

# An overwhelming year that had multiple lessons for us

The last academic year was a roller coaster ride with all kinds of unimaginable circumstances. Everything we considered impossible became part of our reality.

Life took an unfathomable track and we tried to face it to the best of our ability. The academic session began in full earnest and with this came the online classes. Online classes were something none of us



of it all was not being able to meet with anyone and that often left me feeling a bit lonely.

I learnt how to manage time wisely and also became an early riser.

## STUDENTSPEAK

had ever experienced before. Gradually, I adapted to online education in the pandemic and started getting used to the new normal.

The year was also an extremely overwhelming one since it was the first time we were confined within the walls of our home. I tried to remain sane throughout the pandemic by working out

every day. I also stayed in touch with my friends and talked to them often. This pandemic has also made us aware of who our true friends are.

There was also a silver lining to this cloud. I spent a lot of quality time with my family, and we all indulged in a lot of fun games. The hardest part

of it all was not being able to meet with anyone and that often left me feeling a bit lonely.

I learnt how to manage time wisely and also became an early riser.

One thing that I might have done differently would be to take care of my mental health. I wasn't very happy last year and was often left feeling dejected and confused. This pandemic showed us how much we truly take for granted.

**Myiesha Kumar,**  
class X,  
DPS Whitefield



## LOVE OF A MOTHER

A mother's love is undefined, She is someone who only lucky ones may find.

She becomes a chef and will never leave me hungry, She becomes a doctor without a degree.

She becomes everything for me, so, I love her always, Because she is someone who no one, not even Bill Gates, can replace.

**Agrima Saman,** class VIII, DPS Whitefield

## QUIZ TIME

### Cold Consequences

'The Cold Within' (from 'Treasure Trove') teaches us that the 'human sin' of discrimination is self-destructive. Complete these statements on James Patrick Kinney's poem by choosing correctly.

**Q.1)** 'Happenstance' is closest in meaning to

A. Chance B. Choice C. Gladness D. Sadness

**Q.2)** Cold is bitter and

A. Bare B. Bleak C. Desolate D. Dreary

**Q.3)** The withheld stick of wood is

A. Yew B. Oak C. Fir D. Birch

**Q.4)** An antonym of 'active' not in the poem is

A. Torpid B. Shiftless C. Lazy D. Idle

**Q.5)** One of the faces 'bespoke'

A. Reason B. Revenge C. Resistance D. Resolution

**Q.6)** Not a synonym of 'nought' is

A. None B. Nothing C. Zest D. Zero

## ANSWERS

- 1) A. Chance
- 2) B. Bleak
- 3) D. Birch
- 4) A. Torpid
- 5) B. Revenge
- 6) C. Zest

Suryakumari Dennison, teacher, Aavishkar Academy

## Be grateful to primary oxygen producers and take care of them

The buzz word now is Oxygen. Something which we were not aware of is in news regularly. Suddenly, we have realised that we inhale oxygen and any respiratory problems can now lead to breathing issues.

All these years we were inhaling oxygen and we never imagined that we would face a situation where a large number of our population would have to depend on artificial oxygen supply.

Statistics shows that the inhaled air has 20-21% of oxygen and exhaled air has 15%, which means we use 5% of pure oxygen in each breath, that is 550 litres of pure oxygen per day. In a resting stage we inhale 7-8 litres of oxygen per minute which amounts to 11,000 litres per day (if exercising we need lot more)

A portable oxygen cylinder is Rs 5,500 per unit which can hold 340 litres of oxygen or 460 litres if it is larger. If a medical kit is required then 2 cylinders, a valve and an oxygen gas will cost Rs 19,475. Have we ever imagined where this

comes from?

It's from our trees and greens. We haven't been grateful enough to them for the free services rendered. We were busy cutting and clearing the forest for our development and we named it sustainable development. Acres of forest are cleared and burnt every day. It's high time we realise that we depend on trees, they don't depend on us.

This lockdown has shown us that humans are least vital member to the food chain. The Eco-system can function perfectly without this member who is seen at the tertiary level of the ecological pyramid.

It's calculated that a person till the age of 65 needs oxygen produced from 11 fully grown trees. Have we ever planted 11 trees and or even taken care of any one? If not, we are using oxygen produced by trees planted by someone else. Let's be grateful to these wonders of nature. The Primary Producers and take care of them. This vacation let's plant a minimum of 11 tree saplings each, so that we don't feel guilty each time we breathe.



