



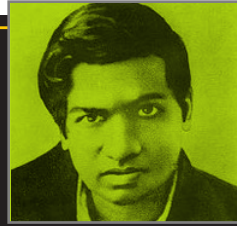
THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ What does it take to be a Board topper? Hear it out from the achievers, who share their success mantras
PAGE 2



➤ Know more about S Ramanujan, and why is he a role model for many youngsters
PAGE 3



➤ Catch all the action from Tokyo. Check out the overall medals' tally and how India is faring in Olympics 2020
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STUDENT EDITION
TUESDAY, AUGUST 3, 2021



Quote unquote

Mental health is very, very important. As a normal course of business we work with the men's and women's tours together to really make sure that we are there for the players and that they have the



Pic: Reuters

ability to talk to someone to get help when they need it in the proper way. I think for the athletes after 15-18 months of lockdown in sport, it's a difficult time. We need to be there for the athletes and certainly tennis takes it very seriously

DAVID HAGGERTY, chief, International Tennis Federation



This global body won an Oscar in 1948 and the Nobel Peace Prize in 2001

- CLUE 1:** Founded in 1945, it is headquartered in New York.
- CLUE 2:** Having begun with 51 member states, its current membership currently stands at 193.
- CLUE 3:** It has six main organs, including the Economic and Social Council and the Trusteeship Council.

ANSWER: UNITED NATIONS. India on Sunday assumed the rotating Presidency of the UN Security Council for the month of August, and is set to organise key events in three major areas of maritime security, peacekeeping and counter-terrorism. This is India's 10th tenure, the last being November 2012. Flagging off its tenure, India thanked France, its immediate predecessor.

Indian women make historic entry into hockey semis



CHAK DE MOMENT!

Taking inspiration from the men's team that got into the medal rounds after a gap of four decades, Indian women scripted a historic moment of their own by making a maiden entry into the semifinals of the Olympics hockey tournament. Indians defeated world No 2 Australia 1-0 in the quarterfinals to storm into the last-four stage



TOKYO TALES



Dutee Chand fails to advance in 200m, finishes last in her heat

Kamalpreet Kaur finishes 6th in discus throw final



Bajrang, Vinesh carry medal hopes in wrestling

X-PLAINED e-RUPI

WHAT: Prime Minister Narendra Modi on Monday launched e-RUPI, a person and purpose specific digital payment solution. e-RUPI is the government's move towards introducing digital currency in the country.

WHY: Developed by the National Payments

Corporation of India (NPCI), the minds behind the Unified Payments Interface (UPI) currently gaining popularity across India, e-RUPI is like a prepaid voucher, except that the voucher is entirely digital, and the payments will be authorised by institutions like the government or banks.



HOW WILL PEOPLE USE IT?

- The government aims to deliver the currency through a QR code or an SMS string that beneficiaries of the currency will use to authenticate payments. The government agencies will provide details to partner banks who will generate the codes necessary
- The users of this seamless one-time payment mechanism will be able to redeem the voucher without a card, digital payments app or internet banking access, at the service provider.

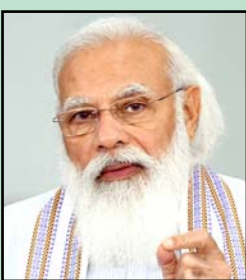
WHERE WILL IT BE USED?

With e-RUPI designed to have zero interference from middlemen, the government plans to use it to deliver social security benefits. With the pandemic raging across the country, the need to have a no contact currency is all the more important, as is delivering welfare

IN OTHER NEWS

PM Modi asks people to share their inputs for his Independence Day speech

Prime Minister Narendra Modi has urged citizens to share their inputs for his Independence Day speech on August 15, saying their thoughts will reverberate from the ramparts of the Red Fort. In a tweet, he asked people to provide their inputs on MyGov, a citizen engagement platform.



vide their inputs on MyGov, a citizen engagement platform.

The portal noted that the prime minister in his Independence Day speech lays out the government's programmes and policies. Modi, over the last few years, has directly invited ideas and suggestions from citizens

Indian Army, Chinese PLA set up hotline

The Indian Army and the Chinese People's Liberation Army (PLA) have established a hotline in the North Sikkim region on Sunday to avoid any kind of skirmishes along the Line of Actual Control. The Indian Army in a statement said that a hotline was established between Indian Army in Kongra La, North Sikkim and PLA at Khamba Dzong in Tibetan Autonomous Region to further the spirit of trust and cordial relations along the borders.



Beyonce's 'Formation' named as best music video of all time

Formation, the song recorded by American popstar Beyonce for her sixth studio album Lemonade (2016), has become the best music video of all time on

a list of 100 music videos ranked by the Rolling stone magazine. It pushed other music videos like Michael Jackson's 'Billie Jean', Prince's 'Kiss', among others

FB developing AI, new ways to detect users under age 13

Admitting that it is not easy to detect and remove accounts belonging to people under the age of 13, Facebook has said that it is looking at ways to convince people under age 13 to not lie about their age, including using the artificial intelligence (AI) technology. Facebook and Instagram weren't designed for people under the age of 13, so the company is now creating new ways to stop those who are underage from signing up. Facebook is also working with operating system (OS) providers, internet browsers and other providers so that they can share information to help apps establish whether someone is of an appropriate age.

