

## Yoga leaves mark on spiritual well-being

Yoga, 'the journey of the self, through the self and for the self' came to life in Hansraj Model School, Punjabi Bagh, New Delhi through the celebration of the 'Yoga Mela' from the June 3 to 21, 2021. Virtual yoga sessions in the morning and evening daily encouraged the stakeholders to bring yoga into practice and make it an essential element of our lifestyle. Regular yoga classes are an integral part and parcel of our school curriculum.

The whole concept of taking yoga to every household during the 'Yoga Mela' not only enhanced their physical and mental agility but also left its mark on the spiritual well-being of every participant. To commemorate 'International Yoga Day 2021', we went live on



Facebook for all the health and fitness enthusiasts. The students, parents, and the staff of the school gathered in large numbers on the virtual platform to mark their presence on the occasion.

Under the able guidance of our visionary leader, principal, Heemal Handoo Bhat, a fitness schedule was demonstrated for all ranging from warm-up exercises to surya namaskar, pranayama, and some yoga poses for a healthy union of body, mind, and soul.

It was overwhelming to see the young Hansarians performing some yoga asanas live for the audience and acquainting all with the benefits and precautions associated with each. Every yoga posture was carefully chosen keeping the pandemic scenario in consideration.

Elaborating on the current year's theme- 'Yoga for Wellness', the principal reiterated the importance of making yoga a part of our healthy routine. Bhat encouraged the viewers to practice yoga daily to transform ourselves as a person. She encouraged all to practice yoga to take the light of awareness into the darkest corners of our body and bring an addition of energy, happiness, and positivity to our soul and enjoy the synergy of inspiring and fulfilling life.

## World AIDS Vaccine Day celebrated at Ryan Int'l

Princess Diana said, "HIV does not make people dangerous to know, so you can shake their hands and give them a hug: Heaven knows they need it."

Students of primary wing created batches and posters to bring awareness among the masses. World AIDS Vaccine Day is also known as HIV Vaccine Awareness Day. It is observed annually on May 18. HIV vaccine advocates mark the day by promoting the continued urgent need for a vaccine to prevent HIV infection and AIDS.

School principal, Peeya Sharma acknowledged and thanked thousands of vol-



unteers, community members, health professionals, supporters and scientists who are working together to find a safe and important awareness on comprehensive response to the HIV/AIDS epidemic.

## Schools hold vaccination drive

Taking one more step to keep serving the community, Delhi International School Edge, sector-18, Dwarka organised a Covid-19 vaccination drive in the school campus in collaboration with Manipal Hospital on June 6.

Covishield vaccine was given to both age groups of 18+ and 45+; including the second doses to the eligible people. We have many apprehensions in public about the safety and efficacy of the vaccine. As a true Covid warrior, the school volunteers actively counselled people to come forward and get vaccinated.

The school provided smooth pre-registration online with provisions for pre-booking of slots to



maintain social distancing and minimise waiting period. The facilities provided included onsite doctor, trained nurses, complete emergency support with an ambulance and convenient access for the people within their vicinity. The school staff along with the principal were personally present to monitor the smooth functioning.

## MANAV SURAKSHA: The magical treasure of smiles

Old age homes and orphanages have suffered a lot due to the Covid-19 pandemic. The joy from their lives has been drowned by despair in the wake of the worsening pandemic. Manav Sthali, R-Block, New Rajendra Nagar, has always been known for their spirit of working for social causes staunchly and wholeheartedly.

Advancing their constant endeavours, Manav Sthali, under the able guidance of director Mamta V Bhatnagar, added another feather to their cap by initiating "The magical treasure of smiles" campaign under Manav Suraksha, which aims at returning those forgotten smiles at old age homes and orphanages by organising fun-filled activities and



games including quizzes, tambola, 'Antakshari' and many more. The initial idea behind this event was proposed by principal Dipti A Bhatnagar.

## Bosco organises vaccination camp

Bosco Public School, Paschim Vihar, in collaboration with Max Hospital, Shalimar Bagh initiated a vaccination camp in its premises from June 14, 2021 onwards to take India to the road of safety and well-being under the able leadership of School Head, Rajiv Duggal. With this initiative, Bosco has become the part of the world's largest vaccination drive.

Classrooms that were abruptly shut because of the virus last year, opened again on Monday but this time as the war rooms against Covid-19.

Maintaining social distance and other Covid-19 protocols, 18 years and above residents of the national capital who registered for the dose of vaccine through CoWin app, stepped out of their homes to queue up for the jab. People visiting school abided by all the safety measures and were happy with the arrangements.

