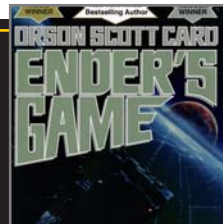




THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

► Books set in Space, a life-changing music video and much more...

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► The jury is still out on whether Twitter accounts of people should be blocked or not. Gen Z debate

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► Euro 2020: Switzerland beat France on penalties to reach last eight

PAGE 4

STUDENT EDITION

WEDNESDAY, JUNE 30, 2021


WEB EDITION
[CLICK HERE: PAGE 1 AND 2](#)


It's 'children first' for teachers, **EVEN IN GRIEF OR TIREDNESS**

Doctors and psychologists from Children First team up with Delhi Govt to help teachers process grief they witnessed after their stint as Covid volunteers at makeshift hospitals during the 2nd wave. These teachers, post counselling, are all 'powered up' to resume online classes now

A TEACHER TELLS TIMES NIE ON WHY PRIVATE SCHOOLS SHOULD ALSO INVITE COUNSELLORS

No man is an island..

■ With the pandemic having hit everyone in some way or the other, times have really been hard, especially for those who suffered in the second wave. It, hence, **BECOMES A COLLECTIVE RESPONSIBILITY FOR ALL** of us to really be with one another in these challenging times.

■ School counsellors must go beyond their circumscribed roles to **STRATEGISE WAYS TO CONNECT WITH PARENT AND TEACHER FRATERNITY**, to help them be at ease.

■ One should be kind and considerate while dealing with

sensitive matters. We must **FACE THE CRISIS TOGETHER LIKE ONE BIG FAMILY**, leaning and supporting one another.

■ Each one's loss is irreparable, but the key is to cooperate through tangible or intangible ways. The process of overcoming grief cannot be emphasised enough. **GRIEVE, VENT, MOURN BUT DO NOT LET FEAR AND PANIC HAVE A TOLL ON YOUR HEALTH**. No man is an island; therefore, friends/family must pitch in and provide support.

■ We must not let this deadly virus come in the way of building fulfilling relationships.



HOW LIFE OF TEACHERS HAVE CHANGED POST 2ND WAVE?

An educator is thought of as someone managing and governing the young adults around them. Their role has undoubtedly been pivotal for society. But one should acknowledge that teachers, too, like all professionals, have a life beyond the stipulated working hours. The second wave of the pandemic has been life-changing. We



respect this transition and make it easier for everyone to live in the 'new normal' in these uncertain times.

— **Simpy Dadiala, teacher, DPS, Vasant Vihar, New Delhi**

malini.menon@timesgroup.com

Children have been suffering silently, so have been the teachers. Both, have been observing their loved ones cooped-up, fighting financial distress, family issues, online learning modes and the 'brain fog' that has also resulted in insecurities and derailed plans.

In a bid to extend a helping hand, and get the mentors back on the pursuit of providing cognitive learning to students, the Delhi government approached New Delhi-based Children First to provide counselling facilities to mentor teachers for a workshop to help process grief as they return to teaching from Covid frontline work.

"These teachers have gone an extra mile—they are true models for students. They expanded their role as Covid care-givers during the summer break and were witness to a rather distressful time. The teachers needed a listening ear, and that's where our team of 7-8 therapists developed a module to address issues they dealt with during the second wave. The idea was to bring them back to virtual classrooms, wearing a smile," said Dr Shelja Sen,

Teaching-learning activities in Delhi govt schools have been at a halt since April when an early summer vacation was declared. With the second wave of Covid taking over the city, government school teachers had almost entirely been diverted to related duties — at vaccination centres, airports, ration distribution centres, dispensaries, oxygen centres and so on

narrative therapist and co-founder, Children First.

'Teachers learn to process emotion and engage with peers'



The workshop, organised in association with SCERT, was held for 200 mentor teachers on self-care, with two objectives being met:

- How to revive connection between students and teachers post the second wave experience
- How can teachers first help themselves deal with grief, acceptance and move forward

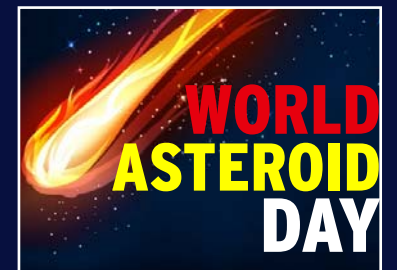
Around 200 mentor teachers from Delhi government schools will act like a 'supportive chain' and provide assistance to their peers in the respective schools, impacting 60,000 teachers and 15 lakh students in the Capital. "We hope that this will be like a chain reaction, rendering emotional support to those in need, like a community healing process," said Soumya Jagatdeb, psychologist and one of the coordinators of the series. "It has been a heart-warming experience seeing these teachers open up and share their stories on how they coped with the difficult time," adds Jagatdeb.

have always been, if not more than, then at least equally committed to our family. But lately, work from home has blurred the lines between work and home. Hence, it is important for the society to