- Currently, when people open Facebook apps to sign up for an account, they are asked for their birthday. This is called an age screen
- But verifying someone's age is not as simple as it might sound. While age screens are common, young people



can and often do get around them by misrepresenting their age

FACTOID 22 GIGATONS

The amount of ice that vanished in a single day in Greenland recently. According to researchers, it was enough to cover Florida with 2 inches of water. The ice that melted recently was the third-largest single-day loss of ice in Greenland since 1950. The others happened in 2012 and 2019. The rapid melt followed warm air being trapped over the Arctic island by a change in the atmospheric circulation patterns, scientists said, noting that there could be more ice lost.

■ Such events can create feedback loops that drive further warming and melting in Greenland

■ As snow melts, it exposes darker ice or ground beneath, which absorbs more sunlight rather than reflecting it back out of the atmosphere

Scientists have estimated that melting from Greenland's ice sheet – the second-biggest on Earth after Antarctica's – has caused around 25% of global sea level rise seen over the last few decades

Third Covid wave likely to hit India this month: Report



The anticipated third wave of the Covid-19 pandemic is likely to hit India in August, which may reach its peak in October when the country is expected to report less than 1,00,000 infections daily in the best-case scenario or nearly 1,50,000 in the pessimistic scenario, according to a study.



■ The Centre recently said that 10 states are either reporting a rise in new daily Covid cases or an upsurge in the Test Positivity Rate (TPR). It suggested that strict restrictions in districts with a positivity rate of more than 10 per cent, to prevent crowds and intermingling of people

■ The 10 states are – Kerala, Maharashtra, Karnataka, Tamil Nadu, Odisha, Assam, Mizoram, Meghalaya, Andhra Pradesh and Manipur

SAGE PATANJALI, THE FATHER OF YOGA

Sage Patanjali, the great saint of India, was a great scientist, psychologist and a doctor of medicine. Patanjali created the 'Yoga Sutras' as a way of compiling the already existing teachings of yoga into a format easier to follow and understand, which made him to be popularly known as 'The Father of Yoga'

THE YOGA SUTRA

It is the essential text on yoga philosophy, compiled by sage Patanjali nearly 1800 years ago. It contains 196 Sutras, divided

between four chapters. These Sutras talk about the aims and practice of yoga, the development of yogic powers and finally - liberation. The wisdom in this text has proved timeless in this world filled with distractions and social pressures.

Practitioners use this text as a clear guide in the journey of mastering the mind, and a clarifier for understanding its true nature and purpose. According to Yoga Sutras - yoga is a process of controlling the mind in pursuit of liberation.

CLASS: X, ICSE
SUBJECT: Yoga

YOGA SUTRA - THE 4 PADAS

SAMADHI PADA	SADHANA PADA	VIBHUTI PADA	KAIVALYA PADA
Consciousness	Ways to attain Yoga	Power/Dharma single point,	Liberation, supernatural power
Super consciousness	Kriya yoga + Ashtanga Yoga	concentration & Awareness	achieved through ascetic discipline

In Yoga Sutra's Second Pada - the Sadhana Pada, the eightfold path is called 'ashtanga', which means 'eight limbs' (ashta=eight, anga=limb). These eight steps basically act as the guidelines on how to live a meaningful and purposeful life. They teach about self-discipline and attention toward one's health, and they help us to acknowledge the spiritual aspects of our nature.

THE ASHTANGA (EIGHT) LIMBS ARE AS FOLLOWS...

1 Yama

The first limb, YAMA deals with one's ethical standards and sense of integrity, focusing on our behaviour and how we conduct ourselves in life. The five yamas are:
Ahimsa: nonviolence; Satya: truthfulness; Asteya: non-stealing; Brahmacharya: continence; Aparigraha: non-covetousness

2 Niyama

This is about self-discipline and spiritual observances. The five niyamas are:
Saucha: cleanliness; Samtosa: contentment; Tapas: heat; spiritual austerities; Svadhyaya: study of the sacred scriptures and of one's self; Ishvara pranidhana: surrender to God

3 Asana

Asana, the postures practiced in yoga. Through the practice of asanas, we develop the habit of discipline and the ability to concentrate, both of which are necessary for meditation.

4 Pranayama

Pranayama is translated as "breath control," designed to gain mastery over the respiratory process while recognising the connection between the breath, the mind, and the emotions. It is "life force extension," yogis believe that it not only rejuvenates the body but actually extends life itself.

5 Pratyahara

This means withdrawal or sensory transcendence. It is during this stage that we make the conscious effort to draw our awareness away from the external world and outside stimuli.