## TEACHERSPEAK

**RENE DANIEL,** Eco club coordinator, SBOA Public Sr Sec School, Ernakulam



## VRIKSHASANA

### STEPS:

- Stand with feet 2 inches apart.
- Focus on a point in front of you..
- As you inhale, extend the arms up and join the palms above your head in a namaste.
- Now fold one leg at the knee and place the foot on the thigh of the other leg.
- In this position continue deep breathing, pulling in the tummy muscles and expanding the spine upwards with every exhalation.
- Stay here as long as you can focus on one point.
- Release the leg, and bring your hand down.
- Now repeat on the other side.

### HEALTH BENEFITS:

- It strengthens the legs, and opens the hips.
- It improves your neuro muscular coordination.
- It helps with balance and endurance.
- It improves alertness and concentration.
- It may help those who suffer from sciatica (nerve pain in the leg)

**Malamma,** yoga teacher, PSBB Learning Leadership Academy, Bengaluru.



## Utkatasana

In Sanskrit 'Utkata' means powerful, fierce or intense. So, Utkatasana literally means 'Intense Posture'.

### BENEFITS

- ◀ Strengthens the leg muscles and joints in the lower body. Tones the abdomen, lower back and opens the chest.
- ◀ Stimulates the abdominal organs, heart and the diaphragm.

### PRECAUTIONS

1. People with any knee issues, ankle injuries, arthritis or severe back pain should avoid his practice.
2. You can avoid this pose during menstruation or during an episode of headache.

**SUDHARSAN V J,**  
Yoga Trainer & Alumnus  
S.B.O.A Matriculation & HSS, Coimbatore.



### INSTRUCTIONS

- 01 Stand with your feet together or hip width apart. Extend the arms up in line with the upper body and have the palms facing each other or simply adopt namaskara mudra in front of the chest.
- 02 While you exhale, sink your hips back and down as much as you can comfortably. Breathe normally. Keep your spine and neck neutral.
- 03 Don't allow your knees to go forward beyond the toes. Look down and check if you can still see your toes. If you can't see them, push your hips backwards. If you are having the feet together, then join the knees together.
- 04 Don't bend your trunk forward too much. Draw the navel in towards the spine flattening the lower back.
- 05 Draw the ribs in and prevent them from protruding out, flattening the upper back. Pull the shoulders down, away from the ears. Engage your core. Stay here for a few seconds.
- 06 Now inhale and slowly straighten the legs. Lower the arms down and relax. Practice the complimentary pose next: Toe Stand (Tadasana).

### LOST IN A TALE



As I turn the first page,  
A brand-new world I enter;  
Free of life's monotonous cage,  
Me being at its center.  
Home, school, park- wherever-  
I leave this earthly realm forever.

Oh! There goes a magical fairy,  
Fluttering from flower to flower.  
And a wizard- so hairy!  
Desiring to expand his power.  
Soon I'm a hero, sword in hand-  
Slaying a dragon in this strange land.

All along this journey of wonder,  
Twists and bends direct the story;  
Good vs Evil - a clash-like thunder,  
The good prevails- an amazing glory!  
Tons and tons of tears and laughter,  
In the end-'A happily ever after'!

**Suchismita Chakraborty,** class IX  
Delhi Public School, Whitefield

"The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it."

## A DOC WITH A BIG HEART

I recently read about Dr Devi Prasad Shetty, a well known cardiac surgeon, who has treated thousands of patients at affordable cost or for free. Reading about him and his life gives me the inspiration to be dedicated and committed to a profession, like he is. I hope to be a doctor and provide free treatment for poor people.

**Dr Devi Prasad Shetty** is the founder and chairman of Narayana Health and has

performed more than 15,000 heart operations. Introducing telemedicine, low cost operations, streamlining health care system and training nurses and specialists at low cost are some of his achievements that inspire and make us proud.

## INSPIRING ICONS

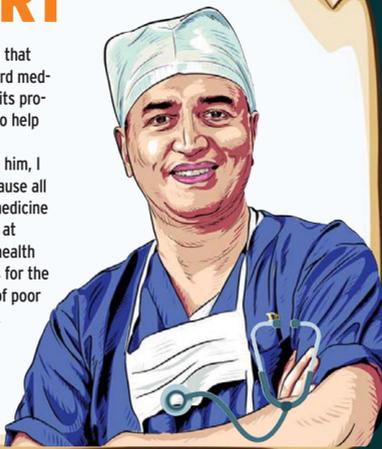
**DEVI PRASAD SHETTY,** Cardiac Surgeon

Dr Shetty was an outstanding student and when he was in the fifth grade, he took an interest in science and decided to become a

heart surgeon. He realised that poor people could not afford medical treatment because of its prohibitive cost and decided to help them.

