jeff Bezos this month on the first crewed spaceflight for the billionaire's company Blue Origin, the firm has announced. The trip is 60 years overdue for Funk, who was one of the Mercury 13 – the first woman trained to fly to space from 1960-1961, but excluded from flight because of gender.



On July 20, she will become the oldest person-ever to go to space when she takes part in the journey aboard the New Shepard launch vehicle along with Bezos, his brother Mark, and another traveller, who paid \$28 million at an auction for the seat. "I can hardly wait," Funk said in a video posted on Bezos's Instagram account

- The Bezos brothers and Funk, who was also the National Transportation Safety Board's first female air safety inspector and a Goodwill ambassador, will be joined by the unnamed winner of the online auction, who paid for a seat
- Taking off from a desert in western Texas, the New

The reusable suborbital rocket system was named after Alan Shepard, the first American in space 60 years ago

Shepard trip will last 10 minutes, four of which passengers will spend above the Karman line that marks the recognised boundary between the Earth's



atmosphere and space

- The passengers will then be able to float weightlessly for a few minutes and observe the curvature of the Earth
- Then the capsule will begin a free fall back to the Earth, braked by three large parachutes and retrorockets before landing back in Texas

GREEN PASS

WHAT Amid the ongoing tussle between India and the European Union over the 'green pass' for Covid vaccines, nine European countries have added Covishield to their list of approved vaccines. The European countries that have cleared Covishield include seven EU member states: Germany, Slovenia, Austria, Greece, Ireland, Estonia and Spain, and two non-member states: Iceland and Switzerland. The EU Digital Covid Certificate, known informally as the 'green pass', is a means to reduce the hassle that travellers coming to the EU countries face. Essentially, it acts as a digital proof that an individual has been vaccinated against Covid-19, received a negative RT-PCR test result, or has fully recovered from the infection. It includes details like name, date of birth, vaccine administered, the date of issuance, negative test result or proof of recovery.



X-PLAINED

THE CONTROVERSY AROUND THE COVISHIELD VACCINE

From July 1, travellers to the EU countries are being allowed entry into the EU region only if they have taken vaccines cleared by the European Medicines Agency (EMA). Its list of certified vaccines include: Pfizer/BioNTech's Comirnaty, Moderna's Spikevax, Oxford-AstraZeneca Vaxzevria and Johnson & Johnson's Janssen.

As per the European Commission, of the 27 member-states, 16 have already started using the EU Digital Covid Certificate (EU DCC) through the EMA's approved list of vaccines. Though the EMA has cleared Oxford-AstraZeneca's Vaxzevria, which is the European variant of the AstraZeneca doses, it has not cleared the Covishield injections, which are manufactured by the SII under license from Oxford-AstraZeneca, as it did not have an application for market authorisation from Covishield

WHY According to the EU health authorities, the digital certificate will streamline the process of clearance of passengers entering the region, as member-countries were earlier (in some cases even now) using national certificates that were creating barriers for region-wide travel. The EU member-states argue that the move is necessary to deal with countries that are said to have "virus variants".

INDIA'S RESPONSE India is pushing hard to get locally-administered vaccines approved by the EU. Recently, India said, it will not recognise EU's digital Covid certificate until the EU includes Indian vaccines Covishield and Covaxin in the certificate

Quote unquote

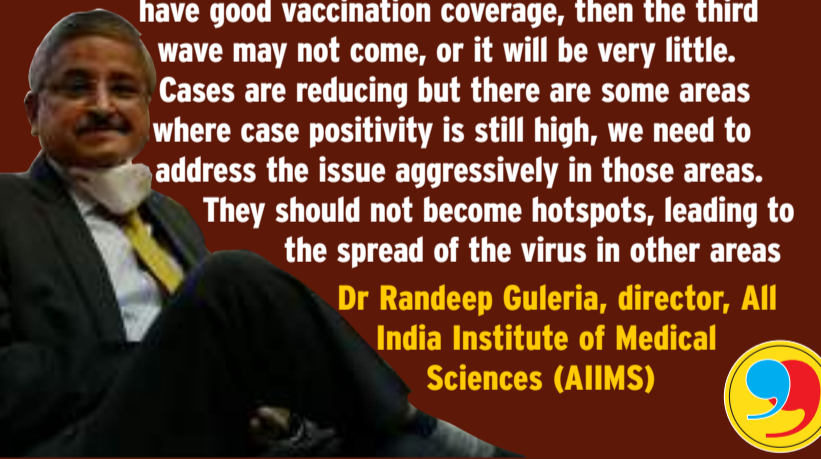
The third wave of Covid-19 pandemic in India depends on how we

behave. If we are careful, and we have good vaccination coverage, then the third wave may not come, or it will be very little.

Cases are reducing but there are some areas where case positivity is still high, we need to address the issue aggressively in those areas.

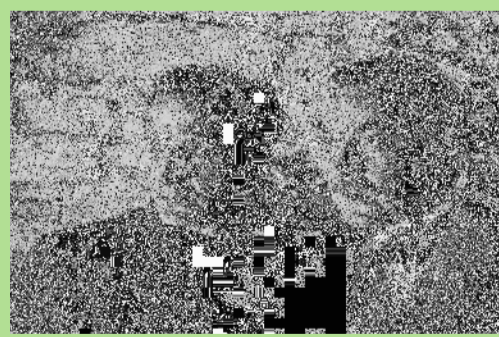
They should not become hotspots, leading to the spread of the virus in other areas

Dr Randeep Guleria, director, All India Institute of Medical Sciences (AIIMS)



Sherlock Holmes goes digital with GenZ in frame

The world famous Sherlock Holmes, who has mesmerised generations of readers with his uncanny knack of solving cases that completely confound everyone, is back to entertain in the form of audiobooks. Swedish audiobooks platform, Storytel has signed a deal with Conan Doyle Estate for new stories in audiobooks. These will be written by the popular novelist, Anthony Horowitz, the Swedish audiobooks platform said.



➤ Horowitz, who is recognised as one of the most-versatile, prolific and successful authors in the United Kingdom, has the unique distinction of working across varied mediums ➤ The author's Alex Rider series has sold around 20 million copies worldwide, and he enjoys the

credit of being a writer, who has encouraged an entire generation to read ➤ Horowitz has, so far, penned more than 40 books. These include new Sherlock Holmes and James Bond novels, and also an award winning television series Midsomer Murders and Foyle's War

Mithali becomes top run-getter in women's international cricket



Indian women's cricket team skipper Mithali Raj has become the top run-getter (10,277) in international cricket across all formats. She surpassed former England batter Charlotte Edwards, who had scored 10,273 runs. Interestingly, the bulk of Mithali's runs have come in ODI cricket in which she has collected over 7,200 runs. She has scored 669 runs in Test cricket, and 2,364 in T20 International cricket.

RECORD HOLDER

- Mithali is the only woman cricketer to have scored over 6,000 runs, and averages over 50 in ODI cricket. Charlotte is the next best on the list of ODI run-getters with 5,992 runs.
- On June 26, Mithali, who was playing her 217th One-day International at Worcester, had become the second international cricketer after Sachin Tendulkar to complete 22 years in ODI cricket

First human-rated test flight for India's Gaganyaan not in 2021

The first test flight of Geosynchronous Satellite Launch Vehicle-Mk III (GSLV Mk III) that will carry the Indian astronauts to space later will not happen this year, owing to Covid-19 pandemic and the lockdown, said a top official of the Indian space agency. He also said that most of the design and documentation activities have been completed for the rocket. The first human-rated unmanned GSLV-Mk III, first of the two test flights, was scheduled to fly by the end of 2021.



WhatsApp rolling out 'view once' mode to Android beta testers

Facebook-owned WhatsApp is rolling out a new 'View Once' mode for Android beta testers that wipes photos and videos as soon as you view and dismiss them...

- When you send photos and videos using view once, they can only be viewed once, and you're notified when the recipient has opened them
- If you disable read receipts, the recipient will still see if you have opened the photo or video set to view once, but you cannot see when the recipient open yours
- In groups, you can see when



TECHAWAY

other participants open expiring photos even if you have disabled read receipts

- The recipient might save the photo or video taking screenshots or video captures, and WhatsApp won't notify you because there isn't a screenshot detection

GO LOCAL

WAYS TO SUPPORT YOUR LOCAL BUSINESS

OPEN

It's always a good idea to buy more things from local brands to reduce your carbon footprints and also to help these businesses survive and prosper in pandemic time

Change your mindset
Put small, local businesses at the forefront of your mind and your shopping list. Although large retailers offer speed and convenience, local brands can offer unique products and a more personalised experience.

Do your research
Explore your local area, browse for small businesses online and, if you travel, check out the businesses in those areas too.

Tell a friend
Don't underestimate the power of word-of-mouth marketing. Tell your friends, family members and co-workers about your favourite small businesses. If you have a particularly enjoyable visit or purchase, create a post and be sure to tag the business online.

Think creatively
If a store near you is struggling, consider launching a fundraising campaign to support them. When in doubt, talk to local small town business owners about what they need and where you can help. AP

RECIPE

WHOLE WHEAT VEGGIE MOMOS

Who said momos can't be healthy? Just replace the all-purpose flour with whole wheat flour and you are good to go. Here's the recipe. Try it on a rainy day and enjoy



INGREDIENTS

- 1 cup whole wheat flour
- 1/4 cup chopped bean sprouts
- 1 teaspoon minced garlic
- Sugar as required
- Salt as required
- 1/2 cup blanched and chopped
- fresh broccoli
- 1/4 teaspoon ginger paste
- 1 teaspoon crushed to paste green chilli
- 1/4 cup chopped cabbage
- Black pepper to taste

HOW TO MAKE

Step 1: Knead the momo dough

In a bowl, add whole wheat flour and salt (a pinch). Mix everything well. Using water, knead the ingredients into a dough form. Keep it aside for a while.

Step 2: Prepare the filling for the momos

Now, add cabbage, bean sprouts, broccoli, ginger paste, garlic, green chilli paste, salt, pepper and a pinch of sugar in a bowl. Mix everything well. Keep aside.



Step 3: Roll the dough

Divide the whole wheat dough into 12 parts and then roll the individual doughs into a 3" diameter circle. For rolling, use wheat flour if required.

Step 4: Stuff in the prepared filling

Now, add 1 tbsp of filling in the centre of the circle prepared from the whole wheat dough. Make a semi-circle by folding it over. Seal it using your fingers by pressing the edges gently. Now, fold the semi-circle again and seal it.

Step 5: Steam the whole wheat momos

Repeat the above step for the rest of the momos and put all of them in a steamer for about 10-15 minutes. Check if they are soft and cooked well. Your whole wheat momos are ready. Serve these delicious momos with a spicy dip. TNN

Gain control over stress eating

After hours of doom scrolling, that packet of chips or biscuits always spells comfort, doesn't it? The fact that we learnt to whip some banana bread, panipuri and dalgona coffee over the course of the last year, is only adding to indulgence. Dealing with panic and uncertainty inevitably leads to stress eating. However, if you often find your home littered with chips, chocolates and namkeen packets - you are literally eating your stress and emotions.

FIGHT EMOTIONAL EATING

The most important step is learning to differentiate between emotional and physical hunger.

Psychiatrist Dr Sayal Das explains, "If your stomach is grumbling, or a headache is coming and you feel light-headed - then you are actually hungry. But if you are eating when you are low, lonely, bored, unhappy and have specific cravings like chocolates, ice cream, cakes or



It seems very natural to seek comfort in 'eating good food' when faced with big stressors like pandemic and lockdown. They appear like the only good thing happening to you. But this coping strategy is very harmful in the long run."

SARVESH RANA,
CLINICAL PSYCHOLOGIST

- Identify the problem. Find out what's making you binge eat. Then change the environment around you to counter that emotion.
 - Process your emotions. Try journaling, venting or accepting.
 - Indulge in healthy, yet balanced food. If you go on fad diets, you will end up messing your body even more. Focus on eating right and have a balanced diet.
 - Don't get caught in the guilt of gaining weight. Shift towards feeling fit.
 - Having meal plans and routine is key in breaking the cycle. Stock up your pantry and plan meals to avoid eating junk.
- NOIDA TIMES

pizza - you may not actually be hungry; you are just trying to soothe an unpleasant or unwelcome feeling." She adds that once this difference is established, countering it becomes easier. "Overdoing any kind of emotional eating - even if it is salads - can be detrimental. People need to find

intervention for the negative emotion, not food," she says.

BREAK THE CYCLE OF EMOTIONAL EATING

Nutritionist Gauri Anand says, "Breaking the cycle of emotional eating will take time. While you are working towards it, be kind to yourself, try to meditate, take up some form of physical activity and stay hydrated." Here are her suggestions:

IN THE PANDEMIC

27% are eating less healthy

48% do not feel motivated enough to eat well

63% state boredom as the reason for eating unhealthy food

Source: YouGov survey of 2000 people by British Nutrition Foundation

FITNESS FUNDAS

SPORTS SUITABLE FOR KIDS WITH AUTISM

Autism is predominantly a developmental dysfunction where an individual struggles to carry social interaction and communication. Sports being a great activity for people of all ages, it can significantly help to improve a person with autism. Here are some helpful sports for those on the spectrum...



SWIMMING

IT IS NOT only a life saving sport but has the ability to provide self control and cognitive skills. Swimming includes repetitive motion of the body especially the limbs which is easy to grab for the kids with autism. Even when going deep inside the water, it completely soothes the mind and provides relief from stress.



HORSE RIDING

MANY DOCTORS RECOMMEND horse riding as a therapeutic training for children with autism. This positive activity allows to build connectivity 'horsemanship' since it would certainly require the person to take care of the horse and build connection while riding them. This gradually works on the socialisation and the independence aspect very well. Also, do allow your autistic child to create fun moments while enjoying this sport.

BOWLING

THIS IS THE easiest sport for an autistic child. It is simple as it requires the same repetitive actions of delivering or rolling a ball in the lane. Since an autistic child has a genuinely less amount of self control, this is a very safe sport to opt for. However, the affected kid can imbibe many social skills such as allowing others to take their turn and celebrating when hitting the ball right.



CHECK WITH YOUR DOCTOR

Before deciding on a sport that needs expertise like horse riding and swimming, consult your child's doctor if it's safe for the child. Some autistic kids have issues with certain body movements and may need special training to learn a tough sport. Also, the doctor can tell you if your child is old enough (age wise, physically and mentally) and ready enough for a certain sport.

HIKING

WHAT NO THERAPY can offer, can be achieved through nature. Hiking is the best sport to enjoy while being in close proximity to nature. Moving to a far more beautiful and natural world for a walk can be a great stress reliever. Take your autistic child towards the countryside and allow him/her to bond and connect with nature rather than imposing the need of social interaction in a noisy and messy environment. TNN

PART I

Transform your life with 'Gratitude'

Showing gratitude for things we have received is imbibed in us since our childhood. Remember the prayers taught to you in the pre-primary section thanking God for everything from the food we eat to having our dear ones in life. Saying these prayers and our teachers working hard to teach us saying "thank you" are initial attempts to inculcate the moral virtue of 'Gratitude' in young minds.



WHAT IS GRATITUDE?

Ever felt a strong urge to thank someone for their sacrifice or a favour done to you? That strong feeling of being grateful to someone is called gratitude. The word 'Gratitude' has been derived from the Latin word 'Gratus' meaning pleasing or thankful. As self-explanatory as it can be, Gratitude is to recognize and be grateful for all you have.

SCIENCE BEHIND GRATITUDE

Ever came across a parent, who insists on their children to say 'thank

you' even if someone offers chocolate to them? Wondered why do parents these days focus on educating their children about gratitude? The answer lies in various researches across the globe. According to a study published in the Journal of Happiness Studies¹, it was found that gratitude is connected to well-being in children by age of five. This means that introducing gratitude to children at a young age could help them grow to be happier people. Another study in 2008, established that

grateful children (ages 11 to 13) are likely to be happier, more promising, and have a better social foothold. The findings also suggest that these children are more complacent with their surroundings.

HOW TO EXPRESS GRATITUDE?

When was the last time you thanked your mother for cooking delicious food for you every day or thanked mother nature for giving you fresh air to breathe? Haven't done it yet?

Nothing to worry about, as it's never too late to acknowledge someone for their selfless love.

As kids it's convenient for us to take parents for granted and overlook whatsoever they have done for us over the years showing their love. Though our parents never did all that for us to get appreciation, even a small handwritten note thanking them for unconditional love would do wonders to your relationship with them. Not only will this simple measure make you more connected and close to the other person but will also improve the quality of your relationship.

- Here are some easy ways you can express the gratitude you feel towards others.
1. Be respectful and courteous.
 2. Offer help in their routine work.
 3. Spend some quality time with them.
 4. Cook some delicious meal.
 5. Tell them how you feel about them.
 6. Give a warm hug.
 7. Sharing your experiences and caring for them.
 8. Maintaining a gratitude journal will help you remember the good events, persons, experiences in life.

