

Kids, adults have become obsessed with social media

There was a time when we expected the media to spread awareness and powerful messages to arouse and awaken people for causes of concern and interest. With time, media is more of social media and this social media defines us now and we take more pride in connecting through these sites rather than personal, face-to-face interactions. Children and adults both have become obsessed with e-friends and no doubt, anxiety, stress, depression and a state of unhappiness have become a common behavioural pattern.

The time has come when kids hesitate in talking with their parents and consider their friends as their confidantes. The situation sometimes worsens when kids resort to unhealthy means to satisfy their desires.

One can also not deny that social media has helped recognise the weak points of our society and they have most stringently taken up projects in the interests of the children but children usually take social media only to increase their friend list and post messages merely in competition with others. My personal suggestion to chil-



RASHMI RAJ BISWAL, Principal, DAVPS, Pushpanjali Enclave, Pitampura

dren of this age is not to be lured by the bright glare of the outer world. Its charm is temporary and would not be much of a benefit to them. It is bonding with family and true friends which they must aspire for and not crave for false reputation and flashy lifestyle which the social media is projecting and directing innocent children towards. I think the impact of social media is not very positive and we, the well-wishers of the children need to be more proactive in this regard in guiding and suggesting them to not be affected and carried away by it.

Indian Heights conducts Investiture ceremony



July 10, 2021 dawned as a momentous day for the Indian Heights School, sector 23, Dwarka, as the newly elected members of the student council for the primary and senior wing were invested to their office through a virtual Investiture Assembly. Lt Gen SL Narasimhan, PVSM, AVSM*, VSM and Kamini Narasimhan graced the occasion as chief guests of the day.

An enthralling classical dance performance as an invocation regaled the audience members. In his address, the chief

Narasimhan congratulated the members of the student council and appreciated the efforts of the school by displaying a rich amalgamation of tradition and modernity.

The school principal, Archana Narain administered the oath. In her address, she emphasised the students to be potential leaders so as to lead from the front. She reminded the young office bearers to remain committed and serve the office with dedication.

The vote of thanks proposed by the school vice head-girl and vice head-boy lent a befitting end to the occasion.

Reducing carbon footprint

DAV Sreshtha Vihar organised 'Reduce your carbon footprint' activity for the students of primary classes.

The main motive to inspire students to learn about their personal impacts on global climate change and how they can help the environment.

Students identified how their life choices, influence their carbon footprint and steps which they can take to lower it through different activities.

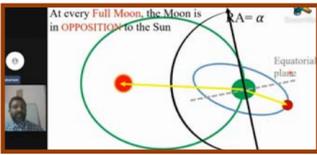
School principal Suhasini K Nath appreciated the work done by the students.



Celestial conjunction of Mars-Venus-Moon

Space enthusiasts of ASN Senior Secondary School, Mayur Vihar-I got the opportunity to join the discussion and understand the science behind the rare phenomenon of triple celestial conjunction: Mars - Venus - Moon webinar conducted by Nehru Planetarium.

Speaker of the day, Dr Chiranjeev Konar from Amity University



explained in detail the scientific explanation of the phenomenon. The webinar ended with an interactive questionnaire session.

Why we must all strive for a clean and healthy India

India is a diverse country and its unity is the key to why it holds a unique position in the world. India has reached the top in many domains and is still striving to improve in others. And yet it is ranks fifth in the list of dirtiest countries in the world, which is a matter of great concern for us all.

A country needs to be clean to prosper. It not only leads to unhygienic conditions but also destroys the beauty of the country. Cleanliness, which refers to being clean or decontaminated, is closely related to health. As we know that a healthy mind resides in a healthy body, cleanliness plays a vital role in the nation's development and growth. The main reason behind uncleanliness in India is poverty and governance failure. Plague, which affected a lot of people, was also a result of uncleanliness.

Thus, the government should additionally focus on cleanliness and sanitation in India like by picking garbage on time, disposing it of properly, etc. Banning the use of chemical fertilisers and introducing new and less harm-

ful substitutes is also a good measure. People should also be educated and apprised about the importance of cleanliness to not only fight this pandemic but to lead a healthy life too. The Clean India Mission also, known as 'Swachh Bharat Abhiyan, was initiated by the Indian government in 2014 to reduce open defecation and im-

prove solid waste management, is worthy of appreciation. More missions like this should be initiated for seeing improvement in the country's cleanliness.