Like many who admire him, I look at him as an icon because all his efforts in the field of medicine are aimed at reducing health care costs for the benefit of poor patients.

**ADVIKA RAMYA GOWDA,** class VII, Euroschool Chimney Hills, Bengaluru



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For age group 4 - 13 years

# HANDBALL EPISODE SEES MADRID DRAW AGAINST SEVILLA; ZIDANE 'BIT ANGRY'

Real Madrid coach Zinedine Zidane

Draw denies Real Madrid chance to take the top spot in La Liga

## Real unable to breach defense

Real Madrid coach Zinedine Zidane was a "bit angry" after a VAR decision went against the club in a 2-2 draw against Sevilla FC. The draw also denied Real Madrid the chance to take the top spot in La Liga. Sevilla FC started strong against Zidane's men and took the lead with 21 minutes on the clock, thanks to Fernando who netted the goal. Real Madrid tried hard but wasn't able to breach the defense as the scoreline read 0-1 at the end of the first half.

## Zidane stumped by decision

Marco Asensio netted the equaliser to bring the Whites level in the 67th minute. Moving ahead, Eder Militao was penalised (74th minute) after the corner kick struck his shoulder and then his hand. During a

## AC MILAN KNOCK JUVENTUS OUT OF TOP FOUR

AC Milan pushed Juventus out of the Serie A top four with a 3-0 win in Turin on Sunday which increases their hopes of Champions League football for the first time since 2014. Brahim Diaz put Milan ahead just before the break with Anton Rebic and Fikayo Tomori adding two more in the second half after Franck Kessie had missed a penalty. Milan move up to third, equal on 72 points with second-placed Atalanta, with Napoli a further two points behind in fourth and the final Champions League berth. Juventus are now fifth, one point behind the top four with three games left to play, including next weekend's clash with newly-crowned champions Inter Milan. Earlier Atalanta brushed aside relegated Parma 5-2 to move back into second. Gian Piero Gasperini's side are closing in on a third consecutive season of Champions League football as they sit two points ahead of third-placed Napoli with three games to play.

today because I need the handball rule explained to me. But that's the way it is, we're not going to change anything," he added.

## Ready to fight till end

Ivan Rakitic didn't miss the chance as he netted the goal to put Sevilla on the course of a victory before Eden Hazard equalised in stoppage time. "We're happy with our performance, the second half was spectacular. We got off to a slow start in the first 25 minutes, but the second half was really good. The league isn't in our hands now, but we'll fight to the end, until the death," said Zidane. Real Madrid, at second spot with 75 points, lock horns with Granada on Friday.



Sevilla's Brazilian defender Diego Carlos (L) vies with Real Madrid's Brazilian defender Eder Militao



Real Madrid's Brazilian defender Eder Militao (L) and Real Madrid's Spanish defender Alvaro Odriozola (R) talk to the referee after a penalty to Sevilla

review of a 78th-minute penalty won by Karim Benzema, the officials found out the handball of Militao as a result Sevilla FC was awarded a spot-kick instead of Real Madrid. "I don't understand anything. There was a handball by Militao, but also by Sevilla. I wasn't convinced by what the referee told me, but that's the way it is, he makes the calls," the Real Madrid website quoted Zidane as saying. "I'm a bit angry

# ALEXANDER ZVEREV BEATS BERRETTINI TO WIN 2ND MADRID OPEN TITLE

Zverev continued his impressive form going into the French Open by winning his second Madrid Open title

After beating top-seeded Rafael Nadal in the quarter-finals and fourth-ranked Dominic Thiem in the semi-finals, Zverev rallied to defeat Matteo Berrettini 6-7 (8), 6-4, 6-3 for his second title this season. The sixth-ranked German also won the Mexican Open in Acapulco in March.

Zverev won his first Madrid title in 2018 in a final against Thiem. The win gave him his fourth Masters 1000 title, and first in three years.

Zverev will be trying to improve from his fourth-round exit last year at the French Open.

"To do well at the French Open, you need to be playing well during the clay court season," the 24-year-old Zverev said. "That is in a way important for me, as well. At the end of the day I won a Masters. There's really very little in terms of bigger than this one right here. I'm happy with this achievement. Obviously, yeah, I look forward to the next few weeks. I look forward to what's ahead."