Dhyana

Meditation or contemplation, the seventh stage of ashtanga, is the uninterrupted flow of concentration.

Dharana

As each stage prepares us for the next, the practice of Pratyahara creates the setting for Dharana, or concentration. Having relieved ourselves of outside distractions, we can now deal with the distractions of the mind itself.

8 Samadhi

Patanjali describes this eighth and final stage of ashtanga - Samadhi, as a state of ecstasy. At this stage, the meditator merges with his or her point of focus and transcends the Self altogether.

According to Pantanjali, the completion of the yogic path is what, deep down all human beings aspire to: Peace

SNEHAL GARG, Yoga facilitator, Hyderabad

Embracing Pressure

Everyone knows the formula for pressure is force/area, but very few truly understand pressure. One way to do that is to go scuba diving, and feel the crushing pressure of the ocean on your head. The alternative, however, is much easier and not as enjoyable. That's right, the pressure of academics. More specifically, the Board examinations, a rite of passage in every student's life.

Come Board year, all your time is either spent studying or stressing about the fact that you're not studying.

But is all this pressure really that bad? I might not remember every minute of slogging for the class X boards, but I vividly remember the day that the results were announced when I could proudly say I had passed the Board examinations, that too in first division.



The solution is not to eliminate the pressure, but to embrace it. That's the only way you'll get to see the stunning marine life, scuba diving!

And what's it like being a Board student these days? Well, I'm citing physics formulae as analogies. You tell me...

BHAVYA GOYAL, Class XII, Modern Academy, Lucknow

Confidence is the Key

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid." - Albert Einstein.

First of all, I want to thank the CBSE for dividing the course of exams into two terms due to the Covid-19 pandemic.

Exams are not for everyone. You could be the brightest bulb in the box and still not shine as brightly in exams. As the Board year progresses, we feel that we don't get enough time to learn all the subjects. Board exams are a stepping stone for our professional future and hence we must try to address our weak points. Here are some tips that help me tackle them.

- Plan your schedule and allocate more time for learning difficult portions.

- Believe in yourself and convince yourself that you can turn the difficult portion simpler in a few days and ways.

- Break them into easy components, work on them till everything is clear as crystal and move on.

- Seek guidance of teachers when you reach a bottleneck.

- Note-making is an effective method. Solve previous years' question papers: Understand the concepts while studying.

- Revise as many times as possible.

There is enough time to plan and organise your study schedule. Push yourself harder and make sure you are confident to face the Boards. All the best dear friends!

A GOPIKA KRISHNAN, class X, Carmel CBSE School, Peyad, Thiruvananthapuram



OF CHEMICAL PROPERTIES & REACTIONS...

CLASS: XII, SUBJECT: CHEMISTRY

1 Name the type of crystal defect which is produced when NaCl crystal is doped with MgCl.
ANS: Cation vacancy defect or non-stoichiometric defect or impurity defects.

2 What is the formula of a compound in which the element 'Y' forms hcp lattice and atoms of 'X' occupy 1/3 rth of octahedral voids.

ANS:

$$Y = 8 \times \frac{1}{8} = 1; X = \frac{1}{3} \times 1 = \frac{1}{3}$$

∴ Formula of the compound = X₁:Y₁

That is, XY₃ is the formula of compound.

3 State Henry's law. Why do gases always tend to be less soluble in liquids as the temperature is raised?

ANS: Henry's law states, 'The partial pressure of the gas dissolved in a liquid is directly proportional to its mole fraction. P_{gas} = K_H X_{gas}, where X_{gas} is the mole fraction of gas and p_{gas} is the partial pressure of the gas.

When temperature is increased, K_H (Henry's law constant) increases, therefore, the solubility of gases in liquid decreases.

4 Why does a solution containing non-volatile solute have higher boiling point than the pure solvent? Why is elevation of boiling point a colligative property?

ANS: When we add a non-volatile solute to a pure solvent, the vapour pressure of solution decreases, therefore, it is to be heated to higher temperature so that its vapour pressure becomes equal to the atmospheric pressure, i.e. its boiling point will be higher.

Elevation of boiling point is a colligative property because it depends upon the number of particles of solute and not on nature of solute.

5 Calculate the time to deposit 1.5 g of silver at cathode when a current of 1.5 A was passed through the solution of AgNO₃. (Molar mass of Ag = 108 g mol⁻¹, 1 F = 96500 C mol⁻¹).

ANS:

$$\begin{aligned} \text{Given: } m &= 1.5 \text{ g, } I = 1.5 \text{ A, Molar mass} = 108 \text{ g mol}^{-1}, 1F = 96500 \text{ C mol}^{-1} \\ m &= Z \times I \times t \\ \therefore 1.5 &= \frac{108}{1 \times 96500} \times 1.5 \times t \\ \therefore t &= \frac{96500}{108} = 893 \text{ seconds} \end{aligned}$$

6 Define rate constant

(k). Write the unit of rate constant for the following:

(i) First order reaction

(ii) Second order reaction

ANS:

Rate constant is equal to the rate of reaction when molar concentration of reactants is equal to unity.

