



# THE TIMES OF INDIA

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**TODAY'S EDITION**

► As internal assessments are one of the key factors for class XII evaluation, students talk about their plans for new academic session  
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**STUDENT EDITION**

TUESDAY, JUNE 29, 2021


**WEB EDITION**
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**TOKYO OLYMPICS**
**THE COUNTDOWN BEGINS**

## Archer Deepika Kumari becomes world No 1

Archer Deepika Kumari on Monday became the world number one, as World Archery unveiled its latest rankings. She completed her hat-trick of gold medal at the Archery World Cup Stage 3 in Paris on Sunday by winning

the Recurve individual event by 6-0. This is Deepika's second individual World Cup Gold medal of 2021 and the third gold of the day, as she had earlier won gold in the women's team and mixed team event as well on Sunday.



Kumari will represent India as the lone female archer in Japan, joining a full men's team, as they strive to win the country's-first archery medal at the world's-biggest sporting event

## Sajan Prakash creates history, becomes first-ever Indian swimmer to make Olympic 'A' cut

Sajan Prakash has become the first-ever Indian swimmer to qualify for the Olympic Games by breaching the 'A' standard time, clocking 1:56:38 seconds in the men's 200m butterfly event at the Sette Colli Trophy in Rome, Italy. The Games 'A' standard was set at 1:56.48 seconds, and the 27-year-old Prakash completed the run, 0.10 seconds faster at the FINA-accredited Olympic qualifier.



■ Born in Idukki, Sajan trained under coach Saju Sebastian at Neyveli (Tamil Nadu) before heading off to his friend Pradeep Kumar. He also worked in a training stint in Thailand on a FINA scholarship ■ In the 2015 National Games, Prakash won six gold and three silver medals for Kerala to win the Best Athlete award ■ He qualified for the finals at the 2018 Asian Games in the 200m Butterfly, the first Indian to do in 32 years ■ He was the lone Indian swimmer in Rio Olympics

## Shafali Verma becomes youngest Indian to make debut in all formats

Opener Shafali Verma on Sunday became the youngest Indian cricketer to make debut across formats after being picked for the first ODI against England Women in Bristol. On her ODI debut, Verma scored 15 runs off 14 balls before being dismissed by Katherine Brunt..


**Spotlight**

■ The Haryana girl took 17 years and 150 days to make her debut across format, making her the fifth youngest cricketer overall on the list, headed by Afghanistan's Mujeeb Ur Rahman

■ Rahman had made his all format debut at 17 yrs, and 78 days, followed by England's Sarah Taylor (17 yrs, 86 days), Australia's Ellyse Perry (17 yrs, 104 days) and Pakistan's Mohammad Amir (17 yrs, 108 days)

## Schools to remain shut, say Centre and states

Even as the second wave of Covid-19 pandemic across the country is slowly receding, the Centre and the state governments have decided not to allow schools to be reopened yet. Though experts have predicted a third wave of the pandemic, many students, parents and parent organisations want schools to be opened in places where the outbreak of Covid-19 is under control. Reasons Ashok Agarwal, All India Parents Association President, "According to an estimate, nearly 30 per cent of the students studying in government schools are 'school dropouts'. We should not ignore the fact that the best and the safest place for children is school. The closure of schools for a longer period of time has given rise to social evils and other abuses like child labour, sexual harassment, diseases etc." he said. "When all other economic activities have resumed during the unlocking of the lockdown, why can't schools be opened, he questioned.



Meanwhile, according to a survey, more than 70 per cent of parents in the country still do not want to send their ward to school. These parents say that schools should not be opened till the coronavirus situation in their areas is completely under control. On the other hand, 30 per cent parents are ready to send their children to school

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## Ed Sheeran reveals new collaboration with BTS

Singer-songwriter Ed Sheeran says, he has teamed up with BTS once again for the music group's upcoming song. The English singer and the South Korean septet previously collaborated on 'Make It Right' from the latter's 2019 album 'Map of the Soul: Persona'. In an interview with the American radio show 'Most Requested Live', Sheeran has said that he is looking forward to their new track. "I've actually worked with BTS on their last record, and I've just written a song for their new record. And they're like super, super cool guys as well," the singer said.

■ BTS has a CD version of their latest chart-topping English-language hit 'Butter' coming up in July, and their label Hybe Corporation previously announced that it will include a brand new track that "will make your heart beat to the rhythm of BTS's positive energy"

■ It is, however, uncertain if the group's new song with Sheeran will be included in the CD version of 'Butter'



## Major portions of 10 Lakshadweep islands might go under water in next 30 yrs

A study conducted by ocean engineering scientists at IIT Kharagpur shows that 10 islands among the 36 islands of Lakshadweep archipelago might have more than 60 per cent land loss in the next 30 years because of the continuous and extreme rise of sea water level in the last 15 years. The study mentions that the rise is much higher in the Arabian Sea than the Bay of Bengal, as the latter's salinity is lower because of many fresh water rivers opening into it. Hence, Lakshadweep islands are at a great risk compared to India's other archipelago, the Andaman and Nicobar Islands.