NASA, ESA gear up for wayward asteroids



Professor Alan Fitzsimmons will explain the details of an international trial asteroid deflection at an online event marking the World Asteroid Day, which falls today. What will happen if an asteroid hurtles towards Earth? Can we stop it or would we go extinct like dinosaurs? Fitzsimmons is helping to answer it. Working from the Astrophysics Research Centre at Queen's University Belfast, he is involved in space missions that will measure



impact of asteroid deflection. **THE DIDYMOS SYSTEM** is actually a pair of asteroids, first noted in 1996, and will be the subject of tests. ■ If an asteroid like those in the Didymos system were to hit the Earth, they could wipe out cities or towns within tens of kilometres of the impact site. ■ Didymos is the larger of the binary asteroid system that orbits the sun. Dimorphos is its smaller companion moonlet and will be the focus of the redirection tests over the next few years. ■ With this trial, Dimorphos will be the first celestial object to have its orbit shifted by human effort.

Silicon Republic

Bitcoin is the new Gold

The cryptocurrency aficionados' mantra that Bitcoin is equivalent to digital gold is winning converts among the world's biggest holders of the precious metal. In India, where households own more than 25,000 tonnes of gold, investments in crypto grew from about \$200 million to nearly \$40 billion in the past year. Richi Sood, a 32-year-old, is one of those who swerved from gold to crypto. "I'd rather put my money in crypto than gold," Sood says. Here's why

What is it? Bitcoin, often described as a cryptocurrency, a virtual currency or a digital currency — is a type of money that is completely virtual. It's like an online version of cash. You can use it to buy products and services, but not many shops accept Bitcoin yet and some countries have banned it altogether. However, some companies are beginning to buy into its growing influence. Last year, for example, the online payment service, PayPal, announced that it would be allowing its customers to buy and sell Bitcoin. **TODAY, THE PRICE OF BITCOIN HAS REACHED OVER ₹25 LAKH PER COIN.**

How does it work? Each Bitcoin is basically a computer file which is stored in a 'digital wallet' app on a smartphone or computer. People can send Bitcoins (or part of one) to your digital wallet, and you can send Bitcoins to other people. Every single transaction is recorded in a public list called the blockchain. This makes it possible to trace the history of Bitcoins to stop people from spending coins they do not



own, making copies or undoing transactions. There are three main ways people get Bitcoins.

Why do people want Bitcoin? Some people like the fact that Bitcoin is not controlled by the government or banks. People can also spend their Bitcoins fairly anonymously. Although all transactions are recorded, nobody would know which 'account number' was yours. In an online chat with social media users in January 2021, entrepreneur Elon Musk, said he was a big supporter of Bitcoin.

THIS DAY THAT YEAR: JUNE 30, 1937



■ The world's first emergency call telephone service is launched in London using the number 999. The system was introduced following a fire in a house in Wimpole Street on 10 November 1935, in which five women were killed. A neighbour had tried to telephone the fire brigade and was so outraged at being held in a queue by the Welbeck telephone exchange that he wrote a letter to the editor of 'The Times', which prompted a government inquiry that eventually led to 999.

Do you know why mosquitoes bite some more than the others?

Science proves there are certain factors which contribute to this effect. In one controlled study by the 'Journal of Medical Entomology', the bugs landed on people with blood Type O nearly twice as frequently as those with Type A. The researchers noted this has to do with secretions we produce, which tips mosquitoes off on a person's blood type.

Entomology professor at the University of Florida, Jonathan F Day said that more research needs to be conducted on mosquitoes' potential preference for certain blood types over others.

WHAT ARE THE CUES?

"These cues let them know they are going to a blood source," Day said. "Perhaps CO2 is the most important. The amount of CO2 you produce, like people with high metabolic rates genetic, other factors increases the amount of carbon dioxide you give off. The more you give off, the more attractive you are to these arthropods." Also, what separates us from the non-living entities that give off carbon dioxide, like cars? That's where they look for "secondary cues". Lactic acid is one of them. It is released through the skin, signaling to mosquitoes that we are a target, Day said.



However, he agreed that mosquitoes do pick up on some cues we give off that make the bugs more likely to land on certain people.

ARTIST'S CORNER

Saahil Bhargava, co-founder and content creator of Raijin Studios, launched music video 'Kohima' that is now an official selection of the LA Shorts International. Read more here...

Nominated in two key categories (Animation, Music Video) for the video of his song 'Kohima', Saahil Bhargava finds himself in stellar company. The list of nominations includes Paul McCartney's latest music video 'When Winter Comes' and Yo-Yo Ma's concert 'See Me'.

In its 25th year, LA Shorts International Film Festival is accredited by the Academy of Motion Pictures Arts & Sciences (Oscar®), the British Academy of Film and Television Arts (BAFTA) and the Academy of Canadian Cinema and Television (Canadian Screen Awards). Throughout the fest's history, 60 LA Shorts filmmakers have earned Academy Award® nominations, with 16 taking home the Oscar. In other words, if Bhargava's Kohima wins best animated short film, then it will

"Kohima captures pain, terror that soldiers go through in a war"

be shortlisted automatically for the Oscars in 2022.

