

SCHOOL IS COOL

THURSDAY, JUNE 24, 2021

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, **SCHOOL IS COOL!**

03

INTERNATIONAL YOGA DAY 2021

Understanding the innumerable benefits of practicing yoga

The school celebrated the 7th International Yoga Day on June 21, 2021. The school took the initiative to conduct online a yoga session for its students and members of faculty to awaken their interest in yoga for the upkeep of good health and well-being.

RASHTRIYA MILITARY SCHOOL

The online yoga session was organized with the support of registered national yoga officials Vikas Singh and Phurailatpam Laxmikumari Devi. Vikas Singh, BPEd, MPEd, with specialized in yoga & sports psychology is a national gold medalist in yoga. Laxmikumari Devi, BPEd, MPEd, with specialized in yoga & exercise psychology, is a national level yoga and judo player. The experts explained to all the participants the innumerable benefits of practicing yoga. The excitement of the students and staff was palpable on screen as they geared up to celebrate the day in online mode. Though it was a virtual celebration, it was nevertheless exciting because of its novelty. Never before have we had students celebrating a school event from their homes.



"Yoga is essentially a practice for your soul, working through the medium of your body." - Tara Fraser

SHERWOOD HIGH

International Yoga Day was celebrated virtually on June 21, 2021 to bring in peace, harmony, happiness and success to every soul in the world. This was a great

opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried out every day. The students got an opportunity to know how yoga embodies unity of the mind and body. Students from classes I- X performed yoga on this day. They learnt various asanas like Tadasana, Vrikshasana, Trikonasana and Virabhadrasana, and how each asanas benefits us by correcting the posture, strengthening our muscles and neuro muscular-ordination. It also brings in stability and improves alertness, thereby helping us to focus on the tasks at hand.

A lot of stretching and relaxation techniques were used throughout the programme. Breathing exercises too were taught to children as it sharpens their ability to learn as well as for sustained attention. It was a very fulfilling day and students enjoyed themselves.

Yoga is the journey of the self, through the self, to the self - Bhagavad Gita

The high school students celebrated International Yoga Day virtually on June 21, 2021. They performed various yoga asanas. The event began with a prayer. Yoga tutors for the day, Saanvi Vasu of class X and Aayush Sharma of class IX performed various asanas.

Following them online, the rest of the students performed the asanas with great gusto. Even though it was a

SAMVED SCHOOL



Times NIE Principals' Webinar promises to be a unique treat

Times NIE has always brought the very best for the education fraternity. This time, in association with Tekie, we present a unique webinar for school principals.

Times NIE has associated with Tekie for a Principals' Webinar to be held on June 25 at 4.00 pm. The guest of honour for the event will be Brijesh Karia, COO, Singhania Education Services Ltd. The other keynote speakers will be founder and managing director of I Qube Pranay P Oswal and co-founder of Tekie Anand Verma. The webinar promises to give you a glimpse of the emerging trends in the education sector in the post pandemic world.

PRINCIPALS' WEBINAR

Topic: Post Pandemic Education: Emerging Trends & Innovations
Date: Friday, June 25, 2021
Time: 4.00 to 5.15 pm
City: Bengaluru
Entry by invitation

Students, school win laurels at global innovation summit

Students of the school enthusiastically participated and won laurels at the recently-concluded international innovation summit Imagination 2021, organised by Zenik Learning. The theme for the event was Imagine, Innovate, Impact.

The three-day global summit had participants from Dubai, Nigeria, Sharjah, Doha, Abu Dhabi, besides many schools from across India. The event had activities, live sessions, competitions and an Olympiad. Twenty students from the school participated in the events. Lavanya Panwar of class X secured global rank 3 in The Impact Extempore. Dhvani Samirkumar Abhani of class VIII emerged as the school topper in The Impact Extempore and Astha Ashok of class IV was the school topper in Innovation Olympiad and Innovators Suit. In recognition of the institution's guidance to the students in developing an inno-



novative mindset, the school was awarded a Certificate of Appreciation.