The study also found that capital Kavaratti will be 70 per cent affected. Deep signs of damage have also been noticed at the islands' lone airport in the southernmost tip of Agatti, which has started getting dangerously inundated

■ Lakshadweep, a group of 36 islands, is known for its exotic and sun-kissed beaches and lush green landscape ■ The name, Lakshadweep, which in Malayalam and Sanskrit means 'a hundred thousand islands', is India's smallest Union Territory. ■ It is an archipelago consisting of 36 islands, with an area of 32 sq km. ■ It is a Union Territory and comprise 12 atolls, three reefs, five submerged banks and 10 inhabited islands. The capital is Kavaratti, and it is also the principal town.

## 'AVATAR' HOPES FOR RARE SUCCESS WITH A GAMING TIE-IN

Video game adaptations of Hollywood blockbusters fell out of fashion over the last decade, but the makers of the sequel to all-time top-grossing movie 'Avatar' hope their tie-in will buck the trend. Made by French giant Ubisoft, 'Avatar: Frontiers of Pandora', is an opportunity to "extend (the universe) and give fans somewhere to go," said Jon Landau, the head of director James Cameron's production company Lightstorm Entertainment.

■ The Avatar follow-up, set for release in late 2022, is just the latest gargantuan film project the company has steered for Cameron since the late 1980s— from 'Terminator 2: Judgement Day' to 'Titanic', to the first 'Avatar' film in 2009 ■ The game is being seen as a complement to the new movie, a chance to explore the mythical planet of Pandora and its blue-skinned inhabitants beyond even the sprawling version on cinema screens

Through the 1990s and 2000s, no blockbuster movie release was complete without a (often half-baked) video game to go with it



## Dragon Man, a mysterious new human species found in China, could be a closer relative of ours than Neanderthals

A large fossil skull discovered in China may be our closest relative in the human family tree, than the previously-known Neanderthals, according to a new research. The fossil, Harbin cranium, is the largest of the known Homo skulls, and scientists say this skull represents a newly-discovered human species named Homo longi or 'Dragon Man'.

■ Homo longi lineage may be our closest relative and has the potential to reshape our understanding of evolution, feel experts

■ The cranium was reportedly discovered in the 1930s in Harbin City of the Heilongjiang province of China. The massive skull could hold a brain comparable in size to modern humans' but had larger, almost square eye sockets, thick brow ridges, a wide mouth and oversized teeth



## Twitter may soon let you connect your Google Account

Micro-blogging site Twitter is working to make it possible to sign in to your account through a connected Google Account. For years, Google has offered a way for apps to let their users sign up or log in with nothing more than their Google Account, saving the step of needing to fill in basic information like your name and email address or even picking a password.

► In a screenshot of the enabled feature, Twitter's sign-in page on the web shows 'Sign up', 'Log in' and a third option, 'Continue with Google' ► Presumably, this button will allow you to attach your Google Account to an existing Twitter account, create a new Twitter account with your Google Account details or login to your Twitter account, if you've already associated it with your Google Account





# ABOARD THE BOARD YEAR

It's the beginning of a new academic year and the cloud of uncertainty continues to loom, especially over Board year classes. But in what may be seen as a silver lining, this time around students seem ready to take on the challenges in the right spirit. Going by the lessons learned from the past academic year, a clearer picture has now emerged that every internal exam in school is of utmost importance. Students share their thoughts about the road ahead this year...

## MY TURN TO SHINE

The beginning of this school year for me was more than just the fresh smell of new books or the fulfilling feeling of writing on unused pages. Class X is a huge responsibility. I planned class IX to be my outline for how this year would be. Like a practice run. They say don't count your chickens before they hatch. Well, I did. And with perfect timing, the pandemic stepped on all my plans! But I learned from the past year and now it's my time to shine.

Resisting the urge to pick up the phone every minute is an uphill climb.

My plan of action is pretty simple. Time management is my strong suit, that's why I have managed to fit in other co-scholastic activities along with my academics. Consistency is key. The last thing on the list is finding inspiration. It may be a set goal, or anything that has the power to drive you to do all of this. It might take a lot of effort and energy, but I know it's worth it.

**BRINDA THAMMAN**, class X, St Kabir Public School, Chandigarh

## MANAGING TIME IS KEY

Time management is the key to the lock of success. Schools are working over online platforms and I can manage my time in an effective way. If I were in school I would be attending a lot of written tests and model exams which would be helpful during the board exams. But our teachers are leaving no stone unturned and helping us in all possible ways. They are using charts, videos, power point presentations, black-board teaching while conducting online classes. It has helped me gain confidence.

Teachers are leaving no stone unturned to help us

**J. ABIJITH NARAYANA**, class X, SBOA Matriculation Hr. Sec. School, Coimbatore

## LOOKING AT THE BIGGER PICTURE

In these uncertain times it is certainly hard to concentrate on studies. Uncertainty always creates doubt and doubt births fear. To face the uncertainty of the future optimistically, I try to steer clear of the hysteria.

