

FUN-ZONE

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QUIZ



MIND TEASERS

FUN WITH
RIDDLESJUMBLED
WORDS...

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ACTIVITY OF THE DAY

History Mystery

1 In January 1962, on the occasion of Swami Vivekananda's birth centenary, a group of people formed the Kanyakumari Committee whose objective was to put up a memorial on the rock and a pedestrian bridge leading to the rock.

However, this news was not taken in good taste by a sizable population of the local Catholic fishermen. They put up a big Cross on the Rock, visible from the shore. This led to protests by the Hindu population who said the Rock was a place of worship for Hindus. The Government realised that the Rock was turning into an area of dispute with Hindus claiming it to be the Vivekananda Rock and

Vivekananda Rock Memorial, Kanyakumari



Photo: Milind Kudapa

Christians that it was St Xavier's Rock. It decreed that although the rock was Vivekananda Rock, there would be no memorial constructed on it. The then Chief Minister of Tamil Nadu, M

Bhaktavatsalam, said that only a tablet declaring that the rock was associated with Swami Vivekananda could be put up, and nothing else. With government permission, the tablet was installed on the Rock on 17 January 1963.

Vivekananda Rock Memorial was inaugurated in 1970 in honour of Swami Vivekananda who is said to have attained enlightenment on the rock.

2 The biggest monastery of Buddhists in Spiti Valley, Key Monastery is over 1000-year-old. It is the oldest training center for Lamas. It was founded by Dromton, a famous disciple of teacher Atisha in the 11th century. Key Monastery was destroyed by invaders and rebuilt several times. In 1840 it caught fire and in 1975, it suffered extensive damage due to an earthquake. The monastery appears like a fortress. It is famous for its architecture and is known for its ancient murals, rare thangkas (Tibetan Buddhist painting on cotton, silk, usually depicting a Buddhist deity, scene, or mandala), and ancient weapons.

Key Monastery, Spiti Valley



Photo: Milind Kudapa

Content and pics by 'History Diaries'. Co-founded by IIT-Delhi alumni, it is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

Quiz time

CURRENT AFFAIRS

Q.1) Eastern Bridge-V is a joint bilateral exercise between India and which country?

- A. Bhutan
B. Japan
C. Burma
D. Oman

Q.2) Which of the following states



Buddha Nullah is a seasonal water stream, which runs through the Malwa region of Punjab and after passing through the highly populated Ludhiana district, drains into Sutlej river. Today it has also become a major source of pollution in the region.

celebrates Shirui Lily Festival?

- A. Assam
B. Manipur
C. Andhra Pradesh
D. Kerala

Q.3) What is the Buddha Nullah?

- A. An ancient Buddhist site
B. Statue of Lord Buddha
C. A water stream
D. Image of Buddha

ANSWERS

1. D) Oman 2. B) Manipur 3. C) A water stream

KNOWLEDGE BANK



GEOGRAPHY

The White Lady

Mont Blanc or the White Mountain is the highest mountain in the Alps and the European Union. This mountain rises 15,781 ft above sea level. Its other names are La Dame Blanche (in French 'the White Lady') or Il Bianco (Italian for 'the White One'). The mountain lies in a range between Italy and France.



Photo: AFP

IDIOM OF THE DAY

> EVERYTHING BUT THE KITCHEN SINK
Meaning: Almost everything and anything has been included.

WORD WISE



Rambunctious (adjective): difficult to control or handle; wildly boisterous

Synonyms: Unruly, turbulent, boisterous, raucous, noisy, tumultuous, energetic, unrestrained, etc

Examples:

- The **unruly** behaviour of the young boys was too much for the old guard to handle.
- The boat tossed and tumbled uncontrollably in the **turbulent** waters.
- The **boisterous** bunch of children brought the whole place alive.
- The disagreement over the result of the match led to a **raucous** debate between the officials of the two teams.

COMMON GRAMMATICAL MISTAKES

1. ABHORRENT/ABERRANT

THE RULES:

- "Abhorrent" describes something truly horrible
- "Aberrant" is just abnormal.

HOW NOT TO DO IT:

- She said sanitary conditions in the emergency room were **aberrant**.
- Weeks ago the nation witnessed the culmination of **abhorrent** fan behaviour.

HOW TO DO IT PROPERLY:

- She said sanitary conditions in the emergency room were **abhorrent**.
- Weeks ago the nation witnessed the culmination of **aberrant** fan behaviour.