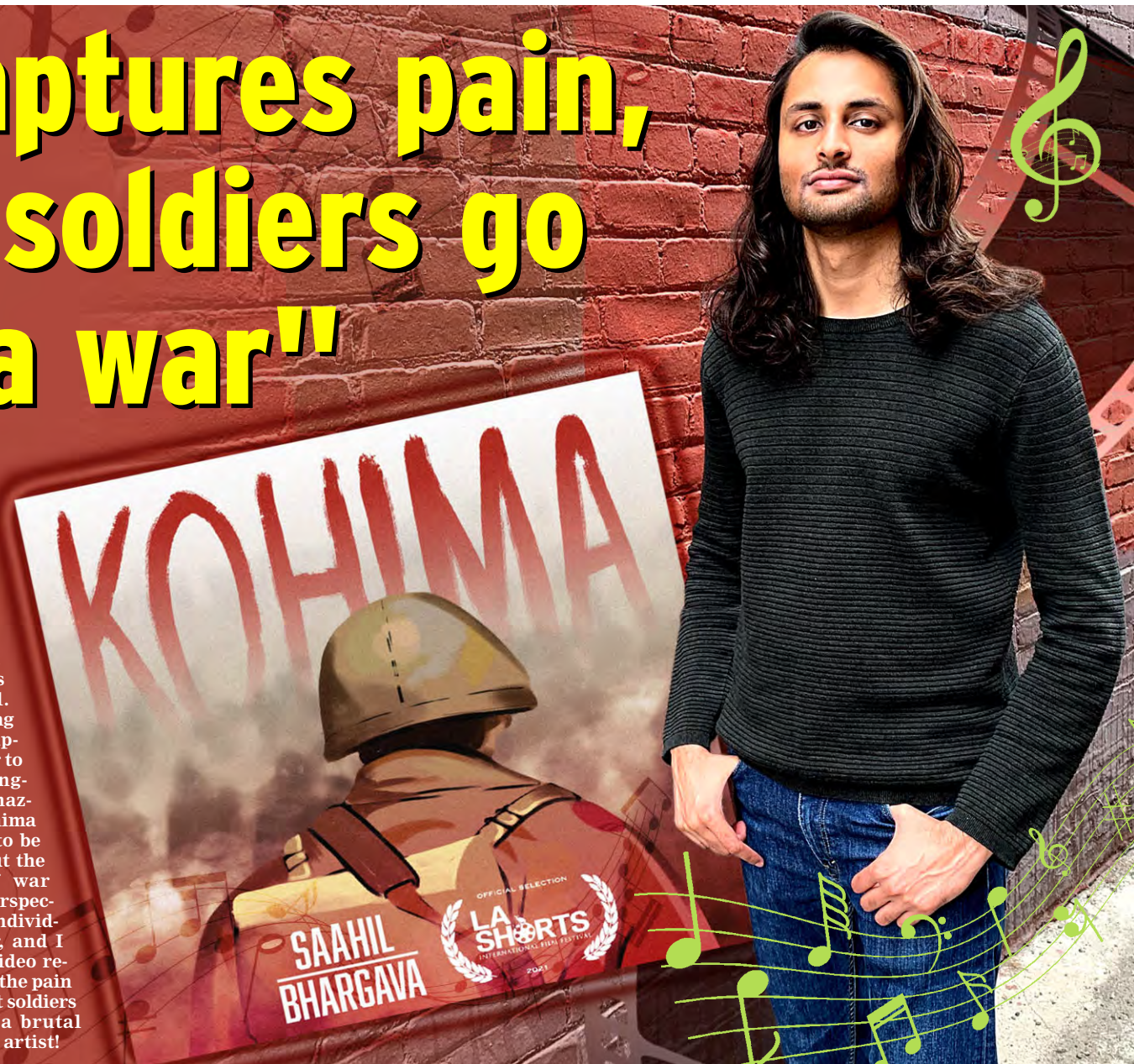
LA Shorts International Film Festival founder/director Robert Arentz said, "It is such a high honour for the LA Shorts International Film Festival to welcome Kohima into the competition this year, which is our 25th anniversary. Only a handful of films were accepted into the brand new Music/Dance category, and Kohima is one of those elite few. In fact, we created the special Music/Dance program due to high-quality content from exceptional artists, such as Paul McCartney, Yo-Yo Ma, and of course, India's own Saahil Bhargava!"

Bhargava's music has always been about telling great stories, especially through his powerful companion screen content.

Curiously, Saahil's Kohima is trending among

video game fans worldwide. On the YouTube, gamers flood Kohima's comments section with love. Mostly, they marvel about the ways that the song effectively captures a serviceman's journey. It's a big win for any independent artist, and Bhargava is exceptionally grateful. Talking about the exciting nomination he says happily, "It is a huge honour to be recognised alongside so many amazing artists. Kohima was written to be a story about the horrors of war from the perspective of an individual soldier, and I think this video really captures the pain and terror that soldiers go through in a brutal battle." Good luck, artist!

Saahil Bhargava's 'Kohima' is about soldiers' pain - what they go through in war. It doesn't glorify war!