I'm focusing on my career now. My long-term aim is the civil services. I am channelling this time into building my knowledge, identifying my weaknesses and making the best use of resources available at hand. I am also exploring new academic domains online and connecting to experts, which is much easier now. Another bright side is the in-

## EVERY EXAM IS CRUCIAL

Honestly, given the situation it is better to go with the flow. Yes, there are lot of uncertainties and who knows if a third wave arriving can lead to another lockdown?

Yes, it is having an impact on my studies, but thankfully there have been family, friends and teachers always encouraging me. When exams got cancelled this year, it embedded the fact in my brain that 'every exam is important.' It has become the driving force to study from the beginning, along with other activities.

Hoping things should get fine creating a positive aura!

**SIDDHARTH KOTHARI**, class X, St Joseph's Boys' High School, Bengaluru

Thankfully there have been family, friends and teachers always encouraging me.



**You need to trust that the dots will somehow connect in future. Steve Jobs**

## NEED CONSTANT MOTIVATION

Education at home has been a unique experience. My bedroom has turned into my classroom and at times it becomes difficult to stay focused. In order to keep track, I'm always reminding myself of the goals I've set and would like to reach.

Motivation is an exhaustible resource; it needs to be fed regularly and it won't always run high. What I do in order to remain inspired is read books, listen to podcasts and watch YouTubers who aim to motivate and encourage their audience. Most importantly, I know that if I want to perform well in my Board examinations, I need to maintain a

balance to prevent burning myself out.



Movement, be it yoga or a quick walk, is essential to keep the brain fresh.

Having hobbies or time to relax scheduled into my days makes the process more enjoyable. Keeping in touch with friends also helps greatly.

Movement, be it yoga or a quick walk, is essential to keep the brain fresh.

**AMRUTHA VARSHINI THOTA**, class XII, FIITJEE, Hyderabad



## RETRO CLASSICAL MUSIC TO DE-STRESS

Amidst all the chaos Covid-19 has brought into this world, it has definitely created a state of confusion in our life regarding our academic future. While I do have regular studies on my mind, I have tweaked my schedule a bit. I have included a few extracurricular activities to give my brain that extra bit of focus that is needed in this time. Retro classical music has helped me a lot in this regard. The calmness it brings is unparalleled. One thing that I have learnt over this pandemic phase is that panic won't help much.

I have also adopted clay modelling as a hobby to keep myself engaged. I would urge all my fellow students who are in the same situation to keep their focus intact however hard it may be. This shall pass too. The Sun will again shine bright. Till then keep going!

**ADITI MISHRA**, class XII, Chaitanya School, Boyapallem, Vizag

One thing that I have learnt over this pandemic phase is that panic won't help much.

formation surplus on the internet. We can utilise that to complement our learnings and widen our perspective. Reading magazines and newspapers can be a good pastime now. All this can be done since we are saving on time by being at home.

**RICHA PRAGYA**, class XII, St. Augustine's Day School, Barrackpore, West Bengal

Channelling time on hand to build knowledge, identify my weaknesses

## PLAN AND PREPARE

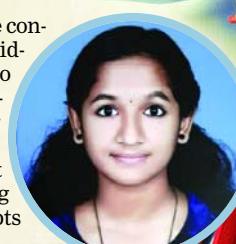
Uncertainty continues as far as Boards are concerned. With social distancing and Covid-19 protocol, it is not possible to even do combined studies. So we have to overcome several challenges and make the most from our homes.

I plan to make a timetable for each subject so that I can split my time effectively. Noting down key points will help me remember concepts clearly.

Identifying the subjects which I am not great at and spending more time on those will be of help. Writing formulas and equations in a separate book will help me memorise them and do problems quickly. I prefer to take short intervals between studies and engage in other activities to refresh my mind.

**SHREYA R AJITH**, class X, MGM Central Public School, Thiruvananthapuram

Noting down key points will help me remember concepts clearly.



## FOCUS ON KEY SUBJECTS

Given the unexpected cancellation of this year's board exams, it is hard to predict what challenges we might face. Unlike the past year where the syllabus was cut down by 30%, we will have the task to complete the full syllabus in the same time and through online classes.

In general, I will concentrate on scoring well in internals as well as pre-boards in case boards get cancelled this time as well. I will try to focus on subjects that have a comparatively bigger syllabus like SST, English. For Maths, regularly practicing different sets of problems will be crucial. I hope we get to attend physical school, as it is difficult to understand certain topics online.

**AVANI PANDIT**, class X-A, Apeejay School, Nerul, Navi Mumbai



Will focus on scoring well in internals as well as pre-boards in case boards get cancelled this time as well.

## PLENTY OF DOUBTS REMAIN

These are the times of uncertainties. Being newcomers to class X, our minds are spurring with all sorts of questions relating to syllabus, boards, and grading systems. The questions are just innumerable. At present, any of these can't be predicted.

However, I opine that simply waiting for these questions to be answered would be of no use. While these questions get their answers, I have kick-started my work by planning out daily schedules. Virtual learning has reduced school timings. The travelling time to school and back home is also being saved. I utilise this bonus time judiciously by devoting it to my studies. Regular, after-class revisions help me memorise my concepts efficiently. This would also save me from getting overburdened at the time of exams.

