

INTERNATIONAL YOGA DAY

Acquiring positive energy through yoga postures



Yoga is the journey of discovering the self. It is an ancient and beautiful practice that is linked to the physical, spiritual and mental aspects of our being, and has become a trendsetter in maintaining both physical and mental health.

The theme for this year's yoga day

ST PAUL'S CBSE SCHOOL, PATTEGARAPALYA

was "Yoga for Humanity". It aptly portrays how yoga served humanity in mitigating sufferings during the Covid-19 pandemic. Prime Minister Narendra Modi has said yoga will bring people together through kindness and com-

passion during the post-covid geopolitical crisis and promote a sense of unity across the globe.

This year's yoga day celebration was held with much fervour and enthusiasm at the school. The excitement of the children of classes I to X was palpable as they geared up to celebrate the day with zeal. Students demonstrated surya namaskar and various other asana. The joy of performing the asanas was amply visible in the faces of the children.

Students also participated in a quiz and speech competition on yoga.

The celebration concluded with a speech by our principal, who encouraged students to practice yoga regularly to remain fit and improve the concentration.



Yoga is a practice followed by our great ancestors since 5000 years. It is believed and practiced as a form of healing which has no side effects. The word "Yoga" comes from the Sanskrit language and literally means union.

Students from classes VII to IX performed various yoga postures under the guidance of yoga master Subramani, as part of the World Yoga Day celebrations. The focus was on surya namaskara, also known as salutation to sun. It brings flexibility, and strength and tones the body. Students also performed vajrasana, sukhasana, tadasana, balasana, shavasana and many more of them. They spent one hour on the practice and gained spiritual energy.

ANANTHA VIDYANIKETANA SCHOOL



"True yoga is not about what goes on outside but about what goes on inside"

Celebrating yoga day is like celebrating a Healthy Lifestyle. On June 21, 2022 Yoga Day at school started with the inauguration of the programme by founder chairman Gangadhariah and principal Anila Jayakumar. A warm welcome was given to all the members present in the gathering. Surya Namaskar was demonstrated by students of classes VI to X.

Shree Patanjali Yoga Shikshana Samithi chief Sriyuta Ramsheshaih, who was the chief guest, gave an inspiring speech on how yoga changes our daily life. All students and teachers performed yoga asanas.

SHANTIDHAMA PUBLIC SCHOOL, SUNKADAKATTE

TAPOVAN SCHOOL

The school celebrated International Yoga Day on June 21, 2022. The programme started with a beautiful invocation song by teacher K S Anushree. Teacher Chitra Vardarajan spoke about the benefits of yoga and the need to practice it daily.

Four students from Vivekananda School and their master Parappa demonstrating various yoga asanas. We students and our teachers had a good experience doing all the asanas along

with them. Master Parappa explained the benefit of each asana while we were doing it.

High school HM Janakee Bayi N Navalli explained the medical benefits of yoga. There were two group performances by our students and teachers. Teacher Anushree recited the shanti mantra for us. The programme ended with a vote of thanks by teacher Poornima Nagadurga.

Raksheta M, class X



Plastic collection drive held as part of SSR

Alleviating climate change or environmental degradation has to be practised rather than theorised, considering the rate at which it can deteriorate lives of all life forms on our planet.

DAFFODILS FOUNDATION FOR LEARNING

One such impactful practice is to segregate plastic waste at source and ensure upcycling/recycling it, while reducing its usage sustainably. Humans owe it bigtime to the planet and that is a huge social responsibility.

The school took strides in

this direction by partnering with 'Little Wise Club' on June 25, in arranging a plastic collection drive, as a part of School Social Responsibility (SSR). The school's 'Eco-Club' members, sported their 'Eco Warrior' badges proudly and volunteered to collect plastic articles from parents, students and teachers, weighed them and handed them over for recycling/upcycling. Interestingly, a redeemable point system was devised to incentivize the initiative, making the event a huge draw for the participants.

This SSR initiative onset the birth centenary celebrations of school founder the late P K Bheemaih, a visionary educationist.