THE HITCHHIKER'S GUIDE TO THE GALAXY

by Douglas Adams

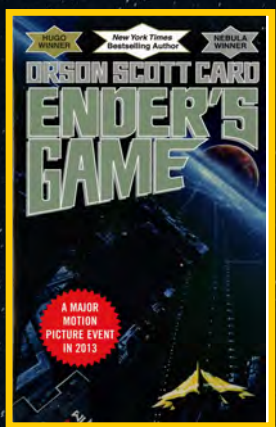
Englishman Arthur Dent and his alien friend Ford Prefect have seconds before Earth is destroyed by the Vogons to make way for an intergalactic freeway. They are beamed onto the spaceship, Heart Of Gold, which belongs to the Galactic President, Zaphod Beeblebox. Onboard, there is Marvin, the paranoid android who is manic depressive!



ENDER'S GAME

by Orson Scott Card

This series is perfect for those just beginning to read science fiction. Winner of the Hugo Award in 1986 and the Nebula Award in 1985, it follows the random selection and growth of Andrew 'Ender' Wiggin as the leader Earth needs to defend itself against an alien race. The six-year-old was spotted by



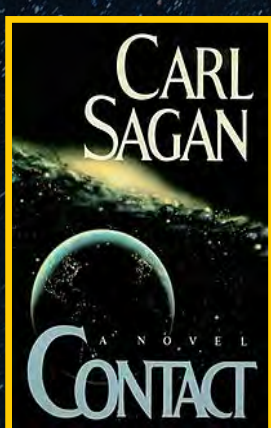
Earth's military troop as he went about with military combat skill and precision in wiping out alien enemy troops in a simulated game. Yes, you read that correctly. He was playing a game. Impressed by his skill, army man Mazer Rackham pushes Andrew into a brutal training programme to prepare him for the real war that is being fought in Earth's atmosphere. It has political intrigue and war.

CONTACT

by Carl Sagan

In this defining book that raises more questions than it answers, Carl Sagan uses his knowledge of astronomy and factual science to weave a tale of both fear and excitement. Are we alone in space?

What would we, as a race, do if we received a message from space? Are we the only intelligent beings in space? Sagan has woven his story around these frequently-asked questions. The character, Ellie Arroway, a radio astronomer, receives a coded message from space!



DUNE

by Frank Herbert

Widely considered the world's best-selling sci-fi series, Dune is the winner of the Hugo Award in 1966, and the Nebula Award. Set in an intergalactic feudal future, the planets are under the control of the dynastic noble houses that have pledged their allegiance to the imperial house Corrino. The series follows the battle for power over the planet of Arrakis - the only planet in the system that is home to spice melange.

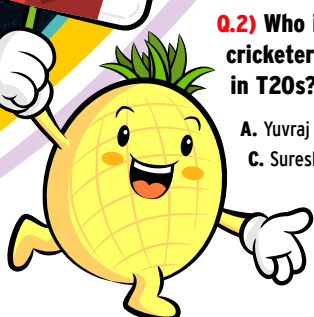
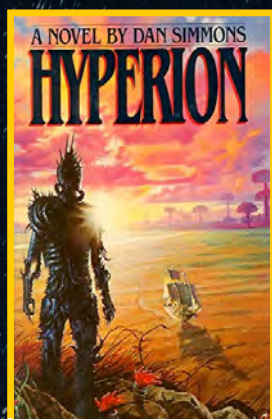


Books set in SPACE

HYPERION

by Dan Simmons

The science fiction, set in the 29th century, follows the narrative pattern of The Canterbury Tales, resulting in the feel of a space opera. The entire galaxy is at war, and seven pilgrims have set out on a pilgrimage to the Time Tombs. There, they hope to meet the Shirke, a creature who inspires awe and fear, and receive help in saving the galaxy from imminent destruction. Will they succeed?



Difference between food allergy and food intolerance

Sometimes some terms seem similar like people usually think of food allergy as the same thing as food intolerance. But that isn't true. They are different issues - know the difference

Food allergy

This is a rare condition in which the immune system reacts appropriately to a food, even in very small amounts. Symptoms include an itchy rash or, if it gets more serious, angioedema - swelling of the face and tongue. If you are allergic to a food, you must avoid it at all costs because repeated exposure could result in anaphylaxis - an excessive immune reaction, which can be life threatening.

Know it all



Food intolerance

This is not an allergy. Symptoms develop gradually and don't involve the immune system. Your body is simply unable to digest a certain food or an ingredient because the required enzyme is absent or inactive.

With food intolerance, you may be able to eat small amounts of the offending food without trouble. Intolerances produce a wide variety of symptoms such as bloating, abdominal pain and diarrhoea. The most common is lactose intolerance to dairy. DAILY MIRROR



KAVITA GUPTA SABHARWAL, co-founder of Neev Literature Festival for Children, on the importance of reading

"My advice to parents - get your kids to read, by role modelling it. Reading is fundamental to functioning in today's society. It is a vital skill in finding a good job because our kids will grow up to a world where half of today's jobs won't exist. Reading is important because it develops the mind. Reading helps children [and adults] focus on what someone else is communicating. It is how children discover new things and can educate themselves in any area of life they are interested in. We live in an age where we overflow with information, where Google knows everything, and TV and video games don't develop imagination. Reading is also fundamental to democracy, because history proves that people who don't read, or can't read, are easier to control and manipulate."