Even if any of the topics that I study is omitted, the knowledge that I gain would never go waste. At the same time, I will continue to pursue my hobbies as part of relaxation and recreation.

**VARADA SHENDYE**, Class X, SSPM's Sri Sri Ravishankar Vidya Mandir, Borivalli (E), Mumbai



Even if any of the topics that I study is omitted, the knowledge that I gain would never go waste.

## Plan ahead to get ahead in maths

Mathematics often gives the jitters to not only students but even the parents. Most of the students are afraid of Math because of its complex and brain racking formulas, derivations and equations. So being a Math educator I would like to give a few suggestions which might help ease out the phobia.

**1** Rome wasn't build in a day and similarly exams just cannot be cleared with flying colours by just the last minute study. It is imperative to have a fixed study schedule on a daily basis, so that you don't overburden yourself on the D Day. Stay focused and try to leverage all the resources for a better understanding of the concepts.

**2** As it is rightly said practice maketh a man perfect. Rigorous practice can help you understand the concepts well. But again the keyword is to be assertive and disciplined and not to leave it for the last minute. Try to hone your study skills and try to plan ahead.

**3** Acronyms and mnemonics will help the students to memorise and easily compute a word problem.

**4** Always learn from your mistakes. In Math, concepts are build upon one another, so its important to clear up your base concepts.

**5** Last but not the least indulge in some sort of physical activity and have a well balanced nutritious diet with ample sleep every day. This is the most easiest step that can be done. A healthy mind resides in a healthy body. So when you are calm, composed and relaxed, your clear mind will focus on what it needs to be focused on.

So in a nutshell cramming, panicking and stress should definitely be avoided. Maintain good physical, mental and emotional health. Practice relaxation and breathing techniques on a daily basis. It is of utmost importance to read the instructions of the paper carefully and try to be as neat as possible. A positive and proactive attitude clubbed up with self belief will help to maximize your performance in the subject.

**SWATI SHAH**, Math Educator, Zebar School For Children, Ahmedabad



## DIFFERENT STROKES

Class X (CBSE), Painting

**1** Which of the following statements are correct.

(A)

- (i) The secondary colours are red, yellow and green
- (ii) The secondary colours are yellow, blue and red
- (iii) The secondary colours are orange, violet and green
- (iv) The secondary colours are green, orange and blue

(B)

- (i) Darkness of colour is called Tone
- (ii) Lightness of colour is called Tone
- (iii) Darkness and lightness of colour is called Tone
- (iv) Intensity of colour is called Tone

(C)

- (i) Unity, harmony, balance and rhythm are principles of art
- (ii) Unity, harmony, balance and Texture are principles of art
- (iii) Unity, harmony, balance and Form are principles of art
- (v) Unity, harmony, balance and Space are principles of art

(D)

- (i) A Pyramid has three sides
- (ii) A Pyramid has four sides
- (iii) A Pyramid has five sides
- (iv) A Pyramid has six sides

(E)

- (i) Brown Stands for 'B' in VIBGYOR
- (ii) Beige stands for 'B' in VIBGYOR
- (iii) Blue stands for 'B' in VIBGYOR
- (v) Black stands for 'B' in VIBGYOR

(F)

- (i) A cube has four lines

- (ii) A cube has Eight lines
- (iii) A cube has Twelve lines
- (iv) A cube has Sixteen lines

- 2** a. Name any four materials of painting and mention their merits?
- b. Write down the colours in VIBGYOR?
- c. Which types of pencils are used in drawing and shading?
- d. What is the difference between the water colours and the poster colours?

- 3** a. In a still life, what are the elements and principles which needs to be taken care of?

- b. Name any three surfaces for Paintings? Which surface would you prefer and why?

- 4** a. On the basis of the Fundamentals of Painting, evaluate the world renowned painting from Ajanta 'Padmapani-Bodhisattava' or the 'Ashokan Lion Capital' from Mauryan Period?

- b. Mention the names of any four 'Elements' and any four 'Principles' of Painting?

- 5** Write a short essay on any one of the following:-

- Kailashnatha Temple
- Or
- Ashokan Lion Capital





## ENVIRONMENT AND KNOWLEDGE



**Knowledge is our environment. Wisdom is how we perceive our environment.**

The true meaning of life is to plant trees, under whose shade you do not expect to sit. Love is like a tree, it grows of its own accord, and it puts down deep roots into our whole being.

On this Environment day managing trustee of the school Minal Pote, the true motivator for Kalyankar's as she always believes that one should never dream about success rather work for it. Initiated and planted trees with graceful presence of Deputy Commissioner Ramdas Kokare at KDMC world environment day was celebrated.

To imbibe with the same vision and values in the student, amazing and exciting activities were planned for the learners of Grade 1 to 9 by The Cambria International Kalyan to make the students aware about the importance of protecting the nature.

The school authorities imbibed the love for trees and humanity hence planting a sapling activity was conducted for all the young learners.