Hema Jayaram, teacher



Express YOURSELF

Mandala art: a stress-buster and healer

The word mandala in sanskrit means "chakra". It is derived from two different words "La" and "Manda", they mean container and essence. Mandala is a spiritual symbol representing the "universe". It is believed to represent wholeness, health, connection, unity, harmony and cycle of life. The circular designs symbolise the idea that life is never ending and everything is connected in it. It represents the spiritual journey within the individual. Mandalas have many uses, apart from meditation, as designs are meant



to replace irritating thoughts and allow the creative mind to run free. But ultimately, people create and look at mandalas to center the body and mind. I saw mandala as an amazing stress busters. I felt it was a great way of relieving stress especially in the pandemic times. Eventually it added on to my likings and now has become a hobby. Mandala art therapy also has an effective and magical healing power which helps people to recoup fast.

Anusha K, class XII, Soundarya Central School

THE EDUCATIONIST

Spread a Smile! Add beauty to the world

Smile, and the world smiles with you!

Between a frown and a smile - what would you want to choose?

Dear children, would you like to be the one to spread a smile and bring joy to someone? Would you like to be a Smile-Spreader?

I'm a smile-spreader. It's fun to be one. The best part is I do it anonymously. And here's how it all started.

I was travelling to work on my electric scooter, feeling very happy and on-top-of-the-world. It could have been the lovely Bangalore weather or just my mood. But for some reason, I felt so calm, so peaceful. This despite the rush-hour traffic I was wading through. Traffic, traffic everywhere. My nostrils pulled in diesel fumes. My ears registered unharmonic horn music. My eyes hurt from dry dust flying about. And yet, I felt happy.

I stopped at the next red signal. The countdown timer next to the traffic light read 85 seconds. And that's when I did it. I lifted my helmet visor and looked at my fellow scooterist. He appeared to be a middle-aged, balding fellow with an ample tummy and a big moustache.

There was this little girl sitting in front of him, holding the handle bars of the scooter. I noticed that she had turned too and was staring at me.

I smiled. Not just a normal, run-of-the-



Raghavendra Ashok, teacher, Redbridge International Academy

mill type of smile. A wide grin. What happened next I shall never forget. In an instant, the 7-year-old's face lit up in radiance, her eyes twinkled and she spread her lips into the most beautiful smile I had ever seen. The innocent, happy, unconditional smile of a child. The dad then looked at me. Now I flashed him a smile. He didn't react until he saw his daughter still beaming at me.

Then he too smiled.

The signal turned green. The father-daughter duo turned left and I took the opposite turn and went on my way, still smiling. It was a wonderful experience.

Bouyed by the tremendously positive vibes the previous experience had brought me, I smiled at another fellow passenger at the next red signal. A woman in a Hyundai i10 car. Her already radiant face became even more so when I gave her the smile. She smiled back without hesitation and even gave me a thumbs up! The signal turned green and we went on our separate ways.

I have been repeating this routine at traffic junctions ever since. I am now convinced that no stranger can resist a smile. And the best part is, you get the smile bounced back to you, with their soul wrapped in it!

Go on. Spread a SMILE today! It doesn't just make you feel happy, it doesn't just make the other be filled with glee. It also adds beauty that is hard to see.

INVESTITURE CEREMONY

Leaders advised to lead with confidence and commitment

The student council elections for the year 2022-23 were held on June 3, 2022 and Investiture ceremony was held on June 11, 2022 to invest responsibilities on the newly elected student



ACHARYA PATHASALA PUBLIC SCHOOL

council members.

The ceremony began with a formal welcome address by principal Shalini Jagadish. She congratulated the newly elected student council members and motivated them to be exemplary leaders, leading the students with commitment, confidence and competence and taking their alma mater to new heights in its pursuit of excellence.

The elected council was handed over the flags and the badges were pinned by chairman of the school governing council T V Gurd-



vaiah, who was the chief guest. The school captain took the oath with the promise to abide and carry out the responsibilities with integrity and humility and make the alma mater proud.

The highlight of the programme was the march past by the four houses - Blue House (The Chalukyas), Green House (The Hoysalas), Red House (The

Rashtrakutas) and Yellow House (The Kadambas). The students marched majestically, ably led by their house captains, in sync with the beating of the drums of the school band.

The chief guest advised students to pursue their interests with passion and aim to excel. Vice-principal Vinoda proposed the vote of thanks.