Bosco doesn't believe in just saying but doing what it actually believes



in and this particular initiative is a wonderful example of its values - to help others first. While the school has opened its gate for vaccination, Boscos are ardently spreading the message to community through various modes that together we can beat the virus. Bosco Public School urges you to get vaccinated, be protected and stay safe.

## Student Corner



KHRISTIA LAIPHRAPAM, class XI, Air Force Golden Jubilee Institute

### 'OO DAD OO DAD'

Oo dad oo dad, I can never see you sad! You have accompanied me in my difficult times, you have always shown me the correct line.

Oo dad oo dad You are the one who is the most adorable, believe or not only god knew, a million times I needed you, a million times I cried.

Oo dad oo dad You have played a big

role in making me what I am today, without you I was nothing and with you I am everything.

Oo dad oo dad Thank you is not enough for your work, you are the most graceful one whom I proud to say my dad!

YASH AGGARWAL, X, Wisdom Valley Global School, Palwal



## LOVE THY NATURE, ACT NOW!

Awareness towards conservation of environment and nature is of utmost importance. Leaders of the world are already doing their best, but the future leaders of AFGJI Primary Wing are seizing it in their tiny hands to raise awareness to those around them. They are inspired by their desire to secure a healthy planet for themselves, certainly better than what they inherited. They are witness to droughts, heat waves, forest fires, challenge of rising sea-levels and the devastat-

ing impact of climate change. While humanity has a daunting task ahead to mitigate the challenge of environmental degradation and many societies still wondering where to start, the students of AFGJI Primary Wing have gone ahead to defend the nature and animals. Indeed, they have announced the awakening of a generation determined to save their planet—the generation green. Be it in their endeavour to make bird feeder or paper bags, plant trees or simply water them, making thought provoking mo-

tivational posters, bookmarks with quotes on saving environment, collecting garbage and sorting it, creating imaginative videos, participating in talks, declamation, and many more creative initiatives because these students know that 'hope comes with action'. Their mantra is 'Act now', knowing well that with their actions they will make a happier world for the animals and all of us.

Air Force Golden Jubilee Institute, Primary Wing, Subroto Park

## THE EDUCATIONIST NECESSITY AND INVENTION

Principal Nikita Kothari of Arunodaya Public School, Thane shares her insights about the past year and the challenges it had brought in and the road ahead

Online education is now accredited and has changed the way we view education. Students, even professionals can take it as a part-time or full-time course for their progress from anywhere and at any time. Popular in 21st century skills education, we at Arunodaya school started the online education from day one.

When the pandemic struck in 2020 we were totally unaware how would we take things forward. However as is said, 'Necessity is the mother of invention', at Arunodaya we didn't miss out any activity which was scheduled as per our academic calendar. With the use of technology all the activities along with art Integration were carried out online in blended form.

May it be lighting a diya / candle or



Nikita Kothari, principal

making a video for bringing Covid-19 awareness among our students, parents, staff all came together and worked hand in hand to fight back Covid-19

Technology turned out to be 'Boon in Disguise' for our students and teachers along with the parents community have become tech-savvy.

Annual day 'TARANG: The Zeal' was performed online by our Arunodayans from nursery to junior college with zeal and enthusiasm. The parents were all in awe of the event organised by Arunodaya public school. The students get to do hands on experience with Technology.

At the same time, we at Arunodaya Public School started a campaign, 'Back to Basics: Eating Healthy and Nutritious Food', wearing a mask, social distancing, maintaining cleanliness. 2020 year will always be remembered in history which changed the entire perspective.

## Express YOURSELF

### A NEW DAY

Sun has come up in the sky, Night has quickly gone by. It's a fresh new day, To the Almighty you should pray, For you are happy and healthy, And you get to live another day. The birds can be heard chirping, Some can be seen flying, For food they can be seen searching, For their young ones who are starving.

A fresh day, brings new opportunities



RADHIKA CHOPRA, class X, Fr Agnel Multipurpose School, Vashi

### FEAR

We all are scared of something, there's always something that brings chills. That one fear-factor that makes you question all that you've done or are going to...the only thing that can stop you from doing something you love is society and YOUR FEAR. Now, you can't just change how you feel about certain things, so you can't chase your fears away. If you are nervous, you are nervous. If you are scared, you are scared. But the real questions are, 'For how long am I going to be scared of this?', or 'For how long will I let fear get the best of me?' When you find the answers to these questions, you'll gain your confidence back and it'll be easier to face your fears. Because now you know, that this fear won't last forever, it's going to go away, and you'll be free from its shackles again! So dream, hope and pray. Try not to let fear get the best of you, but even if I do, know that it's not going to last forever.