A Certificate of Appreciation was also awarded to school leader Vandana Gupta for her inspiring leadership to encourage young minds to imagine, innovate and create an impact.

Aipan art education project kindles artistic skills



"Folk art is the artistic expression of the people". Michael Miller

An Aipan Art Project (Best out of Waste) was conducted for students of class IX on May 29, 2021. As part of the art education, Karnataka has been paired with Uttarakhand.

The students were shown samples of the Aipan Art form of Uttarakhand and the similarities it bore with the Chittara Art form of Karnataka. A demonstration of the activity for Aipan Art on a bottle was given to the students.

The students actively participated and exhibited their artistic and creative skills. It was fascinating to see a single theme being depicted in varied ways, something that was thought to be unimaginable, specially with limited resources during the pandemic.



WEEKEND PLAN

JOY OF DIVING INTO BOOKS

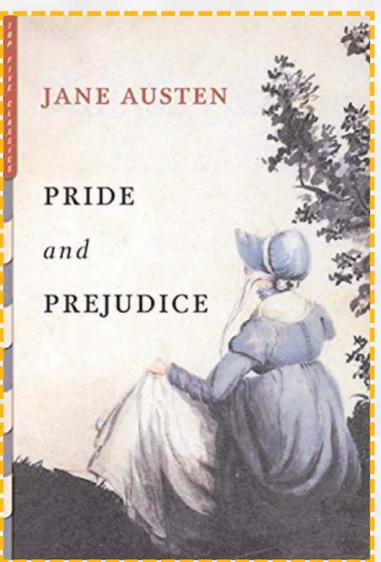
Sitting at home with nowhere to go on weekends is one of the saddest things that could happen to an extrovert like me. Though the Covid lockdowns and curfews have restricted our outings, but this situation has taught me the joy of bonding with the family. I found new ways of spending my weekend starting my day by finishing homework and reading extra books, especially literature and fictional genres. During the afternoons I spend time with my family, playing indoor games like chess or ludo. Helping my mother in the kitchen and other household chores has enhanced my life skills. We usually end the day by watching a movie together or just talking to each other. Initially when I heard the news about lockdown on weekend, I was stubborn and angry like many other kids. But lately I've realised that it's for our own safety that these measures



have been taken. I hope to play with my friends and enjoy the evening car rides with my dad again, once all this is over.

DAMANDEEP SINGH, class X,
Manav Mangal Smart School, Mohali

BOOK REVIEW: PRIDE AND PREJUDICE BY JANE AUSTEN



Pride and Prejudice, the story of Mrs Bennet's attempts to marry off her five daughters is one of the best-loved and most enduring classics in English literature by Jane Austen. Excitement fizzles through the Bennet household at Longbourn in Hertfordshire when young, eligible Charles Bingley rents the fine house nearby. It's no secret that I've avoided classics, but I decided to start with Pride and Prejudice and I don't regret it in any way.

The conversations between the characters were often witty and it just wasn't what I was expecting at all. I thought the book would be dense but I found myself laughing quite a few times and every time I put the book down I wanted to come right back and pick it up again.

Elizabeth Bennet is one of my favourite people in this book. She was often sassy and sarcastic and I loved how she went about disguising it in a polite and civil sort of way. She was the most sensible person in this book.

The characters overall were well developed. I loved how real the characters felt. There was a gradual change in Elizabeth and Darcy most of all. I dreaded this book for so long and now it's a favourite. I just can't get over the fact that the book was written so long ago and somehow still captures the reader just as well as it did back then. You can bet this won't be my last book by Jane Austen or my last classic. The journey has only just begun.

SAMAIRA GULERIA, class XI,
Carmel Convent School, Chandigarh



THE EDUCATIONIST

Every day is a gift from God, learn to appreciate life

Pandemic. This word has engulfed the whole world. People are completely fed-up with the pandemic, and rightly so. It has caused immeasurable pain, suffering, agony and death. What we must keep in mind is that time is a good healer and every coin has two sides. Every situation has a positive and a negative side. Therefore this Covid 19 pandemic has taught the world a few good and unforgettable lessons to remember all our life. It has brought a change in our socio-economic, religious, cultural, political, intellectual and psychological fields.