LADY IN GOWN: Sakshi, class VII, BGS World School, Chickballapur



SHRI GANESHA: Sakshi, class VII, BGS World School, Chickballapur

NADAL DEFEATS SONEGO

CHAMPION APOLOGISES TO WIMBLEDON OPPONENT AFTER TESTY EXCHANGE

I have to say that I was wrong. I should not call him on the net. So, apologise for that. My mistake in that. No problem. I recognise that. It's something that I spoke with him in the locker room, and it stays there. Only thing I can say is I saw him personally.

RAFAEL NADAL

Rafael Nadal apologised to defeated Wimbledon opponent Lorenzo Sonego after a testy exchange in the closing stages of their third-round clash on Saturday. Second seed Nadal, the champion in 2008 and 2010, reached the fourth round for the 10th time with a 6-1, 6-2, 6-4 win.

DISPLEASURE DISCUSSED

The 36-year-old had required back-to-back four-setters to make the third round and was expected to be tested by Sonego, who made the fourth round last year. However, Nadal did not face a break point until he dropped serve in the eighth game of the third set, his focus possibly affected by a stoppage to close the Centre Court roof. He quickly broke back and sealed the victory. Nadal, however, appeared upset by the noise the Italian was making on court. He even summoned Sonego to the net to discuss his displeasure while the two then had another lengthy exchange as they shook hands. "I have to say that I was wrong. I should not call him on the net. So, apologise for that. My mistake in that. No problem. I recognise that," said Nadal. "It's something that I spoke with him in the locker room, and it stays there. Only thing I can say is I saw him personally. My intention was never to bother him at all. Just to tell one thing that was bothering me that I think he was doing in that moment, but that's it. We had some issues there, but that's it."

MOST DIFFICULT PLAYER

Nadal has already won the Australian Open and French Open in 2022 and is halfway to the first men's calendar Grand Slam since Rod Laver

achieved the feat in 1969. "This was probably my best match here without a doubt during the championships, against the most difficult player I faced," Nadal said. "I have been able to raise my level, super happy for that." Nadal will next face Dutch 21st seed Botic van de Zandschulp for a place in the quarterfinals. The 26-year-old Van de Zandschulp made the last 16 at the All England Club for the first time with a 7-5, 2-6, 7-6 (9/7), 6-1 win over French veteran Richard Gasquet. Nadal comfortably defeated the Dutch player in straight sets on his way to a 14th French Open title last month. AGENCIES

CORNET ENDS SWIATEK'S 37-MATCH WIN STREAK

Top-ranked Iga Swiatek crashed out of Wimbledon 2022 after a straight-set defeat against Alize Cornet, ending her 37-match winning streak in the third round at Wimbledon on Saturday.

Cornet ended Swiatek's Wimbledon run as she demolished her Polish opponent with a 6-4, 6-2 to advance to the fourth round.

The victory puts the 32-year-old Frenchwoman into the Round of 16 at Wimbledon for the first time since 2014.

Though Swiatek fought hard in the second round to defeat Lesley Pattinama Kerkhove 6-4, 4-6, 6-3. With her loss to Cornet, Swiatek still has yet to defeat a Top 50 player on grass.

Cornet finished the match with 17 winners to just seven unforced errors. Swiatek fired 21 winners and 33 unforced errors.



Alize Cornet



Iga Swiatek

INDIAN OPENERS IN FOCUS

LOOK TO SEAL SERIES AGAINST SRI LANKA IN 2ND ODI

The Indian women's cricket team would look for some stability from its top-order, especially openers, as the visitors aim to seal the three-match ODI series against Sri Lanka in the second game in Sri Lanka on Monday.

OPENING WOES

After clinching the preceding T20 series 2-1, India have taken a 1-0 lead in the ODI series by winning the low-scoring first match by four wickets with 72 balls to spare. Despite the comfortable win, the Indian think tank would be a little concerned about the opening pair of vice-captain Smriti Mandhana and young Shafali Verma. Both the batters have got a few runs but have not been able to translate them into big scores. The duo has failed to build a decent partnership in the tour so far, denying the team from electrifying starts

which it is known for. And both Mandhana and Verma would be gunning for a big score with just two matches remaining in the tour. Skipper Harmanpreet Kaur, on the other hand, seems to be relishing her role, scoring runs and providing breakthroughs with her part-time off-spin.

BOWLERS ON HIGH

The Indian bowlers, especially the slower ones, are simply enjoying the low and slow Sri Lankan tracks and have played a crucial role in the team's victories on the tour. Right-arm medium pacer Renuka Singh excelled with figures of 3 for 29. However, it was Deepti Sharma's (3/25) off-breaks that broke Sri Lanka's backbone and restricted the hosts to 171 all out in the first ODI.