## Return to form

The 10th-ranked Berrettini won the title in Belgrade last week. The Italian has been gradually returning to form after struggling with an abdominal injury that kept him from playing his quarterfinal match against Stefanos Tsitsipas at the Australian Open. The injury kept Berrettini out until Monte Carlo, where he lost his opening match. "This was my first (Masters 1000) final. Hopefully it's not going to be my last," Berrettini said. "Today unfortunately I think I didn't play my best tennis."

## REMAINING IPL GAMES CAN'T BE PLAYED IN INDIA: GANGULY

The remainder of the suspended Indian Premier League (IPL) season will have to be played outside the country, the cricket board said, though it is unclear whether a window can be found to play the outstanding 31 games. The popular Twenty20 league was suspended indefinitely last week after several personnel tested positive for COVID-19. Board of Control for Cricket in India (BCCI) Sourav Ganguly told media that COVID-19 restrictions meant it was impossible to stage the remaining games in India. "There are lots of organisational hazards like 14-day quarantine. It can't happen in India," Ganguly said. "This quarantine is tough to handle. Too early to say how we can find a slot to complete the IPL." Warwickshire, Surrey and the Marylebone Cricket Club (MCC) are keen to host the remaining matches in September, but a BCCI official said on Friday they were yet to discuss the offer. The entire 2020 tournament was played in the United Arab Emirates because of the pandemic.



## QUIZ TIME!

**Q1:** Which cricket team has won the 2020-2021 Syed Mushtaq Ali Trophy?

- a) Karnataka  b) Gujarat   
c) Tamil Nadu  d) Mumbai

**Q2:** Which sport did Sergey Bubka play?

- a) Basketball  b) Cricket   
c) Football  d) Pole Vault

**Q3:** Who is the only Indian bowler to take more than 500 Test wickets?

- a) Anil Kumble  b) Harbhajan Singh

- c) R Ashwin  d) Pragyan Ojha

**Q4:** Which wrestler's biography is titled "Akhada"?

- a) Yogeshwar Dutt  b) Mahavir Singh Phogat   
c) Dara Singh  d) Sushil Kumar Solanki

**Q5:** Limba Ram is known for his outstanding performance in the sport of \_\_\_\_\_

- a) Karate  b) Judo   
c) Archery  d) Shooting

**Q6:** Which player was the first to win five straight Wimbledon tennis titles?

- a) Andre Agassi  b) Roger Federer   
c) Stan Wawrinka  d) Rafael Nadal

**Q7:** What is Usain Bolt's blistering 100m world record time?

- a) 9 seconds  b) 10.65 seconds   
c) 9.58 seconds  d) none of the above

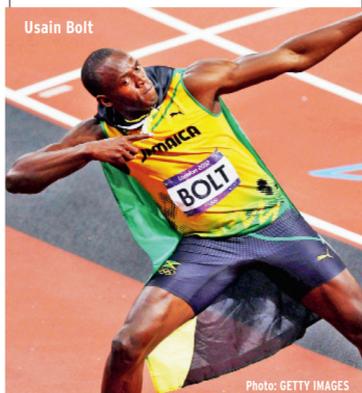


Photo: GETTY IMAGES

**Q8:** Who was the first cricketer to take all 10 wickets in a test innings?

- a) Jim Laker  b) Anil Kumble   
c) Harbhajan Singh  d) Dale Steyn

**Q9:** Who is the Premier League's all-time top scorer?

- a) Wayne Rooney  b) Andrew Cole   
c) Sergio Agüero  d) Alan Shearer

**Q10:** What is the total number of balls on the table at the start of a game of snooker?

- a) 22  b) 23  c) 24  d) 25

**Q11:** Which Olympic sport involves tucks and pikes?

- a) Archery  b) Hockey   
c) Diving  d) Pole Vault

**Q12:** Before Andy Murray, who was the last British tennis player to win a men's singles Grand Slam tournament?

- a) Dan Evans  b) Tim Henman   
c) Kyle Edmund  d) Fred Perry

**ANSWERS:** 1. c. Tamil Nadu 2. d) Pole Vault  
3. a. Anil Kumble 4. b. Mahavir Singh Phogat  
5. c. Archery 6. b. Roger Federer  
7. c. 9.58 seconds 8. a. Jim Laker  
9. d. Alan Shearer 10. a. 22 11. c. Diving  
12. d. Fred Perry