JAYDEB KAR, CBSE Helpline counsellor

THE EDUCATIONIST

OFFER, READING AS A GIFT, NOT ROUTINE



As we gradually get acquainted with the 21st-century avocations like social media and online games, the time traditionally spent on reading has been compromised. A man who reads regularly is known by society to be informed and enlightened. Reading is a habit that can do wonders for the overall development of an individual as it introduces you to enriching pieces of information and the thrilling experiences of fellow humans. Reading develops language skills and vocabulary. This current pandemic reading has also proven to be a great stressbuster.

There are many little ways to enhance your child's love for reading and introducing them to novels has proven to be one the easiest. The more that the child reads, the more he begins to enjoy the activity. So, to create this interest for reading in our children; we do not really need to strive too hard. Just work on a few pointers shared:

- Introduce your kids to the world of reading; first of all, by

reading yourself as parents.

- Inclination towards reading can be developed by sharing important and memorable things with your child about what you have read.
- Reflect the beauty of reading – it helps in gathering information, it is a good companion, a well-informed person is highly acknowledged.
- Purchase books of your child's taste – comics, moral-based stories.
- As beginners allow the child to read riddles, tongue twisters, poems, advertisements, and dialogues apart from storybooks.
- For small children introduce them to books which have colorful pictures and an easy vocabulary, lucid language which the child can comprehend easily.
- Newspaper reading should be mandatory for all...adults and children.

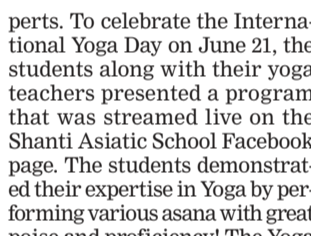


PRIYA JHA, Vice-Principal, Zebar School For Children

International Yoga Day Celebrations at SAS

The many benefits of yoga are known to all. It is the practice towards a healthy mind and a healthy body! It is India's invaluable gift of a holistic approach to health and well-being. With an objective to pass on this knowledge to the students, Shanti Asiatic School, Bopal celebrates International Yoga Day every year to enhance awareness about the benefits of Yoga in our daily lives.

This year, the celebrations extended for a week, with various activities being organised across the seven days. A special Yoga workshop week was organised for parents and staff members of the school from June 14 to 20. The participants found the workshop informative as topics like Pranayama, Basic Asanas, Suryanamaskar, and Chakra activation through yoga were taught to them by the ex-



perpts. To celebrate the International Yoga Day on June 21, the students along with their yoga teachers presented a program that was streamed live on the Shanti Asiatic School Facebook page. The students demonstrated their expertise in Yoga by performing various asana with great poise and proficiency! The Yoga teachers too exemplified their prowess by doing asana. The yoga demonstrations were executed with an objective to help the audience understand the various

facets and benefits of yoga. Later during the day a Yoga quiz was conducted for students of Classes I to VIII, which they answer with great enthusiasm.

STUDENTS MAKE THE SCHOOL PROUD

Lavania Madan of class V of St. Kabir School, Drive-In Branch secured 3rd position at National Level in Story Telling Melio June Challenge. She was awarded a gift voucher of Rs. 400 and a certificate of achievement for acknowledging her efforts.



While Aarav Mehta studying in class II had participated in International Maths Olympiad exam and stood 1st in his school. He was awarded a certificate of merit as a mark of appreciation.

Express YOURSELF

Tirth Pandya, Class IV, Podar World School, Sherkhi



Adrisa Mukherjee, Class IX, Shanti Asiatic School, Bopal



Mansi Modi, Class X, Sakar English school



Shashank Gautam, Class X, Delhi Public School, Bopal



Singha, Class VI, Shanti Asiatic School, Bopal



Hiya Desai, Class IV, Udgam School For Children



Heti Sheth, Class IV, Bright Day school



Shubh Panchal, Class VII, Joyous English School, Surat



Diti Mehta, Class V, Doon International Public School

Shiv Mistry, Class IV, Essar International School, Surat

Chanting Mantras - White lotus of good fortune

"The Name of the Lord is a sovereign specific, a sheet-anchor, an infallible panacea, and a cure-all for diseases."



According to Gurbani, there are four causes of pain - separation from dear ones, hunger, the agony of death, and disease. The disease is caused when we forget God and by our indulgence in sensual pleasures. Our mind is that part of the human soul that has been attracted towards mundane affairs to keep alive human individuality.

I am lucky to be a part of a family that taught me that chanting mantras has great power. Strong positive energy is created and helps in increasing concentration and willpower. I have seen a lack of power that leads to negativity. To

come out of this, I do regular chanting of the Gayatri mantra. It is believed that by chanting the Gayatri mantra you achieve success and happiness in your

life. With regular chanting of the Gayatri mantra, one can firmly establish and stabilize the mind.

I can say regular chanting of Gayatri mantra:

- Improves concentration and learning.
- Removes toxins from the body and keeps the heart-healthy.
- It removes negativity.

When the right thoughts come, your action will always be right. When intuitive thoughts come, your actions will be fruitful. So always pray for the best thought. Let your mind, whole life energy be soaked in Divinity.

TANISHA KSHATRIYA, class VIII, St Kabir School, Navrangpura



ODE TO THE PEN

I WONDER WHAT HAS HAPPENED TO OUR WORLD

I wonder what's happen to our world,
Everything seems upside down.
For the face is changed of our beloved world,
Nobody seems to come down.
From picnics, play, and milk-shakes cold,
We are here with TV though.
For we are left to be old,
In our house time doesn't want to go.
From uniform, unity, and no alone,
We have nothing no more.



For we are left with a mask alone.
I hope there is something more than more.
I hope one day we will play with our legs,
And not with gadgets alone.
That day isn't far gone,
We can still alone this alone.
DRISHTI PARIKH, class VI, Udgam School For Children

KANE LEADS ENGLAND INTO SEMIS

Harry Kane scored twice as a buoyant England cruised through to the semi-finals of Euro 2020 with a one-sided 4-0 win over Ukraine in Rome on Saturday



Photo: AFP

Kane ended a worrying international scoring drought by netting in the 2-0 last-16 defeat of Germany in midweek and he put England ahead inside four minutes on a sweaty evening in the Italian capital. Gareth Southgate's side then put this quarter-final tie out of sight with two more goals early in the second half, one from Harry Maguire before Kane netted again. Substitute Jordan Henderson got the fourth, and as Denmark lie in wait in the Wembley semi-final on Tuesday, England will be confident of going on to reach a first ever European Championship final and even now claiming a first major international title since 1966.

England comes through

The draw here was kind for them, with Ukraine surely as weak an opponent as they could hope to face in a quarter-final, a stage at which they have lost to the likes of Italy and Portugal in recent European Championships. However the statistics are impressive, with England having come through five games at this tournament all without conceding a goal. Some of their play in wide areas was outstanding, with Raheem Sterling and Jadon Sancho making his first start at the Euro, too hot for Ukraine to handle.

We are in the semi-finals because of the spirit. Of course, the quality of our play is important, but I have seen lots of nations go out because they don't have the spirit of these boys.

Gareth Southgate,
England Coach

Kane ends goal drought

Kane, their captain, had gone close to eight hours without finding the net for his country but his opener here was his second in just eight minutes following the late strike that secured victory over Germany. Regardless of the opposition, their display at the Stadio Olimpico was a step-up in class in the final third to previous games at the Euro and they will be favourites at home against a Danish side who played their own quarter-final against the Czech Republic in distant Baku.

Ukraine falls behind

England fans had plenty to celebrate, unlike their Ukrainian counterparts, as Andriy Shevchenko's team came up short in their bid to take the country to a first ever major tournament semi-final. They scraped out of their group and then edged 10-man Sweden in extra time in the last 16, and their chances of shocking England looked dead and buried when they fell behind early on. Sterling, who terrorised the Ukraine defence down the left, played in Kane who poked the ball past Georgiy Bushchan. Ukraine's giant striker Roman Yaremchuk forced a save from Jordan Pickford and a Declan Rice piledriver was kept out by Bushchan, with England looking comfortable. However, Ukraine were a different proposition after injured defender Serhiy Kryvtsov was replaced by Dynamo Kiev winger Viktor Tsygankov in the 36th minute.

Impressive second half

England scored again less than a minute after the restart. From Mason Mount's resulting corner came the fourth goal, another header, this time from Henderson. AFP

COPA AMERICA: ARGENTINA ADVANCE TO SEMIS

Lionel Messi scored one goal and created two others as Argentina beat Ecuador 3-0 in Goiania on Saturday to reach the Copa America semi-finals



Photo: REUTERS

In Tuesday's last four match, the 14-time winners will play Colombia, who beat Uruguay on penalties earlier in the day. Messi teed up goals for Rodrigo De Paul and Lautaro Martinez before firing home an injury time free-kick to cap a stunning individual performance. The scoreline was harsh on Ecuador, who ended the game with 10 men after Pedro Hincapie's dismissal but had been competitive throughout.

Argentina had an early start

Argentina made a bright start and Martinez almost opened the scoring with a moment of brilliance. He chipped the ball over goalkeeper Hernan Galindez and then volleyed goalwards, only for Robert Arbolidea to block the ball on the line. Moments later Martinez had a shot deflected wide and from the resulting corner, Ger-

man Pezzella volleyed into the side netting. Carlos Gruezo almost gifted Argentina a goal when his attempted back pass sent Messi clean through with only Galindez to beat, but the six-time Ballon d'Or winner saw his shot cannon back off the post. Up the other end, goalkeeper Emiliano Martinez had to be alert to parry a stunning 20-yard volley by Sebastian Mendez.

Argentina had their own let off seven minutes from half-time when Pervis Estupinan crossed from the left and Enner Valencia's flicked header narrowly evaded the sliding Alan Franco at the back post. Two minutes later Argentina were in front, with Messi the ar-

chitect. First he played in Nicolas Gonzalez on goal but when he was tackled by Galindez, Messi reacted quickest and teed up De Paul to score. There was still time before the break for Galindez to make an incredible double save from Gonzalez, before Valencia somehow headed wide from six yards out.

After the break, Valencia remained Ecuador's most likely route back into the match and the livewire forward's near post shot hit Martinez's leg before going behind. A wicked Estupinan cross was then almost turned into his own net by Gonzalez. Messi came close to killing off the tie but his curled effort sailed just past the post, while Aston Villa goalkeeper Martinez denied substitute Gonzalo Plata an equaliser with a near-post block. Inter Milan forward Martinez finally ended Ecuador's resistance six minutes from time from Messi's pass after Hincapie was caught in possession by Angel Di Maria. And Hincapie completed a miserable few minutes as he was dismissed in injury time after dragging back substitute Di Maria when clean through, with Messi despatching the free-kick. AFP

The truth is it was a very tough match. We knew the difficulty of playing Ecuador, who work hard with players who are fast, physically strong, young. It was a battle until we managed the (second) goal.

Lionel Messi

ROGER FEDERER INTO WIMBLEDON FOURTH ROUND FOR 18TH TIME

Roger Federer reached the Wimbledon last 16 for the 18th time on Saturday with a four-sets win over Cameron Norrie, the last British man in the tournament. Eight-time champion Federer triumphed 6-4, 6-4, 5-7, 6-4 and will be playing in the fourth

round of a Grand Slam for the 69th time in his career. Federer is the third-oldest man to reach the round of 16 at Wimbledon in the Open Era - after Pancho Gonzales (41) in 1969 and Ken Rosewall (40) in 1975. Federer finished with 48 winners as he won his 104th Wimbledon match. He will face Italy's Lorenzo Sonego on Monday for a place in the quarter-finals. AFP

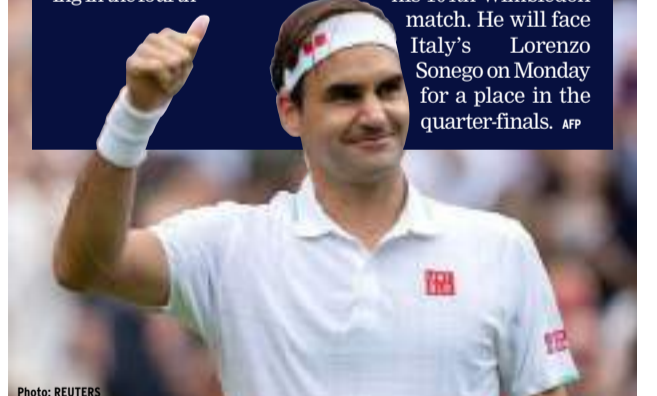


Photo: REUTERS

QUIZ TIME!

Q1: Who holds the current record for most runs in a single Cricket World Cup?

- a) Sachin Tendulkar b) Rohit Sharma
c) Chris Gayle d) Martin Gupthill

Q2: Which sport's competition is the "Fight of the Century" match between Jack Dempsey and Georges Carpentier in 1921?

- a) Wrestling b) Boxing
c) Weightlifting d) Tennis

Q3: Which is the birthplace of boxing?

- a) Belgium b) Greece
c) Sweden d) Spain

Q4: Which Indian players won the silver medal in table tennis women's doubles at the 2018 Commonwealth Games?

- a) Manika Batra and Sutirtha Mukherjee
b) Mouma Das and Madhurika Patkar
c) Sutirtha Mukherjee and Pooja Saharabudhe
d) Manika Batra and Mouma Das

Q5: Abhimanyu Mishra has become the world's youngest chess grandmaster.

Whose record as the youngest did he break?

- a) Parimarjan Negi b) Sergey Karjakin

Abhimanyu Mishra



c) Rameshbabu Pragganandhaa
d) Gukesh D

Q6: Sandy Storm is the autobiography of which of these veteran cricketers?

- a) Dilip Vengsarkar
b) Mohinder Amarnath
c) Sandeep Patil d) Roger Binny

Q7: Who is the first Indian woman wrestler to win a gold medal at the Commonwealth Games?

- a) Sakshi Malik b) Geeta Phogat
c) Divya Kakran d) Kavita Devi

Q8: Who among the following Indian to score a century in Indian Premier League (IPL)?

- a) Gautam Gambhir b) Manish Pandey
c) Sachin Tendulkar d) Rahul Dravid

Q9: When did the World Chess Championship begin officially?

- a) 1946 b) 1925 c) 1899
d) 1886

ANSWERS: 1) a Sachin Tendulkar 2) b Boxing
3) b Greece 4) d Manika Batra and Mouma Das
5) b Sergey Karjakin 6) c Sandeep Patil
7) b Geeta Phogat 8) b Manish Pandey
9) d 1886



THE TIMES OF INDIA

Your Weekender

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TODAY'S EDITION

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STUDENT EDITION

SATURDAY, JULY 3, 2021



HEALTH



CLICK HERE: PAGE 1 AND 2

RETHINK

HEARD OF MOTTAINAI?

THE JAPANESE ECO-FRIENDLY PHILOSOPHY

In the spirit of Plastic Free July, we look at the concept of mottainai –

loosely translated into Japanese as “what a waste”. This phrase conveys a sense of regret over waste and encourages people to reduce, reuse and recycle. Here’s why its more relevant than ever

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As we grapple with the very real effects of climate change, one can look in to the past for some inspiration. A time when things were hand-crafted, resources were used and reused and nothing was inherently disposable. Our mothers found a way to repurpose even old socks and there were items passed down generations because they lasted for that long thanks to quality craftsmanship. Re-enter the Japanese concept of mottainai that has been around since the Edo period in Japan. Even despite the excesses during this time, many attribute that it was this concept that helped moderate society.

- Mottainai, a simple but powerful phrase, conveys the wasted opportunity of objects that have yet to reach their full potential.
- Want to throw a bag because a seam has ripped? Mottainai!
- Thinking of ridding yourself of last year’s shorts? Mottainai!
- Soup bowl has a chip and needs to be thrown away? Mottainai!

DOCTRINE OF APPRECIATION

Despite all the wonderful ancient wisdom, Japan is the second largest per-capita generator of plastic waste in the world. Interestingly, the word was brought into everyday use and made famous by Kenyan environmentalist Wangari Maathai who introduced it as a slogan for environmental protection. The Japanese since 2009 have reconnected with the concept. In an interview to BBC, Tatsuo Nanaï, chief of the official

In Japan, mottainai is a crucial part of any child’s education. In fact, ‘Mottainai Grandma’ is a famous Japanese children’s book series by Mariko Shinju, that teaches kids to not be wasteful. In fact, the Mottainai Grandma book was published in Hindi and introduced to children in schools in New Delhi as a part of the Swachh Bharat Abhiyan

MOTTAINAI campaign shares that the NGO was launched following the visit of Maathai in 2005, with the aim of revitalising the concept. “She knew about mottainai and she was very impressed with the concept, because it expresses much more than a single word.”

Mottainai’s potential power lies in its complex meaning, which draws on ancient Buddhist beliefs. The concept teaches us appreciation of all resources. It reminds of the transience of being and the constant change and further development associated with it.