Some of the Socio Economic change we saw were significant.

- We have learnt how to change our behavior in society, ensuring we keep away from unnecessary gossip or back biting. We learnt that we can spend time with our families, away from relatives, friends and neighbours. Yet we can maintain good relationships.
- Social distancing kept us indoors to attend to all the

- errands such as cleaning, and attending to the needs of the family. It has made us appreciate home-made food.
- The pandemic and lockdown taught us to be wise with regard to spending money. Unnecessary weekend shopping, get togethers, parties, dinners were avoided, which helped us save money. It made us conscious about what and how much to spend on necessities.
- We learnt how to keep our time, especially when the government set deadlines on the time till which people could be out of their homes during the lockdown.
- Staying home helped us save fuel and avoid long drives. The number of road accidents came down and pollution was under control.

Religious and Cultural changes were bound to come in.

- The pandemic taught us not to celebrate festivals lavishly but to understand the essence of the festival.
- Restricted movement of people meant that more people were praying and worshipping at home regularly. People became spiritual.

On the intellectual level, the pandemic brought in a lot of changes.

- Most people explored the net to quench their thirst for knowledge. A lot of them learnt some soft skills, learnt new concepts, sought out information to differentiate between myth and reality.
- Many people developed new hobbies or developed their culinary skills, beauty tips and communication skill.
- Everyone became tech savvy, including teachers and students. At the click of a button knowledge / goods reached our doorstep. Elec-

tronic gadgets became a boon to humanity.

The biggest change that has come in has been on the Psychological front.

- Most of us passified ourselves saying change is the spice of life, and accepted what was happening around us. Psychologically, we became strong in the adverse situation.
- We searched for happiness in every little thing we realized. We realized happiness is just a state of mind. We learnt not to expect everything we desired, and to make our life a beautiful journey. We learnt to pick up the best even in an adverse situation.
- We learnt that simplicity is the key. We realized self motivation is the best motivation. We learnt to be self reliant and contented with what we have.
- We learnt to leave behind what is painful to remember. We learnt to take every day as Gift of God and realised that wealth is not as important as our health.

So the Covid 19 pandemic has shown us the mirror to see ourselves and introspect.



Abida Begum, high school principal,
Florence Public School, R T Nagar

ENGLAND CLINCH TOP SPOT, CROATIA REACH LAST 16

England bag first place in Euro 2020 Group D with a 1-0 win against the Czech Republic, while Luka Modric's rocket propels Croatia into the last 16 with a 3-1 victory over Scotland



England's Raheem Sterling celebrates after scoring his side's opening goal

Already assured of playing in the last 16, England made certain that the knockout tie will be played in front of their own fans at Wembley thanks to Raheem Sterling's first half winner against the Czechs. England will face the second-placed team in Group F on June 29, with France, Germany, Portugal or Hungary all potential opponents.

There remains much for Southgate's men to work on, but England coped efficiently after a disrupted build-up that saw Mason Mount and Ben Chilwell forced into self-isolation after Scotland's coronavirus woes. Southgate selected Jack Grealish to replace Mount and the Aston Villa midfielder provided a spark as his perfectly-flighted cross to the far post was headed in by Sterling in the 12th minute. Arsenal's 19-year-old winger Bukayo Saka, also given a surprise start by Southgate in place of Phil Foden, added pace and invention. But England couldn't find a killer second as Harry Kane's Euro goal drought extended to three games. Kane was brilliantly denied by Tomas Vaclik's first-half save as he finally had his first shot on target in the tournament. The Tottenham striker played the full 90 minutes for the first time in the tournament, but once again was a shadow of the player who finished as the Premier League's top scorer this season.