(i) s⁻¹ is the unit of first order rate constant.

(ii) L mol⁻¹ s⁻¹ is the unit of second order rate constant.

7 The rate constant of a first order reaction increases from 2 × 10⁻² to 8 × 10⁻² when the temperature changes from 300 K to 320 K. Calculate the energy of activation (E_a). (log 2 = 0.301, log 3 = 0.4771, log 4 = 0.6021)

ANS:

Given: k₂ = 8 × 10⁻², k₁ = 2 × 10⁻², T₁ = 300 K, T₂ = 320 K

$$\begin{aligned} \log \frac{k_2}{k_1} &= \frac{E_a}{2.303 R} \left(\frac{1}{T_1} - \frac{1}{T_2} \right) \\ \Rightarrow \log \frac{8 \times 10^{-2}}{2 \times 10^{-2}} &= \frac{E_a}{2.303 \times 8.314} \left(\frac{1}{300} - \frac{1}{320} \right) \\ \Rightarrow \log 4 &= \frac{E_a}{19.147 \times 300 \times 320} \times 20 \\ \Rightarrow E_a &= \frac{19.147 \times 0.6021 \times 300 \times 320}{20} \quad [\because \log 4 = 0.6021] \\ &= \frac{19.147 \times 0.6021 \times 1800 \text{ kJ mol}^{-1}}{1000} \\ \Rightarrow E_a &= 55.3364 \text{ kJ mol}^{-1} \end{aligned}$$

8 The rate constant of a first order reaction increases from 2 × 10⁻² to 4 × 10⁻² when the temperature change from 300 K to 310 K. Calculate the energy of activation (E_a). (log 2 = 0.301, log 3 = 0.4771, log 4 = 0.6021) log 3 = 0.4771, log 4 = 0.6021)

ANS:

Given: k₂ = 4 × 10⁻², k₁ = 2 × 10⁻², T₁ = 300 K, T₂ = 310 K

$$\begin{aligned} \log \frac{k_2}{k_1} &= \frac{E_a}{2.303 R} \left(\frac{1}{T_1} - \frac{1}{T_2} \right) \\ \Rightarrow \log \frac{4 \times 10^{-2}}{2 \times 10^{-2}} &= \frac{E_a}{2.303 \times 8.314} \left(\frac{1}{300} - \frac{1}{310} \right) \\ \Rightarrow \log 2 &= \frac{E_a}{19.147 \times 93000} \times 10 \quad [\because \log 2 = 0.3010] \\ \Rightarrow E_a &= \frac{19.147 \times 0.3010 \times 93000}{1000} = 53.598 \text{ kJ mol}^{-1} \end{aligned}$$

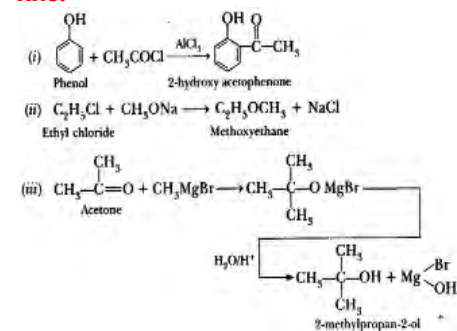
9 How do you convert the following:

(i) Phenol to 2-hydroxyacetophenone

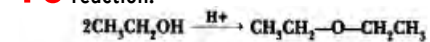
(ii) Ethyl chloride to methoxy ethane

(iii) Acetone to 2-methylpropan-2-ol

ANS:

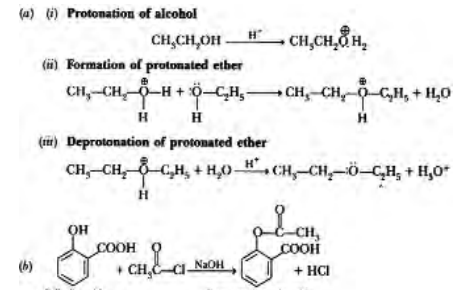


10 (a) Write the mechanism of the following reaction:

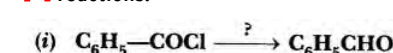


(b) Write the equation involved in the acetylation of Salicylic acid.

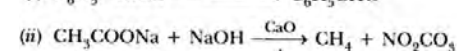
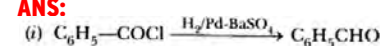
ANS:



11 Name the reagents used in the following reactions:



ANS:

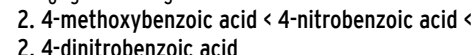
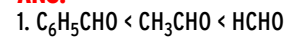


12 Arrange the following compounds in increasing order of their property as indicated.

1. CH₃CHO, C₆H₅CHO, HCHO (reactivity towards nucleophilic addition reaction).

2. 2,4-dinitrobenzoic acid, 4-methoxybenzoic acid, 4-nitrobenzoic acid (acidic character).