Quote of the day

QUIZ TIME

(CURRENT AFFAIRS)

Q.1) CZPDC Bhopal And WZPDC Indore were honoured with this award recently.

- A. Garshom Awards
B. Shram Awards
C. Nari Shakti Puraskar
D. Saubhagya Award

Q.2) Who is the first Indian cricketer to cross 8,000 runs in T20s?

- A. Yuvraj Singh B. MS Dhoni
C. Suresh Raina D. Rohit Sharma

Q.3) Which of the following is the first Indian state to introduce Transcatheter Aortic

Valve Implantation (TAVI)?

- A. Maharashtra
B. Tamil Nadu
C. Telangana
D. Haryana

Q.4) According to BCG-IBA Report - EASE Reforms for Public Sector Banks, this bank tops in the implementation of 'Reforms agenda'.

- A. Punjab National Bank
B. SBI
C. Central Bank
D. Canara Bank

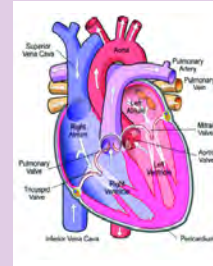
ANSWERS

1. D) Saubhagya Award
2. C) Suresh Raina 3. B) Tamil Nadu 4. A) Punjab National Bank

KNOWLEDGE BANK (ANATOMY)

The Heart

The average heart is the size of a fist in an adult. Your heart will beat about 115,000 times each day. It pumps about 2,000 gallons of blood daily. The heart can continue beating even when it's disconnected from the body. The first open-heart surgery took place in 1893. It was performed by Daniel Hale Williams, one of the few Afro-American cardiologists in the United States at the time.



WORD WISE

Kerfuffle: (n) Chiefly British Informal. a fuss; commotion.

Synonymous words: Commotion, disorder, disruption, disturbance, brouhaha, etc.

Examples: ■ The kerfuffle began with a ₹2000 bet, followed by several smaller bets in quick

succession.

■ That's the goofiest part about the kerfuffle: It's not a theoretical discussion.

■ Had one been expecting a kerfuffle, one would have been most disappointed.

■ This is more than a kerfuffle - it's an outrage.

Getting back to school

Rizvi Springfield High School (CBSE) conducted 'Back to School' Activity (for classes sixth to tenth) this year, to educate the students on the values and objective behind the celebration of festivals. The Management, the Principal-Dr.(Mrs.) Radhika Vakharia, and the entire Staff of the school believes that schools should celebrate Rakhi, Janmashtami, Eid, Christmas and all other major festivals of India, thereby imbuing religious tolerance and understanding of different faiths in the impressionable minds of young students. This would help in shaping the global landscape that is healthier in spirit and can address issues like religious discrimination, intolerance and conflict, etc.

The activity was conducted online between 11:00 a.m. - 12:00 p.m. The session started by welcoming the students and teachers back to the new Academic Year. All the students and the teachers were dressed up in traditional clothes. The students were asked to

make home-made sweet dishes and then decorate and present them in a creative way. The students were dressed impeccably well and presented their home-made sweet dishes very creatively. The celebration involved sweets as they make an important part of festivals. Every year a lot of families celebrate festivals by making and shar-

ing special home-made sweets like Malpua, Sheer-Khurma, Phirni, Baklava, etc. along with their family, friends and neighbours. The students and the teachers were then asked to share how they celebrated Eid this year with their families, and to share their story of Eid celebrations. Eid was the last big festival celebrated worldwide just few days back. The students shared their Eid celebration stories and how different this 'lock-down' Eid celebrations have been due to the Pandemic. They also seemed very excited to see their teachers and friends after a long month of vacation.

The session ended on a cheerful and happy note, by giving the vote of thanks to the ever-supportive Management of Rizvi Education Society, the principal, Dr. Radhika Vakharia, for always being supporting and encouraging, and finally to all the teachers, students and parents who participated and helped to make the "Back-to-School Activity" a success.



What is the world without hopes and dreams? To me, it's be colourless. Joyless. Predictably mundane.

Our dreams paint the empty canvas of our lives with innumerable beautiful colours; we just need to know how to hold the brush.

There are times in our life that we are told to take the path that seems practical, realistic, and achievable. But who's to say our dreams aren't achievable? Who's to say we cannot touch the stars?

With intense passion, hard work,

DARE TO DREAM!

and inextinguishable hope, we can rattle those stars - but only if we remember that we can make it through the dark night. Only if we remember to keep the flame of belief, passion, and faith in us alive and burning to drown out the darkness.

It is a blessing to have dreams in the world we live in. So, before you choose to settle, ask yourself: Did the poets, painters, playwrights, musicians

or actors, settle? Did the splendid world leaders settle? It goes without saying that they didn't.

It is a pure boon to have a dreamer's blood, and more so, to have the heart and soul of one.

No matter what, don't let it be engraved into your mind that it is fools who dream.

