



THE TIMES OF INDIA

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TODAY'S EDITION

► What are the traits that set great leaders apart from the rest of the pack? Find out in 'Leadership'

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► Know the benefits of Parighasana or gate pose, from a yoga expert, and how it makes our muscles flexible and stimulates abdominal organs

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Watching Rafa lift this trophy gave me a lot of power to work hard for this moment, says Carlos after winning the Madrid title

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STUDENT EDITION



TUESDAY, MAY 10, 2022

CARLOS ALCARAZ BEATS ALEXANDER ZVEREV TO WIN MADRID OPEN TITLE

Spanish teenager Carlos Alcaraz won his second ATP Masters 1000 title at the Madrid Open after defeating defending champion Alexander Zverev 6-3 6-1 in front of his home crowd on Sunday. Alcaraz looked dangerous throughout his run at the clay court tournament, where he stunned world number one Novak Djokovic and 21-times major winner Rafa Nadal before cruising past world number three Zverev in the title clash.

- The 19-year-old is the youngest player since the start of the ATP Tour in 1990 to defeat three top-five players at the same event
- Ranked 120 in the world just a year ago, Alcaraz will rise to a career-high no 6 in the new rankings on Monday



Severe cyclonic Asani likely to weaken, NO LANDFALL IN ODISHA, ANDHRA

Asani, the severe cyclonic storm in the Bay of Bengal, packing gale force winds up to 120 km per hour, was moving towards coastal Andhra Pradesh and Odisha at a speed of 25 km per hour on Monday, but expected to weaken gradually over the next two days, the weather office said. The system will not cause landfall either in Odisha or Andhra Pradesh, IMD Director-General Mrutunjay Mohapatra said on Sunday...

WHAT A CYCLONE MAKING 'LANDFALL' MEANS

What is landfall?

1 According to the US National Hurricane Center, "A landfall is the intersection of the centre of a tropical cyclone with a coastline." In other words, landfall is a phenomenon when the eye of the cyclone moves to land after being on the water. The cyclone arrives hours before the landfall, bringing rainfall and dust storms.

How are cyclones formed?

2 Tropical cyclones are usually formed in warmer seas near the equator. When air rises away from the ocean's surface, it generates a low-pressure zone beneath it. It causes air from higher-pressure places to travel towards the low-pressure area, warming the air and causing it to climb above. When warm and humid

air rises and cools, the water in the air turns into clouds. As ocean heat and water evaporate from the surface of the ocean, the entire system of clouds and winds rotates and rises. When the air system spins at increasing speed, an eye forms in the middle. The difference in temperature between the warm and rising atmosphere causes the air to rise up and become more energetic. So, when wind speeds reach 119 km/hr, the storm is called a tropical cyclone

What is the impact of landfall?

3 The landfall usually brings with it high-speed winds, severe storm surge and torrential downpour, all of which can have a severe impact on the region. The storm usually weakens rapidly after landfall.

X-PLAINED



WHY CYCLONES WEAKEN AFTER LANDFALL

RESISTANCE: It is a well-known fact that cyclones always form over the sea, in open spaces, gaining strength from there. In fact, according to experts, the terrain of the sea helps a



storm gather its maximum strength, while on land that strength is immediately cut off due to too much resistance around—bushes, trees, houses and buildings, thus decreasing the speed of sustained winds

MOISTURE: The lack of moisture and heat sources on land in comparison to oceans is also one of the reasons why cyclones weaken after landfall. The depletion of moisture and heat on land hurts the tropical cyclone's ability to produce thunderstorms near the storm's centre

SEA TEMPERATURES: Tropical cyclones derive their energy from the warm tropical oceans and do not form unless the sea-surface temperature is above 26.5°C. Also, sea temperatures by and large remain constant and vary very little, which helps in the genesis and the further growth of a cyclone. Cyclones usually dissipate over land or over colder regions where the temperature profile varies widely and changes constantly. Land temperatures of 30°C and 20°C (such as in south India) at day and night, hinder the sustenance of a storm

STRENGTH: Though a cyclone usually loses its intensity over land, there are times when a cyclone loses its strength over the sea itself. This happens due to the proximity of the cyclone to the coast for a longer period, making the cyclone weak in the process

WHAT'S EXPECTED IN CASE OF CYCLONE ASANI

■ The cyclonic storm 'Asani' is very likely to move north-westwards and intensify into a severe cyclonic storm over south-east Bay of Bengal during the next six hours. It is very likely to continue to move north-westwards till May 10 evening and reach Bay of Bengal off north Andhra Pradesh and Odisha coasts. Thereafter, it is very likely



Cyclone Asani is a name given by Sri Lanka that means 'wrath' in Sinhalese

to recurve north-north-eastwards and move towards northwest Bay of Bengal off Odisha coast, without making a landfall

■ This is because the cyclone system is likely to lose strength as multiple factors, including dry wind coming from land, not so high sea surface temperature and others are expected to make an impact

Quote unquote

An educational institute is not just a place of learning. It is a place, which polishes the inner and sometimes even hidden talents in each one of us.