INTERNATIONAL YOGA DAY

A fusion of body, mind and soul

International Yoga Day was celebrated with enthusiasm in their virtual classes on Friday June 26, 2020. During the time of the pandemic, it was an apt way to adhere to the United Nation's theme for this year, "Yoga for Health

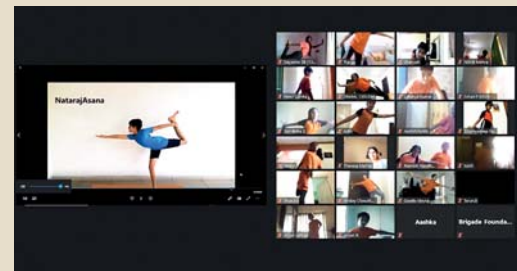
- Yoga at Home". Ten

instructional videos were played at the beginning of every class throughout the day and students participated in full measure. They were told about the seven spiritual laws of yoga and how connecting with this yogic tradition leads to mental, physical and spiritual benefits. Only standing Asanas were chosen due to the con-

straints of space that some may have encountered. These Asanas were Vrukshasana (tree pose); Ardha Chakrasana (half-wheel pose); Veerabhadrasana (warrior pose); Garudasana (eagle pose) and Natarajasana (Lord of the dance pose).

The yoga teacher for these sessions was young Shree Raghav Trivikram, a certified yoga instructor and a class VII student of Brigade School at Malleswaram. He demonstrated flexibility and perfection that was laudable. Having their own school-mate lead the session encouraged the students to give it their all. Every child was energized to face the day ahead.

THE BRIGADE SCHOOLS



An online yoga session was organized on June 21, 2020. Yoga teacher Sannutha demonstrated through asanas, the benefits of practising yoga.

APPOLLO NATIONAL PUBLIC SCHOOL

They then performed different yoga postures like Halasana, Vajrasana, Padangusthasana, Shirasana. The session concluded with meditation.

The students of the school got the chance to know how yoga embodies the unity of mind and body.

Online celebrations were held at National Public School Yeshwanthpur on June 22, 2020. The students and teachers participated in the series of online sessions and pledged themselves to the holistic way of life, which yoga advocates. The theme this year being Yoga at Home and Yoga with Family was fully adhered to, for participants performed yoga from within the confines of their homes. Participants were made aware of the fine equilibrium that yoga brings in between body and mind. The session concluded with the reaffirmation that yoga is for immunity, community and humanity and with a solemn pledge that this legacy would be made an integral part of their daily lives.

National Public School Yeshwanthpur



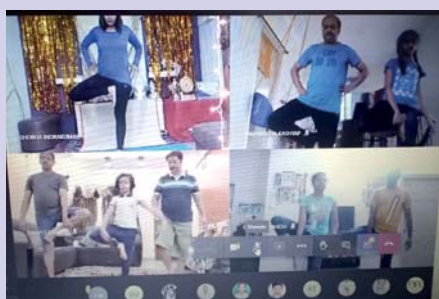
International Yoga Day and International Father's Day

The Covid-19 pandemic has created a lot of anxiety and worry in every one of us. At a challenging time like this, it is important to embrace the healing effects of Yoga. Yoga refers to the fusion of body, mind and soul through meditation, breathing and physical postures. On the occasion of International Yoga Day and International Father's Day on June 21, the school organized virtual yoga sessions for the students, parents and teachers of the school. Yoga instructor .Shobha Indrakumar

DAFFODILS FOUNDATION FOR LEARNING

spoke about the importance of yoga. Surya namaskar, Veerabhadrasana, Dhanurasana, Vrikshasana, and

Naukasana were among the asanas performed during two sessions. Pranayama and meditation techniques were also included. Family members of the students and teachers could participate in the live yoga session virtually from their homes.



Asiad berth efforts hit as pools remain closed



The nationwide lockdown meant that all businesses and sports activities had to be shut down. Unfortunately the virus could not be contained. However, keeping the impact on the economy, the government has had to reopen businesses, albeit with curbs and enforcing social distancing.

While a few sports have been allowed to resume training, swimming did not get the green light. Being a national medalist in long distance swimming, endurance is of utmost importance for me. This can only be achieved by continuing to swim regularly. I was eyeing a berth in the upcoming Asian Games next year. The shutting down of swimming pools has been a big downside, not just for me but for the entire swimming fraternity. If this continues we swimmers might fall short of our goals.

To keep our morale high, our coach Nataraj and Arjuna awardee Sharath Gayakwad have been giving motivational talks. They have been giving us land exercises to keep us in shape.

As an international swimmer, I would request the government to reopen swimming pools so that we can get back to our normal routine as soon as possible.

Aneesh S Gowda, Sri Aurobindo Memorial School