ANS:



GURU PURNIMA CELEBRATIONS

Greenlawns School, Worli

"You don't go to a Guru for solace. He is there to awaken you." -Sadhguru

As rightly said by Sadhguru, a Guru awakens his shishya's mind to abundant possibilities. A Guru never waivers in arduous times, but stands strong beside his shishyas and guides them along tunnels of darkness. The role of a Guru is truly dynamic and it is only vital that shishyas acknowledge the wisdom and versatile role that their Gurus play in their lives. The Secondary students of Greenlawns School, Worli share these ideologies and it is this sentiment that encouraged them to gather online, to celebrate their Gurus on the auspicious occasion of Guru Purnima on Friday, 23rd July 2021.

The celebration commenced with the spiritual lighting of the lamp by principal, Sanjay Roy, followed by the *shlokas* performed through dance to invoke God's blessings. The compères did an excellent job of highlighting the ben-



efit of the *Guru Shishya Parampara* or tradition. The role of a guru and the importance of commemorating the Gurus in a child's life was showcased through a Powerpoint presentation by the students. The principal then enlightened our students on the significance of Guru Purnima, the role that their first Gurus play in their lives and encouraged each child to take an oath to follow in the footsteps of their Gurus. The students recited a speech and sang a song in praise of their Gurus. The

celebration culminated with a play on the Five Gurus in the life of a shishya; a mother, teacher, friend, a shishya's 'Anubhav' or experience and a shishya's 'Adhyatmik Guru'.

It is on the darkest nights that the full moon shines bright. It is in the darkest of rooms where a candle burns brightest and it is in these troubled times, that the teachers in-charge Reema Wagh and Rohini Kamble, guided the students to extend their gratitude to their Gurus who dispel the darkness and lead them to light.

Chembur English High School, Chembur

A day to express gratitude, respect and regard for our eminent Gurus.

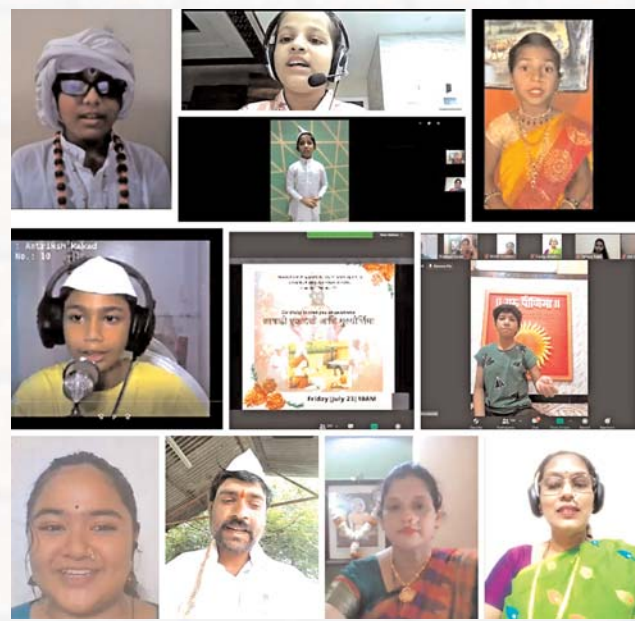
Mahatma Education Society's Chembur English High School celebrated the auspicious day of Guru Purnima on 23rd July, 2021 virtually with great enthusiasm and vigour.

The programme was preceded by invoking the blessings of the almighty God with a prayer. The students performed a plethora of events to showcase the role of gurus in fostering excellence and shaping young minds.

The highlight of the event was a Video made by the students of Std IX which made everyone aware of their duties and the crucial role played by the Gurus in nurturing & fostering their overall personality. The host for the event Vedant Sarvagod from grade 5 and Nishi Pawar from grade 9 were splendid in their approach.

The principal Preeti Pawar shared her words of wisdom which filled every member of the spectator with utmost zeal and reverence.

The programme was commenced by felicitating every teacher for they are the ones who prepare the students to take on the onerous task of nation building. The teachers worked exceptionally well and made sure that every aspect of the Programme was



executed to its best.

The event was thus truly significant in making each staff member feel special for her/his role in ensuring the all-round development and well-being of their pupils. Truly, it is days like these that serve to keep alive the 'Guru Shishya Parampara' in the school.

Guru Gobind Singh Education Academy, Nerul

RESHMA SHETTY, CLASS X

Who doesn't know about the quarantine heroes such as doctors, policemen, hospital staffs, nurses, etc. who are working day and night for us with their lives in hand. But just wait, we had forgot a category of quarantine heroes who are 'teaching students' with utmost responsibility. That's the hint. They are teachers. Even teachers should be included as a quarantine hero as they had given their best in students teaching consistently.

