

Summer fun begins at camp



Like buzzing bees and the beauty of different flowers in the garden, the summer camp at school is colorful. The zeal and enthusiasm of students settling at Vikramashila campus and Takshashila campus at Yelahanka is the highlight of summer 2022!

The motto behind this summer camp is to develop personal growth for children ranging from 6 years to 14 years. Students have stayed completely indoors for the past two years. Understanding their current needs, Vishwa Vidyapeeth Group of Schools

has created the opportunity for them to be safe and enjoy a variety of outdoor and group educational and recreational programmes, which will prove to be life-long learning experiences. These activities are bringing in a sense of independence, as they are developing communication skills, empathy and compassion.

Under the dynamic leadership of director Suseela Santhosh, the activities were meticulously planned and executed with the help of professional coaches.

VISHWA VIDYAPEETH

The morning yoga included the primary understanding of the asanas and the significance of Om, which is a combination of Akarara, Ookara & Makara, pronounced from heart, throat & brain respectively. When practiced, it enhances deeper understanding of the self.

The students were also trained in asanas such as Paschimotanasana, Pandangustha padahastanasana, Rajakapotasana, Laghu Vajrasana, Chakrasana, Ardha mat-

syendrasana, Jathara parivartanasana, Tolasana, Uttita Eka padha sikandrasana, Vrikshasana, Trikonasana & basic pranayama like kapalbhathi & nadi shodhana.

Athletics activities included cardio vascular workouts, which are greatly enjoyed by students. Other activities include swimming, basketball, football, badminton, skating, kho-kho, kabaddi were part of the programme.

The vibrant chanting of verses from the Bhagavad Gita brought in an element of bliss.

It's time we turn vegetarian

A team of researchers at Loma Linda University in the United States has shown that vegetarian men live for an average of 10 years longer than non-vegetarian men - 83 years compared to 73 years. For anyone opting for a meat-free diet, there is a huge variety in vegetarian dishes that includes pulses, grains, fruits, greens and vegetables. You can explore their diverse kinds of tastes and nutritional benefits. Most vegetarian foods are actually medicine too. The human body is naturally made for a vegetarian diet.

Effects:
■ Saving the environment: From the local to the global level it is said that meat eating is one of the top contributors to environmental problems. It is also said that eating meat contributes to 40 per cent more greenhouse-gas emissions.
■ Avoiding some deadly diseases: The world health organization has stated that the avian flu can spread simply by consuming undercooked meat or eggs, consuming food handled on the same cutting board on which infected meat was present, and just touching the egg shells that have the virus.
■ Lengthening life span: Research shows that vegetarians live six to 10 years longer than those who eat non-vegetarian foods. The risk of cancer, heart diseases and strokes are significantly lesser in vegetarian diets. In fact, heart disease, which is the number one killer on this earth, is 50% more in meat eaters than in vegetarians.
■ Reducing the risk of contracting cancer: The physicians committee for responsible medicine has confirmed that vegetarians have 40% lesser risk of getting cancer, provided the other risk factors like smoking and body size are

taken care of.
■ Staying fit in size: Vegetarian food does not contribute much to weight gain. While more than 31 per cent of non-vegetarians are overweight, only less than 2 per cent of vegetarians report overweight.
■ Let's now compare some physiological attributes of vegetarians and non-vegetarians.
■ The tooth settings of animals: Herbivorous animals have flat teeth. Meat-eating animals have sharp teeth.

Human beings have flat teeth and not sharp teeth.
■ How they consume water: All herbivorous animals suck water to drink. All carnivorous animals lap up water. Human beings sip water, we do not lap up to drink.

■ Blind at the time of birth: Herbivorous animals open their eyes immediately after birth and see the world but carnivore offspring cannot open their eyes for the first few days.
■ Fingernails: The nails of vegetarian animals are flat and more or less blunt. The nails of preying animals are lengthy and sharp. Human beings have flat, blunt nails.
■ Digestive system: In herbivorous animals, the digestive system is long and food particles take hour to get absorbed in the digestive system. Among carnivores, the length of the food pipe is comparatively shorter.
■ Sweating: In order to maintain their body heat, herbivorous can consume water and get rid of the extra heat by way of sweating but carnivorous animals have to hang their tongue out to cool their body.

All this proves that we humans are meant to be vegetarians.



TEACHERSPEAK
 Sudhansubala Mishra, teacher, Air Force School, Jalahalli East

HEALTHY FOOD

Do you like healthy food?
 Or do you like junk food?
 I like chocolate bars...
 And I like apple pie

I like chips and cookies...
 And I like salty fries!
 But healthy food makes you strong
 Healthy food makes you fast

junk food it makes you weak!
 Junk food makes you big and fat
 I don't care about that!
 I'll have a pizza please

I'll take some soda!
 And some extra cheeses!
 but healthy food helps you grow!

