

YES I AM A TEENAGER!

Yes, I am at that stage of life where I think I know everything but in reality there is a lot I have to understand. Yes, I am at that juncture of life where the most crossroads of choices appear. Yes, I am that part of the society which is going to be the next generation of youth. Yes, I am a Teenager.

But most importantly I am a Teenager in this pandemic era. Where not only your, but my life has been under great impact as well. You are discussing climate, pollution, politics, and health but are you considering us? Especially the ones who are undergoing the vital changes of their lives physically, mentally and socially.

Our social lives have been ruined. The standard of friendship has been set according to being on social media, watching

certain movies and having a certain type of taste in music. Most of us today are either suffering from superiority complex or inferiority complex and then there are those who can't place themselves anywhere and are outcast in today's system of friendship and groups. Just because I don't fancy stuff others like, makes me different. And other qualities I own are disregarded.

It's not just felt by me but many others like me.



Illustration: Getty Images

These drastic changes have been hard for us to cope with, and the worst part is that we are not getting enough attention to get our needs recognised. We often feel we are on the verge of a breakdown. The anxiety and anger within ourselves is not liked by anyone but has anyone tried to know what bothers us today? Why are we reacting like that? The answer is NO!

You don't bother to look into the matters that matter to us. Despite being an important part of society we feel neglected. Our needs remain unheard. While our mental conditions take a toll there is no one thinking about us.

- I am also a part of this pandemic.
- I am also suffering from breakdowns.
- I am also having insecurities.
- I am also seeing change that bothers me.
- My future is also indecisive right now.
- I have my own issues and I want you to stand by me. I want you to hear me.
- Yes, I am a Teenager. And it's your responsibility to look after our needs.

RUMISH ALI SAIF, class X, Seth Anandram Jaipuria School

Felicitation of four CWSN



The Govt of NCT of Delhi awarded these four CWSN-students of Balvantray Mehta Vidya Bhawan-GK-2, with Rs 12 lakh each for winning medal at an international level sports event and for their commendable performance.

It was indeed a proud moment for the students, staff, school management and the parents for this special achievement by our CWSN under the special guidance of our PET Vijay Kumar. The school management is committed to provide value based quality education in scholastic and co-scholastic field to all our students without any discrimination under the dynamic leadership of Chairman S.Regunathan, IAS (Retd), former chief secretary, Govt of NCT of Delhi.

a)	Aman	Boy	Volleyball	Silver Medal
b)	Chandrabhan	Boy	Volleyball	Silver Medal
c)	Yashika Bhatt	Girl	Basketball	Silver Medal
d)	Karan Arora	Boy	Basketball	Silver Medal

MPS celebrates golden jubilee cultures

Modern Public School, Shalimar Bagh celebrated its golden jubilee and the legacy of incredible adherence and consistency on July 1, 2021 on the virtual platform.

The event was graced by the ambassador Ashutosh Pattanayak who is currently serving as the spokesperson for United Nation Secretary General Candidate and Policy Advisor to the Conservative Party of Canada. In his address, he inspired the youth for take up endeavours that may bring in the change in society. Other dignitaries present on the occasion were KL Sobti, chairman of the school, Ajay Kapur, managing director, AP Sharma academic director and advisor and school principal Alka Kapur.

The event was witnessed by a delegation of about 600 delegates from 32 countries and 70



global cities like China, French Republic, Russian Federation, Mauritius to name a few.

The day commemorated with the virtual lighting of the lamp for the peace and harmony. The founder director AL Kapur in his address remembered founder principal, late Malika Kapur, who with her perseverance, devotion and determination, dedicated her entire life in imparting quality education to the students.

Principal Alka Kapur, CBSE and State Teacher awardee, in her address highlighted the stupendous acceleration that the school undertook under her tutelage and released the school anthem. Managing director Ajay Kapur, launched the school website specifically designed to showcase the journey of 50 years of the school.

The atmosphere was filled with vibrance as the students presented a poetic composition of the initiatives undertaken by school for strata of society.