Due to this present crisis of covid-19, almost everything was closed except studies. Though the way of education i.e. from offline to online had changed but education never stopped because the show must go on. This was possible only due to the selfless and tremendous efforts of teachers. Teachers had taught and conducted several activities from their homes which is

highly commendable. On the occasion of Guru Purnima, keeping this thought in mind, principal Davinder Kaur Maan of Guru Gobind Singh Education Academy recently organised virtual Guru Purnima celebration for a duration of 3 hours starting at 9 in the morning to encourage and appreciate their tremendous efforts. That's why a heartfelt salute to such a principal who deserves appreciation. This time, students sent their activities in a unique way. Instead of sending drawings, delivering speeches, students switched themselves from offline world to online i.e. digital world by making three-dimensional interactive and real-time digital videos to appreciate and salute the spirit of teachers. Principal Davinder Kaur Maan had stars in her eyes to behold the creative and impressive videos made by enthusiastic students of primary and secondary students. Some students put superfluous efforts by reciting shayaris in English, Hindi and Marathi.

This virtual Guru Purnima celebration was a grand and great success!



New Horizon Scholars School, Thane

'Teaching is the one profession that creates all other professions.'

Guru Purnima is celebrated each year on the full moon day (Purnima) which falls in the Hindu month of Ashadha. It is also known as Vyasa Purnima, named after the famous Hindu teacher and scholar Ved Vyasa, who is said to have been born on this day and this year, it was celebrated on 24th July, Saturday.

New Horizon Scholars School celebrated the pious occasion of Guru Purnima with pomp and show...

Taking into consideration the background and history, the program commenced with the very traditional, 'Gurur Brahma, Gurur Vishnu, Gurudeva Maheshwara, Gurur Sakshat Param Brahma Tasmayi Shri Gurudeva Namah' chanting, ensued by a melodious welcome song composed by the students set on an original tune. This was followed by a mesmerizing dance performance & a very powerful speech on how gurus can change and shape the future by impacting/influ-

encing the human minds.

Each program led to the other; a musical rendition on the guitar with songs dedicated to our gurus and finally, bringing the program to conclude with the motivational speech by regional director and principal, Dr. Jyoti Nair who applauded the teachers for their untiring efforts as she wonderfully put forth, 'Guru is Light, Guru is Wisdom,



Guru is Knowledge, Guru is Present and Guru is Future and Guru is Family'.... one, who shows direction and nurtures the inquisitive to reach their objectives and goals, enlightens and empowers them to lead their lives independently with truth, dignity and integrity.

Presidency School, ICSE, Bhiwandi

"Guru and God both appear before me, To whom should I prostrate? I bow before Guru who introduced God to me."

Guru Purnima or Vyasa Purnima falls on the full moon day in the month of Ashad. Maharishi Ved Vyasa's birth day is commemorated on this day who penned the famous epic "Mahabharata" so it is also known as Vyasa Purnima. This day is celebrated to honour and pay our gratitude to our Gurus.

"Tilas tailam, dahhiniva Sarpin Apah stroasu aranisu ca agnih" This line means - Like there is butter in milk, the water in every river stream and there is oil in every sesame seed, there has to be Guru in a person's life. Otherwise the journey of that person remains incomplete.

"Gu" means darkness and "Ru" means the person who eliminates the darkness in one's life.

The Presidency School ICSE Bhiwandi, celebrated Guru-Purnima Virtually on 23rd July i.e. Friday Various programmes were conducted right from kindergarten to Grade 10 Students showered their love and gratitude towards their teacher in form of speeches, songs, Poems and dance per-



formances.

"Mata Pitah Guru Diavam" It means that first place is reserved for our mother, who is our first teacher. Through this celebration students were taught to respect their parents as they play most important role in one's life. It was indeed a great programmes where many parents also joined with their children and expressed their Views.

Presidency School has left no stone unturned in imparting knowledge to children whether it is online or offline.

Natarajasana

In Sanskrit '**Nataraja**' means **lord of dance** and '**Asana**' means **posture**. Natarajasana which is also called **Lord of Dance** or **dance pose** is a standing asana to improve balance and posture of the body.

INSTRUCTIONS

- Stand on the yoga mat and shift your weight on to the right foot. Bend your left knee and lift your left foot off the floor. Keep your left knee hugging toward your midline throughout this pose.
- Grasp the instep of your left foot with your left hand with the thumb resting on the sole of your foot and pointing in the direction of your toes.
- Lift your left leg behind you as you bring your torso forward as a counterbalance. Stretch your right arm forward. Remember that your left knee should not splay to the side.
- Fix your gaze on something that doesn't move so that you don't lose balance. Hold for 5 to 10 breaths. Repeat with the other leg.

PRECAUTIONS

- Those with low BP or spinal column problems should avoid doing this asana.
- Avoid excessive stretching.

BENEFITS

- This posture can aid in losing weight, as you tend to burn calories during practice.
- It strengthens and stretches your ankles, legs, thighs, chest, abdomen, thorax, and hips
- Practicing consistently improves your balance.