Other than this, we all can also lend our hand by being responsible citizens and taking small steps like segregating waste, cleaning our surroundings, innovating new and effective ways while following reduce, reuse and recycle method in mind, spreading awareness and much more to make India a hygienic country. We know that it's not easy to make such a vast change but nothing is impossible. Like the people of Mawlynnong, Meghalaya (the cleanest village of Asia) if we also unite and start working for it, we can also achieve this goal.

PRANJAL KAUR, class VIII E, Seth Anandram Jaipuria School



Reading week celebration

To inculcate good reading habits among the students, DAV Sreshtha Vihar celebrated Reading Week for Primary from June 21 to 25.

During this week many activities like read colour and draw, drop everything and



read, crossword, my reading record and story with a twist too place.

Students participated very enthusiastically in different

reading activities. School Principal Suhasini K. Nath and the library staff motivated the young minds for reading and learning.

Aditri is Zonal Interact Representative 2021-22

Kudos to Aditri Narula, class XI, DPSG International for being appointed the Zonal Interact Representative (ZIR), District 3012 for the Rotary year 2021-22. After a rigorous selection procedure, she has been chosen to lead young people to initiate changes which promote goodwill and peace in the society. Aditri has been part of the school Interact Club for the past three years,

heading projects like 'Plants against Pollution' accompanied by a successful plantation drive. She has been actively involved in awareness campaigns for vaccination and plasma donation during the second wave of the pandemic.

A psychology student and a budding poet herself, Aditri is passionate about community service and addressing environmental issues as well as the mental and emotional wellbeing of people in the society.



Responsible consumption of water

Water is precious so we should not waste. It is a liquid with no colour or taste. It is used for cooking, drinking, washing and more, so try to preserve it more and more. Do not leave the taps open when not in use, always try to preserve it and reuse.

Do not wash your car with the use of pipe, use a bucket and a cloth to wipe. Do not throw garbage in water bodies and make pollution, always try to come up with a solution. How can you forget the power of river and stream? The use of their energy should be our dream.

Hydro power is clean and efficient, think of the pollution that it prevents. Water is life and only Earth has it, so always try to not waste it. Be responsible in your consumption, and think for the ways for reproduction.

SATVIK SHARMA, class V A, Seth Anandram Jaipuria School

MY UNIQUE BANGKOK EXPERIENCE

Vacations are something loved by a person of every age, as it lets you socialise and connect more with your family, friends and a new culture. The most significant factor of holidaying is, you get to unwind and refresh your mind. One such pleasure vacation keeps coming back to my mind nowadays, is that of my trip to Bangkok, Thailand. It was a ten-day trip which I thoroughly enjoyed with my family. Bangkok



is known for its beautiful temples and the glorifying history they carry. The floating markets of Bangkok are heaped with tropical fruits, veggies and local foods from the floating kitchens. Pad-Thai noodles, exotic sea food, sticky rice and many more mouthwatering delicacies from the night street food are worth mentioning. Trip to the Ocean World and Bangkok Safari World was quite ad-



venturous and breathtaking. The luxuries of the hotel we stayed in, the soothing swim in the pools of the hotel and the rejuvenating massage at the spa and of course diving into endless shopping spree, made the whole trip memorable and worthy.

GUNNSHEEN KAUR SAWHNEY, class VII, Strawberry Fields High School, Chandigarh

Laws against animals cruelty in India lack teeth

We live in an interconnected world which means we are also dependent on other species that live on this planet. Going by the rules, it is a human's right to get a fair chance when attacked or disturbed. Similarly, it is the right of every species on this planet to feel safe and secure. More importantly, it is the responsibility of human beings to exercise this duty. But we all know that the laws against animal cruelty in India lack teeth. Offenders do not show any remorse as they know that they can get away by paying ₹50-100 as penalty for harming animals, which is laughable. Animals are not safe in their natural habitats, on roads, even in shelters specially built for them. Yes, people still fail at soft values; they differentiate between strays and pets and even try to justify their acts. But ultimately the laws defined have failed to protect the voiceless.