MPS family thanked all its stakeholders for their astounding contribution in making this program a great success.

READ, LEAD AND SUCCEED

I want to read, lead and succeed. Because I saw my father doing a lot of hard work without any greed. After seeing him, I was motivated, to promise myself to do my studies honestly and be truly dedicated. He doesn't tell me about his own needs,



but he fulfils mine to see me succeed. It is my responsibility to complete his dreams and fulfil his wants and needs, that's why I want to read, lead and succeed.

RIYA ARORA, class XII, DAV Public School, sector 14, Faridabad

Student Corner

AANYA GUPTA, class X, Manav Stathi School, Rajendra Nagar

Warrior dedicated to save the planet

I want to be an environment activist myself and wanted to do something for our mother Earth, but always thought that I was too small, but I still tried to tell people to take an insight into the ongoing problems related to nature. But no one paid heed to it. However, my mother always encouraged me to remain hopeful and never give up. So, I just kept following that and did small things, I could do to protect nature. In 2018, there arose a young Swedish climate activist - Greta Thunberg, internationally known for Challenging the World Leaders to take immediate action against climate change. During the award ceremony speech of Golden Kamera, she said that "We live in a strange world, where media pays more attention to the Met Gala

WARRIOR INSPIRING ICONS

than biggest crisis humanity has ever faced; where we think we can buy and build our way out of the crisis, that has been created by buying and building stuff. It's the world my generation has been handed and is the only one we got. We are standing at crossroads and we are failing but we have not yet failed, we have time to fix this, and it's up to us." This fact full speech bought tears to my eyes. We all need to work together in order to have a better future. She has inspired many children like me across the globe. I am fascinated by her work and I too was inspired by her aim to do something for the conservation of nature.

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

Paschimottanasana

Paschimottanasana is translated as "back stretching pose".

YOGA 4 ALL Preparatory poses: Janusirasasana, Adho Mukha Svanasana

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

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

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

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

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

BENEFITS

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

PRECAUTIONS

Avoid this pose if you have Asthma, Gastritis, Abdominal Hernia, Back pain, Any injury to your back, neck, hips or hamstrings.

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

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

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Participation certificate for all students.

For children in KG to 10th standard.

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ITALY CROWNED EUROPEAN CHAMPIONS



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

Photo: GETTY IMAGES

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

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

First final decided on penalties

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

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

GIORGIO CHIELLINI,
Italy captain

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

England came up short

They made most of the running after half-time. England can have few complaints after their early promise faded away. It was nevertheless heartbreaking for most of the 67,000 Wembley crowd as England came up short in their first major since the World Cup 55 years ago. It started so well when Harry Kane spread the ball wide to Kieran Trippier who instantly repaid coach Gareth Southgate's faith in recalling him by sending over a curling deep cross that the fast-arriving Shaw met on the half volley to hammer in for his first international goal.

The guys were extraordinary. I don't have words for them, this is a magnificent group. There were no easy games and this one became very difficult, but then we dominated. You need a bit of luck with penalties and I'm a little sorry for England. This team has grown so much, I think it can still improve. We are so happy for all.

ROBERTO MANCINI,
Italy coach

England did not look like giving up the initiative on home soil, playing on the front foot, though failing to threaten Donnarumma.

RONALDO FINISHES AS TOP SCORER

Portugal forward Cristiano Ronaldo finished as the top scorer at the European Championship with five goals. Ronaldo had the same number of goals as Czech Republic forward Patrik Schick but the Portuguese great will get the award because he had an assist. Portugal was eliminated from the tournament after losing to Belgium 1-0 in the round of 16.

Italy find no resistance

Pickford was called into action after 57 minutes, blocking a Lorenzo Insigne shot and then getting down to palm away from Chiesa as Italy began to apply pressure, pinning England back. It paid dividends when Bonucci pounced from close range after Pickford had turned Andrea Belotti's header onto a post. England could have no complaints, having virtually invited their opponents on and offered almost nothing in attack, and they would have been somewhat relieved to go into extra time.