Many more activities such as recycling the waste, Creating nature collage, and inviting Birds to live with us by placing a bird feeder at our homes were also conducted for different grades, which helped us instill the value of sensitivity towards the nature in our learners.

A fantastic response was received from all our young and talented learners for this initiative.

On this World Environment Day let us knowledge to protect our environment to make our planet a happier place to live for generations.

### RUMINATIONS IN MY MIND

Living with a group of impersonators, Stop being a conservator. Facing the dearth of happiness, Fraught with impasse

and unpleasantness. No one to elucidate queries, Everyone engrossed in finding blemish. People don't dispose of nagging,

Only avocation is sneering and scoffing. Some are recalcitrant, Up for grabs in abundance. Be sanguine and stop castigating oneself!!

Avoid exertion on interjecting opinions. We are living with a group of impersonators, Stop being a conservator.

SHIBANSI PADHI, class X, Holy Angels School, Dombivli

## YOGA DAY CELEBRATIONS

Rizvi Springfield High School (CBSE), Khar

Practising yoga is one of the ways of growing into a better human being with a sharp mind, a good heart and a relaxed soul. Prime Minister, Narendra Modi is an ardent follower of practising yoga for a sound mind and body. He promotes the celebration of International Yoga Day every year and encourages the citizens to perform yoga every day, as a part of a healthy lifestyle. The initiative to celebrate International Yoga Day was established in 2014 and the United Nations declared in December 2014, that 21st June would be celebrated as International Yoga Day around the world.

Rizvi Springfield High School (CBSE) celebrated the International Yoga Day with the students and the teachers by conducting an Online Yoga Workshop. This was done to enhance the importance of Yoga in the lives of the children, and to promote ways towards a healthy mind, heart, and body. Since, Yoga aids in the betterment of mental, physical and spiritual health, the school management and the principal, Dr. Radhika Vakharia, finds it important to make the children aware of the numerous benefits of practising Yoga everyday. The workshop



started online at 8:30 a.m. in the morning, where the students and the teachers followed instructions of the P.E. teacher and performed various asanas, while another teacher was simultaneously explaining the benefits of each of the asanas on the mind, body and soul. All the students and the teachers were asked to dressed in T-shirts and track pants. The students joined in from the comfort of their homes, while the teaching and the non-teaching staff joined in from the school. Vrikshasana, Padmasana, Halasana, Surya Namaskar, Anulom Vilom,

Pranayam, were among the many asanas which were taught by the instructor. The workshop went on for an hour before coming to an end.

The workshop 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 Yoga Workshop a success.

Mahatma Gandhi Mission Primary and Secondary School (English Medium), Nerul

International Yoga Week celebration from 14th June 2021 to 21st June, 2021 by Mahatma Gandhi Mission Primary and Secondary School (English Medium)

International Yoga Day is observed every year on 21st June. This year carries the theme "Yoga for wellbeing" at a time when society is still recovering from the impact of the Coronavirus Pandemic. Celebration of international Yoga Day is all

about integrating body, mind and soul as Yoga is an ancient India tradition combining bodily agility with mental relaxation techniques. It was Prime Minister Narendra Modi who gave the proposal to observe 21st June as 'International Yoga Day'.

Mahatma Gandhi Mission Primary and Secondary School (English Medium) celebrated Yoga Week from 14th June, 2021 to 21st June, 2021 on a digital platform. On the occasion of International Yoga day, our Principal Mrs. Sabita Dash welcomed our esteemed Chief guest, Dr. Biswajit Saha. Dr. Shah is Director of Training and Skill Education at the Central Board of Secondary Education (CBSE). Dr. Saha inspired students and teachers with his mesmerising thoughts of including Yoga in our daily life to develop a positive attitude towards it. He motivated students to adopt yoga for physical fitness and emphasised on adopting more of our Indian culture. He appreciated Principal, teachers and students for their efforts to celebrate Yoga week. Programme started with a beautiful performance by our young students Miss Bhoomi Prajapati and Miss Khushboo Rathod based on Rhythmic Yoga. Master Sarvesh Gharat and Master Ashwani Singh demonstrated various Yoga asanas and the benefits of each and every asana was explained by Physical Education



Dr Biswajit Saha Director CBSE



diet for leading a healthy life. On third day, Mrs Reeta Soni, Yoga expert dwelled upon precautions to be taken while performing asanas. On fourth day, Ms. Nikita Singhal, Yoga expert performed asanas that will help students to increase their height and boost immunity power so that they

can fight against coronavirus disease. On fifth day, Mr. Anand Wamanse, Yoga expert performed yogic techniques that will be beneficial for students to improve memory capacity with the help of short story telling method. On seventh day, Mr. Sreekonda Subramaniyam Sarma, Yoga expert demonstrated simple asanas like Anulom Vilom, Bhramari, Badha Konasana etc. that will help in improving our health. All the students and teachers enthusiastically and energetically participated in this one-week programme and indeed made it a memorable event.