The curriculum gives us the occasion to introspect within ourselves the purpose, the ambition and hence, fulfil our dreams. We are living in an era where innovation and entrepreneurship are appreciated and encouraged.

The stories of various unicorns or start-ups, which have been slated to be worth more than one billion have scripted new history. It has opened new avenues as new sectors are coming under the loop of business enterprises. The unexplored territories like education, health have also become part of these new enterprises. Such forays can be the game changer for our country. It can be a combination of job provider and revenue earner for our people

Ram Nath Kovind, President of India



G7 countries pledge to stop oil imports from Russia

The G7 club of wealthy nations committed on Sunday to phasing out its dependency on Russian oil, and issued a scathing statement accusing President Vladimir Putin of bringing "shame" on Russia with his invasion of Ukraine.

The statement from the Group of Seven — France, Canada, Germany, Italy, Japan, Britain and the United States — did not specify exactly what commitments each country

will make to move away from Russian energy. But it was an important development in the ongoing campaign to pressurise Putin by crippling Russia's economy, and underscores the unity of the international community against Moscow's actions. The announcement came as the G7 held its third meeting of the year on Sunday via video conference, with Ukrainian President Volodymyr Zelenskyy participating.

■ The West has so far displayed close coordination in its announcements of sanctions against Russia, but has not moved at the same pace when it comes to Russian oil and gas

■ The United States, which was not a major consumer of Russian hydrocarbons, has already banned their import

■ But Europe is far more reliant on Russian oil. The European Union has already said it is aiming to cut its



reliance on Russian gas by two-thirds this year, though Germany has opposed calls for a full boycott, with member states continuing intense negotiations on Sunday

NEWS IN CLUES

WHICH IS THE LARGEST ECONOMY IN AFRICA?

- CLUE 1:** It's the top oil producer in Africa.
- CLUE 2:** It's the seventh most-populous country in the world.
- CLUE 3:** It's the world's biggest producer of yam.

Answer: **NIGERIA.** The country, with a population of over 206 million and proven crude oil reserves of more than 37 billion barrels, became the first country to ground all domestic flights starting today due to rising fuel costs as aviation turbine fuel (ATF) costs tripled to 700 naira (\$1.68) per litre, with airlines saying they could no longer absorb the costs.

'Gold-plated Nintendo Wii' is again up for auction

Arare gold-plated Nintendo Wii gaming originally meant as a gift for Queen Elizabeth II is now being auctioned. The one-of-its-kind Wii was produced by game developer THQ in 2009. It was meant as a promotion of the Big Family Games collection of mini-games. However, it could not scale Buckingham Palace's strict royal gift policy, and therefore returned back to THQ, reports GizmoChina. After THQ went into bankruptcy, the 24-carat gold-plated Wii finally found its way to the hands of Dutch collector Don, who is now putting the piece on auction.



It has signs of scattered gold chipping, and will likely end as a collector's item inside a glass case. It is a genuinely unique device, unlike many limited-edition consoles

LEADERSHIP



3 Traits That Set GREAT LEADERS APART FROM THE PACK

TRAIT #1

GREAT LEADERS IMPROVE THEMSELVES FIRST

The best leaders always seek to improve themselves before they lead others

The leader sets the bar in almost every area, from work ethic to integrity to maintaining a cordial office atmosphere. If s/he doesn't give much thought to these, those that follow won't learn much.

ARE YOU LEADING YOURSELF BEFORE YOU LEAD OTHERS? HERE ARE SOME HELPFUL QUESTIONS TO ASK:

- Do I expect others to do what I won't do myself?
- Am I focused more on my own need for growth or others?
- Am I setting an example that should be followed, or do I hope others won't notice what I do?
- Am I constantly pushing myself to grow?
- You aren't perfect and never will be. You shouldn't expect perfection from yourself or others. However, you should expect more from yourself than from those you lead. After all, they'll only rise as high as you.