TO PRACTICE MOTTAINAI

What marks the core of this philosophy is a sense of respect for fellow beings and nature. Here are five easy ways to practice it:

1 TREASURE YOUR THINGS: Mottainai treasures clothes and objects as it believes they hold a story. The idea is to treat everything you own well and with a lot of



Kintsugi or kintsukuroi is the Japanese technique of repairing broken pottery by filling the broken areas with gold-dusted lacquer. It is part of the larger philosophy of mottainai that tells you to not throw away without repairing it

care so that it lasts longer. If you respect what you own, you will make sure they last.

2 KNOW THE BACK STORY: While modern manufacturing makes it impossible for us to know who made our clothes and created our things, as reason why mottainai encourages you to shop directly from the artisans. Know where everything you own comes from to form a deeper connect with things.

3 DO I NEED THIS?:

Yes, this question is that the core of this philosophy. Even ‘Mottainai Grandma’ encourages children to ponder over this question before they decide on buying something.

4 PASS THINGS ON: Think of objects and clothes as a legacy you can pass on to the next generation. At an exhibition in Tokyo, a kimono passed down through generations had a quote that read: “There is life dwelling in it; the endless will and wishes of humans are delicately woven into each fiber.”

5 REUSE AND RECYCLE: This is what our grandmothers did. The modern-day disposable culture has made this go the way of the dodo. Japanese believe in possessing less to begin with, so that each object can reach its end of life gracefully. The have perfected repairing arts like kintsugi and sashiko to add beauty to broken and torn objects.



Pics: Istock

FOODS we think are HOT but are NOT

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SPICES: Spices need not always mean hot and spicy! Fennel, cumin, coriander seeds, cardamom, turmeric are all cooling spices. Coriander seeds are traditionally soaked overnight in cold/room temperature water and the water is taken the first thing in the morning to treat acidity or excess pitta (heat) in the body.

MANGOES: Mangoes grow and ripen during summer season because the antioxidants and various other micro-nutrients in it help the body to cope with the heat the season brings along. Hence, it cannot be heat producing by itself. Just soak it in water for minimum half an hour before consumption or mix with milk and have. It is for the same reason that raw mango chutney is made with cooling fennel and cumin seeds to counter its heating effects.

LYCHEE AND JACKFRUIT: Fruits and veggies of a particular season helps one to cope with the changes that season brings along. To make sure you stay hydrated in hot summers, include summer fruits like lychee and jackfruit in your diet.

FERMENTED FOODS: There is a common perception that fermented foods such as yoghurts, pickles, breads, fermented cheese are best avoided in summer as sour foods increase heat in the body and can lead to indigestion and heartburn. Experts, however, beg to differ. In the Eastern part of our country (Bengal, Assam

and Orissa) people traditionally cool cooked rice in water and leave it overnight. This fermented rice (called Pakhala bhaat) is then consumed in the morning. It is known to prevent heat strokes and stomach ulcer. Fermented foods restore proper balance of gut microbiota, eases digestion, and boosts immunity.

PEPPERMINT: and different mints are naturally cooling and you can feel and inhale their aromas from a distance. Summer herbs like cilantro, dill, mint have antioxidant and anti-inflammatory properties, they ease digestion and give relief from acidity and headaches that are common during the summer season. Some herbs change their properties in their different forms. Pudina (garden mint) is cooling when used fresh and heating when used in dry powdered form, so it used dried and stored for later use in other seasons.

— Inputs by Arti Gaur, practitioner of Ayurveda, yoga, Wicca, Pranac Healing & Mumun Generalist, Nutritionist & Fitness Consultant

A QUICK CHECKLIST

DATES: Fresh dates are cooling, sweet and demulcent (relieves inflammation)

SAFFRON: It is both cooling, pungent and sweet. It is an essential ingredient in thandai, kulfi and Chyawanprash

CHYAWANPRASH: Its base is amla, which is cooling. It also has herbs like sandalwood, agarwood which lend it cooling properties. Combine with cold or warm desi cow’s milk to drink it

ONIONS: The quercetin in them has anti-allergenic property and helps to deal with summer rashes

GHEE: On the contrary, ghee is cooling in nature, is anti-inflammatory and prevents heart burn and acidity.



WELLNESS

How to handle MONSOON MOODS

While many romance the rains, there are others who feel gloomy.

Here’s how to beat Seasonal Affective Disorder

Call your friends over for a hot cup of coffee: The best way to relax and enjoy the season is by calling over friends to your home for a hot cup of tea/coffee. Apart from chatting, you can also play board-games or organise a movie marathon. You automatically start being happy when you have people around you.

Go for a long walk: Clinical psychiatrist Mimrah Ansari says, “There’s something energising about the rains. The cool weather instantly lifts your mood and you won’t feel gloomy. It will also give you ample amount of time to think about yourself.” You don’t have to go out on a brisk walk — a normal or slow-paced walk will work wonders. Make sure you have a pair of rain boots.

WHAT ARE ‘MONSOON BLUES’?

A Seasonal Affective Disorder caused by the change in weather. There are many people who feel gloomy and lazy when it’s raining. The changes can vary from feeling irritable, sleepy, snappy, frustrated, angry, dull, low self-esteem, lack of appetite and oversleeping

Brighten yourself up: The grey weather outside can really take a toll on your mind. To ensure that you stay happy and lively, try wearing something bright during this season. Colours like pink, blue, yellow, green, bright orange etc, instantly lift your mood.

Physical activity is a must: Says relationship counsellor Sauleha Shaikh, “The weather tends to make you lazy, and that, in turn, is a mood spoiler. This is why, you must invest half an hour of your time to exercising. You don’t have to visit a gym for this. Simple exercises at home are enough. If you do not wish to do that, try dancing to peppy soundtracks, which will up your mood.”

Pamper yourself:

Indulge in your favourite comfort food or in a self-care routine. Light some scented candles and drink a hot cuppa chai to beat the blues. TNN

Monsoon Special

SELF-CARE

Hello! Monsoon Skin

Skincare for transition from hot-to-humid weather

Pallavi.Shankar@timesgroup.com

Change is not easy on anyone including skin. With weather moving into the humid zone from dry heat (even if monsoon has not arrived in all of India), skin takes its time to adjust to different and fluctuating temperatures and increased humidity in the air. It can be tougher for teens who have transitioned into teenage from tweenage, leading to hormonal changes that sometimes results in acne and excessive oiliness of the skin. But like everything, there are solutions for these issues too.

EAT WELL

Your plate plays a crucial role in how your skin looks and feels. “Monsoon and even pre-monsoon time are tricky for the skin with humid air and the pollutants hanging low. But, some foods like the probiotics (curd, kefir, etc.), green veggies, apples, cucumber, banana, lettuce, watermelon and coloured capsicums helps in keeping the skin cool and free from pimples and blemishes,” explains Delhi-based dermatologist Dr Rinky Kapoor. She adds

Include 4 servings of fresh fruits and veggies in your diet every day



that “using spices such as garlic, pepper, ginger, turmeric, coriander and jeera in your daily food, too, is especially good for this season. Also, food with good fats like chia seeds, whole eggs and nuts can combat the moodiness experienced by skin (read sudden zits, itchiness, greasy look) due to the on and off warm and cool weather.”

BITTER IS BETTER

For those prone to acne and oiliness on face, trust the season’s bounty of bitter veggies and fruits work towards healing your skin. Dandelion greens, bitter melon, bael fruit and jamun fight skin infections due to their high antioxidant power and purify blood

CHANGE YOUR ROUTINE

High humidity levels can make the skin look dull if it is already oily (which is how it is with majority of teens and even late tweens). “Excess humidity can lead to frequent acne break-outs. Additionally, the sweat on your skin can catch pollutants and clog the pores making your skin susceptible to open pores and so on,” says Mumbai-based dermatologist Dr Madhulika Mhatre. What’s the solution to these skincare challenges? “Change your skincare routine to adapt it to the transition period from heat to humidity,” she suggests. So, here’s your firefighting plan to make

- Use an exfoliating agent after consulting a dermatologist
- Cleanse your face at least twice daily with a hydrating non-comedogenic (that doesn’t clog pores) cleanser
- Tea-tree toners help clean the pores
- Moisturisers should be gel-based
- If your face is getting too sticky then splash some cool water over it
- Wear sunscreen daily
- Use mud masks to remove impurities, unclog pores, improve skin metabolism and reduce inflammation
- For teens suffering from serious acne that worsens in monsoon, consult a dermatologist at the earliest

your skin behave well – follow the tips in box above and claim your glow.



It’s raining WORDS!

Siririri (n.) Origin: Spanish
Definition: A light rain; A fine drizzle; Stronger than mist but less than a shower

Rimjhim (n.) Origin: Sanskrit
Definition: The pitter-patter of a drizzle

Petrichor (n.) Origin: Greek
Definition: Pronounced PET-ri-kuhr, it means mild and pleasant scent of earth associated with the first rain after a dry spell

Serein (n.) Origin: French
Definition: Pronounced as suh-RAN, it’s the fine, light rain that falls from a clear sky in the twilight hours after sunset or in the early hours of the night; Evening serenity

Mizzle (n.) Origin: Old English
Definition: Light rain or drizzle

Chrysalism (n.) Origin: Middle English
Armniotic tranquility of being indoors during a thunderstorm, listening to waves of rain pattering against the roof

Piuviophile (n.) Origin: Latin
A lover of rain; someone who finds joy and peace during rainy days

POSTCARDS

Mandu in Monsoon

Monsoon and Mandu — the ancient fort city situated in the Malwa plateau in Madhya Pradesh — have a deep connect as the city ruins sees water as an integral part of design and theme. The monsoon winds here tickle and play hide-and-seek with the ravines and abandoned palaces.

This medieval city, once known by the names Mandavgarh and Shadiabad, is an architectural storehouse that

encompasses ancient stone walls, darwazas, tombs, mosques and a caravanserai. The forgotten ruins of Rewa Kund still echo the love tales of Rani Roopmati and Sultan Baz Bahadur. It is till date one of the finest network of water supply that uses a great network of channels and terracotta and ceramic pipes. Jal Mahal

and Jahaz Mahal comes to life with monsoon showers filling the adjacent waterbodies and the dusty lanes of history smiling all over again. The magic of water is unique to this place as not many historic cities have been conceived with water as a defining element of design. Mandu also sees the presence of Persian wheels that arrived here around 13th century to draw water from the wells.

Situated between two artificial lakes, Jahaz Mahal is a two-storied architectural marvel is so named as it appears as a ship floating in water. It was built by Sultan Ghiyas-ud-din Khalji



Why Panchkarma is a must in monsoon

Rains bring joy and a sense of relief but this is also the season when our body goes

into Vata imbalance. The changing temperature, biometric pressure and dirty surroundings break down the body leading to routine diseases like cold, cough, flu, Malaria and more. Panchkarma cleanses the body, cools down the body temperature and

brings a sense of purification. Panchakarma is a five-fold therapy; it is highly individualised based on the

needs of the individual depending on the Ayurvedic constitutional type, doshic imbalances, age, digestive strength, immune status, and many other factors. This is a process used to clean the body of toxic materials left by disease, poor nutrition and environmental toxins.

These channels define the nervous system, digestive system, gut and overall working of the body. They undergo physiological processes that aid in the removal of toxicity, absorption of nutrients, aids digestion and regulate proper working of the body organs and the systems. Through the various techniques like Swedana (Sweating to detoxify), Abhyanga (Infusion of herbal oils for nourishing and revitalizing), Pizhichil (Oil bath to reduce fatigue and stress), the Panchkarma Therapy works in miraculous ways to harmonise the body, mind, and soul. Accumulation of ama (toxin) is the primary reason for almost every disease and Panchakarma helps us get rid of ama.

— Dr Manoj Kutteri, expert at a wellness centre

Sign up for PLASTIC-FREE July

Since 2011, July has been celebrated as 'Plastic Free July' thanks to a global movement that has sought to inspire and challenge people to find solutions to one of the biggest planet polluters - plastics. Here's all you need to know about this month that started many on their zero-waste journey and created awareness against the not-so-fantastic plastic. And how you too can be part of this initiative

WHAT IS PLASTIC FREE JULY

Plastic-Free July is a global movement that is helping millions of people be part of the solution to plastic pollution - so we can enjoy a world free of plastic waste. It is a campaign to raise awareness of

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."
— ANNE MARIE BONNEAU, aka The Zero Waste Chef

our growing plastic-waste issue, and is run by the Plastic Free July Foundation, a registered charity. Their mission is to build a global movement that drastically reduces plastic use and improves recycling. Their vision is a world without plastic waste. Over 2 million people from 159 countries are taking part in the annual Plastic Free July challenge by reducing their consumption of single-use plastics in July and beyond.

HOW IT STARTED

Plastic Free July founder, Rebecca Prince-Ruiz visited her local waste sorting facility. Rebecca saw the amount of rubbish that was being sorted and realised the heart of the plastic waste and pollution problem was in the quantity of the rubbish. So she challenged her workmates; "I'm going to go plastic free next month. Who wants to join me?" And so it started.

WHAT DO PEOPLE DO

On Plastic Free July's website, people can take a pledge to participate in

In 2020, amid a global pandemic, Plastic Free July participants avoided a whopping 940 million kilograms of plastic waste. A huge amount of plastic that didn't end up in landfill or in our oceans!

BEYOND SINGLE USE

As you begin to master replacements for single-use items, take things a step further and look at other items you regularly buy that typically come packaged in plastic. For example: toothpaste, dish soap, ketchup, online shopping orders, lotion, and sponges. There's a plastic-free alternative out there for everything.

a variety of ways. You can pledge to observe the challenge for just one day, one week, the entirety of July, or for July and beyond. You can also pledge to reduce your plastic in a few different ways: you can avoid single-use packaging, you can avoid the "big four" (see box), or you can aim to go

completely plastic-free. Additionally, you can pledge to make these changes on a personal level, at your work, at your school, at an upcoming event, in your community, or anywhere else you are involved.

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DO A PLASTIC AUDIT

To understand what changes you need to make, start with surveying your home and the amount of plastic that ends up being used or discarded. While this exercise may seem shocking at first, it will help you take decisive action and be a great motivation to continue doing so. Here's how to conduct a personal plastic audit

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."
— DR. SEUSS, writer in 'The Lorax'

- 1 Set the time frame of the audit. While a month is ideal, a two-week frame may be more doable for your first time.
- 2 Collect all plastic waste (recyclable or not). Separate it from other waste. Look out for hidden plastic in paper cups, the top sheet in notebooks, wipes, teabags, toiletries etc. Save it all.
- 3 Once your two weeks are done, sort the plastic waste, categorise it, note it all down and dispose of it properly.
- 4 Make it fun. Take a selfie with all the plastic you collected to inspire others.
- 5 This is now your list of problem areas. Based on this list, identify how you can change this.

"The most environmentally friendly product is the one you didn't buy."
— JOSHUA BECKER, founder of Becoming Minimalist

"If we want to move towards a low-polluting, sustainable society, we need to get consumers to think about their purchases."
— DAVID SUZUKI, environmental activist

TIP: Don't try to change everything in one go. Make sure the changes you are thinking of are easily doable by all members of the family

HERE'S A CHECKLIST

- Reusable produce bags, bringing your own container for takeaway food or using shampoo and soap bars are easy starting points for cutting down personal plastic
- Replace cling wraps with fabric ones. The rotis will be fine in a cloth cover or even a beeswax wrap
- Say no to plastic bags when out; request and insist on biodegradable food packaging when ordering out. This month, be vigilant as much as possible
- Choose groceries in paper or cardboard packaging

TIP: To make a change, choose any of the following steps, but not all. Focus on changing one or two things during Plastic Free July

- Plan ahead and avoid buying pre-packed bread, rolls or baked goods
- Celebrating? Learn how to make plastic-free decorations
- Help people go plastic free by sharing your ideas on social media, or during meet-ups with friends
- Switch to biodegradable bin liners or better yet, learn about composting
- The big step: DIY your house cleaning and personal products. Or shop for eco-friendly products

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make"
— JANE GOODALL, primatologist and anthropologist

TACKLE THE BIG 4

According to blogger Kathryn Kellogg from 'Going Zero Waste', a great place to start is with the **Big Four: plastic bags, water bottles, straws, and coffee cups**. These changes are all much easier than you think - it's just a matter of replacing your existing habits with new habits. Make it part of your daily routine to pack a tote bag, a reusable water bottle, a reusable straw, and a reusable coffee cup on any day where there's a chance you'll buy something or need a coffee.

By 2050, it is estimated there will be more plastic in the ocean than fish

Worldwide, about 2 million plastic bags are used every minute. And the average time that a plastic bag is used for is...12 minutes!

GET INSPIRED

Follow these accounts and websites to help you with ideas on how to go zero-waste

@rocket_science

Dr Anita Vandyke, MD is a rocket scientist and the author of two books about transitioning to a zero-waste lifestyle in '30 days: A Zero Waste Family' and 'A Zero Waste Life'. On her Instagram page she documents her zero-waste lifestyle habits.