Because, in fact, it is fools who do not.

Pia Oza, class X, SSPM's Sri Sri Ravishankar Vidya Mandir, Borivali East



WELCOME TO PENANG

The scent of salty ocean air, the sounds of the street vendors, and the sights of colourful structures are just a few of the things you can experience in the state of Penang. Located on the west coast of Malaysia, Penang is often called the food capital of the country! We began our journey into Georgetown, the capital of Penang, from The Esplanade which is a waterfront location in the heart of the city. Our first stop on the tour was the Wat Chayamangkalaram Temple which houses one of the world's longest reclining Buddha statues. The temple was alluring with beautiful glass dragon statues and the Sleeping Buddha in itself was quite a spectacle. The temple had a calming aura around it with devotees bringing in flowers and the sweet smell of incense in the air. Following the temple, we made our way to the local streets of Penang which were abuzz with activity. On our way, we drove through Light Street which housed Fort Cornwallis, the City Hall, the State Assembly Building, and the Supreme Court and is also a part of the city's UNESCO World Heritage Site. Being one of the oldest roads in the city, it was full of architectural marvels reflecting the British influ-

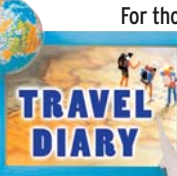


ence. The streets reflected how the various cultures in Penang coexisted harmoniously and brought even more diversity to the land. The foreign influence is visible through the various Hokkien-style buildings and the South Indian temples present in the city. One of Penang's most famous attractions is its street wall murals. As we walked the streets we came across some beautiful murals that also reflected a message to society. Soon we found perhaps the most iconic

mural in Georgetown which is "Kids on a Bicycle" by Ernest Zacharevic. The beauty of the mural lied in the expression of the children's faces and it has become a tourist attraction on its own. After our street excursion, we feasted on some delicious Malaysian dishes like Nasi Lemak and Satay and ended our trip on an amazing note!

For those looking to explore modern art and culture, Penang is a must-try!

Samyuktat Sivakumar, Former Star Correspondent



Painters' Gallery



TANISHKA JUWATKAR, class III, Bunts Sangha's S.M.Shetty High School & Jr.College, Powai

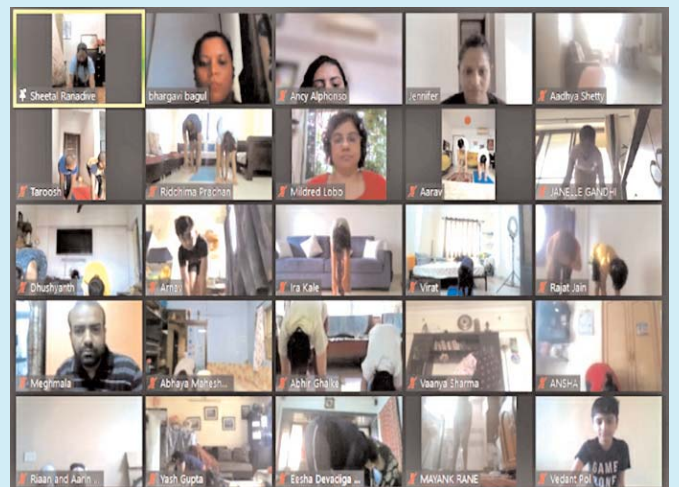
Bunts Sangha's S M Shetty International School and Junior College, Powai

AISHWARYA PUTHAN, TEACHER

Yoga, one of India's greatest gifts to the world.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Recognising its universal appeal, the United Nations proclaimed 21 June as the International Day of Yoga.

To celebrate this day, Bunts Sangha's S M Shetty International School and Junior College organised a virtual Yoga session on Sunday, 20th June 2021. Enthusiastic parents, students and teachers across the school demonstrated several yoga poses as well as Surya Namaskarasanas under the guidance of trained yoga practitioners. While promoting an approach for good health and wellbeing, the session emphasised various benefits of Yoga such as maintaining cardiovascular health, stimulation of the nervous system, strengthening the immune system, enhancing cognitive functions, toning muscles and relaxing the mind. Principal, Mildred Lobo congratulated the par-



imperative part of day today's life. The guest, Nitin Pandit gave valuable guidance to the students. Keeping the pandemic situation in mind and as students as well as parents are working online he illustrated few eye exercises and stress bursting

YOGA DAY CELEBRATIONS

Guardian High School & Jr. College, Dombivli

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.

International Yoga Day was celebrated by the students and teachers at Guardian High School & Jr. College with great enthusiasm. The theme of this event was "Yoga at home and yoga with family". With Covid protocol, programme was conducted online using Zoom application.

To add colour to the event and to motivate our students, Annie Varghese, director showered her blessings by being a part of the virtual International Yoga day celebration.

All dignitaries briefed about "Yoga day" and importance of Yoga in our day-to-day life. Our college coordinator expounded students that yoga is not a day activity instead it should be practiced every day. She also added that it must be made an

exercises. He also explained the importance of the yoga and its benefits. While elucidating about yoga he quoted, "We all want happiness and yoga is the way for that much needed happiness factor in life" & "Yoga is not about your self-improvement, it's about self-acceptance". He showed many asanas with practical demonstration. Students felt very relaxed with the different forms of yoga exercises taught by the guest. The exercises are good and useful to the students.