Teacher(PET) - Mr. Atul Shinde. Vote of thanks was given by Vice Principal Mr. Avinash Malunekar. The Program ended with singing of the National Anthem. On the first day of Yoga week, Mr. Atul Shinde, PET explained the steps to be taken by students to clean their sensory organs and throw the toxins out from their body using simple yogic kriya. On second day and sixth day, Ms. Kunjan Paul, Yoga expert demonstrated various yoga asanas to increase oxygen level, take care of eyesight, to boost immunity power and explained importance of proper

Harmony International School, Kharghar

"Yoga adds Years to your Life and Life to your Years".

Yoga the invaluable gift of India's ancient tradition derives from the Sanskrit word that means to join or to unite, symbolising the union of body and consciousness. It can be termed as a one-size fits all, solutions to fight stress, alleviate other ailments and promote health in a holistic manner.

Students of Harmony International School, Kharghar participated in an online session on 21st June, 2021 to mark the International Yoga Day by performing various asanas, warm up exercises followed by "Omkar Chanting". The celebration concluded with synchronized recitation of shlokas and by sharing a virtual pdf on the basic asanas and their importance.



## Parvatasana

The name Parvatasana comes from Sanskrit words where 'Parvat' means mountain and asana means yoga posture. This asana is performed in a sitting position.

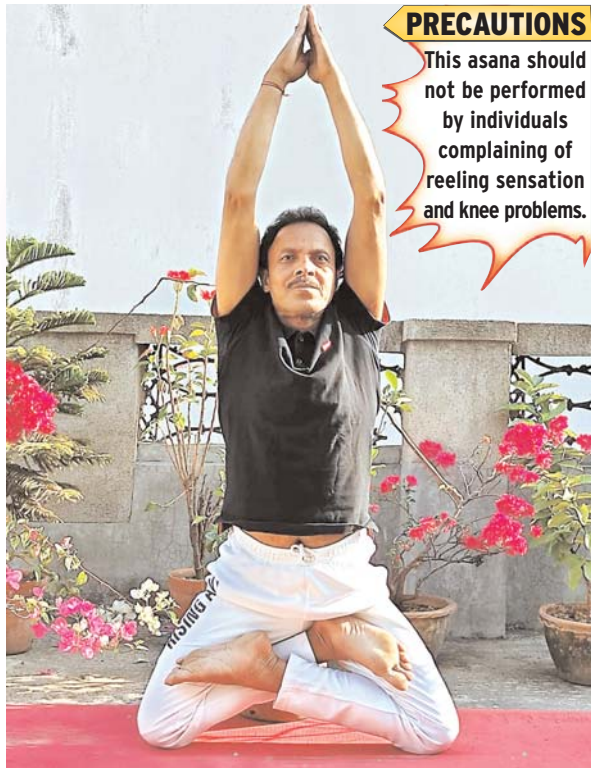
### BENEFITS

Since this asana stretches the entire body, it improves the blood circulation and eliminates blood congestion. It also increases lung capacity as well as the flexibility of the intercostal muscles. Asthma patients will therefore find the pose advantageous.

It tones the core muscles, aids in improving health of internal organs, prevents potential of muscles and joint related problems.

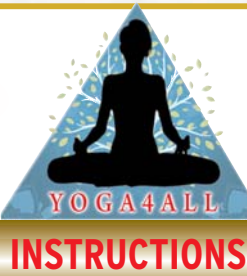
It also stimulates growth hormones and reduces extra fat deposited at the back of the waist.

ALOKE KUMAR DAS  
N.S.N.I.(Yoga Trainer  
at Birla High School, Kolkata)



### PRECAUTIONS

This asana should not be performed by individuals complaining of reeling sensation and knee problems.



1. Sit on the floor and cross your legs.
2. Place your hands in front of you, enabling your palms to touch each other.
3. Exhale and stretch your hands over your head all the while, your palms touching each other.
4. Stretch your torso in an upward direction. The position should be held for a long time while breathing normally.
5. Bring your hands down, stretch your legs in front of you and relax.
6. Repeat the steps for 8-10 seconds.

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.

## OF COURAGE AND HONESTY



When *Black Panther* came out in 2018, like everyone else, I couldn't help falling in love with the story and characters. Throughout the movie, there were a few characters that stood out for me, and one of them was Okoye. The general of the Dora Milaje, one of Wakanda's greatest warriors, so loyal to the throne that she wouldn't think of betraying it even for her loved ones. She knows everything, everything that goes on in Wakanda. There's just something about the Dora Milaje that is outstandingly inspiring; it could be their fierceness, the way they talk, the way they walk, the way they shut everything that's wrong or against them. Millions of little girls around the world see themselves in Okoye and the Dora Milaje, because they fight for what they believe in. Okoye has taught girls like me to stay loyal to ourselves and stand for what we know is right and not care about other's opinions.