@zerowastechef

Anne-Marie Bonneau can help you sort the plastic in your kitchen, one of the most wasteful rooms in homes. From handling food packaging, food scraps like peels and pits, and spoiled food Bonneau's Instagram account and blog is full of creative tips and recipes for reducing waste while cooking and eating.



people wanting to make small changes. A young fashion graduate,

@zerowasteadda

Pankti is an Ahmedabad based zero-waste practitioner and a slow-fashion advocate. Her account is a treasure trove of useful tips on how you can make the gradual transition to using plastic minimally.



This is where all the action is at. Follow it and be part of the global movement. Check their blog

on www.plasticfreejuly.org.

@pradeep_sangwan_

An environmentalist trekker who documents his zero-waste adventures at high altitudes.



"The world is changed by your example, not by your opinion."
— PAULO COELHO, writer

@ullisu.official

Run by Mrudula, the website, Instagram page and also a store is a handy guide for



What is so wrong with plastic bags?

Like all plastic, plastic bags too come from the same source: crude oil and like everything else manufactured from this non-renewable resource, its manufacturing emits considerable amounts of pollution, and the product is not biodegradable. In other words, it is difficult to produce, and nearly impossible to get rid of once produced. On land, plastic bags are one of the most common types of litter worldwide. Here's what's wrong:

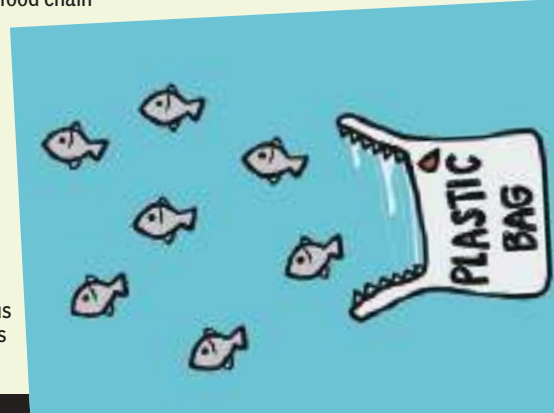
- 1 Build-ups of plastic bags are notorious for causing blockages of local drainage systems in developing countries. The floods in

Bangladesh in 1988 and 1998, and frequent flooding in Manila can be attributed to blockages caused by this litter.

- 2 Plastic bags also pose serious health hazards as over time they leach toxic chemicals into water supplies.
- 3 Plastic bags are difficult and costly to recycle and most end up on landfill sites where they take around 300 years to photodegrade. They break down into tiny toxic particles that contaminate the soil and waterways and enter the food chain when animals accidentally ingest them.
- 4 Plastic bags are now amongst the top 12 items of debris most often found along coastlines ranging from Spitzbergen in the north to the Falklands in the south. Animals and sea creatures are hurt and killed every day by these discarded plastic bags.
- 5 Add to that the enormous amounts of energy that's used every year in order

to manufacture these bags. The total amount of energy required to drive a car for one kilometer or 0.5 miles is the equivalent energy required to produce nine plastic bags.

6 The plastic bags are filled with toxic, harmful chemicals that include estrogen-like substances. Plastic has hormone-mimicking qualities, and the plastic products released chemicals that mimicked estrogen.



SHARE WITH US

Are you taking the Plastic Free July Pledge? Are you planning to reduce your plastic consumption? Have you identified an area of your life where you can cut down on plastic? Share your inspiring stories, findings or even failed attempts with us at timesnie175@gmail.com. Come, be the inspiration.

COMEDY Weekend

Laugh till you cry with some of the best classic comedies from Hollywood and Bollywood this weekend...



MRS DOUBTFIRE

Troubled that he has little access to his children, divorced Daniel Hillard (Robin Williams), hatches an elaborate plan. With help from his creative brother Frank (Harvey Fierstein), he dresses as an old British woman and convinces his ex-wife, Miranda (Sally Field), to hire him as a nanny!

SCHOOL OF ROCK

Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolises and emulates — much to the displeasure of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands.



GROWN UPS

A single man who drinks too much. A father with three daughters who he rarely sees. A guy who is overweight and unemployed. A hen-pecked househusband. A successful Hollywood agent married to a fashion designer. What do these five men have in common? They used to play for the same basketball team at school. Now their former coach has died, and they are reunited at his funeral. Will the group rediscover old bonds?



SHE'S THE MAN

Viola Johnson (Amanda Bynes) is in a real jam. Complications threaten her scheme to pose as her twin brother, Sebastian, and take his place at a new boarding school. She falls in love with her handsome roommate, Duke, who loves beautiful Olivia, who has fallen for Sebastian! As if that were not enough, Viola's twin returns from London ahead of schedule but has no idea that his sister has already replaced him on campus.



ADDAMS FAMILY VALUES

The members of the odd Addams Family are up to more macabre antics in this sequel. This time around, Gomez Addams (Raul Julia) and his wife, Morticia (Anjelica Huston), are celebrating the arrival of a baby boy. But siblings Wednesday (Christina Ricci) and Pugsley (Jimmy Workman) are none too happy, and try their best to eliminate the infant. When nanny Debbie Jelinsky (Joan Cusack) appears to



5 CLASSIC INDIAN COMEDIES YOU CAN NEVER TIRE OF...

The simplicity of Hindi movies made in the '70s to '90s still can't be matched. Here are a few...

gangster, Teja, who turns their lives upside down.

GOL MAAL

Ramprasad works for Bhavani, who discourages his employees from pursuing any hobbies. Things take a hilarious turn when Bhavani catches Ramprasad at a hockey match, and he lies about having a twin.



editor to expose the scandalous activities of the rich, come across corruption by a builder and accidentally photograph a murder.

CHUPKE CHUPKE

Mischievous botany professor Parimal Tripathi (Dharmendra) plays a little trick on his brother-in-law Raghav (Om Prakash). Jealous of the high esteem in which his own wife, Sulekha (Sharmila Tagore), holds the other man, Parimal decides to impersonate Raghav's new driver. Laying the groundwork for a series of hilarious misunderstandings, the disguised professor throws doubt on his wife's fidelity and gets his best buddy, Sukumar (Amitabh Bachchan), to help out by impersonating Parimal.



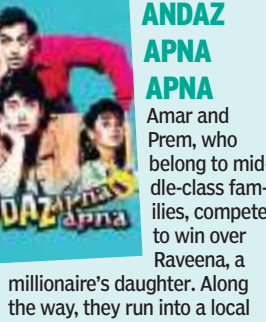
ANGOOR

Two pairs of identical twins are separated following an unfortunate incident. However, years later, their lives intertwine, leading to confusion and misunderstandings.



JAANE BHI DO YAARO

Two photographers, who are employed by a newspaper



ANDAZ APNA APNA

Amar and Prem, who belong to middle-class families, compete to win over Raveena, a millionaire's daughter. Along the way, they run into a local

keep the kids in line, her presence leads to an unexpected treacherous twist.

A KNIGHT'S TALE

Peasant-born William Thatcher (Heath Ledger) begins a quest to change his stars, win the heart of a maiden (Shanynn Sossamon) and rock his medieval world. With the help of friends (Mark Addy, Paul Bettany, Alan Tudyk), he faces the ultimate test of medieval gallantry — tournament jousting — and tries to discover if he has the mettle to become a legend.



DEATH BECOMES HER

When a novelist loses her man to a movie star and former friend, she winds up in a psychiatric hospital. Years later, she returns home to confront the now-married couple, looking radiant. Her ex-husband's new wife wants to know her secret, and discovers that she has been taking a mysterious drug which grants eternal life. The actress follows suit, but discovers that immortality has a price.



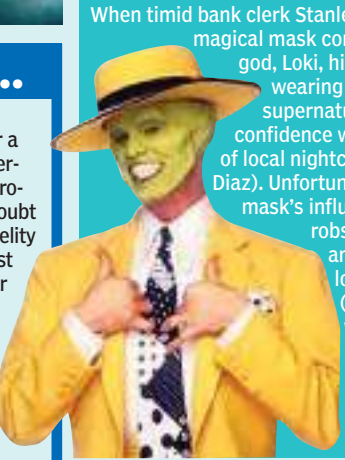
HONEY, I SHRUNK THE KIDS

When kids sneak into inventor Wayne Szalinski's (Rick Moranis) upstairs lab to retrieve an errant baseball, his experimental shrink ray miniaturises them. When Szalinski returns home, he destroys the device, which he thinks is a failure, and dumps it in the trash, throwing out the kids along with it. The four children, now 1/4-inch tall, must survive the journey back to the house through a yard where sprinklers bring treacherous storms and garden-variety ants stampede like elephants.



THE MASK

When timid bank clerk Stanley Ipkiss (Jim Carrey) discovers a magical mask containing the spirit of the Norse god, Loki, his entire life changes. While wearing the mask, Ipkiss becomes a supernatural playboy exuding charm and confidence which allows him to catch the eye of local nightclub singer Tina Carlyle (Cameron Diaz). Unfortunately, under the mask's influence, Ipkiss also robs a bank, which angers junior crime lord Dorian Tyrell (Peter Greene), whose goons get blamed for the heist.



17 AGAIN

Mike O'Donnell (Matthew Perry) was a high-school basketball star with a bright future, but he threw it all away to marry his girlfriend and raise their child. Almost 20 years later, Mike's marriage has failed, his kids think he's a loser, and his job is going nowhere. He gets a chance to correct the mistakes of his past and change his life when he is miraculously transformed into a teenager (Zac Efron), but in trying to fix his past, Mike may be jeopardising his present and future.



FIGHT PANDEMIC PROCRASTINATION

Here's how you can get work done, if the phrase 'just do it' doesn't inspire you anymore

Nitya.Shukla@timesgroup.com

In the pre-Covid era, procrastination was as pretty as Scarlett O'Hara, who said, "After all, tomorrow is another day" in 'Gone With the Wind'. A little bit of delay was okay. Now we're doggedly staying up late at night in an act of 'revenge bedtime procrastination', waking up more tired and haggard; or cleaning the bathroom floor instead of answering work emails or studying in an act of 'productive procrastination'. Anything that can be done later is assigned to an imaginary 'tomorrow'.

It's not you, it's the pandemic

Welcome to the era of 'pandemic procrastination', a term that has become so popular than everyone's writing about it. According to reports, Covid-19 has resulted in an escalating mental health crisis. Writes psychologist Dr Yaser Dorri on www.newsnetwork.mayo-clinic.org, "When people are fearful, stressed or depressed, they are more likely to procrastinate, and delay or postpone tasks and assignments." Delhi-based psychiatrist Dr Sanjay Chugh offers another explanation of Covid-19's impact on our tendency to put things off. According to him, the homebound-lockdown life meant 'the pressure to deliver fell away drastically' which worked against us. He says, "You became used to doing things in a more laid-back fashion... You started feeling that you have time... so, let me watch a show or chat or play some video games and do my task after some time. Except that when you started doing the task that you had procrastinated on, you realised that you have already run out of time or ideas. And then you think... let me do it tomorrow because tomorrow also I

don't have to go to school and college."

Just beat it

Dr Chugh swears by the 'just do it' mantra. He says, "If you have to submit something a week from today then it is better to do it now, so that the next 6 days are free." However, if that doesn't work for you, try his 2-minute rule. "If I have to do something I tell myself I have 2 minutes to start doing it. Once that inertia has been taken care of, one gradually moves towards the completion of the task."

"Revenge bedtime procrastination" as defined by writer Daphne K Lee is the phenomenon in which people who don't have much control over their daytime life refuse to sleep early to regain some sense of freedom during late night hours. Productive procrastination is defined as organising your wardrobe instead of writing that report



Hail #bookpower

As die-hard readers, we'll always tell you to pick up a book that offers science-based tools and strategies to counter procrastination. Here are some of them:

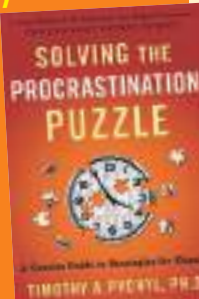
'Chatter' by Ethan Kross

Listen to your inner voice, engage with it, but don't give in to all its suggestions, advises experimental psychologist and neuroscientist Ethan Kross in his book 'Chatter: The Voice in Our Head, Why It Matters, and How to Harness It'. His book is about our inner voice and its role in making and executing decisions that can help you understand why you'd rather get lost in social media or doomscroll against your better judgement; and how to avoid it.



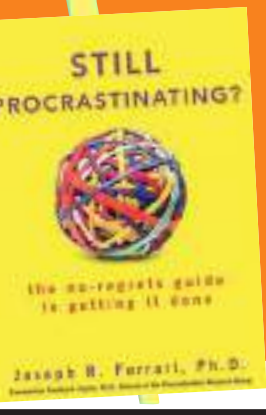
'Solving the Procrastination Puzzle' by Tim Pynch

Ontario, procrastination is "not a time-management problem but an emotion-management problem". Understand the science of procrastination, and you'll know when your brain is playing tricks on you.



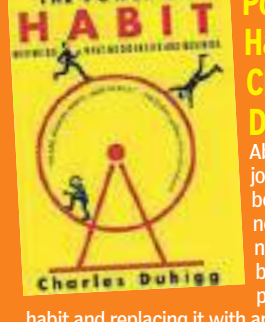
'Still Procrastinating' by Joseph R Ferrari

Unlike the gentle, almost cajoling language employed by Kross in 'Chatter', this one will feel like you are being read the riot act. Having researched procrastination for over 30 years, Ferrari has no patience for the decisional procrastinators — the ones who actively delay things for the temporary joys of instant gratification. That said, this book is full of practical tools, tips and strategies to get the job done before the deadline.



'The Power of Habit' by Charles Duhigg

Above all, the journey to becoming a non-procrastinator is about breaking one pattern or a habit and replacing it with another, which will set you free from the constant mental stress of keeping a project pending. This book is one of the best resources if you are keen to understand how to actively reprogram your brain by changing the definition of what it perceives to be a 'reward'.



'Steal Like An Artist' by Austin Kleon

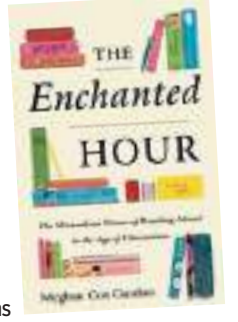
At first take, this one probably doesn't look like it belongs in this list. However, this creative workbook is full of challenges that will motivate you to handle problems head on when you attempt them in under 10 minutes or less. Attempt one each day to start your journey.



THE POWER OF READING ALOUD

Meghan Cox Gurdon in her book, 'The Enchanted Hour', reveals some of the benefits of reading out loud:

Ditch the phone
Where screens and technology divide people even when they are in the same room, sitting with a book in physical proximity brings benefits. Additionally, when someone reads aloud and someone else listens, their brains synchronise — the storyteller and the storyhearer are experiencing the same brain activity and release of neurochemicals. This process, known as neural coupling, was shown by US scientists using fMRI scanners at Princeton, and the study explains why reading with others can create a sense of unity and closeness.



Start small
Begin where you are and do it today. You don't need to read aloud for an hour, or a year, or forever. Pick up a book or a magazine or even a packet of breakfast cereal, and start reading to someone you love.



Have fun
Just read what's on the page and let the words cast their spell. Don't worry if you feel shy about reading out loud. Lots of people do. Stick with it. If your listeners want to get up and move around, let them. Some people focus better when their hands are busy. There's no 'correct' way to read aloud, there's just your way.



Photo: GETTY IMAGES

PEDALLING TO VICTORY

An eco-friendly mode of transport, a solid workout routine, or just a fun pastime, cycling is all of this and more, with competitive cycling drawing some of the greatest of athletes the world over. It is a sport that requires stamina, physical strength and will power to be the best. Here is a look at competitive cycling...

HISTORY

The first-ever international competitive cycling race was held in the year 1968 in Parc de Saint-Clud in Paris. Young 18-year-old James Moore, a British expat, won the 1200 metre race. The very next year, the first city-to-city race was held between Paris and Rouen. Having covered the 135 km (84 miles) in 10 hours 25 minutes, Moore was declared the winner of this tournament as well.

India's connection with competitive cycling dates back to the mid-1930s, when Jankidas Mehra not only introduced cycling as a sport in India but also put India on the world map when he took part in the British Empire Games in Sydney, Australia, in 1938. His passion for the sport helped Indian Cycling to be affiliated to the National Cycling Federation and then to the National Cyclists Union of England.

KINDS OF RACES

Road race: As the name suggests, the road race is held on open roads and highways, and is often a point-to-point or town-to-town race, or a combination of several point-to-point stages. For most of the races, the winner is decided based on who reaches the finish line first. Sometimes, it may also be held in a closed circuit which may involve several laps of the arena. In the longer tours, some stages involve a time trial, with riders being sent off at intervals, racing against the clock. The winner is then decided on the basis of the lowest cumulative time for all the stages.

Cycle specs: Road race bikes are sleek, lightweight, high-performance machines with a shorter stack height and longer reaches than other bikes.