Healthy food is good for you!

Junk food it makes you soft!
 Junk food it makes you slow!
 But I like fudge and churros!
 I like candies too!

I like hot dogs!
 I like fast food!
 Eating all this junk food,

Makes me feel alive!

But as the time goes by....
 I feel I could cry....

Too much junk food in you,
 Now you can't even move....
 You know that it's good for you why did you avoid the healthy food?

Why did I eat the junk food?

I want fish and eggs!

I love nuts in yogurt!
 I love fruit and veg!
 I love cheese and broccoli!
 I love rice and beans!

I love ice and water!
 And salad that is green!
 Sometimes I'll eat junk food....
 But I won't forget....

Only eat a little bit
 And get more healthy food
 Eat healthy stay healthy

Kruthi Purushothama, class V, National Public School Kengeri



Horsley Hills is a very unique hill station where all the interesting spots can be easily covered on foot. The hill area is very pleasant to stay in. It is one of the most beautiful hill regions in Andhra Pradesh. People call it 'Andhra-Ooty', as the climate there is so cool and inviting. The cool atmosphere is refreshing.

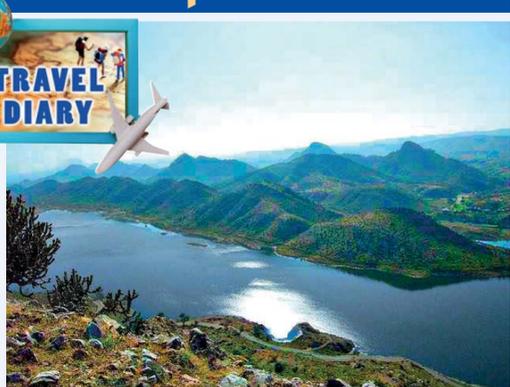
Horsley Hills is covered with beautiful purple blossoms of the purple jacaranda trees. The hill is known for its 162-year-old eucalyptus tree planted by WH Horsley. The Horsley Hills Zoo has cute little rabbits, beautiful peacocks, green parrots and many other wonderful animals.

The hill has a lovely scenic beauty and I enjoyed the sunset in all its wondrous colours. An exotic view of Madanapalle can be viewed from the top of the hill. I felt very happy to see the whole town right before me. It was truly an unforgettable trip for me.



C. Keerthi Reddy, class IX B, Kendriya Vidyalaya No.1, Tirupati

HORSLEY HILLS is a unique attraction



Painters' Gallery



FLUTTERING VIBES: Mrunaali Kulkarni, class X, Samved School



SALVADOR DALI: Suraj Singh, class X, Air Force School Jalahalli East

Nuclear family is better than joint family to avoid disputes

Nuclear family is the best thing. It enjoys more prosperity and the family gets to enjoy each and every moment with privacy. One can also save more money.

Household chores are fewer in a nuclear family. We have more personal responsibilities but there is less stress, no mind-games or pressure from the extended family. We can spend more time with our closest family. There are fewer quarrels too, as no relatives can interfere daily in the others' life. The children stand a better chance for a bright future. Expenditures are lower and the parents are obliged to accept full responsibility for their children. The women get more time for themselves.

There is much less interference and pressure from elderly relatives. Distance helps maintain pleasant relations in the clan. Peace and prosperity are extremely important. Both father and mother understand their responsibility equally in a nuclear family. So, both parents share daily chores for the family.

Decision making is easier in nuclear family between husband and wife. So, nuclear family is the natural choice - when there is a choice.

S. MONIKA, class IX-B, The New John Dewey Mat.School

completely disagree with this statement that 'Joint family is always better than nuclear family'. A joint family creates a closer bond within the clan and brings more emotional stability. Every member feels concern towards the other. One of the primary advantages of living in a joint family is that you get to spend a lot of time together, strengthening the relationships with all family members.

The joint family system creates a strong bond of unity at an early age. Living in a joint family means adjusting with all the uncles, aunts, and cousins. But, growing up with a set of different individuals, sacrificing your needs for the happiness of a loved one, and fighting over little things, pretty much gets you ready for the world.

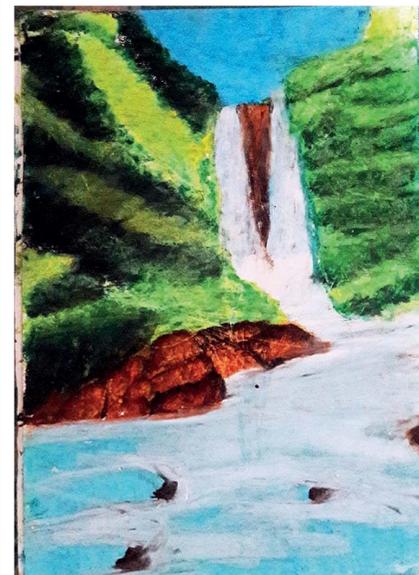
Joint families still prevail in India, but the number has depleted. A family is an 'umbrella' whose value is not realised until the storm-clouds loom over you. But, when you look up with a hope that someone will come to your rescue, the first silent approaching steps will be of your family members. The amount of love and care that one receives in a joint family cannot be described in words.