It was a similar story in the first additional 15 minutes, though England did briefly force their way back into the game in the second period, albeit without either side creating anything to reward the crowd for their waves of noise. So the match went to penalties, where England's young guns failed and Italy took the glory.

EURO 2020 INDIVIDUAL AWARDS

UEFA'S STAR OF THE MATCH
LEONARDO BONUCCI (Italy)



GOLDEN BOOT WINNER
CRISTIANO RONALDO (Portugal)
5 goals and 1 assist in 4 matches



SILVER BOOT WINNER
PATRIK SCHICK (Czech Republic)
5 goals in 5 matches



BRONZE BOOT WINNER
KARIM BENZEMA (France)
4 goals in 4 matches



GOLDEN BALL (PLAYER OF THE TOURNAMENT)
GIANLUIGI DONNARUMMA (Italy)



YOUNG PLAYER OF THE TOURNAMENT
PEDRI (Spain)



DJOKOVIC BATTLES HISTORY

Claims 20th Grand Slam title even as his Italian opponent puts up a colossal fight



Novak Djokovic had the weight of tennis history on his shoulders and an Italian with dynamite on his racket strings to contend with but emerged victorious to earn a sixth Wimbledon and a record-levelling 20th Grand Slam title on Sunday.

Matteo Berrettini, playing inspired tennis in his first Grand Slam final, unleashed everything in his formidable arsenal to rock Djokovic in a riveting contest. But it was not enough to stop the indefatigable Serb, who found his best when required, to pull through 6-7(4) 6-4 6-4 6-3 on what looks like being a momentous day in the raging argument about who will go down as the greatest of all time.

For the first time in his career Djokovic shares the lead for the most Grand Slam singles titles with Roger Federer and Rafa Nadal and looks primed to leave both in his wake.

In a year that is brewing into something extraordinary, the world number one has won the first three majors and will become the first man since Rod Laver in 1969 to complete the calendar-year Grand Slam if he wins the U.S. Open in September. Not only that but with the Olympics looming, the one title to elude Djokovic, he is within sight of the fabled Golden Slam - something no man has achieved.

Frenzied celebrations

The celebrations on a frenzied Centre Court, that at times sounded more like Wembley Stadium, were unconstrained after Berrettini chipped a backhand into the net to end the final. Djokovic fell to his back before standing arms aloft, soaking in the acclaim of 15,000 fans who, while edging towards underdog Berrettini throughout the match, realised they were watching a special player making history.

After chewing on a blade of grass, Djokovic threw his arms out to all four sides of stadium as the crowd roared 'Nole' before he climbed up into the stands to embrace his coaching team and even stopped for a selfie with a young fan.

"That was more than a battle. He has a true hammer, an Italian hammer and I felt that on my skin today," Djokovic said. When he won his second Grand Slam title in 2011, three years after his first, Federer owned 16 and Nadal nine. Yet he has reeled them in relentlessly and his thirst for silverware is unquenched.

"I have to pay a tribute to Rafa and Roger, they are legends of the sport and they are the two most important players I ever faced in my career and the reason I am where I am today," Djokovic said on court. "Something shifted in 2011. The last 10 years have been an incredible journey and it's not stopping here."

Italian gladiator

Actor Tom Cruise was amongst the crowd on Centre Court to watch seventh seed Berrettini's attempt to accomplish what many believe to be Mission Impossible: taking three sets off Djokovic in a Grand Slam match. Yet in the first part of seismic sporting Sunday for his nation, with Italy facing England down the road at Wembley in the Euro 2020 final, he played like a gladiator in Rome's Colosseum. No Italian, man or woman, has ever won a Wimbledon singles title and Berrettini hoped to become the first to win a major since Adriano Panatta triumphed at Roland Garros in 1976.

The effort of snatching a 71-minute first set took its toll on Berrettini. Even after Djokovic had taken the third set Berrettini still looked dangerous but when the Italian double-faulted on break point in the seventh game of the fourth, his hopes were over.

Photo: GETTY IMAGES

Photo: GETTY IMAGES

Photo: REUTERS

Photo: AFP