While the Indian bowlers have excelled on the tour, the batters have been plagued by inconsistencies. Ver-

ma, once again, squandered a promising start as the top order crumbled while chasing a modest total in the opening ODI. The middle order comprising the likes of Harmanpreet, Harleen Deol, Deepti, who showed her all-round capabilities and Pooja Vastrakar bailed India out in the opener.

Sri Lanka, on the other hand, would hope skipper Chamari Athapaththu can inspire the side with the bat after a relative poor show so far. The likes of opener Hasini Perera, Harshitha Samarawickrama and Nilakshi de Silva have batted well but need to stitch partnerships.

On the bowling front, left-arm spinner Inoka Ranaweera has shone bright but will need more support from her colleagues.

Sri Lanka lost the ODI series against Pakistan last month and will now be looking to avoid a second consecutive series loss in the format. ■



Smriti Mandhana

Photo: PTI



Shafali Verma

Photo: GETTY IMAGES

INDIAN WRESTLERS CLINCH 8 MEDALS IN U-15 ASIAN WRESTLING CHAMPIONSHIP

The Indian Under-15 Greco Roman Wrestling Team clinched two gold, two silver and four bronze medals in the Under-15 Asian Wrestling Championship being held at Bahrain.

On Saturday bouts in all 10 weight categories of Greco Roman Style were held and India clinched a total of 8 medals.

The medal winners are, Sachin in the 68 kg, while Abhay in the 72 kg bagged gold medals in their respective

categories. Pranay Choudhary bagged silver in 52 kg and Varun Kumar in 62 kg category. Varun Sonkar (38 kg), Aditya Kumar (48 kg), Tushar Patil (57 kg) and Hardeep (85 kg) bagged bronze medals in their respective categories.

Iran clinched the Asia Title with 205 Points while Kazakhstan was runner-up with 192 Points and India secured 3rd place as they gained 172 Points.

On Sunday bouts in all 10 weight categories of women's wrestling will be held. ■



QUIZ TIME!

Q1: Which is the oldest existing club football tournament in Asia?

- Durand Cup
- Subroto Cup
- Federation cup
- AFC Champions League

Q2: What is the name of the international badminton competition played by women's national teams?

- Thomas Cup
- Uber Cup
- Davis Cup
- Durand Cup

Q3: Who became the first cricketer to hit 700 fours in IPL history?

- Virat Kohli
- Jos Butler
- Shikhar Dhawan
- Rohit Sharma

Q4: Who was the Purple cap winner of IPL 2022?

- Umran Malik
- Yuzvendra Chahal
- Rashid Khan
- Wanindu Hasaranga

Q5: Christian Pulisic made history in 2021, to

becoming the first American to play in a UEFA Champions League final. Which club did he appear for?

- Manchester City
- Manchester United
- Chelsea
- Borussia Dortmund

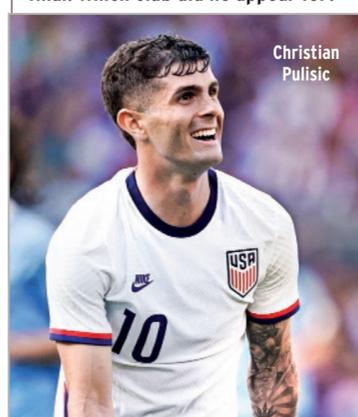


Photo: AFP

Q6: As of June 2022, which is the world's largest cricket stadium by capacity?

- Melbourne Cricket Ground, Melbourne
- Adelaide Oval, Adelaide
- Eden Gardens, Kolkata
- Narendra Modi Stadium, Ahmedabad

Q7: Which country did the Indian hockey team defeat to win bronze in Men's hockey Asia Cup tournament in June 2022?

- Japan
- Pakistan
- Malaysia
- South Korea

Q8: In which year did Sourav Ganguly retire from cricket?

- 2008
- 2007
- 2006
- 2009

ANSWERS:

- a. Durand cup
- b. Uber cup
- c. Shikhar Dhawan
- b. Yuzvendra Chahal
- c. Chelsea
- d. Narendra Modi Stadium, Ahmedabad
- a. Japan
- a. 2008