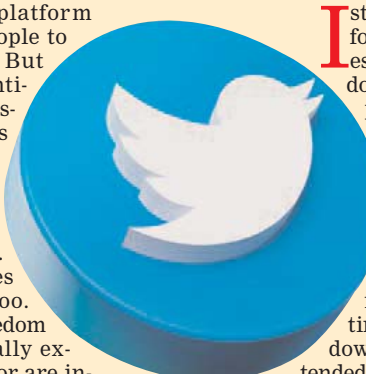
Should Twitter accounts of people be blocked?

Twitter is a social media platform that is widely used by people to express their opinions. But sometimes, opinions hurt the sentiments of a person/group or are dismissive of the actions or struggles of specific movements or a racial/linguistic/regional/religious/gender group. That is absolutely unfair as it warps the meaning of freedom of speech.

FOR

Freedom of speech comes with a responsibility too. One cannot use one's freedom of speech to intentionally express opinions that cause harm or are insensitive to other people/groups. Freedom of speech is a double-edged sword and hence, I think that it is in collective welfare that Twitter accounts of people who misuse their freedom, are blocked.

Aarya Bhanushali, class X, S.V.D.D. English Medium Secondary High School



DEBATE

I stand against the banning of twitter accounts as a solution for problems occurring online. Banning accounts establishes loud and clear - an authority that doesn't believe in freedom of speech, ironically on the biggest stage for self expression that is Twitter. Innumerable other downsides: riding people off of their space will cast feelings of unjustified hostility, to foster hate doesn't require more than two minutes to set up another account and wage wars from there. Banning people will also mean, we refrain from allowing people to express their honest emotions and to forcing them to change their methods of criticism.

AGAINST

Creating interest based communities or for more severe measures setting up monitoring systems, tracking down and penalising speakers who intended clear propagations at defamation, threats and disturbing content without fail, will help.

Doing this, sorts them from people who are aggressive but opinionated genuinely, with their criticism. This thereby ensures, that we don't take away anyone's freedom of speech, but clearly establish the boundaries one must keep, while expressing oneself.

Kritika Agrawal, class X, Ryan International school



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With Master Trainer
Amrut Jadhav
FOUNDER OF BRAIN INFINITE
AUTHOR OF YOU CAN HAVE A JUMBO MEMORY
INTERNATIONAL MEMORY ATHLETE & COACH



Switzerland's goalkeeper Yann Sommer saves a penalty by France's forward Kylian Mbappe during the UEFA EURO 2020 round of 16 football match between France and Switzerland at the National Arena in Bucharest

SWITZERLAND BEAT FRANCE ON PENALTIES

Switzerland's Yann Sommer saved France striker Kylian Mbappe's spot kick to secure a 5-4 shootout win over the world champions on Monday

Switzerland's extraordinary comeback to eliminate world champion France from the European Championship (Euro 2020) on Tuesday drew superlatives from both coach and captain after the side's penalty shootout success. Following a thrilling 3-3 draw after extra time, Switzerland reached the Euro 2020 quarter-finals where they will meet Spain. It was Switzerland's first knockout stage victory at a tournament since 1938 and the first time they have made the last eight since the 1954 World Cup which they hosted. On a memo-

orable evening for Swiss football, the so-called Nati repeatedly beat the odds, coming from 3-1 down with two goals in the final five minutes to force extra time and eventually penalties.

Lacklustre first half

■ The French looked to be cruising to victory when Karim Benzema struck twice in two min-



Photo: REUTERS

No normal side would have come back from 3-1 down against the world champions. I've always said this team deserved a lot more than you can read.

VLADIMIR PETKOVIC,
Switzerland Manager

utes early in the second half. He latched on to Mbappe's through ball in the 57th minute to cancel out Switzerland's first half lead through Haris Seferovic's header. Benzema then headed home from near the goal-line two minutes later to take his tournament tally to four as France took control of the game, following a lacklustre first half, minutes after the Swiss had missed a 55th minute penalty.

First ever shootout win

■ Hugo Lloris saved Ricardo Rodriguez's spot kick as the Swiss wasted the chance to take a two-goal lead in what looked like a turn-

ing point in the match. By the time Paul Pogba scored with a sensational curled shot into the top corner in the 75th minute to make it 3-1 for France, few believed the momentum could shift once more. But Seferovic headed in his second goal with five minutes to play and substitute Mario Gavranovic beat Lloris to snatch a 90th-minute equaliser and force the extra period after France substitute Kingsley Coman thundered a drive off the bar. Olivier Giroud twice came close for France having come off the bench but the game was to be resolved on penalties where Sommer swatted Mbappe's spot kick away after five Swiss players had scored to earn their first ever tournament shootout win. **REUTERS**



Spain striker Alvaro Morata enjoyed sweet redemption by helping fire his side to a 5-3 win over Croatia after extra time to reach the quarter-finals of Euro 2020

SPAIN OUTLAST CROATIA IN 8-GOAL THRILLER

Spain meet Switzerland next

In an enthralling match laced with drama and storylines, Spain fell behind in the first half to a Pedri own goal from near the halfway line after an incredible error from keeper Unai Simon but they looked on their way to a comfortable victory with goals from Pablo Sarabia, Cesar Azpilicueta and Ferran Torres. Yet Croatia staged an unthinkable comeback with goals from Mislav Orsic in the 65th minute and a Mario Pasalic header in added time to force the extra period.