Twisha Karra, class IX, Fr Agnel Multipurpose School and Jr College, Ambarnath West



# ITALY BEAT AUSTRIA TO REACH QUARTERS

Italy survived a huge scare as they scrambled past outsiders Austria into the quarter-finals of Euro 2020 with substitutes Federico Chiesa and Matteo Pessina scoring extra-time goals to earn them a 2-1 win at Wembley

**T**he Azzurri had looked like the form team during an impressive group phase but Roberto Mancini's side misfired badly as they left their Roman fortress for the first time in the tournament and looked in danger of a shock exit. Austria, playing in the knockout phase at the European Championship for the first time, knocked the Italians out of their stride in the second half and had a goal by Marco Arnautovic chalked off after a VAR intervention. Mancini sent on four attacking substitutes late in the second half and Italy's squad depth proved decisive in the end as Juventus winger Chiesa and Atalanta midfielder Pessina spared their blushes with superb finishes.

## Italy's 31st undefeated match

Chiesa drove a shot past Daniel Bachmann in the 95th minute and Pessina, who also scored against Wales, looked to have sealed victory 10 minutes later with another clinical strike. But a courageous Austria got a late lifeline when substitute Sasa Kalajdzic halved the deficit with six minutes left and Italy's nerves were frazzled by the time referee Anthony Taylor blew the final whistle. Italy's 31st match without defeat – a new national record – sent them into a quarter-final clash against either Belgium or Portugal when they will need to play much better.

## Slick start

The Azzurri had swaggered their way through their group games in Rome, scoring seven unanswered goals, and Mancini's side began in slick fashion on a perfect night for football. With powerhouse wing back Leonardo Spinazzola marauding down the left flank at every opportunity, Austria manager Franco Foda's pre-match assertion that his side had a 10% chance of stopping the Azzurri machine looked about right. Spinazzola lashed one shot wide before cutting a dangerous ball back for Nicolo Barella whose sweet strike was saved by the outstretched foot of Bachmann. Ciro Immobile, back after being rested

We knew that if we scored in the first half it would have been a different game. We didn't manage to and so we had to dig deep. The players really wanted to win at all costs. There was still some time to go and we would have been able to get back into the match, but I would have been disappointed to concede the goal because we could have broken the deadlock in the first half, we dominated.

**ROBERTO MANCINI,**  
Italy Coach

along with the rest of Mancini's first-choice attack for the final group game against Wales, then sent a dipping right-foot effort thudding against the post from 25 metres. But it was not all one-way traffic as Austria exploited space in behind Italy's defence and on one such occasion Marko Arnautovic blazed a shot over the crossbar.

## Italy get the job done

Foda would have been the more satisfied manager at halftime and his side grew in confidence after the break as Italy's strangely oozed away. Austria skipper David Alaba curled a free kick just over the bar and it all began to get a little fraught for Italy when Xaver Schlager and Arnautovic both went close. Arnautovic then thought he had broken the deadlock with a close-range header from a tight angle in the 65th minute but a VAR check ruled he had been fractionally offside. Mancini looked stone-faced in the technical area and acted immediately, hauling off Marco Verratti and Barella, replacing them with Manuel Locatelli and Matteo Pessina. He then threw on Chiesa and Andrea Belotti as extra time loomed. The changes eventually paid off as Italy's squad depth proved sufficient to get the job done, but only just. **REUTERS**



Matteo Pessina of Italy celebrates their side's victory



Italy's Federico Chiesa celebrates after scoring his side's opening goal

# BOXER AMIT PANGHAL RANKED WORLD NO. 1

In a big morale boost ahead of the Tokyo Games, India's Amit Panghal was on Saturday ranked as World No. 1 boxer in his men's flyweight (52kg) category by the International Olympic Committee's (IOC) Boxing Task Force (BTF)

The reigning Asian Games champion and World Championships silver-medallist Amit Panghal is the only Indian boxer from the nine Tokyo-bound men and women pugilists to have received the top billing by the BTF. The news will definitely spur Panghal to Olympic glory as the No. 1 ranking has come just 27 days ahead of the start of the boxing competitions (July 24-August 8) at the Tokyo Games. The 25-year-old Rohtak boy's nearest rival and his nemesis of late, Uzbekistan's Shakhobidin Zoirov, has been ranked fifth. The others in top-five 52kg category are France's Billal Bennama (World No. 2), Algeria's Mohamed Flassi (No. 3)

and China's Hu Jianguan (No. 4). Panghal has defeated Bennama and Jianguan once each, and lost to Zoirov in all his three meetings so far, with the latest being the controversial 2-3 defeat in the final of the Asian boxing championships in Dubai.