TRAIT #2

GREAT LEADERS EMBRACE FEEDBACK

One of the great temptations leaders face is to put themselves in a bubble. To surround themselves with yes-men who never challenge them or push back. The best leaders, on the other hand, build a circle of trusted friends who will give them honest feedback, both positive and negative

Great leaders embrace feedback from their followers. They understand that they have both strengths and weaknesses, and that leadership involves willingness to accept both criticism and praise.

IF YOU WANT TO BE A GREAT LEADER, CONSIDER ASKING YOURSELF THESE QUESTIONS:

- Are those around me willing to give me honest feedback?
- When was the last time someone close to me gave me constructive criticism?
- Do people in my inner circle like me or not?
- Do I listen attentively when someone presents a critique?
- Criticism and feedback are not usually pleasant, but they are essential. If you don't seek them out as leader, you'll never grow and will often cause harm to your organisation.

TRAIT #3

GREAT LEADERS ARE LIFELONG LEARNERS

When you reach a position of leadership, it's easy to assume you've learned all that's necessary and now you can coast. To feel like you put in the work and now it's your time to relax. But learning never stops

In order to get to the top of an organisation, you usually have to do a fair amount of learning. You need to gain mastery of new subjects, new skills and new concepts. You'll often have to read new books and articles related to your position. When you move upward in the organisation, you're constantly learning.

ARE YOU A LEADER WHO'S LEARNING? ASK YOURSELF THESE QUESTIONS:

- When was the last time I read a book?
- When was the last time I spent time with someone who disagreed with me?
- How often do I take in books/articles/lectures that stretch me intellectually?
- Am I building a library of helpful and stimulating resources?
- If you want to avoid stagnation, make learning a lifelong habit. If you want to constantly grow and improve, never stop learning. If you want to be the best version of yourself, push yourself towards new ideas and experiences.

LESSONS

SECRETS Of CREATIVITY

"CREATIVE MINDS- THEY CONCEIVE, NURTURE AND DELIVER"

Virender Kapoor

To be successful in any field one has to be productive. To be productive, one has to be creative. Many of us feel creativity is difficult and is best left to only a few "creative people". This is absolutely wrong. Each one of us can be creative, and the first step is to think that you can think. Think: *Yes! I am creative.* Creativity or Innovation does not mean to come up with something totally radical or entirely new. In the larger sense, it means doing something differently. Just imagine, we say "Don't reinvent the wheel", but do you know that the wheel has been reinvented so many times. Rolling logs were used 750,000 (seven hundred fifty thousand) years ago to move heavy loads. Around 3500 B.C the logs were sliced to make a wheel. Thereafter, a wheel was reinvented over a couple of hundred times and that is why we moved towards tyres and tubes and now tubeless tyres.

Another aspect of human imagination is humour and wit. It is not easy to come up with a joke or have humour without imagination. It is not surprising then that only human beings crack jokes and animals and birds don't. Wit is the intellectual form of humour. People

that you can get new ideas when your subconscious mind is a little free. I get new ideas even at the middle of the night when I am tossing and turning around on my bed. That is why I keep a pencil and a pad on my bedside table. If you don't write it immediately, it is very hard to recall that idea next morning.

Archimedes proclaimed: "Eureka" when he stepped into the bath tub! I have a friend who gets new ideas when he is driving a car, especially, during long drives. New ideas also get generated when you observe. I feel observation is an important tool for creativity or coming up with some new ideas. Newton came up with the law of gravitation by observing an apple falling from the tree.

New ideas may not be crystal clear at the time of occurrence. It means that when you get an idea in your mind, there is a lot of fog around it. Sometimes, it is better to handle it like a cow chewing the cud. Keep thinking about it and the fog gradually disappears.

A simple way to become more creative is to expand your interaction. Don't lock your thinking in a small sphere. To think out of the box, move out of the box. Read books and articles on different subjects, watch different movies, listen to interviews of people from different walks of life. All these will make you think and tickle your brain and you never know when a new idea comes to your mind.

Coming up with new ideas sometimes requires you think outside of the rule book. Therefore, break rules and don't worry. If you are a conformist, you can never be

radical and if you don't think radically, you can't think different and that is the end of creativity. Innovation stops the day you think, *what will others think about it?* If you are convinced about an idea, try it and just do it.

It is also a good idea to experiment with fresh talent. I remember, we were to renovate our school library. Instead of getting the best interior designer, I called a couple of interior designers who had done just a couple of projects after their graduation. While discussing the plans, we came up with some very new ideas and finally came up with

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep
-Scott Adams

a library which was very different and beautifully done.