England yet to concede goal

Southgate will take heart from England's solid defence. They have yet to concede a goal in the tournament, with Harry Maguire returning from ankle ligament damage to partner John Stones in central defence and shutting out the Czechs.

First defeat for Czechs

At Wembley, the Czechs also knew they were sure to advance before kick-off, but their first defeat of the tournament left them in third place. Their next opponent will be decided when the final two groups conclude on Wednesday. Having started Group D by narrowly beating Croatia 1-0 before being booted off after a drab 0-0 draw against Scotland, England produced a slightly more cohesive display against the Czechs. The Czechs could have snatched a draw that would have given them top spot, but Tomas Soucek and Tomas Pekhart shot just wide.

I think there is more to come from us definitely, we haven't scored from a set-play yet, we are not fluent but we have moments when we look a good side. We've set out to win the group and we've done that. Can we play better? Of course we can. Will we improve? We'll do everything we can. Three clean sheets, been solid. The fundamentals are there and now we've got to tidy up in every part of our game. In tournament football it's about big moments in big games and not giving the opponents big moments to score from and at the moment we are doing that well. At some point you have to face the best teams. It is about challenging yourselves.

GARETH SOUTHGATE, England manager



Croatia leapfrogged the Czechs into second place with a commanding second half display in Glasgow featuring one of the goals of the tournament from Real Madrid midfielder Modric. The 2018 World Cup runners-up will play the second placed team in Group E, which features Spain, Slovakia, Sweden or Poland, in Copenhagen on Monday.

Scotland's first major tournament since the 1998 World Cup ended in heartache as they failed to meet their target of reaching the knockout stages of an international competition for the first time. At Hampden Park, Callum McGregor cancelled out Nikola Vlasic's early opener to give Scotland hope heading into half-time.

Modric on a roll

Modric showed the class that made him the man to break Lionel Messi and Cristiano Ronaldo's grip on the Ballon d'Or in 2018, a stunning strike with the outside of his foot just after the hour mark restoring Croatia's lead. Ivan Perisic's header rubbed salt into Scottish wounds 13 minutes from full time.

Scotland finished with only one point and the abiding memory of their tournament will be the news on Monday that Chelsea midfielder Billy Gilmour had been ruled out of the Croatia game after testing positive for the coronavirus. Without Gilmour, who had been the man of the match on his first Scotland start in Friday's draw against England, Steve Clarke's team lacked the quality to compete with Croatia.

ARGENTINA SECURES COPA AMERICA KNOCKOUT SPOT

Messi makes record 147th cap for national team in victory over Paraguay

Papu Gomez scored in the 10th minute as Argentina beat Paraguay 1-0 and secured its place in the Copa America knockout stage. The result at the Mané Garrincha stadium in Brasilia moved Argentina atop Group A with seven points from three matches. The game also gave Lionel Messi a record 147th cap for the national team, equalling the mark of retired defender Javier Mascherano. Chile, which also advanced to the quarterfinals, is second in the group with five points after the 1-1 draw with Uruguay. Paraguay has

three points, followed by Uruguay (1) and Bolivia (0). Captain Messi, seeking his first major title with the national team, had to work with a team impacted by six changes in the starting lineup. Defenders Germán Pezzella and Nicolás Tagliafico, midfielders Rodrigo de Paul and Leandro Paredes; and forwards Sergio Aguero and Ángel di María started. Nicolás Otamendi, Marcos Acuña, Leandro Paredes, Giovanni Lo Celso, Lautaro Martínez and Nico González were left out of the starting lineup. The changes did not stop Argentina from starting strongly. Ear-

ly in the game, Messi found Di María on the right, and the veteran winger eluded the Paraguayan defense with an assist to Gómez. The striker lifted a shot over Paraguay goalkeeper Antony Silva.