Twisha Karra, IX A, Fr Agnel Multipurpose School and Jr College, Ambarnath West

**INSPIRING ICONS**  
Okoye and the Dora Milaje



## Painters' Gallery



YADAV ISHIKA, class VII, Navodaya English High School And Junior College, Thane



PARUI SOHAM, class VII, Navodaya English High School And Junior College, Thane



# BELGIUM EDGE PAST PORTUGAL

**Top-ranked Belgians held Ronaldo scoreless and clung onto a first-half lead to beat Portugal 1-0 and advance to the quarterfinals of the European Championship**

**R**onaldo, who threw his captain's armband to the ground in despair after the final whistle, is still one goal shy of becoming the all-time men's top scorer in international soccer. He came into the match tied with former Iran striker Ali Daei at 109 goals. Belgium, which has never before won a major soccer title, will next face Italy on Friday in Munich. Belgium's potent attack, led by Kevin De Bruyne, Eden Hazard and Romelu Lukaku, also struggled, but Thorgan Hazard scored the winning goal in the 42nd minute with a swerving shot from outside the area. Portugal goalkeeper Rui Patrício was left wrong-footed and was late to swat the ball away.

## De Bruyne injured

■ Belgium played most of the second half without De Bruyne, who had to be substituted after being tackled from behind and injuring his left ankle. De Bruyne missed the team's first game at Euro 2020 while recovering from a facial injury sustained in the Champions League final. Portugal had several good chances to equalize late in the match, including a header by Rúben Dias saved by Belgium goalkeeper Thibaut Courtois and a shot by Raphael Guerreiro that hit the post. The Portuguese did most of the attacking in the second half, finishing the match with 24 attempts. Belgium had six in total and scored the only time it hit the target. "Looking at that second half, we are lucky to win," Belgium defender Thomas Vermaelen said. "Portugal made it really hard for us. We had to really stay focused. It has cost us a lot of energy, but we have some time to recover and now we are looking forward to the game against Italy."

## Can Belgium end the title drought?

■ While Portugal's run for a second consecutive European title ended, Belgium stayed on track to end its title drought. The Belgians lost the European Championship final in 1980 and finished third three years ago at the World Cup for their best finish at that tournament. The Red Devils have won all four matches so far at Euro 2020 and won all 10 qualifiers for the tournament. The team is unbeaten in 13 consecutive matches in all competitions, since a loss to England last year in the Nations League. Belgium has lost only one of its last 27 international matches. "We showed incredible concentration and defended really well," Belgium coach Roberto Martinez said. "We scored a very good goal and then in the second half, as you would expect, the momentum went to Portugal more. We had to show an incredible mentality."

**It wasn't just about how good we can be but how we could adapt to what Portugal do best: They do exactly what they need to win - that's why they are the current European champions. They know how to take those moments that can hurt you, but I think we had incredible concentration and defended really well.**

**ROBERTO MARTINEZ, Belgium Coach**

## Many missed chances for Portugal

■ Ronaldo was kept in check for most of the match, with his best scoring chance coming from a free kick saved by Courtois in the 25th minute. He also was off target with a free kick in the 74th, and then only managed a weak shot on goal from inside the area a few minutes later. The Juventus striker seemed frustrated by the lack of opportunities, and couldn't do much to help his teammates, with Diogo Jota misfiring from close range after a Ronaldo pass. "We have some players crying in the changing room, and I'm sure that many Portuguese fans are as well," Portugal coach Fernando Santos said. "We were confident with our chances of winning the European title. Portugal deserved to win this match but it didn't happen."

## Belgium - more than just goals

■ It had been a slow start at La Cartuja Stadium on a hot night in southern Spain, with neither team threatening much offensively. Portugal kept Belgium's attack under control until Thorgan Hazard scored. The buildup started with Courtois dummying Ronaldo inside his own area. The game grew heated at times, with a small altercation starting in the 76th after Portugal defender Pepe came in hard on Thorgan Hazard while play was stopped as Lukaku waited for doctors after being hit on the head by an opponent's foot.



Thorgan Hazard of Belgium

Photo: GETTY IMAGES

# CZECH SEAL QUARTER-FINAL BERTH

**Tomas Holes and Patrik Schick scored second-half goals to take the Czech Republic into the Euro 2020 quarter-finals**

**C**zech Republic took advantage of a red card for the Netherlands to upset their more fancied opponents and win 2-0 in Budapest. Holes powered home a 68th-minute opener after being set up by Tomas Kalas, as the Dutch watched hopelessly in their own penalty area. Schick made sure of the Czechs' surprise success with a close-range finish 10 minutes from fulltime, in front of a capacity crowd that provided a deafening wall of noise for most of an absorbing last-16 contest.

## Calamitous outcome Dutch

Netherlands imploded after Matthijs de Ligt was sent off for a cynical handball 10 minutes into the second half, and they will now face some serious soul searching. De Ligt was sent off after a VAR review by Russian referee Sergei Karasev after punching away the ball as he tumbled to the ground in a tussle with

Schick. Before that pivotal moment, the Dutch had looked to get on top of their opponents with their overlapping runs and passing ability, but a moment of madness from their 21-year-old centre back swung the balance towards the Czechs, who needed no second invitation to grab the initiative.

The Czechs are now through to face a quarter-final clash with Denmark in Baku on Saturday, turning around their Euro 2020 fortunes.