If you are sick or sad, you will never find yourself alone. There will always be people to take care of you. This is the major benefit of living in a joint family; the love you receive is immeasurable and something you can never pay off. As for disputes, these are just misunderstandings that can be solved easily. No need to switch from joint family to nuclear family only to avoid disputes. I will again and again say that joint family is always better.

S. KAVIYA, class XI-A3, John Dewey Matriculation Higher Secondary School, Panruti



STILL LIFE: Aishpriya Choudhary class XII, APS,PRTC



WATER FALL: Pavan Kumar, class VII, HAL Public School

DELHI CLASH WITH PUNJAB AMID COVID SCARE

Mitchell Marsh hospitalised after testing positive

Delhi Capitals will need to put the Covid scare in their camp behind when they take on a hot and cold Punjab Kings in the Indian Premier League on Wednesday. Australian all-rounder Mitchell Marsh had to be hospitalised after testing positive for Covid, taking the total count to four cases in the Capitals' camp. However, the other squad members returned negative tests on Monday and all IPL stakeholders will be hoping it stays that way when another round of testing is conducted on Tuesday.

Warner, Prithvi Shaw and skipper Pant headline a powerful DC line up against a Punjab unit that boasts of Shikhar Dhawan, in-form Liam Livingstone and Shahrukh Khan. As both teams eye a return to winning ways, the batting unit that does well could be the difference. Punjab could be bolstered by the return of regular skipper Mayank Agarwal, who missed the game against Sunrisers Hyderabad due to a toe injury.

hi bowling attack to cleaners. Jitesh Sharma has already shown that he can become a good finisher. However, save for Livingstone, who made a brisk 33-ball 60, others faltered against SRH and the team management would expect more from them. But the task for Dhawan and company won't be an easy one as they would face the in-form Kuldeep Yadav, who has taken 11 wickets so far. Axar Patel and pacer Shardul Thakur, who has four wickets, can also pose questions to them along with speedster Khaleel Ahmed.

Punjab middle-order will need to take greater responsibility and find substantial runs

However, Muztafizur Rahman, who leaked 48 runs against RCB, needs to redeem himself. The Punjab bowlers led by Kagiso Rabada have fared well. But the likes of Vaibhav Arora, Arshdeep Singh along with Rahul Chahar, who has nine wickets, would need to be on the money. Also equally crucial will be the role of pace-bowling all-rounder Odean Smith, who has not been at his best so far in the IPL. Punjab have three wins and as many losses from six games.

TESTIMONY TO SKILLS

Meanwhile, this has been a mixed season for Delhi. The Pant-led side hasn't looked too threatening and two wins from five games isn't a testimony to their skills. The role of Warner and Shaw will be extremely crucial. Warner heads into the game on the back of a 38-ball 66 against RCB and has provided the team with flamboyance at the top. Ditto for Shaw, who after back-to-back fifties, had a failure in the last game. The Capitals management would be hoping that the two fire in unison. For Delhi, a lot will also rest on how Pant performs. He looked in his element when he made a 17-ball 34 against RCB, but a real big knock is yet to come. Now in absence of Marsh, they would need to suitably find a number three and Mandeep Singh or Sarfaraz Khan could be an option. AGENCIES

Upcoming IPL Match



APRIL 20 7.30 PM

Maharashtra Cricket Association Stadium, Pune

NEED A SOLID START

A flamboyant Dhawan was in his elements against Mumbai Indians, but consistency has been an issue for the senior opener. The south-paw, who failed against SRH, will be looking to give the side a solid start along with Mayank, who too would be eager to take the varied Del-



Liam Livingstone



Kuldeep Yadav and Prithvi Shaw of Delhi Capitals celebrate the wicket of Glenn Maxwell of Royal Challengers Bangalore

NAPOLI HELD 1-1 BY ROMA IN SERIE A

BLOW TO INSIGNE TEAM'S SERIE A TITLE AMBITIONS

Another hit to his team's Serie A title ambitions left Napoli captain Lorenzo Insigne in tears following a 1-1 draw with Roma. Insigne converted an early penalty on Monday but then watched as Roma dominated the second half at Stadio Diego Armando Maradona and finally equalised via Stephan El Shaarawy in added time.