Getting an idea is not enough. It needs to be well thought, nurtured and eventually must get executed properly (delivered). There are a lot of brilliant ideas which are not nurtured properly and there are many which are nurtured but never delivered (executed).

All engineering marvels are first born in the head then go to the drawing board. Thereafter, a blue print is made. Many projects don't move beyond the drawing board stage. They are as good as nothing. Unless your idea gets translated to a tangible product on ground, creative process is not complete.

An innovative person not only thinks differently, s/he conceives ideas, nurtures them and finally delivers them.

The greatest thing by far is to be a master of metaphor
-Aristotle

Thinking metaphorically is the most effective way of thinking different. Metaphor is an analogy given by connecting objects with ideas by use of words. "I love you from the bottom of my heart" or "An upwardly mobile couple" are examples of using metaphor. Metaphoric thinking lets you imagine. And imagination is the key to creativity. Albert Einstein said, "Imagination is more important than

who are witty also think metaphorically and that is how they are witty.

Birbal was a minister in the administration of Emperor Akbar, the great. The legendary Akbar - Birbal stories and anecdotes are full of wit and humour, yet each of them conveys a thought, a solution to a problem or a strong message. It is said that because of his sharp wit and a brilliantly innovative mind, Birbal was Akbar's go-to person to look for solutions to rather complex problems.

Is there a creative time for each of us? Are we more creative at some times of the day and unproductive at other times. There is no certain answer to this. But it is very likely

3 podcasts to inspire and motivate



Encyclopedia Womanica

Do you ever wish you heard about more women in history growing up? With just 5 minutes a day, you and your teen can learn about different incredible women from history with this award-winning podcast.

2

TED Talks Daily

From topics like Artificial Intelligence to Zoology, join host and journalist Elise Hu as she is joined by the world's leading thinkers and creators to change your teen's perspectives, ignite their curiosity, and learn something new.

TUNE IN
TED TALKS DAILY

The Michelle Obama Podcast

The former First Lady takes a deep dive into conversations with loved ones - family, friends, and colleagues - on the relationships in our lives that make us who we are.



In life, always stay productive

Life is not less than a school. You keep learning different lessons throughout your journey. But there is a difference between life and school.

In school, you receive education first, learn various lessons and after that you are expected to take a test. As adults, you go through endless tests and then learn valuable lessons. In life, you face challenging circumstances and then you will be asked, what you have learnt? Sometimes, the exams can be excruciatingly challenging. Therefore, you have to be cautious at every step in life so that you learn all the lessons life wants to teach you. As long as you are learning, you will be productive; and as a result, you'll be cherished, respected and blessed. So, never stop being productive.

BE PRODUCTIVE, BE HAPPY!

When you are not creative, your mind becomes lethargic leading to unhappiness. When you don't see yourself moving forward in life, you get nervous and invite stress. That's why it's so important to stay productive but how?

HERE ARE SOME STRATEGIES THAT WILL HELP YOU STAY PRODUCTIVE AND CREATIVE

VALUE YOUR TIME

Identify activities that are making you kill precious time. For some, it can be the monotonous content on TV or phone, for others, it can be bad habits. Identify such activities that interfere with your creativity and replace them with something productive, like connecting to inspirational thoughts. Value your time. When you are busy in accomplishing important tasks, you are actually valuing your time. And those who value time, always stay industrious.

SET GOALS EVERYDAY

Being productive means staying busy, and for that, you should set small goals every day with proper planning. It is the secret to creativity. Find important household tasks, or tasks related to your business, prioritise them and spend your time prudently. When you complete these tasks, you'll feel a sense of happiness. And



when you are busy and happy in yourself, you spread happiness as well.

KEEP REVIVING YOURSELF

At times, life could be really tiring. When you feel exhausted, figure out ways to relax. Go for a nutritious diet and sound sleep. Deep sleep is important for your mind and body. It

keeps your whole body fresh every day. And when it comes to complete rejuvenation, nothing works like meditation.

Meditate every day and also make efforts to join a meditation retreat. When you move away from a routine life and take shelter amid nature on a calm mountain, it refreshes your body and mind in an amazing way.

Even if you are not joining any retreat, take time to stretch, walk in the morning and evening, and relax in order to revive yourself.

BE A MORNING PERSON

When you wake up early in the morning every day, your productivity level and inner joy go up automatically. A healthy adult should wake up before sunrise. At that time no one disrupts you from what you want to do. Use this time to meditate, exercise, reading scriptures, and give a positive start to your day.

MOTIVATION