The Dutch could have gone ahead before being reduced to 10 men, with fullbacks Denzel Dumfries and Patrick van Aanholt creating several chances with their overlapping runs.

Yet striker Memphis Depay looked out of sorts and Donyell Malen hesitated with several opportunities, no more so than when sprinting through the Czech defence to go one on one with Tomas Vaclik, just after the break, before having the ball snatched away from his feet as he tried to round the keeper. There was an opportunity for the Czechs when stand-in captain

Tomas Soucek glanced a difficult header wide in the 22nd minute and Antonin Barak blasted past the target from a tight angle 16 minutes later. Once De Ligt was dismissed, the Czechs assumed control and the goal came as the Dutch defence was caught static by a set-piece that saw Kalas climb above the defence to head back for Holes to score, with veteran Dutch goalkeeper Maarten Stekelenburg caught in no man's land. The Dutch then sought to throw on some attacking artillery but quickly wilted in the searing heat as Schick made it 2-0 with Holes pulling the ball back for the striker to net his fourth goal of the tournament.



Tomas Holes

Photo: AP

# DHAWAN-LED INDIA DEPARTS FOR SL

**T**he Shikhar Dhawan-led Indian white-ball squad departed for Sri Lanka on Monday. The official Twitter handle of the Board of Control for Cricket in India (BCCI) on Monday shared a photo of the entire Indian squad and captioned it: "All set. Sri Lanka bound." Rahul Dravid, India's head coach for the Sri Lanka tour, on Sunday said he hopes the white-ball squad is able to give good performances so that they are able to knock the doors of selectors for a callup for the T20 World Cup, which is set to be played later this year.

India and Sri Lanka will lock horns in three ODIs and three T20Is, beginning July 13. The likes of Sanju Samson, Ishan Kishan, and Suryakumar Yadav are in the white-ball squad and they would be looking to cement their place in the T20 World Cup squad.



Photo: GETTY IMAGES

## QUIZ TIME!

**Q1:** Which Indian Shot Put player recently qualified for the Tokyo Olympics?

- a) Om Prakash Karhana ☐ b) Tajinderpal Singh ☐  
 c) Inderjeet Singh ☐ d) Jugraj Singh ☐

**Q2:** Who has been named the captain of the Indian men's hockey team for the Tokyo Olympics?

- a) P R Sreejesh ☐ b) Manpreet Singh ☐  
 c) Surender Kumar ☐ d) Birendra Lakra ☐

**Q3:** Which race driver won the 2021 French Grand Prix?

- a) Sergio Perez ☐ b) Lewis Hamilton ☐  
 c) Max Verstappen ☐ d) Sebastian Vettel ☐

**Q4:** Which Indian woman wrestler won the gold medal in the 53 kg category in the last Poland Open?

- a) Vinesh Phogat ☐ b) Sakshi Malik ☐  
 c) Babita Kumari ☐ d) Divya Kakran ☐

**Q5:** Saba Sakr has become the first female boxing coach of which country?

- a) Egypt ☐ b) Japan ☐  
 c) America ☐ d) Indonesia ☐

**Q6:** Who is the winner of the 2021 Gelfand Challenge chess title?

- a) Nihal Sarin ☐ b) D Gukesh ☐  
 c) Rameshbabu Praggnanandhaa ☐  
 d) P Iniyar ☐

**Q7:** Pooja Rani, who recently won Gold at the 2nd Asian Boxing Championships, competes in which category?

- a) 75 kg ☐ b) 65 kg ☐ c) 55 kg ☐ d) 45 kg ☐



Photo: PTI

**Q8:** Which player has been awarded New Zealand's 2021 Cricketer of the Year award?

- a) Trent Boult ☐ b) Kane Williamson ☐  
 c) Kyle Jamieson ☐ d) Ross Taylor ☐

**Q9:** Which Indian boxer has won the 5th successive medal at the Asian boxing championship?

- a) Manish Kaushik ☐ b) Amit Panghal ☐  
 c) Shiva Thapa ☐ d) Vikas Krishan Yadav ☐

**Q10:** Which men's tennis player has won the Lyon Open 2021?

- a) Cameron Norrie ☐ b) Stefanos Tsitsipas ☐

- c) Casper Ruud ☐ d) None of the above ☐

**Q11:** Which football club won the 2020-21 La Liga title?

- a) Atletico Madrid ☐ b) Liverpool ☐  
 c) Real Valladolid ☐ d) Chelsea ☐

**Q12:** Who is the head coach of the Indian Women's National Cricket Team?

- a) Vinod Kambli ☐ b) Wasim Jaffer ☐  
 c) Munaf Patel ☐ d) Ramesh Powar ☐

**ANSWERS:** 1. b. Tajinderpal Singh  
 2. b. Manpreet Singh 3. c. Max Verstappen  
 4. a. Vinesh Phogat 5. a. Egypt 6. b. D Gukesh  
 7. a. 75 kg 8. c. Kyle Jamieson 9. c. Shiva Thapa  
 10. b. Stefanos Tsitsipas 11. a. Atletico Madrid  
 12. Ramesh Powar