Track cycling: Track cycling races take place on banked tracks or velodromes. An Olympic velodrome is made of wood. The particular track consists of multiple lines, starting with a wide blue line near the bottom, which helps separate the track from the infield warm-up area. Followed by a thin black line next to it indicating the shortest distance on the track. Above that is the red line which allows a person to pass the rider in front of them by moving to the right. Lastly, the blue line above the red, the area above that is a rest area for riders.

Cycle specs: The bicycles used in this type of race do not have brakes. Applying sudden brakes could result in a collision. Instead, the bicycles have fixed gears, so the speed is gradually slowed by shifting these gears.

Cyclo-cross race: Cyclo-cross events consist of several short laps of 3-4 km, featuring

various terrain like pavements, grass, hills, muddy roads, etc. The race that typically lasts a short time, is known for its lively atmosphere.

Cycle specs: Cyclo-cross bikes are lightweight with narrow tires and drop handlebars. They have basic gears, stronger frames and disc brakes.

Mountain bike race: Held on off-road terrain, a mountain bike race is usually categorised under extreme sports as it is often held over rough terrain, using specially designed mountain bikes. This sport requires high endurance skills, core strength, good balance, bike handling skills, and strong mental health. There are several different types of mountain bike races, like the Cross-Country, Downhill, Downhill Slalom.

Cycle specs: Mountain bikes are similar to most bikes but incorporate features designed to enhance durability and performance in rough terrain.

BMX: Popularly known as the sprint race, BMX is held on single-lap tracks consisting of a starting gate for up to eight racers, a groomed, serpentine, dirt race course made of various jumps and rollers and a finish line. The course is usually flat and is about 15 feet (4.6 m) wide and has large banked corners, which are angled inward, that help the riders maintain speed. The sport is very family-oriented and largely audience-driven.

Cycle specs: There are three types of BMX bikes: the true BMX bike, the freestyle bike and the dirt jumper or just 'jump' bike. The common feature for all of these is a sturdy, lightweight frame, and knobby tyres.

INTERNATIONAL CYCLING EVENTS

Tour de France, Giro d'Italia, and the Vuelta a España, are considered the Grand Tours of cycling

A look at some of the most competitive tournaments

Tour de France: The Tour de France is the world's most prestigious and most difficult race of all. Also known as La Grande Boucle, Le Tour or The Tour; the tournament attracts the best of the best riders from around the world. Staged for three weeks in July, the race has 21 stages. The Tour typically comprises 20 professional teams of 9 riders each. The race covers a distance of 3,600 km (2,235 miles), mainly in France. The racers navigate through the Pyrenees and the Alps, and finish on the Champs-Élysées in Paris. What makes the race formidable is that it has a number of climbs and downhill rides. The climb of Alpe d'Huez has become one of the most noted mountain stages.

Giro d'Italia: Known to be the second-toughest race after Tour de France, Giro d'Italia is regarded as a highly prestigious European multi-stage race. Like most Tours, each tour is 3 weeks long, with 21 stages and 2 days of break. It is predominantly held in Italy, but the route changes every year with the exception of some editions choosing another host country. The first person to win the Giro d'Italia was Luigi Ganna. Alfredo Binda, Fausto Coppi and Eddy Merckx have won the Tour five times each.

Vuelta a España: This is an annual multi-stage race held in Spain, but meanders into neighbouring countries. The race is held over 23 days in 21 stages. All the stages are timed. The rider with the lowest aggregate time is the leader of the race and gets to don the red jersey. The timings of each stage are compounded and added to the next stage. The points classification for the sprinters, the mountains classification for the climbers, combination classification for the all-round riders, and the team classification for the competing teams are what make this tournament most interesting. The route changes every year but primarily

passes through the mountain chain of the Pyrenees, and finishes in the Spanish capital, Madrid.

Paris-Roubaix: The one-day professional men's race starts from northern Paris and ends at the border of Belgium. Known as world classics, it is one of the oldest cycling events in the European calendar. Famous for rough terrain and cobblestones, the tour has gained names such as 'Hell of the north', 'Queen of the classics', over the years. Among the 20 sections of cobble roads, the most famous are Trouée d'Arenberg and the Carrefour de l'Arbre. Belgian cyclists Tom Boonen and Roger de Vlaeminck hold the record for the most wins of Paris-Roubaix. Philippe Gilbert from Belgium won the race for the most recent Tour help in 2019.

World Track Championships: Regulated by the Union Cycliste Internationale (UCI), the World Track Championships is an annual event comprising races from various disciplines and distances in track cycling. The current events include time trial, keirin, individual pursuit, team pursuit, points race, scratch race, sprint, team sprint, omnium and, for men only, the madison.

World Road Championships: Similar to World Track Championships, the UCI Road World Championships consists of events for road races and individual time trials, and a newly introduced mixed team relay. The one-day event for professional cyclists takes place annually. The winner is declared the World Cycling Champion and earns the right to wear the prestigious Rainbow Jersey for the entire year while taking part in road races or stage events.

The Olympics: Known as a core Olympic sport, cycling is one of the five sports that has been contested at every single Olympics game since its inception. Some of the categories

such as the 1,000m sprint and the 4,000m team pursuit have had a long history at the Olympics. While events such as Tandem have been dropped from the programme, others have been added recently: Omnium is a multiple race event in track cycling. There are currently four disciplines in Olympic cycling: track cycling, road cycling, mountain-bike and BMX, which is the latest addition to the Games. A total of 22 cycling events will be part of the Tokyo Olympic 2020.

Commonwealth Games Cycling: A main competition at the Commonwealth Games sports, cycling has been on the programme for every Commonwealth Games since 1934. All disciplines except Road Cycling is an optional sport. Cycling on the Commonwealth Games programme includes track and the mountain bike race, the latest addition to the event.

The Tour Down Under: Traditionally the inaugural event of the UCI, the Tour Down Under is Australia's greatest cycling event, with a rich history. Regarded as the most famous tournament of the southern hemisphere, the event comprises six stages. The route passes through beautiful beaches to classic vineyards, in the city of Adelaide and iconic South Australian regional towns. Usually held in the month of January, the event grabbed international headlines in 2009 when Lance Armstrong expressed his interest as part of his comeback.

UCI Cycling World Championships: Set to begin in the month of August of 2023, UCI Cycling World Championships is the newest major cycling event that has been added to the circuit. It is hoping to bring all the cycling world championships to one location. It will be held once every four years in the summer, predominantly the year before the Olympic Games.

MOST SUCCESSFUL CYCLING CHAMPS

EDDY MERCKX (Belgium)

Famously known as 'The Cannibal' for his merciless and aggressive approach on the tracks, Eddy Merckx is described as the greatest and most successful cyclist of all time. He dominated professional cycling for 10 years, and during this time, won every single major race on the pro calendar. He holds the record for 445 victories. We may never again see a cyclist who's capable of breaking his records.



BERNARD HINAULT (France)

With a total of 250 professional victories, 52 time-trial wins, 10 Grand Tour titles and five victories in cycling's one-day classics, Hinault is the only rider besides Merckx to win the green, polka dot and yellow jerseys (points, mountains and overall classifications) in the Tour de France. He was also the World Road Race Champion in 1980.



LANCE ARMSTRONG (US)

One cannot deny that despite being involved in doping scandals, what Lance Armstrong has achieved in our day and age is nothing short of remarkable. One may argue that his results are rigged, but Armstrong beat the best of the best, most of whom were also using performance-enhancing drugs. His seven consecutive Tour de France victories were the most by any cyclist. He also has a world championship to his name (1993) and won a bronze medal at the 2000 Olympic Games.



MARIANNE VOS (The Netherlands)

Vos is known as the best women's cyclist in the world. She is the world champion in every discipline, ranging from mountain biking to cyclocross. In cyclocross alone, she has won seven world titles. She is a three-time world race champion and also bagged the gold in the 2012 Olympics. Vos is considered the Eddy Merckx of women's cycling.



JANKIDAS MEHRA (India)

Born in the 1900s, Jankidas Mehra took up cycling as a hobby at a young age. He gradually succeeded in the sport and won many accolades in India. He broke 8 records between 1934-1942. He went on to become the sole Indian member of the panel that led the International Olympic Committee during the 1936 Olympic Games in Berlin. In 1946, he founded the Cycling Federation of India that began training Indians for international tournaments.



Photo: REUTERS



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

> School is not only a hub of learning but is also about many fun moments, say students
PAGE 2



> Check out your favourite activity corner - From quiz to English grammar, you have it all
PAGE 3



> Euro20: A SWOT analysis of the quarter finals, as England emerges as a strong contender
PAGE 4



STUDENT EDITION

FRIDAY, JULY 2, 2021



Quote unquote



The judiciary cannot be controlled directly or indirectly by the legislature or the executive, or else the 'Rule of Law' would become illusory. At the same time, judges should not be swayed by the emotional pitch of public opinion either, which is getting amplified through social media platforms. Judges have to be mindful of the fact that the noise thus amplified is not necessarily reflective of what is right and what the majority believes in. The new media tools that have enormous amplifying ability are incapable of distinguishing between right and wrong, good and bad, and the real and fake. Media trials cannot be a guiding factor in deciding cases extremely vital to function independently and withstand all external aids and pressures. While there is a lot of discussion about the pressure from the executive, it is also imperative to start a discourse as to how social media trends can affect the institutions. For the judiciary to apply checks on governmental power and action, it has to have complete freedom

NV Ramana, Chief Justice of India, addressing lawyers at the 17th Justice PD Desai memorial lecture on 'Rule of Law'

CLICK HERE: PAGE 1 AND 2

CBSE introduces financial literacy booklet for students



The National Payments Corporation of India (NPCI) and the Central Board of Secondary Education (CBSE) have joined hands to introduce a financial literacy curriculum for students of class VI. Launched as part of the new elective 'financial literacy' subject, which will enable students to have an understanding of basic financial concepts at a preliminary stage of their education, the textbook covers crucial topics on financial awareness.



- From core concepts like currency, banking, savings, and investments to advanced concepts like IMPS, UPI, USSD, NACH, PoS, mPoS, QR codes, and ATMs, this book covers all that a child might find very useful in a later stage in their life. Building upon the context of modes of digital payments, the book elaborates the role of UIDAI and the importance of Aadhaar, and Aadhaar Enabled Payment System (AePS)
- It also entails the origin of banking, the transition from coins to paper money, types of banks and major operations and services carried out by banks
- The textbook also elucidates the significant role of RBI and GOI in providing an impetus to the digital payments movement
- Complete with activities, illustrations, and practice exercises, the textbook can be accessed online on the CBSE website. NPCI has also been working for course content development with the CBSE for class VII and VIII

FORGET MARS, TIME TO LOOK BEYOND IT

With China, UAE and US closely monitoring the Red planet with various explorations, mission Mars appears to be the flavour of the moment. According to scientists, the Red Planet, with its Earth-like temperatures and atmosphere, is the most realistic extra-terrestrial world, ripe for human colonisation. But isn't to say that the solar system isn't teeming with other cosmic objects that deserve exploration. Check them out...



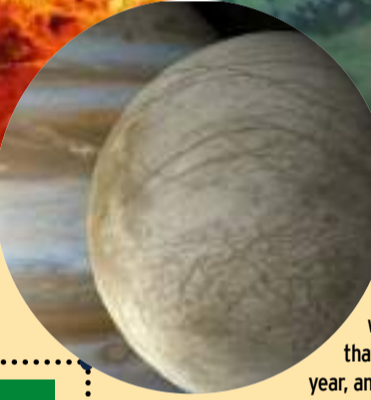
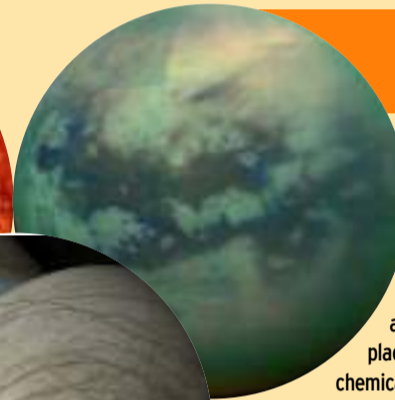
VENUS

The enigmatic planet, similar in size, geological composition and mass to our own Blue Dot, have signs that it still has active volcanoes. However, its ultra-dense atmosphere, composed mostly of carbon dioxide, surface pressures equivalent to being thousands of feet underwater, and ground-level temperatures, make it inhospitable. But further study of the planet could provide insight into how Earth itself may evolve, given that there is evidence to indicate that Venus may have once had livable conditions. The news of NASA greenlighting two missions - an orbiter called VERITAS and an atmospheric probe called DAVINCI+ - to Venus in the coming years is more than welcome.



JUPITER AND EUROPA

The Juno probe, launched in 2011, arrived at Jupiter in 2016, and has, since, paved the way for numerous discoveries that aid in understanding the king of the planets. It gave us the first glimpse of the giant planet's poles and the devastating cyclones that take place there. It also offered clues into the chemical composition of the planet, along with its complex magnetic fields. But Europa, Jupiter's fourth-largest moon deserves equal attention. Scientists theorise that it may have a subsurface ocean of warm, liquid water, and despite extreme conditions, may be able to host life in underground hydrothermal vents. Minerals associated with organic life have also been found on Europa. The hope is that the ESA's Jupiter Icy Moon Explorer, expected to launch next year, and NASA's Europa Clipper scheduled for launch in 2024, will shed more light on whether Europa harbours extra-terrestrial life.



TITAN

When it comes to hospitability, Titan, Saturn's largest moon, is another contender. With a nitrogen-rich atmosphere, it is the only cosmic body in our solar system with clear evidence of surface lakes. However, these lakes aren't filled with water but methane. Still, scientists believe that some primitive life may be able to exist in these lakes. But there is still a great deal to learn about the planet's atmosphere. NASA's Dragonfly rotorcraft drone is set to launch in 2026.

CERES

Last year, Japanese Space Agency (JAXA) accomplished a remarkable feat when it not only landed a spacecraft on an asteroid but managed to gather samples, and then slingshot back to Earth. The Hayabusa2, which was launched with asteroid 162173 Ryugu in 2018, has paved way for other such missions. Ceres, the largest asteroid in our solar system, may be worth a visit. Ceres, which may have an icy crust, a salty underground ocean, and ice volcanoes, may have once been habitable.



Indian-American Abhimanyu Mishra Becomes youngest GM in chess history



Indian-American prodigy Abhimanyu Mishra just became the youngest-ever chess Grandmaster after he scored his third GM norm in Budapest, Hungary, according to a report. The 12-year-old from New Jersey in United States became a GM from International Master, having crossed the required 2500 Elo rating barrier, chess.com website said.



- Mishra broke GM Sergey Karjakin's record that has stood for 19 years. On August 12, 2002, Karjakin, a world championship challenger in 2016, secured the Grandmaster title at the age of 12 years and seven months.
- Mishra, born on February 5, 2009, took 12 years, four months, and 25 days to obtain the highest title in chess, the website said. Mishra spent several months in Budapest, playing back-to-back tournaments, chasing the title and the record.

HEAT DOME GRIPS US



The western United States is currently under the influence of an epic heat dome, an expansive region of high atmospheric pressure characterised by heat, drought and heightened fire danger. A heat dome is a weather phenomenon in which high-pressure atmospheric conditions trap air coming in from the Pacific Ocean, heating the air column while compressing it down like a lid on a saucerpan

BOOKER PRIZE-WINNER NOVEL 'SACRED HUNGER' TO GET SERIES ADAPTATION

Author Barry Unsworth's Booker Prize-winner novel 'Sacred Hunger' will be adapted into a series. According to 'Deadline', executive producer Chris Bongine and his company Smokestack Films has joined hands with financier Stephen Leist to buy the rights to the 1992 book.



- The story follows the journey of a struggling young English doctor aboard 18th century slave ship - the Liverpool Merchant
- In 1992, 'Sacred Hunger' shared the Booker Prize with Michael Ondaatje's, 'The English Patient'

You ask,

We answer

Are you facing issues related to your academics, mental health, etc? Do you want to share your problem, but shy to reveal it to your near ones? Never mind, our expert, CBSE helpline counsellor, JAYDEB KAR, will answer queries from students, parents and educators. Your identity will be strictly protected...

As academics have gone virtual now, most of my time is spent glued to the laptop screen. But my parents do not trust me and frequently keep a check on me. What should I do, as I don't like this attitude?

No doubt, the pandemic has taken education to the virtual world, and mobile and computers are necessary for the children. In this scenario, you need to identify what act of yours hurt them and they lost trust in you. Gradually, work on gaining their trust back with your actions and communication. There is no harm in keeping your room door open and letting them check

a few times. They will trust you, once they are satisfied.

I am a student of class X. I along with my parents will be shifting from our present city to our native place. Will it be possible for me to get admission to a CBSE school during the lockdown period?

CBSE has a provision of direct admission in class X for CBSE Schools for reasons like relocating of family, job transfers, etc. Kindly contact the school you are aiming for admission at your native place. The school will process your application as per the SOP issued by the board.

(MAIL US YOUR QUERIES AT TOINIE175@GMAIL.COM)

THE TIMES OF INDIA

www.toistudent.com

RETHINK
Heard of Mottainai - the Japanese eco-friendly philosophy?