NANDU NAARAYANAN V

Physical Education Teacher, Carmel School, Peyad, Thiruvananthapuram

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 LOYALTY

Harry Potter, one of the best fantasy fictions that had become a cultural phenomenon for our generation. The erudite female lead, Hermione Granger has taught us an abundance of things. She is a role model for many! She is a very bookish person, sharp-witted, faithful to her friends, strong-willed and of course a perfectionist! One of the best things about her is that she is the one

who stands for herself; and is the lady boss. The society expects women to behave according to the gender norms. But Hermione Granger breaks the stereotype. She doesn't care about other's opinions. She had to face a lot of discrimination as she is a muggle (a non-magical person). She is often taunted by saying 'mudblood'. But she knows how to face all of this very well, and take a stand, not

only for herself but also for the other people and creatures i.e., hippogriffs, house elves as they are not treated well and are neither respected in the wizarding world. This shows that she is also an activist. She is also labelled as 'The feminist heroine of Hogwarts' and I cannot agree more.

Angelina Pandey,
class X,
NES High School



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INDIAN WOMEN STUN AUSSIES

Create history with 1-0 win as they enter maiden Olympic hockey semifinals

A brave and determined Indian women's hockey team etched its name in the history books by entering the Olympic Games semifinals for the first time, stunning three-time champions and world no.2 Australia 1-0 in an intense last-eight tie in Tokyo on Monday.

A day after the Indian men's team entered the Olympic semifinals following a 49-year gap, the world no. 9 women's side also produced a phenomenally gritty performance to make it way into the last four.

“We are so happy, it is the result of hard work that we put in for several, several days. In 1980, we qualified for the Games but this time, we made the semifinals. It is a proud moment for us. This team is like a family, we have supported each other and found support from the country as well. We are very happy.”

GURJIT KAUR, India drag-flicker

Drag-flicker Gurjit Kaur rose to the occasion when it mattered and converted India's lone penalty corner in the 22nd minute to surprise the Australians. Coming into the match, the odds were totally against India as in world no.2 Australia, a mighty unbeaten opponent, awaited them. But the Indians, determined to prove a point, produced a strong and brave performance to eke out the narrow win over the Hockeyroos.

Outpouring of emotions

How much it meant for the team and Indian hockey in general could be gauged from the emotions that were on display after the final hooter went off. The players screamed, hugged each other, and got

into a huddle with their Dutch coach Sjoerd Marijne with tears of joy rolling down their faces.

Aggressive approach surprises Australians

The Indians started slow off the blocks but grew in confidence as the match progressed. Australia had the first shot at the goal but India goalkeeper Savita did just enough to deny Amrosia Malone, whose slap shot from inside the circle hit the post. The Indians thereafter adopted an aggressive approach and caught the Australian defence off guard quite a few times.

India's pace and determination seemed to have surprised the Australians as they panicked while defending and were lucky not to have conceded a goal in the first quarter.

The Australians pressed hard in the second quarter but India secured their first penalty corner and Gurjit, who had a disappointing outing so far in the tournament, rose to the occasion and converted the chance with a low flick to stun the Australians.

Defence hold their ground

The Indians were bold and courageous while defending as minutes later, Deep Grace Ekka got a vital stick to keep out Emily Chalker's strong hit from close range.

Down by a goal, the Australians attacked with numbers after the change of ends. Australia secured three back-back-to-back penalty corners soon but the Indian defence, led by Savita and Deep Grace Ekka, stood like a rock in front of the goal.

In the final eight minutes of the game, the pressure was relentless on the Indians as Australia secured four more penalty corners but failed to breach the willpower of the Indian defence.

WORDS FAIL ME:

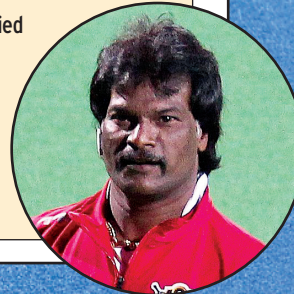
Hockey legend Dhanraj Pillay on Sunday fell short of words to describe the feeling after the Indian men's hockey team

registered a scintillating 3-1 win against Great Britain in the quarter-final of the ongoing Tokyo Olympics.

With this win, India inched closer to end the 41-year medal drought as they booked the semi-final berth with the help of goals from Dilpreet Singh, Gurjant Singh and Hardik Singh. The overall effort ensured India a place in the semi-final against World Champions Belgium. "What a show Team India!

#Hockey Well deserved Victory. Words fail me as I try to compose my emotions for the semifinals against #Bel Wishing my blue army the very best, you are on the threshold of making history. Good luck," Pillay tweeted. Master Blaster Sachin Tendulkar and former India batsman Virender Sehwag heaped praises on the men's hockey team after their sensational show on Sunday. Coming back to the game, India suffered a blow when skipper Manpreet Singh received a yellow card in the dying minutes, but Hardik scored in the 57th minute to extend India's lead. In

the final quarter, Great Britain tried hard to score a goal after breaching the Indian defence. The side even won a penalty corner but PR Sreejesh made a fine save to keep India on top.