INAYAT KAPOOR, class XII, Bhavan Vidyalaya, Panchkula



DEBATE



Blaming the law, every time does not work. Long back, the 1960 Prevention of Cruelty to Animals Act and the Wildlife Protection Act in 1972 were put in place by the government, understanding the fact that even animals are living beings like us. Even at the state level, cattle protection and cow slaughter prohibition legislations are there. Criticising our government about a significant issue for which a law is already punishing the offender by fining a compensation of thrice of the animal's cost and a sentence of almost five years, seems futile. Even people of the country refuse to be sensitive and videos of animal cruelty are viral every now and then. What will work more is awareness among people as a vigilant society. It can prevent crime in a far better manner as compared to stringent laws.

SOMYAA SINGH, class X, St Kabir Public School, Chandigarh

AGAINST



Little Leap Olympiad

Little Leap congratulates all the final round winners.

Age Group 4-6 Age Group 7-10 Age Group 11-13

Aishani Misra	1st	Siyona Joyce Tennela	1st	Thejaswini	1st
Yuvaan Bopche	2nd	Ishita Das	2nd	Gunank Raj Mishra	2nd
Sadyant Bal	3rd	Rehat Kaur	3rd	Sampurna Gope	3rd

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WON'T BE BOGGED DOWN DESPITE COVID-19: STIMAC

Football team coach's contract extended till September next year

His contract as the men's football coach extended till September 2022, national team head coach Igor Stimac on Tuesday said that Covid-19 dented the plans of the Indian senior side, but they would not be bogged down. The All India Football Federation's (AIFF) Technical Committee on Monday decided to extend Stimac's contract till September 2022, keeping in mind the Asian Cup qualifiers, the All India Football Federation (AIFF) has said.

AFC Asian cup in view

AIFF Technical Committee under the chairmanship of Shyam Thapa met via a video conference on Monday. AIFF interim technical director Savio Medeira, and AIFF general secretary Kushal Das were also present. "The committee deliberated at length, and reached a consensus that in view of the external factors which has had

a huge impact on the footballing world in general, and with the national team all set to begin their campaign in their quest to qualify for the AFC Asian Cup China 2023, head coach Igor Stimac be given an extension of his contract till September 2022," the AIFF said in a statement.

The AFC Asian Cup qualifiers are scheduled to be played from February to September next year. One of the most high-profile coaches to manage the Indian men's national football team, Stimac was appointed to the top post in May 2019 for a two-year term, and has had mixed results since. The previous contract of Stimac, who had coached Croatia to the 2014 FIFA World Cup in Brazil, was valid till September after getting an extension in May 15.

Opened up opportunities

While the team may not have won many games under the former West Ham United defender, Stimac has given opportunities to many promising youngsters in the team with

the freedom to express themselves on the field. The Croatian was in charge of the team's 2022 World Cup and 2023 AFC Asian Cup qualifiers where they were drawn in Group E.

While they could not advance to the next round of World Cup qualifiers, India finished third in the group with seven points to make the third round of the Asian Cup qualifiers.

Thapa, chairman of the technical committee, asked Stimac to "come up with a detailed long-term plan to take Indian football forward together".

According to AIFF, Stimac made a presentation on the performance graph of the Senior Men's National Team wherein he highlighted about the change in football philosophy and the emergence of the future generation of the Blue Tigers in the national team set-up. Stimac has been on contract as head coach since May 2019. The AFC Asian Cup qualifiers will be played from February 2022 to September 2022. ANI

It's been a pleasure having worked with Indian football since 2019 and I'm more thrilled to have gotten this opportunity to continue working with these wonderful people for another year. Our job is far from being done but we are on course to achieving our target.

IGOR STIMAC



Photo: TOI

MARY KOM HOPES FOR A MEMORABLE SWANSONG

Six-time world champion sets sights on elusive gold in her final Olympics

"My goal is to win the elusive Olympic gold medal," came the reply from India's most decorated boxer while preparing for her final Games fling in the Italian town of Assisi, before reaching Tokyo on Sunday. She added, "And I hope my last Olympics turns out to be the most memorable one and I can inspire people and bring some joy in these challenging times."

The only boxer in the world with eight World Championship medals, MC Mary Kom's status as an inspiring sporting icon is not accurately reflected in the well-known but poorly-made Bollywood biopic. Instead, her influence looms large in the steady churning out of

women boxers in the country, three of whom will accompany her in Tokyo.