CELEBRATE THE MONSOONS
From self-care, to health to countering monsoon moods, welcome the rains with us

ENVIRONMENT
Are you signing up for Plastic Free July? We look at the history of the movement and how you can be part of it

FILMS, BOOKS
Books to fight pandemic procrastination. PLUS: The best laugh riots from the world of cinema

SPORTS
All you need to know about the sport of cycling

STUDENT EDITION

SATURDAY, JULY 3, 2021

Your Weekender

PART 1

ENGAGING TEENS CONSTRUCTIVELY

Engaging children is easy, you just need to sit with them and brainstorm about various options and observe their line of interest. With pandemic, most of the courses are online. So just assist them in choosing the right course. Here are few more options that may fascinate children...

1. ONLINE TUTOR: As most students are learning online these days, teenagers can go for teaching online to younger students and earn a good amount with the online sessions. They can also register themselves on various online learning websites and provide online learning content according to your subject preferences for such platforms.

2. DIGITAL MARKETING: The tech-savvy millennials have this lucrative option of Digital Marketing. Various online platforms provide certification courses for digital marketing after which teens can practice entry-level digital marketing and earn well, promoting businesses online.



3. DATA ENTRY: Data entry jobs are a hit amongst youngsters looking for some quick bucks. A PC or a laptop is all you require for it. Several companies need data entry workers for turning transcribed documents into computerized ones. With more emphasis on e-learning content these days, many publishing houses are also converting books into softcopies for better access. Such publishers are also

looking for data entry workers for long association.

4. BLOGGING: For homebound teens, expressing their feelings through blogging can be a great option. Once you gain popularity through your blogs you can earn well through affiliate marketing, advertising, and branding.

5. TELE CALLING: Making cold calls to people not even interested to listen to you might be a

tough task for some. But taking up this challenge through your communication skills can help high school goers a good pay-cheque.

6. GRAPHIC AND WEB DESIGNING: With the rapid technical innovation, this can surely be a long-term career option for many creative heads. It can be the coolest work as every day will be a new day working on new creative designs which is why one can never get bored off.

Apart from all these engaging ways, you can also invest your teen's time in polishing his/her skills or talents like drawing-painting, dancing, music, and much more. Online classes for all such skills are a hit during this pandemic.

While tech-savvy kids can also help their parents in the easy transition of their physical businesses to online platforms. Lastly, parents need to understand that all learning does not stand for only academics. Letting your children explore, experiment, enjoy and create, is a must in these difficult times.

JAYDEB KAR, Educationist, and CBSE helpline Counsellor

Students and staff celebrate SCHOOL FOUNDATION DAY



Sakar English School celebrated its 19th Foundation Day virtually in high spirits. The school management, students, and staff got together to express the joy of celebrating the successful completion of 18 years of academic and non-academic excellence in the field of education.

Established on June 26, 2003, with the revolutionary idea of 'dare to dream' Sakar has made an indelible mark as one of the best schools in both Ahmedabad and Gandhinagar district. For the past 18 years, the school has brought out meritorious students who have excelled in their fields, graduating from prestigious medical and engineering institutes like IIT, NIT, PDU, and the like. In sports too, school students have reached the state and national level.

The school is committed to inculcate social awareness and philanthropy in its students. So, every year the foundation day is celebrated through a blood donation camp. This year, due to the pandemic, the school was unable to do it but that did not dampen the spirit of Sakarians. The celebrations started by invoking the blessings of Lord Swaminarayan with an aarti. A beautiful PPT was designed by a student of class X, showcasing the school's



history and the incredible ways in which it has bonded together as a community of students, teachers, staff, and parents.

The energy and passion of the students were visible in the performances that they had put up. The students came up with lovely cards, songs, poems, and shared messages expressing their love for the school. The chairman, Pravin Patel ended the event with a note of thanks to the entire Sakar family, who was instrumental in making the success of

Sakar possible and giving their best efforts, especially during these trying times. The management and staff members cherished the moments, shared their experiences, and promised to collaborate their efforts for the glorification of school.

SKETCH NOTING ACTIVITY AT DPS



Over the years, multifarious learning methods have been incorporated to make learning material intriguing and to retain it in our memory for longer spans of time. Visual learning is one such method that has proven to be efficacious when it comes to condensing the information into little chunks of images which is helpful for the students to comprehend the topic better. Sketch noting is one such form of visual learning. To implement this, an activity was conducted by Delhi Public School-Bopal on June 19.

This fun way was adopted by the students of Political Science to discern about the 'Disintegration of USSR'. Under the guidance of Pushpa Nair, 52 Humanities students got in the act with zest. This activity animated their creative side thus assiduously involving them in the learning process. As all students are unique in their own way, there were exotic creative ways in which the students encapsulated the information, they were familiar with on a blank sheet of paper and used it as a means to learn more about the topic.

This helped the students to involve their different cognitive abilities like perception, attention, creativity, and decision making which are the key elements of any kind of learning. Overall, the students appreciated and enjoyed the activity.



(OUT) STANDING STUDENTS

It was the last day of 8th grade and it was the last period. We had debates among teams going on as a part of an activity. It was stimulating and I was thoroughly enjoying it. When the time was up for us, we returned to our seat. But, both our teams continued our debate (on the topics that were being given to other students)! We were warned thrice by the teacher and yet, no one was willing to listen. It ended with loudest 4 of us getting punished (standing outside the class). I remember this particular incident so vividly because that was the first time I was made to stand out of the class for disobedience!

Aarya Bhanushali, class X, S.V.D.D. English Medium Secondary High School, Mumbai



If I were a watch, well first of all I'd be pretty flattered as I would be looked at from time to time by the owner and asked about by others. It would get annoying after some, being the center of attention and all but hey! enjoying it while it lasts. The best thing about being a watch though is the respect that comes along with it. I reside on the wrist, not the filthy feet and I am kept in my beautiful box until needed. The sheer lack of risk is a big upside as well. I admit we watches aren't invulnerable but still

IF I WERE A WATCH!

compared to a shoe, or spectacles, the wear, and tear is negligible. And being built like a tank doesn't hurt either. We require a battery to run, but our batteries too pretty much last forever and even if they run out (which is very unlikely), replacement isn't that much of a hassle.

I am sometimes envious of those smart-watches, you know their tracking and the screen and all, but hey dear old quarts never go out of fashion. The only glaring downside is that after some time I just won't seem exciting anymore and I'll sit

in my box waiting for years before either my age gets me, or the owner's kid. But at least it's better than getting thrown away right?

AAYUSH AGARWAL, class IX, Zebar School for Children



Photo: Getty Images

Painters' Gallery



Manay Patel, Class I, SGVP International School



Aanya Saxena, Class V, Delhi Public School, Bopal



Amber Kanodia, Student



Anshika Verma, Class IV, Delhi Public School, Bopal



Jaival Trivedi, Class V, Zydsu School For Excellence

LEVEL-1



SEJAL ANJARIA
Art Educator,
Zebur School for
Children, Ahmedabad

Draw the easy way



Step-1



Step-2



Step-3



Step-4



Step-5



Step-6



EGRULANTIO

A: regulation B: ergonomics
C: economics D: regale

EARYLIT

A: early B: yearly
C: reality D: kitten

ISCDSNSIO

A: discussion
B: iceberg
C: curative
D: dunes

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

Riding with the Riddle

It is the home of a number of medium-to-large-sized creatures. It has a high spire and a noticeable siphonal canal. It is attractive, and is used as a decorative piece in many homes. It is an essential part of prayers in many parts of India

Answer: Conch

RINGS AND THINGS

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

2 Morocco describes the figure of an angel on a

- a) Coach
- b) Coffin
- c) Coin
- d) Column



3 Jessica gives Launcelot a

- a) Lamp
- b) Letter
- c) Loaf
- d) Liquid



4 Shylock is ready in court with a

- a) Balance
- b) Bible
- c) Box
- d) Bell



5 Something costing 2000 ducats is a

- a) Turquoise
- b) Sapphire
- c) Ruby
- d) Diamond

Quiz TIME



In Shakespeare's 'The Merchant of Venice', Jessica exchanges a ring for a monkey. Rings are also given by Portia and Nerissa to Bassanio and Gratiano. Complete these statements on other things that feature or are mentioned in the play. Choose correctly!

1 Jessica and Lorenzo are seen in a

- a) Canoe
- b) Ferry
- c) Gondola
- d) Kayak

Answers: 1) c. Gondola, 2) c. Coin, 3) b. Letter, 4) a. Balance, 5) d. Diamond

LEVEL-2

Idiom-etrics

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

(Choose the idiom that best suits the situation)

Sameer and Sunil were good friends. Both of them were bright students. But, while Sameer did well in all the subjects, Sunil had a problem recalling facts in history. 'Text me this answer,' he urged Sameer, during an online test, having forgotten the date of the Battle of Plassey. 'Sorry, that would not be right,' was the reply. Sameer believed that it was wrong to score marks by dishonest means, although he and Sunil agreed on most other matters.



- A) Turn a blind eye
- B) Keep an eye on
- C) See eye to eye

Anita played tennis well, but she refused to play against a better rival, as she did not want to endure the humiliation of defeat.



- A) Lose heart
- B) Lose face
- C) Lose touch

TRIVIA

An interesting expression comes to us from Sir Robert Hart, a British diplomat in China, who made that country his home. In a book published in 1876, he translated the Mandarin expression 'tiu lien' into English, while writing about those who had forfeited public respect. They had 'lost face' (lost reputation). 'Save face', meaning the opposite, entered the English language over 20 years later. That has nothing to do with China!

EDITOR IN THE MAKING

Weave a story with headlines

Include some of these 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) What keeps me moving
- 2) Laugh your way to good skin
- 3) Draw your experience
- 4) A manner manual for the online world
- 5) Wisdom on your fingertips
- 6) Aiming for the gold
- 7) Centre proposes ban on mis-selling, fraudulent flash sales on e-commerce platforms

Blank lines for writing a story.



Learn a NEW LANGUAGE FRENCH

Work sheet

- Q:1 What will you ask, if you wish to know your location?
- Q:2 How will you communicate that you want a one-way ticket
- Q:3 How will you ask a lady for the ticket window
- Q:4 How will you ask for the nearest hospital

1) Où sommes-nous? 2) Je voudrais acheter un billet aller simple pour Paris. 3) Bonjour! Mademoiselle, où est le guichet? 4) Monsieur, je cherche l'hôpital

- 1) Pourriez-vous prendre ma photo/notre photo?
Meaning: Will you be able to take my photo/our photo?
- 2) Où sommes-nous?
Meaning: Where are we?
- 3) Je cherche l'hôtel/l'hôpital/la banque
Meaning: I am searching for the hotel/hospital/bank
- 4) Où est le guichet?
MEANING: Where is the ticket window?
- 5) Je voudrais acheter un billet aller simple/aller-retour pour Paris
MEANING: I would like to purchase a one-way ticket/a round-trip ticket

JUST LIKE THAT



On Twist mode



NUMBER SERIES

- 1 The sum of three number is 120. The ratio of the first to the second is 3/5, and the ratio of the second to the third is 5/7. Find the second number?
A. 35 B. 40
C. 45 D. 55

- 2 Find out the wrong number in this series.
30, 42, 56, 72, 91, 121, 132, 156
A. 30 B. 72
C. 91 D. 132

- 3 Find the sum of first 17 multiples of 9?
A. 960 B. 1227
C. 1341 D. 1377

- 4 Find the sum of first 36 natural numbers
A. 666 B. 566
C. 546 D. 656

IS ENGLAND THE NEW FAVOURITES?

Euro 2020 last-16 stage threw up a bagful of surprises. The quarterfinals may not be any different. TOI gives a lowdown of what's in store

SWITZERLAND

STRENGTH: Seferovic's goal scoring prowess and Zuber's creativity on the left. The team focuses on playing direct football.
WEAKNESS: A leaky defence has conceded in every game.
OPPORTUNITY: Shaqiri seemed lost in their famous win against France. He needs to regain his form quickly.
THREAT: Weariness will be a factor because the Swiss are the most travelled team in the tournament.



Photo: GETTY IMAGES

Haris Seferovic

CZECH REPUBLIC

STRENGTH: Patrik Schick's ability to shore up goals. Organised team which plays direct football.
WEAKNESS: A wobbly backline that often struggles against aerial balls.
OPPORTUNITY: Need for other forwards and midfielders to step up and support Schick.
THREAT: If the opposition could use their wings and the width of the pitch effectively, the Czech defence might be in danger.



Photo: AFP

Patrik Schick

VS

VS

SPAIN

STRENGTH: Patient build-up play from the deep with a focus on creating space for wingers.
WEAKNESS: Need to shore up the defence. Players also need to be switched on till the final whistle.
OPPORTUNITY: In the absence of another traditional No. 9, Morata needs to find more consistency.
THREAT: An organised opponent defence could negate the threat of Spain's possession-based football.



Photo: AP

Alvaro Morata

DENMARK

STRENGTH: Brave and compact team game with a focus on organised defence.
WEAKNESS: Midfield lacks ideas. Could go into a shell quickly under opposition pressure.
OPPORTUNITY: A bit more creativity up front could make a lot of difference.
THREAT: Lost to Belgium in the group stages. They are yet to face a big team since then.



Photo: AFP

Kasper Dolberg

VS

VS

BELGIUM

STRENGTH: Lukaku's scoring form. Dynamic and creative midfield. Experienced defence.
WEAKNESS: An ageing defence could be caught out with the opposition's pace.
OPPORTUNITY: The Golden Generation lost to France at the 2018 World Cup semis. They want to win a major trophy.
THREAT: With Hazard and De Bruyne both nursing injuries, it could boost the opponent's confidence.

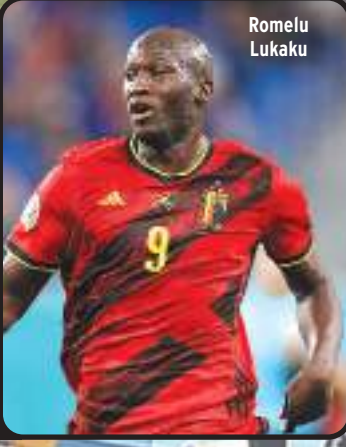


Photo: GETTY IMAGES

Romelu Lukaku

UKRAINE

STRENGTH: An intelligent midfield that can make quick transitions from defence to attack.
WEAKNESS: Lack of experience at quarters could make them nervous.
OPPORTUNITY: The chance of making a maiden semifinal appearance at a major tournament should propel the squad.
THREAT: Zinchenko has been the engine for the team. If the opponent could put a lid on him, Ukraine might struggle.



Photo: AP

Oleksandr Zinchenko

ENGLAND

STRENGTH: Wing-play and Sterling's ability to score goals.
WEAKNESS: Lack of creativity in the midfield.
OPPORTUNITY: Kane might have finally scored against Germany but he needs to find more goals if England wants to keep harbouring hopes.
THREAT: Despite attacking riches, England's defence-first approach could prove detrimental to the team's chances.



Photo: GETTY IMAGES

Raheem Sterling

ITALY

STRENGTH: Solid defence leading to serial goal-poaching. Full-backs and wing-play make them more aggressive.
WEAKNESS: Space behind full-backs, especially when Spinazzola goes on the overlap.
OPPORTUNITY: Forwards Immobile and Insigne are yet to stamp their authority. They will need to step up their game.
THREAT: An unbeaten run of 31 matches could make players complacent.



Photo: GETTY IMAGES

Lorenzo Insigne

I TRAINED LIKE A MADMAN: SRIHARI NATARAJ

The 20-year-old Indian swimmer has qualified for the upcoming Tokyo Olympics after FINA approved his qualification time



File Photo: Srihari Nataraj during the finals of 200m Freestyle at the 72nd Senior National Swimming Championship

Dream come true

On Sunday, as Srihari Nataraj took to the pool at the Foro Italico facility in Rome, it must have been a lonely 54 seconds. At the time trial, he swam alone with the single focus of booking his ticket to Tokyo. As soon as he realised he had breached the 'A' qualification mark, he let out a cry of triumph even as his fist thumped the air. Less than three days after the magical run in the 100m backstroke event where he timed 53.77, Srihari received the official nod from FINA, the world governing body for swimming.

It was a dream realised for the 20-year-old product of Dolphin Aquatics, who had missed the 'A' qualification mark of 53.85 seconds by five microseconds at the Sette Colli Trophy in Rome on Saturday. It was also a memorable moment for the country as the Bengalurean joined Sajjan Prakash in an elite club of Indian swimmers to have made the 'A' cut. As the youngster prepares for his maiden Olympics journey, he believes it is the beginning of good times for Indian swimming.

"Two of us qualifying with 'A' times shows that we can do a lot more than what we have done. We just have to find ways to do it. It is in me. In my case, I trained like a madman over the past few months. I did not take a day off unless I was forced to like in the case of the lockdown. Other than that, I haven't taken a session off. I know the difference it has made to knock off half a second," the youngster pointed out.