Spain showed tremendous character though and prevailed thanks to Morata's superb strike in the 100th minute and a goal from Mikel Oyarzabal in the 103rd. Spain celebrated a first knockout win in a major tournament since winning Euro 2012 to set up a quarter-final against France or Switzerland in St Petersburg on Friday. Croatia head home with their heads

held high but are still waiting to win a knockout game at a Euros.

Morata has been accused of having a fragile disposition but showed real leadership when Spain's confidence was on the floor, controlling a Dani Olmo cross with one foot before blasting into the roof of the net. His team mate Simon also compensated for his first-half howler, making a superb save to thwart Andrej Kramaric early in extra-time. Substitute Oyarzabal struck moments later to increase Spain's lead and this time Croatia had no response. **REUTERS**

ANDY MURRAY'S FIRST WIMBLEDON WIN SINCE 2017

Two-time champion Andy Murray won his first Wimbledon singles match since 2017 on Monday with a four-set triumph over Nikoloz Basilashvili of Georgia. Murray, the champion in 2013 and 2016 but who has fought a long battle with hip and groin injuries in recent years, triumphed 6-4, 6-3, 5-7, 6-3 over the 24th seeded Basilashvili.

Now ranked a lowly 118 in the world, former number one Murray will face either Oscar Otte of Germany or France's Arthur Rinderknech for a place in the last 32. His last appearance in the singles tournament at Wimbledon four years ago ended in a five-set loss to Sam Querrey in the quarter-finals. A long-standing hip problem, which required surgery, then pushed him tearfully to the brink of retirement. But three-time major winner and back-to-back Olympic gold medalist Murray said he intends to keep playing. **AFP**



Photo: REUTERS

QUIZ TIME!

Q1: What's the correct name for the container holding arrows?

- a) Box ☐ b) Quiver ☐
 c) Holder ☐ d) Arrow holder ☐

Q2: Which cricketer has scored the most sixes in a single IPL match?

- a) Chris Gayle ☐ b) McCullum ☐
 c) AB De Villiers ☐ d) Sanath Jayasuriya ☐

Q3: How many clubs competed in the inaugural English Premier League season?

- a) 12 ☐ b) 35 ☐ c) 22 ☐ d) 14 ☐

Q4: Which NBA player scored 8 points in the final 7 seconds of a game to lead his team to victory?

- a) Baron Davis ☐ b) Kevin Garnett ☐
 c) Stephon Maurbury ☐ d) Reggie Miller ☐

Q5: Which country, which made its debut in the Norwich Union League in 2003, signed Rahul Dravid as their overseas player?

- a) Holland ☐ b) Ireland ☐
 c) Wales ☐ d) Scotland ☐

Q6: The Indian football team made its first appearance at Olympics in...?

- a) 1936 ☐ b) 1948 ☐ c) 1952 ☐ d) 1956 ☐

Q7: Messi wore the No.30 at the start of his Barca career and is now No.10. What other number has he worn for the club?

- a) 3 ☐ b) 10 ☐ c) 7 ☐ d) 19 ☐



Lionel Messi

Photo: GETTY IMAGES

Q8: Which track and field star to become one of the greatest athletes of her time?

- a) Wilma Rudolph ☐ b) Gail Devers ☐
 c) Florence Griffith Joyner ☐ d) Jackie Robinson ☐

Q9: The name Kunjarani Devi is associated with...?

- a) Weight Lifting ☐ b) Target shooting ☐
 c) Athletics ☐ d) Swimming ☐

Q10: Which of the following is a Manipuri version of Hockey?

- a) Khong Kangjei ☐ b) Hiyang Tanaba ☐
 c) Yubi Lakpi ☐ d) None of the above ☐

Q11: Who was the 1st ODI captain for India?

- a) Ajit Wadekar ☐ b) Bishen Singh Bedi ☐
 c) Nawab Pataudi ☐ d) Vinoo Mankad ☐

Q12: Who won back-to-back men's high jump titles in the Big 12 Outdoor Track and Field Championships in Manhattan, USA?

- a) Tejaswini Shankar ☐ b) Rakesh Powar ☐
 c) Vijay Goel ☐ d) Shankar Narayan ☐

ANSWERS: 1. b. Quiver 2. a. Chris Gayle
 3. c. 22 4. d. Reggie Miller 5. d. Scotland
 6. b. 1948 7. d. 19 8. a. Wilma Rudolph
 9. a. Weight Lifting 10. a. Khong Kangjei
 11. a. Ajit Wadekar 12. a. Tejaswini Shankar