Argentina forced Silva to make important saves in the first half but the energy of the team waned in the second half, as it has in several recent matches. "I was waiting for this opportunity," Argentina's Gómez said after the match. "I am thinking of my family, my friends. It comes to your mind that you made a lot of effort to be there. I had the patience to wait." Argentina coach Lionel

Scaloni said he was concerned about players being tired after a long season and three straight Copa America matches. "These conditions were not the best to play," he said. "The second half is also to Paraguay's merit. But we obviously have to improve." Messi had his least impressive performance at the tournament so far, but he still got praise from the previous holder of the record of most matches played for Argentina. Argentina's last group-stage match will be on Monday against Bolivia. Paraguay will take on Chile on Thursday. The top four in each five-team group will advance. AP

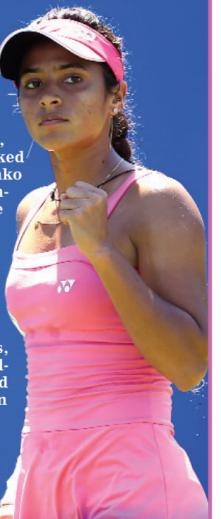


ANKITA BOWS OUT OF WIMBLEDON QUALIFIERS

Indian tennis player Ankit Raina's attempt to qualify for the women's singles main draw of Wimbledon failed after she went down in the first round of the qualifiers in London.

The 28-year-old Indian, lost 3-6 6-7 to a higher-ranked American Varvara Lepchenko in one hour 22 minutes. Unable to hold her serve in the opening set, she came back strong in the second before being completely outplayed (1-7) in the tiebreak. Ankit, ranked 182, had only one break point in the match, which she failed to convert.

In the men's qualifiers, Ramkumar Ramanathan advanced to the second round but Prajesh Gunneswaran was ousted on Tuesday. PTI



QUIZ TIME!

Q1: In which year was the first Davis Cup held?

- a) 1914 b) 1938 c) 1900 d) 1966

Q2: Which Grand Slam tennis tournament is also known as Roland-Garros?

- a) French Open b) Australian Open c) Wimbledon Championships d) US Open

Q3: Who was the first captain of India's national football team?

- a) Chuni Goswami b) Sailen Manna c) Talimeren Ao d) Krishanu Dey

Q4: Which country houses Matthews Arena, the oldest ice hockey arena in the world?

- a) Canada b) United States of America c) Finland d) Sweden

Q5: Who is the only tennis player who has completed a calendar year Golden Slam?

- a) Roger Federer b) Steffi Graf c) Serena Williams d) Rafael Nadal

Q6: Who is the first Indian badminton woman player to earn an Olympic silver medal?

- a) Saina Nehwal b) Jwala Gutta c) Ashwini Ponnappa d) P V Sindhu

Q7: How many International Cricket centuries has Sachin Tendulkar scored?

- a) 100 b) 90 c) 120 d) 64



Photo: TOI

Q8: Which was the first multilateral competition in cricket at the international scale?

- a) The Ashes b) The World Cup c) World Series Cricket d) Triangular Tournament

Q9: When was the Olympic flag created?

- a) 1912 b) 1914 c) 1915 d) 1913

Q10: When was the Thomas Cup founded?

- a) 1926 b) 1938 c) 1949 d) 1957

Q11: Who is the head coach of Indian National Football team?

- a) Sunil Chhetri b) Manvir Singh c) Igor Stimac d) Bob Houghton

Q12: Which Indian Boxer has won the 5th successive medal at the Asian boxing championship?

- a) Manish Kaushik b) Shiva Thapa c) Vikas Yadav d) Narayan More

Q13: How many teams participated in ICC Women's T-20 World Cup that was held during February-March 2020 in Australia?

- a) 15 b) 10 c) 9 d) 12

ANSWERS: 1) c. 1900 2) a. French Open 3) c. Talimeren Ao 4) b. United States of America 5) b. Steffi Graf 6) d. P V Sindhu 7) a. 100 8) d. Triangular Tournament 9) d. 1913 10) c. 1949 11) c. Igor Stimac 12) b. Shiva Thapa 13. b) 10