Srihari Nataraj

Photos: TOI

WILLIAMSON BACK ON TOP OF ICC TEST RANKINGS

New Zealand captain Kane Williamson has reclaimed the number one position in the ICC Test Rankings for batsmen after leading his side to the World Test Championship title in Southampton last week. The 30-year-old's knocks of 49 and 52 not out in the low-scoring final against India helped him move above the 900-point mark and he now enjoys a 10-point lead over Steve Smith (891 rating points). India skipper Virat Kohli remains in the fourth position while Rohit Sharma has moved up to the sixth spot. India's wicketkeeper-batsman Rishabh Pant is seventh. Williamson, who



Photo: AP

conceded the top spot to Smith two weeks ago, is back in the position he had first grabbed in November 2015 during a series against Australia. **PH**



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TODAY'S EDITION

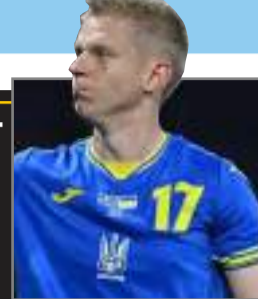
➤ How to prepare for college during a pandemic
➤ Sustainable ideas for a good and healthy life
PAGE 2



➤ With lockdowns still on in some parts of India, students share some DIY ideas you can try at home
PAGE 3



➤ Ukraine beat Sweden 2-1 after extra time
➤ T20 World Cup to be held from October 17 at UAE
PAGE 4



STUDENT EDITION

THURSDAY, JULY 1, 2021



NEWS IN BRIEFS



Serena retires from Wimbledon opener

Serena Williams, the 23-time Grand Slam singles champion from the US, was forced to retire from Wimbledon due to an injury in her first-round match against Belarusian Aliaksandra Sasnovich in London. While she never fell to the ground, Serena requested for a physio after losing serve in the fifth game, and received off-court medical timeout before returning to the court.



Amitabh Kant to stay CEO Niti Aayog till 2022

Niti Aayog CEO Amitabh Kant has been given one-year extension till June 2022, said an order by the Department of Personnel and Training issued Tuesday. The 1980-batch IAS officer was a key driver of the 'Make in India', 'Start-up India', 'Incredible India' and 'God's Own Country' initiatives. In 2019, the Appointments Committee of the Cabinet had approved the extension of his tenure for two years up to June 30, 2021. This would be the second extension.

CLICK HERE: PAGE 1 AND 2

NOT JABBED? NO ENTRY, SAYS ABU DHABI



Abu Dhabi, the oil-rich capital of the United Arab Emirates, has announced that a wide range of public places will soon be accessible only to those vaccinated against the coronavirus in a bid to encourage more people to get shots.

The Emirati government said that starting August 20, authorities will begin restricting access to shopping malls, restaurants, cafes, sporting activities, museums, gyms, schools and universities. **THE UNVACCINATED WILL EFFECTIVELY BE BARRED FROM ENTERING ANY BUSINESS IN THE CITY EXCEPT FOR SUPERMARKETS AND PHARMACIES.**

Abu Dhabi has already rolled out a "green pass" system that limits public access to those who have either received the shot or can show a negative virus test. It comes as the country increasingly bets its economic reopening on its speedy vaccination campaign. The government says that Abu Dhabi's population has received at least one dose of the vaccine.

Should India also follow such a norm at public places to avoid third wave?

SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

A SUPER-HEROES' NETWORK



While Pope Francis is usually the star at Vatican gatherings, Spider-Man, or at least an Italian who dresses up like the character, was the attention-grabber among the public lined up in rows during the pontiff's weekly Wednesday audience. The super-hero dressed man gifted Pope a Spider-Man mask

WHAT'S NEW: ONE UI WATCH, A SMART INTERFACE

Samsung unveiled its new smartwatch interface at the Mobile World conference, for the operating system it co-developed with Alphabet Inc's Google. The One UI Watch interface will come with the new Galaxy Watch for a more seamless experience between the smartwatch and Android smartphones, the firm said.



HOW TOKYO OLYMPICS IS DIFFERENT?

SUSTAINABILITY

From the get-go, the Tokyo organising committee has emphasised environmental responsibility. From the medal stands to the medals themselves, organisers never stopped looking for ways to do things just a little bit greener.

HISTORY

Japan's history is etched. Visitors can take a walk through history by visiting places such as the Imperial Palace, in temples such as Senso-ji and the Tokyo National Museum, which contains artefacts that date back to 10,000 B.C.

NEW SPORTS

The Tokyo Games will play host to four new and exciting sports in 2020 (karate, skateboarding, climbing and surfing); some that are returning to the programme (baseball and softball) and even more new events within existing sports (3x3 basketball and BMX freestyle). There also will be new mixed-gender events in seven different sports.

TECHNOLOGY

It's no surprise tech-crazy Japan will have something

special in store for the Games. One of the most visible technologies to visitors will be helpful hospitality robots on hand to assist travellers. The robots can answer questions in several languages and perform such tasks as directing patrons to their seats.

JUDO IS BACK HOME

Judo will come full circle at the 2020 Games, returning both to its homeland and the site of its Olympic debut in 1964. Japan is the all-time Olympic medal leader in judo, with as many gold medals as the next four nations combined. **THE 1964 SUMMER OLYMPICS WAS THE FIRST TIME GAMES WERE HELD IN ASIA.**



July 1 National Doctor's Day

How to write a 'thank you letter' to your DOCTOR



Most of us had some reason to grieve in the last two years owing to loss of a direct family member or perhaps, a distant one. At these tough times, the 'messiah' who walked in, dressed in white, with a stethoscope in hand, may have been your only sign of hope. If you wish to express your gratitude to the doctor who helped your family heal or helped the deceased suffer the least, let's find a way to express gratitude to them through a simple letter. These are things to remember:

not be a pleasant experience to recall but in order to pen a heart-felt letter, details play a touching and significant role. Recall that one warm gesture of the doctor or hospital attendant, one moment of assurance, how the doctor sensitised you to the illness, etc. Now, start penning down your thoughts.

GREETINGS: It is polite to address them by their last name unless they have given you permission to use their first name. Also, if it is a team of doctors that you wish to express your gratitude to, then address all with the department name.

TIMING IS IMPORTANT: Before we begin, think about the timing of your thank you note to your doctor. It's best to say thank you as soon as you receive quality care, but sometimes life gets in the way. When we're dealing with health issues and emergencies, it's understandable to forget about saying "thank you" to those helping along the way. But please remember, the sooner, the better.

DETAILS ARE SIGNIFICANT: It is best to first collect your thoughts. While for many, it may

KEEP IT TO THE POINT: Be specific - like 'Thank you for ensuring the surgery was a success; for helping diagnose the illness...it's such a relief to have my pain taken seriously'; 'Thank you for your calm demeanour and thoughtful words, and giving reason to feel better and heal faster' and so on.

DO GIVE AN UPDATE: The best gift a doctor can have is to see his patient heal faster. Hence, do add your health update and make his/her day feel positive and special.

Delhi students win DIANA AWARD

Two students from Lady Shri Ram (LSR) College and Jamia Millia Islamia have received the coveted Diana Award for 2021 for advancing the UN Sustainable Development Goals.

Twenty-one-year-old Devanshi Ranjan, a final-year student, has been awarded for her work to help underprivileged children, especially girl students, with their studies amid the Covid-19 pandemic.

Kaif Ali, a fourth-year student of Bachelor of Architecture (B.Arch), has been given the award for designing a sustainable shelter that helps reduce transmission of the coronavirus, according to a statement by Jamia.

ALI DESIGNS PRE-FABRICATED SUSTAINABLE SHELTER

According to the Jamia statement, "Ali designed a prefabricated sustainable shelter that would not only help reduce transmission

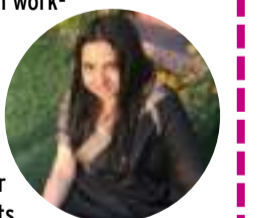


of the virus but could also house refugees worldwide in the future."

His design is now being implemented in Lagos, Nigeria, and appreciated by the Government of India, the Commonwealth of Nations, and the United Nations under the top 11 emerging innovation start-ups solving climate action, it added.

RANJAN WORKS WITH NGO LADLI FOUNDATION

Ranjan, who has been working with NGO Ladli Foundation Trust, said, "My work centered around the Covid-19 pandemic relief work. A number of surveys and reports showed an increase in the number of dropouts in schools, especially the female students, as availing education online was not affordable for all. I worked with NGO Ladli Trust and under its programme 'Pathanshala', conducted workshops and educated students from slums and villages," she added.



DIANA AWARD

Established in memory of Diana, Princess of Wales, the award is considered the 'highest accolade' a young person can achieve for social action or humanitarian efforts. It is given out by the charity of the same name and has the support of both her sons - the Duke of Cambridge and the Duke of Sussex. The Diana Award, given to people under the age category 9-25 years, was conferred on 400 people globally.



Positive Parenting

EQUIP YOUR TEEN FOR COLLEGE DURING THE PANDEMIC

There are many students who have completed their schooling and are set to enter virtual college life. This transition period from school to college is fraught with challenges that have multiplied due to Covid-19's effect on education across the world. Parents, help your children during this massive change. Some things you can do to make their life easier are as follows:

Create a routine

Offline college life gives one's life a routine that one follows. So, you can create the same effect by maintaining a proper routine with your child and motivating them to live life as if they are in college. Don't be intrusive in their life and give them the freedom they would've gotten in an offline education system.

**Create a plan**

Encourage your child to create a plan for their curriculum and give structure to online classes. We know it is tough to concentrate on an online platform, but giving it structure will help you in understanding the course and your child's learning style a bit better. Plan and execute.

Do not pressurise them

They are already going through a big change in their life and the pandemic is adding to it. So, if you want to help your child, you should remember not to pressurise him/her into doing things. Do not create pressure around the college and the courses they are choosing, give them the chance to figure things out on their own.

Bring a change in your relationship with your child

You need to accept that your child has grown up and is capable of doing things on his own. There needs to be a change in your relationship with your child. You have to eventually let them make

decisions on their own. This change will give them a sense of individuality as they will learn how to navigate through life with your support.

Be their friend

Right now, they need someone to talk to, be their friend and talk to them. A college is a place where you find friends for life, and due to online learning, they are unable to find companions they can relate to. There is al-

Take a break

Let them know it is okay if they feel overwhelmed with what is happening around them. It is natural to feel this way, they cannot be expected to be productive all the time and they can take a break if it is getting too much to handle. **TNN**



Sustainable Living

How to repurpose Skincare products

We all have skincare products that we bought on an impulse but didn't use them for reasons ranging from something not suiting our skin to not going out in pandemic time. Here are some doable tips you can follow to recycle and reuse your beauty buys in useful ways

FACE MOISTURISERS

This is an easy one, if you have face creams that did not work on your face it is perfectly okay for you to use them on your body. Your body also deserves the love you give your face. You can also use them as hand and feet moisturisers.

**OIL CLEANSERS**

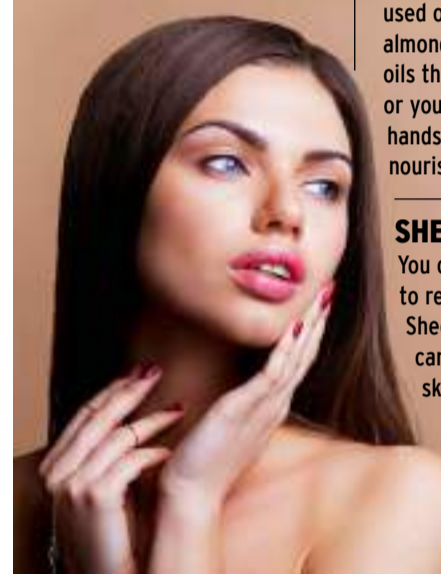
A good way to utilise the oil cleansers that broke you out is to use them as a makeup brush cleanser as it breaks the makeup particles and gives the brushes a good cleanse. You can also use oil cleansers to remove deodorant marks from your clothes.

FACIAL OILS

There are some oils that can be used on our scalp like coconut oil, almond oils, etc. You can use the facial oils that did not suit you on your scalp, or you can use them on your legs, hands and nail cuticles. Oils help in nourishing the body and hair.

SHEET MASKS

You can use sheet masks on your feet to rejuvenate and brighten this zone. Sheet masks that trouble your face can be used on the feet as feet skin is thick and would not react in the same way your face does. Place your sheet mask on your feet and wear socks over it. Keep it overnight and you will wake up to smooth skin.



Stay fit

7 health benefits of walking

Increases cardiovascular and pulmonary fitness

Walking helps in strengthening your heart and reduces the risk of coronary heart disease. Walking for at least 30 minutes five days a week is enough to gain this benefit. You just need to be consistent.

It burns calories

Who says you can burn calories only through heavy workouts? You can lose and maintain weight just by walking. How many calories you will burn depends on your walking speed, your weight, distance covered and terrain.

Boosts energy

How? Well, walking increases oxygen flow and energy, elevating the level of hormones like nor-epinephrine.

Walking is one of the most underrated forms of physical activity. But it actually is an excellent form of exercise with numerous proven health benefits. From strengthening your muscles, joints and bones to boosting your metabolism, walking contributes to all. Just walk for 30 minutes every day. All you need to do is wear a comfortable pair of shoes and hit the park/pavement

Strengthens muscles and joints

Walking helps in toning your legs by strengthening the muscles of the lower body. It also eases joint pain by lubricating and strengthening the muscles that support the joints, including hips and knees. Walking on an area with high terrain, instead of a flat surface, helps more in strengthening the muscles of the lower body.

Helps lower blood sugar

It's always advised to never directly lie down after having a meal and to have a walk instead. This is because walking after eating helps lower your blood sugar and improves digestion. A post-

meal walk also works as a great exercise that keeps you fit, so try incorporating it into your daily routine.

Relieves anxiety

Research shows that a 10-minute walk may be just as good as a 45-minute workout when it comes to relieving anxiety. Being close to nature helps to calm your mind and reduces anxiety and stress.

Eases eye pain

Staring at your screen all day without giving your eye a bit of relaxation often leads to eye pain. Digital eye strain also leads to issues like headache, blurred vision and sore eyes. Walking and looking around at the sky and greenery relaxes eyes and mind. **TNN**

A 10-minute walk may be just as good as a 45-minute workout when it comes to relieving anxiety



Strawberry & Cinnamon Rolls

LOOKING FOR A SACCHARINE ROLL TREAT? YOUR SEARCH ENDS HERE. TRY THIS EASY SWEET AND SPICY RECIPE

INGREDIENTS**For Filling**

2 1/4 cup diced fresh strawberries
3/4 tablespoon cornstarch
1 teaspoon cinnamon

For Dough

2 tablespoon nutritional yeast
1/2 cup melted unsalted butter
1/4 tablespoon salt
3/4 cup boiled low fat milk
1/2 cup brown sugar
2 cup whole wheat flour

**HOW TO MAKE**

Step 1: Preheat the oven to 350 degrees C. Then, take a large bowl, add milk, sugar, butter, salt and yeast. Stir all the ingredients and wait for 10 mins for the mixture to become frothy. Add flour and mix well.

Step 2: Knead the dough prepared in step 1 for about 4-5 minutes and let it rest for a while - for about 5-8 minutes.

Step 3: Take a bowl and toss strawberries, cornstarch and cinnamon. Your filling is ready.

Step 4: On a clean surface, dust some flour and roll the dough, and add the strawberry filling on the top. Now, roll up the dough so that it forms the shape of the log and seal the ends of the roll.

Step 5: Cut the roll in 12 pieces and place on a baking pan. Bake these rolls for about 20 minutes. Once done, let it rest for 5 minutes. Your strawberry cinnamon rolls are now ready to be devoured. Enjoy the sweetness. **TNN**



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Cabinet approves MoU between India and this country for undertaking non-intrusive Geological Surveys and Investigations.

A. Sweden B. Russia
C. Norway D. Finland

Q.2) The 7th Guinness Book of World Records was created by...

A. Department of Empowerment of Persons with Disabilities

B. Technical Education and Skills Development Authority

C. Department of Science and Technology

D. Commission on Higher Education

Q.3) Which country has released 12 bank notes to

mark the 150th birth anniversary of Mahatma Gandhi?

A. UAE B. Bahrain

C. Jordan D. Israel

ANSWERS

1. C) Norway 2. A) Department of Empowerment of Persons with Disabilities 3. A) UAE

CHECK YOUR APTITUDE

9

9

8

10

8

1 Three brothers live in a farm. They agreed to buy new seeds: X and Y would go and Z stayed to protect fields. Y bought 75 sacks of wheat in the market whereas X bought 45 sacks. At home, they split the sacks equally. Z had paid 1400 dollars for the wheat. How many dollars did Y and X get of the sum, considering

equal split of the sacks?

A. Y \$1225, X \$175

B. Y \$1220, X \$180

C. Y \$1170, X \$230

D. Y \$985, X \$415

ANSWER:

1. Y \$1225, X \$175

KNOWLEDGE BANK

The aorta

The aorta is the largest artery in the body. The aorta begins at the top of the left ventricle, the heart's muscular pumping chamber.