INSIGNE EMOTIONAL

After getting beat 3-2 by Fiorentina eight days earlier, Napoli failed to pick up three points for a second consecutive home game. With only five matches remaining, third-placed Napoli was four points behind league leader AC Milan and two points behind Inter Milan, which has a game in hand. Insigne, who has already signed a deal to move to Toronto FC after this

season, was visibly emotional as he saluted Napoli's hard-core "ultra" fans after the game. The result wasn't ideal for Jose Mourinho's Roma either, as the Giallorossi were five points behind fourth-placed Juventus and the final Champions League berth. Insigne's penalty came following a foul by Roger Ibanez on Hirving Lozano. Eighty minutes later, El Shaarawy swept in the equalizer following a backheel flick from Tammy Abraham.

STRUGGLING ATALANTA

Atalanta slumped to its fourth straight loss across all competitions with a 2-1 home defeat to Hellas Verona. Verona hit the woodwork twice before Federico Ceccherini put the visitors ahead just before the break with a header that was confirmed after a video review. Then Atalanta midfielder Teun Koopmeiners added an own goal early in the second half

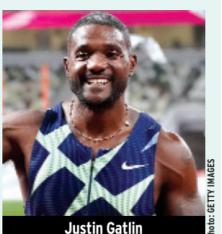


Federico Ceccherini

after a shot from Ivan Ilic rebounded in off his chest. Giorgio Scalvini pulled one back for Atalanta with a header in the 82nd. Atalanta has lost three straight in Serie A and was also eliminated from the Europa League by Leipzig last week. Atalanta remained eighth, while Verona moved up to ninth. AP

SPRINT LEGEND GATLIN TO PROMOTE WORLD 10K MARATHON

Olympic and world championships gold medalist sprinter Justin Gatlin was on Tuesday named as the brand ambassador for the 14th Tata Consultancy Services (TCS) World 10K Bengaluru marathon to be held on May 15. Gatlin won the 2004 Olympic 100m race and also is a four-time World Athletics Championships gold medalist. The sprinter had an illustrious career winning titles on the world stage across a period of 16 years from 2003 to 2019, before he officially hung up his spikes and retired on February 10 this year. In total, he won no less than 17 medals in global athletics championships.



Justin Gatlin

"The last two years have been challenging for all of us and made me realise the importance of being together. Sport has always been a great

unifier and I am extremely excited to be a part of Tata Consultancy Services World 10K Bengaluru," Gatlin said in a statement issued by race promoter Procam International. The USD 210,000 World Athletics Elite Label Race will witness some of the finest distance runners on the roads of Bengaluru as well as thousands of mass participation from across India. AP

QUIZ TIME!

Q1: Who is the winner of the 2022 Mexican Open tennis tournament?

- a) Novak Djokovic
- b) Stefanos Tsitsipas
- c) Daniil Medvedev
- d) Rafael Nadal

Q2: Sadia Tariq was in the news for winning a gold medal for India in which event?

- a) Wushu
- b) Boxing
- c) Relay
- d) Chess

Q3: Which nation, besides Russia, has breached the Olympic Truce?

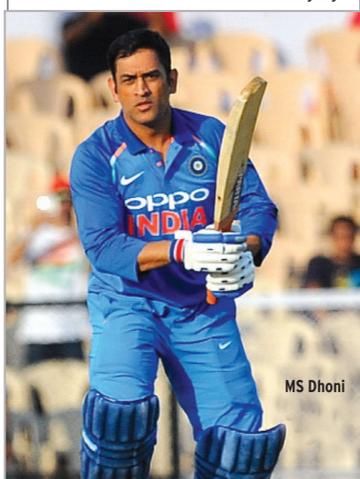
- a) India
- b) Ukraine
- c) Belarus
- d) Israel

Q4: To which sport is the term Chinaman related?

- a) Golf
- b) Cricket
- c) Hockey
- d) Badminton

Q5: Where did MS Dhoni make his ODI debut?

- a. Delhi b. Dhaka c. Mumbai d. Chittagong



MS Dhoni

Q6: With which game is Davis Cup associated?

- a) Hockey
- b) Table Tennis
- c) Lawn Tennis
- d) Polo

Q7: Which one of these cricketers was declared 'Cricketer of the Twentieth Century' by the ICC?

- a) Virat Kohli
- b) Sachin Tendulkar
- c) Kapil Dev
- d) Anil Kumble

Q8: Which was the first non-Test playing country to

beat India in an international match?

- a) Sri Lanka
- b) Africa
- c) Australia
- d) England

Q9: In which year did the Indian football team make its first appearance at the Olympics?

- a) 1946 b) 1947 c) 1948 d) 1949

ANSWERS:

- 1. d. Rafael Nadal 2. a. Wushu
- 3. c. Belarus 4. b. Cricket
- 5. d. Chittagong 6. c. Lawn Tennis
- 7. c. Kapil Dev 8. a. Sri Lanka
- 9. c. 1948