OLYMPIC WATCH

August 3, 2021 | INDIANS IN THE FRAY

WOMEN'S JAVELIN THROW
Qualification
Annu Rani

MEN'S SHOT PUT
Qualification
Tajinder Singh Toor

HOCKEY
Men's Semi-Finals

WRESTLING
Women's Freestyle 62kg Round of 16 and Quarter-Finals
Sonam Malik

ACTS OF KINDNESS ABOUND AT OLYMPICS

In an extraordinary Olympic Games where mental health has been front and center, acts of kindness are everywhere. The world's most competitive athletes have shown gentleness and warmth towards each other, wiping away own tears.

Running together

Runners Isaiah Jewett of the US and Nijel Amos of Botswana got tangled and fell during the 800-meter semifinals. Rather than get angry, they helped each other to their feet, and ran together.

Shared gold

Gianmarco Tamperi of Italy and Mutaz Barshim of Qatar found themselves in a situation they'd talked about but never experienced — they were tied. Both were perfect until the bar was set to the record height of 7 feet, 10 inches. Each missed three times. They could have gone to a jump-off, but decided to share the gold. "I know for a fact that for the performance I did, I deserve that gold. He did the same thing, so I know he deserved that gold," Barshim said. "This is beyond sport. This is the

message we deliver to the young generation." After they decided, Tamperi jumped into Barshim's arms. "Sharing with a friend is even more beautiful," Tamperi said. "It was just magical."

Cross-rival translation

Surfer Kanoa Igarashi of Japan lost to Brazilian Italo Ferreira. He was also being taunted online by Brazilian trolls. The Japanese-American could have stewed in silence, but instead deployed his knowledge of Portuguese to translate a press conference ques-

tion for Ferreira. The crowd giggled at the cross-rival translation. "Yes, thank you, Kanoa," said a beaming Ferreira, who is learning English.

A pep talk

After the punishing women's triathlon last week, Norwegian Lotte Miller took a moment to give a pep talk to Belgium's Claire Michel, who was inconsolable and sobbing. Michel had come in last, "You're a fighter," Miller said. "This is Olympic spirit, and you've got it 100%." AP

ENCOURAGEMENT FROM SINDHU MADE ME CRY: TAI TZU YING

World No. 1 women's shuttler Tai Tzu Ying thanked all those who supported her — including India shuttler PV Sindhu — after losing a nail-biting final against China's Chen Yu Fei on Sunday. Chen Yu Fei withstood a severe test from Tai Tzu Ying, eventually capitalising on a rash of errors from the World No.1 to take the title.

"Maybe I won't have another chance to participate in the Olympics, but I've achieved this goal, just not so perfect. I just want to tell myself: Tai Tzu-Ying, you're great! Thank you to all of you who have supported me, the results are always brutal and only acceptable but I try my best." Sharing a little story after her match, Tai Tzu wrote: "After the game, Sindhu ran over



and hugged me, held my face, and told me: "I know you're very uncomfortable, you've been very good, but today isn't your day." Then she held me in her arms and said she knows all about it. That sincere encouragement made me cry...really sad because I tried really hard. Thank you for your support and encouragement." ANI

QUIZ TIME!

Q1: Who among the following has claimed the 1000th wickets in first-class cricket?

- Wahab Riaz
- Mitchell Starc
- Pat Cummins
- James Anderson

Q2: Who became the first Indian to qualify in 400m hurdles for the Tokyo Olympics?

- Avinash Sable
- Murali Sreeshankar
- MP Jabir
- Alex Anthony

Q3: Abhimanyu Mishra made history becoming the youngest chess Grandmaster. Whose record of 12 years and 7 months did he break?

- Sergey Karjakin
- Garry Kasparov
- Veselin Topalov
- Fabiano Caruana

Q4: Who among the following won the gold medal in men's individual compound archery at the Archery World Cup?

- Atul Verma
- Abhishek Verma
- Vishwas
- Atanu Das

Q5: Shafali Verma became the youngest Indian cricketer to play in all formats? Against which did country did she debut in ODI?



Photo: GETTY IMAGES

- England
- Australia
- New Zealand
- West Indies

Q6: Saba Sakr has become the first female boxing coach of which country?

- Egypt
- Japan
- America
- Indonesia

Q7: Who become the first Chinese man to qualify for Wimbledon in the Open era?

- Wu Di
- Zhang Ze
- Li Zhe
- Zhang Zhizhen

Q8: Who is the winner of the 2021 Gelfand Challenge chess title?

- Nihal Sarin
- D. Gukesh
- R Praggnanandhaa
- P. Niyan

Q9: Which female tennis player won the gold in women's singles and silver in the double's title in Tokyo Olympic 2020?

- Belinda Bencic
- Viktoria Golubic
- Barbora Krejickova
- Katerina Siniakova

ANSWERS: 1. d. James Anderson 2. c. MP Jabir
3. a. Sergey Karjakin 4. b. Abhishek Verma
5. a. England 6. a. Egypt 7. d. Zhang Zhizhen
8. b. D. Gukesh 9. a. Belinda Bencic