The heart pumps blood from the left ventricle into the aorta through the aortic valve. This artery distributes oxygenated blood to all parts of the body through the systemic circulation. The aorta consists of a heterogeneous mixture of smooth muscle, nerves, intima cells, endothelial cells, fibroblast-like cells, and a complex extracellular matrix.

Grand celebrations on Foundation day



Podar World School, Sama celebrated its foundation day virtually with students, parents, and staff on June 19. The programme was accentuated by wonderful taglines by the students, expressive gratitude by chairman Raghav Podar and presidential address by principal Rekha Shah.

School song and graceful dance, happy expressions by staff and Alumni, happiness video, talent show, Covid awareness act and slogans, a reflection of candid memories from 2014-2021, generous expressions by Jumbo kids and vaccination awareness song further added charm to the event.



The programme was concluded with National Anthem. It was a grand celebration bringing memories back!

CREATIVITY MEETS PASSION AT HBK



Art plays a big role in how humans see and interact with others and the world in general. It helps in expressing emotions and shaping personalities. Our capacity to imagine and create has no boundaries. HBK students have portrayed this with their artistic and creative skills.

The beautiful paintings and drawings shared by the students was the first part of the 'Art Festival', being held at The HB Kapadia New Primary English Medium School. The theme of their artwork included Nature Scene, My Favourite Toy and What I Want to be, Love Earth, Imaginative Underwater Creature, My Favourite Rhyme, My Dream City, Life on Mars, Beauty of nature, Vaccine for life, Our Earth Known to Unknown, and



The students participated wholeheartedly and poured all their creativity into their paintings. The paintings showed the extent of awareness among the children and how they are ready to face and overcome the obstacles of life. Hats off to H.B.K. and its creative warriors!

Technology to aid learning



St. John's School, Abu Road, Rajasthan sets another milestone by becoming the first school in Rajasthan to collaborate with TutAR from Infusory to bring in the Augmented Reality (AR) classes for their students. As part of efforts to make learning interesting and effective during online education, the management has introduced an Augmented Reality based teaching system. With simple AR visualizations of complex ideas, students can understand the fundamentals in a wider aspect.

The teacher can stream the amazing content through any video conferencing software that supports screen sharing, record unique videos interacting with the augmented objects. AR adds digital graphical content making the 3D content look as if it is part of the real world around.



The teachers can personalize the world around them with the things to teach like photos, videos, text, animation, and interactive 3D objects. They can now bring wonders of the natural world into the classroom. For example, the

teacher can hold a three-dimensional heart designed by AR in his or her hands and rotate it to teach the students the features of the heart and the possibilities are endless. This system will not only help the teachers to bring virtual objects into the real classroom but will also make the classes more effective and interactive. So for students at St John's School, the AR world is waiting. Come take a dive, soar high up in the sky and take the baton, explore the virtual world, get ready to get started. Here on learning will no more be boring but more fun, engaging, and interactive.

MIND PLATTER - FOR HEALTHY MIND



Lockdown and Covid-19 have also got us an epidemic of anxiety and overwhelm. Just like good healthy food (Food pyramid) is essential for physical health, a good healthy platter is required for Mental health. It is time to adapt to 'Dr Dan Siegal Healthy Mind Platter' for good and healthy mind/mental health habits.

@HAPPY DIARY There is no fixed recipe just like the case with the food pyramid, the trick lies in using and combining different combinations that work best for you. The platter consists of 7 important nutrients for a Healthy Mind:

- 1. FOCUSING ON TIME:** Time Blocking activity where you set aside a certain chunk of time to focus on a selected activity. The trick lies in scheduling important activities when your energy level is extremely high, and you are at your best.
- 2. TIME FOR PLAY:** Playtime triggers the release of endorphins – the feel-good chemical. It can stimulate one's imagination. It is proved playtime can not only boost your energy and vitality but can also improve your resistance to any sort of disease. Just as George Bernard Shaw said, "We don't stop playing because we grow old; we grow old because we stop playing."
- 3. CONNECTING TIME:** Connecting with other people, with our loved ones, and with the natural world activates and reinforces our brain's relational circuitry. For instance, practice mindful communication.
- 4. PHYSICAL TIME:** Physical activity has many benefits, including strengthening our brain in many ways. Nowadays it is said Sitting is the New Smoking. Few Ideas, Dance, Yoga, Take the stairs, playing with pets.
- 5. TIME IN:** Reflect on the inner state, turning inward for self-reflection. Integrating our brain by slowly reflecting internally focussing on our feelings and thoughts. For example, mindfulness, ME time.
- 6. DOWN TIME:** Time to wander, no plan, no goal, no schedule. Let our mind wander and relax for our brain to recharge. For instance, enjoy your milkshake in your favourite chair, keeping all your gadgets off.
- 7. SLEEP TIME:** Time for the brain to rest and recover from the different experiences of the day. Have quality sleep (turning off electronic devices 60 minutes before sleep time)

SMITA GHOSH, counsellor, Anand Niketan School

DO IT YOURSELF

PLAYING WITH THE COLOURS!!

Fluid painting is a fun art technique that uses thin paint to create one-of-a-kind pieces without traditional brushwork. Fluid is really satisfying. There are few basic materials required:

- Canvas board (any shape/size)
- Fluid acrylic colours,
- a small paper/plastic cup,
- a clean workplace for it!

PROCEDURE: In it, paint is applied to a canvas pouring, sprinkling, or other dynamic methods. Use your creativity to choose how you will disperse fluid paint onto the canvas, move it and create your final design. Take colours of your choice, then pour one colour by colour in the cup and when it's done, start pouring it on canvas. Then spread the colours by moving the canvas

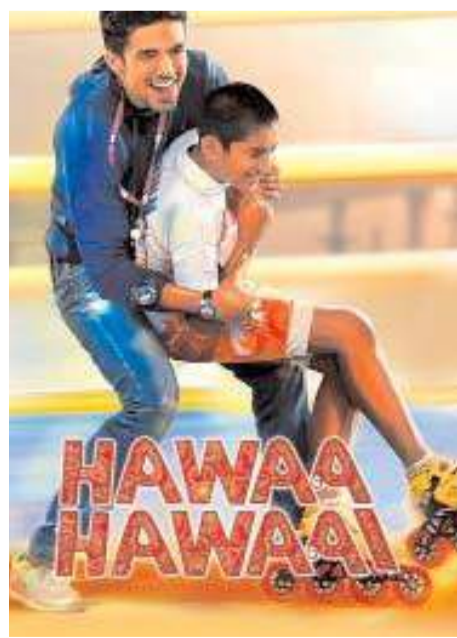


up, down, or whichever direction you want to take it. And yes there your masterpiece would be ready!
MANINI SHAH, class X, Udgam School For Children, Ahmedabad

MOVIE: NO DREAM IS TOO BIG

Writer-director Amole Gupte's speciality is working with children. Unlike other Bollywood movies, kids in his films never seem to be acting and it is as if they are just being and he happened to be around them to capture their lives.

Hawaa Hawaa is about a young tea-stall boy Arjun in Mumbai who dreams of being a champion skater. Supported by his equally poor friends, he embarks on a mission to make this dream come true. Arjun while serving tea, learns to skate simply by watching an edgy teacher, Lucky, training rich children who can afford costly skates, which Arjun can't even think of buying. The pace of the film is pleasantly slow and still and the subplots clumsy, especially the romantic angle for Lucky, but what kept me busy in the movie is the director's trump



card - the kids. Arjun played by Partho, a National Award-winning actor, has a genuine sweetness and a keen intelligence, but what really grabbed my heart were Arjun's scraggly friends, among them a ragpicker, a garage mechanic and a spectacled skinny worker in an embroidery sweatshop. I would love to see a movie on this gang and what happened to them.

Hawaa Hawaa is a good motivational movie that reminds you that no dream is too big and no star is too high to grab if you are determined on your path. Overall, 4 out of 5 ratings for story and plot and 5/5 for Arjun and his friends' performance.

NITISHA SAHU, class V, Zebar School For Children, Ahmedabad



Painters' Gallery



Kuhu Maheshwari, Class VIII, Zebar School For Children



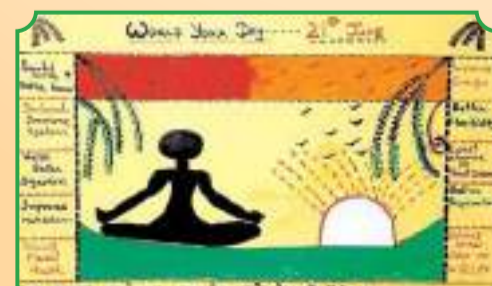
Kavya Lathiya, Class VII, Joyous English School, Surat



Adya Rajput, Class V, Delhi Public School, Bopal



Student, Class XI, Billabong High International School, Vadodara



Vedang Dwivedi, Class V, Delhi Public School, Bopal

UKRAINE REACH MAIDEN QUARTERFINALS

Ukraine had reached the round of 16 at the European Championship with two losses and the worst record of the advancing teams

Ukraine eliminated previously unbeaten Sweden 2-1 on Tuesday with a goal in stoppage time at the end of extra time from a player who was left on the bench for the entire group stage. Substitute Artem Dovbyk stooped low to guide a header from Oleksandr Zinchenko's cross past goalkeeper Robin Olsen. It was the 24-year-old forward's first goal for the national team. Ukraine's greatest ever forward, current coach Andriy Shevchenko, ran down the sideline to celebrate his players, who will now head to Rome to face England on Saturday. Zinchenko also scored a goal on a day when Manchester City teammate Raheem Sterling got one in England's 2-0 win over Germany. Zinchenko gave Ukraine the lead in the 27th minute when he rifled in a low shot set up by a crafty pass from captain Andriy Yarmolenko.

Odds in favour of Ukraine

Emil Forsberg's deflected shot from outside the area in the 43rd minute equalized for Sweden. It was his fourth goal at Euro 2020, but a tournament lead-tying fifth eluded him in the second half despite curling shots off the post and the crossbar. Andersson cited the momen-

tum shift in extra time when Sweden defender Marcus Danielson was sent off in the 98th minute for following through on a challenge with a raised boot on substitute Artem Besedin. The Ukrainians had needed a favour from Sweden just to advance after losing two group games and having a negative goal difference. After losing to Austria last week, Ukraine would have been out if Poland had beaten Sweden two days later. Sweden won that game 3-2 with Forsberg scoring twice.

Ukraine to meet England next

Neither team had ever won a knockout game at a European Championship in a combined eight previous tournaments. Both often-cautious teams played more freely in a wide-open 90 minutes, trying to seize a chance for a deep run in the arguably weaker half of the draw. To set up Zinchenko's goal, Yarmolenko used the outside of his favoured left foot to drift a curling pass across seven defenders toward their blind side in the penalty area. After scoring with a first-time shot, Zinchenko ran away with a finger to his lips in a gesture he said was telling critics to be quiet. "In the first three games we received a lot of criticism, which I think we deserved. I showed that they need to support us", Dovbyk said.

ENGLAND END GERMANY CURSE

Raheem Sterling and Harry Kane fired England into the Euro 2020 quarter-finals as they sealed a 2-0 win against Germany that ended decades of hurt at the hands of their bitter rivals on Tuesday. Sterling struck with 15 minutes left in a tense last 16 tie at Wembley before Kane clinched England's first knockout stage victory over Germany since 1966. In the 55 years since England beat the Germans in the World Cup final, the Three Lions had endured a painful litany of defeats against Die Mannschaft when the stakes were highest. England were eliminated from the 1970, 1990 and 2010 World Cups by Germany, who also beat them in the Euro 96 semi-finals at Wembley. But Gareth Southgate's side have finally exorcised the ghosts of Paul Gascoigne's tears and their own manager's penalty miss 25 years ago. England produced a gritty display capped by clinical finishes from Sterling, who now has three goals in the tournament, and Kane -- who finally bagged his first of the competition. England, yet to concede a goal in the tournament, head to Rome on Saturday for a quarter-final against Ukraine.



Ukraine's Artem Dovbyk celebrates scoring their second goal



Ukraine's Oleksandr Zinchenko celebrates after scoring his team's first goal

It's a very bitter defeat. In the second half we had four really great chances. It felt like we would score eventually.

JANNE ANDERSSON,
Sweden coach

SERENA WILLIAMS IN TEARS AS SHE RETIRES HURT

Tennis great Serena Williams limped out of Wimbledon in tears on Tuesday after her latest bid for a record-equalling 24th Grand Slam singles crown ended in injury

The American sixth seed and seven-times Wimbledon winner was clearly in pain on a slippery Centre Court and sought treatment while 3-2 up in her first round match against unseeded Belarusian Aliaksandra Sasnovich. Williams returned after a lengthy break but the distress was evident. She grimaced and wiped away tears before preparing to serve at 3-3 after Sasnovich had pulled back from 3-1 down. The 39-year-old, who had started the match with strapping on her right thigh,

then let out a shriek and sank kneeling to the grass sobbing, before being helped off the court.

Great champion

Sasnovich, who practised her serve while Williams was getting treatment, commiserated with an opponent who had never gone out in the first round at Wimbledon in her previous 19 visits. "I'm so sad for Serena, she's a great champion," said the world number 100. "It happens sometimes." Eight-times men's singles champion Roger Fed-

I was heartbroken to have to withdraw today after injuring my right leg. My love and gratitude are with the fans and the team who make being on centre court so meaningful. Feeling the extraordinary warmth and support of the crowd today when I walked on - and off - the court meant the world to me.

SERENA WILLIAMS

erer expressed shock at Williams' departure and voiced concern about the surface, with the roof closed on Centre Court on a rainy afternoon. His first-round opponent Adrian Mannarino of France also retired with a knee injury after a slip in the match immediately before Williams'.

"I feel for a lot of players, it's super key to get through those first two rounds because the grass is more slippery, it is more soft. As the tournament progresses, usually it gets harder and easier to move on", he said.

T20 WORLD CUP TO BE HELD FROM OCTOBER 17

This year's T20 World Cup, which has been moved to the UAE and Oman from India due to the COVID-19 pandemic, will be played from October 17 to November 14, the International Cricket Council (ICC) announced on Tuesday.

The ICC statement came a day after BCCI intimated the governing body that the event can be moved

out of India. The first round of the tournament, comprising the eight qualifying teams, will now be split between Oman and UAE. Four of these teams will then progress to the Super 12s round where they'll join the eight automatic qualifiers. The upcoming edition will be the first men's T20 World Cup played since 2016, when West Indies beat England in the final in India.

QUIZ TIME!

Q1: Who has created a world record by scaling Mount Everest twice in the shortest span of time within a season?

- a) Barry Bishop b) Wang Fouzou
c) Mingma Tenji Sherpa d) Lingma Sherpa

Q2: Which team has won the inaugural ICC World Test Championship, held on June 2021?

- a) India b) Australia
c) England d) New Zealand

Q3: Who has become the first Chinese man to qualify for

Wimbledon in the Open era?

- a) Wu Di b) Zhang Ze
c) Li Zhe d) Zhang Zhizhen

Q4: Holkar Trophy is associated with which sport?

- a) Bridge b) Hockey
c) Football d) Badminton

Q5: Which female cricket player has won the ICC Women's Player of the Month for April 2021?

- a) Ashleigh Gardner b) Ellyse Perry
c) Alyssa Healy d) Meg Lanning

Q6: Who clinched the gold medal in the 45kg category at the Asian Weightlifting Championship in

Tashkent, Uzbekistan?

- a) Jhilli Dalabehera b) Vikas Singh
c) Sukhna Dey d) Ganesh Mali

Q7: Mark Selby has become the world champion for the fourth time. He is associated with which sports event?



Photo: GETTY IMAGES

- a) Snooker b) Tennis
c) Badminton d) Chess

Q8: Who has won the Portuguese Grand Prix?

- a) Sergio Perez b) Lewis Hamilton
c) Max Verstappen d) Valtteri Bottas

Q9: Who holds the highest record in swimming?

- a) Paul Biedermann b) Michael Phelps
c) Ryan Lochte d) Aaron Peirsol

Q10: Milkha Singh won the gold medal in the Commonwealth Games in the year.

- a) 1952 b) 1968 c) 1958 d) 1960

Q11: Who was first Indian badminton player to win a medal at World Badminton Championship?

- a) Pullela Gopichand b) Prakash Padukone
c) Jwala Gutta d) Ashwini Ponnappa

Q12: From which year did the Ashes Series begin?

- a) 1882 b) 1896 c) 1900 d) 1904

ANSWERS: 1. c. Mingma Tenji Sherpa
2. d. New Zealand 3. d. Zhang Zhizhen
4. a. Bridge 5. c. Alyssa Healy
6. a. Jhilli Dalabehera 7. a. Snooker
8. b. Lewis Hamilton 9. b. Michael Phelps
10. c. 1958 11. b. Prakash Padukone
12. a. 1882