Yet, as the six-time world champion was making the most of the final leg of her preparations in an Italian commune strewn with Roman remains, she was aware of the warrior-like effort she has had to put up in the last one and a half years against an opposition as formidable as Covid-19. "It was a tough time in general with the second wave rampant and everything happening so quickly. The training camp had to be stopped temporarily but we were in touch with each other through video calls and we devised a new plan," Mary Kom said, describing the period when she was without her personal coach, Chhote Lal Yadav, who

had contracted the virus in mid-April.

Coach Yadav gave more details of that plan. "Sumya (Halder, her physio) was in touch with her and made sure that all the good work that we did in the past months continued. After a few weeks, we went to SAI, Pune, and trained there. We took it as another challenge and did everything possible," said Yadav.

"I was doing my best with whatever was possible, keeping myself fit and training and brushing up on my techniques," added Mary Kom. "My experience also helped me in such tough circumstances as I knew it wouldn't be long before things changed again for the better. With Asian Championships and Olympics around, I had enough motivation to train hard." It was this optimism and constant support of her family that kept her mentally strong even when she was devoid of training and sparring.

OLYMPIC WATCH

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BALA DEVI, MANISHA KALYAN WIN ANNUAL AIFF AWARDS

India women's forward Bala Devi has been named as the AIFF Women's Footballer of the Year 2020-21, with young gun Manisha winning the AIFF Women's Emerging Footballer of the Year 2020-21 Award. On receiving the honour, the 31-year-old Bala, in an official AIFF release said: "I'm so happy to have won this award. A big thank you to the AIFF and all the fans for their support. I'd also like to thank my coaches, both at my club in Rangers, and in the national team, and also all the coaches that I've played under in the past. A big thank you also to my family and all my teammates for all the support."

Both the winners were chosen by the national team



head coach Maymol Rocky in consultation with AIFF Interim Technical Director Savio Medeira.

Meanwhile, the AIFF Award for the Best Referee 2020-21 went to Tejas Nagvekar while Sumanta Dutta was adjudged for the Best Assistant Referee award. ANI

QUIZ TIME!

The Olympians

DUTEE CHAND

Athletics

Dutee Chand has been creating history ever since she entered the Indian athletic scene. She is the first woman to qualify in 100m for the second time in a row. The 25-year-old scripted history at the 2019 World Universiade in Naples when she became the first Indian to clinch gold in a 100m event at a global meet. She also holds the national record in the women's 100m and became only the fifth Indian to participate in the women's 100 metres at the Olympics when she qualified for the 2016 Rio Games. Hailing from a family of weavers she was inspired to take up running because of her sister, and this year she is all set to make a mark at the Games this year.



PHOTO: GETTY IMAGES

Q1: In which year did Dutee Chand clinch silver in women's 100m at the Jakarta Asian Games?

a. 2015 b. 2016 c. 2017 d. 2018

Q2: In 2019, Dutee Chand became the first Indian sprinter to win gold at the Universiade. What time did she clock in the 100m race?

a. 11.32 seconds b. 11.12 seconds
c. 10.23 seconds d. 10.21 seconds

Q3: How many gold medals did she win at the Asian Junior Athletics Championships in 2014?

a. 1 b. 2 c. 3 d. 4

Q4: In which event did Dutee Chand participate at Rio 2016 Olympics?

a. Women's 100m b. Women's 200m
c. Women's 400m d. Women's 1000m

Q5: Dutee Chand was the third Indian woman to qualify for the Olympics in the 100m category. Who was the first woman?

a. Hima Das b. PT Usha
c. PU Chitra d. Tintu Luka

Q6: In which competition did she win a bronze in the Women's 200 metres event in the year 2013?

a. Asian Games
b. Japan Championships in Athletics
c. Asian Athletics Championships
d. World Athletics Championships

Q7: Dutee Chand currently holds a national record in 100m. In which other category is she a national champion?

a. 1000m
b. 800m
c. 400m
d. 200m

Q8: Dutee Chand hails from which state in India?

a. Maharashtra
b. Jharkhand
c. Odisha
d. Madhya Pradesh

ANSWERS: 1. d. 2018 2. a. 11.32 seconds
3. b. 2 4. a. Women's 100m 5. b. PT Usha
6. c. Asian Athletics Championships
7. d. 200m 8. c. Odisha