## Favourable draw at the Olympics

The No. 1 ranking will definitely help Panghal secure a favorable draw at the Olympics, where he's unlikely to face any strong challenge before the quarterfinal bout. The top-eight seeds in Tokyo wouldn't meet before the quarters, leaving Panghal to concentrate on

his two matches in the Round of 32 and 16. In the Round of 64, he's likely to be accorded a bye based on his top billing. The numero uno ranking is validation of Panghal's match consistency. Ahead of the Asian Olympics qualifier in March 2020, the diminutive pugilist was ranked No. 1 by the BTF. Now, as per the rankings released for the Tokyo Olympics (as on June 18, 2021), the Indian has held on to his top spot. As a result, Panghal becomes only the second Indian boxer to reach the top spot since Vijender Singh was ranked No. 1 in the middleweight category. **TNN**



Photo: TOI

# NEERAJ CHOPRA BAGS BRONZE

Tokyo-bound javelin thrower Neeraj Chopra won the bronze medal at the Kuortane Games in Finland. Chopra's 86.79m throw helped him finish behind world number one and 2017 world champion Johannes Vetter of Germany and London 2012 gold medalist Keshorn Walcott of Trinidad and Tobago, reported the Olympics website.

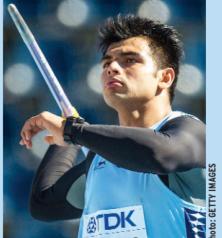


Photo: GETTY IMAGES

Neeraj Chopra pipped reigning world champion Anderson Peters of Grenada (83.46m) for the bronze. Johannes Vetter clinched gold with a massive 93.59m throw, while Walcott's silver-winning effort measured 89.12m – the season's best for the two-time Olympic medallist. Both Vetter and Walcott will be two of the big medal-favourites at the Tokyo 2020 men's javelin throw event. Chopra came to the Kuortane meet on the

back of two gold medals: the first at the Meeting Cidade de Lisboa in Portugal and second at the Karlstad leg of the Folksam Grand Prix in Sweden. Though Neeraj did not win gold in Finland, he gave his best performance in his European tour so far. The distance, however, was short of his personal best of 88.07m, a national record, set at the third Indian Grand Prix in March. **ANI**

## QUIZ TIME!

**Q1:** How many Grand Slam singles titles has Venus Williams won?  
a) 12  b) 7  c) 22  d) 4

**Q2:** Real Madrid won the first five European Cups. Which club ended this dominance of Europe's elite competition?  
a) Chelsea  b) Liverpool  c) Benfica  d) Barcelona

**Q3:** Who ended a 77-year wait for a British men's Wimbledon champion in 2013?  
a) Andy Murray  b) Kyle Edmunds  c) Johanna Konta  d) Dan Evans

**Q4:** Who was manager of Manchester City when they won their first Premier League title?  
a) Manuel Pellegrini  b) Malcolm Allison  c) Pep Guardiola  d) Roberto Mancini

**Q5:** Two English players have won the World Cup Golden Boot. One of them is Harry Kane in 2018. Who is the other player?  
a) Gary Lineker  b) Fernando Torres  c) David Villa  d) Antoine Griezmann

**Q6:** Which nation has been crowned as World Champions of Hockey four times?  
a) India  b) Pakistan  c) Australia  d) Netherlands

**Q7:** Lewis Hamilton won his first F1 world championship title with which team?  
a) Ferrari  b) McLaren  c) Williams  d) Mercedes

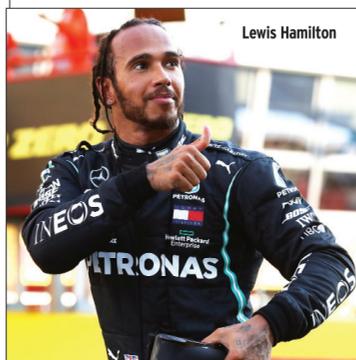


Photo: GETTY IMAGES

**Q8:** What is the standard height of a basketball hoop?  
a) 10 Feet  b) 15 Feet  c) 5 Feet  d) 7 Feet

**Q9:** Who became the first ICC honours in the same year?  
a) Sachin Tendulkar  b) M S Dhoni  c) Virat Kohli  d) Steve Waugh

**Q10:** Which player broke Sourav Ganguly's 25-year-old record of highest Test score on debut at Lord's at 121.  
a) Rohit Sharma  b) Devon Conway  c) Alvin Kallicharran  d) Mohd. Azharuddin

**Q11:** Who is the only Indian player to feature in the ICC Women's T20 World Cup team of the tournament?  
a) Harmanpreet Kaur  b) Shafali Verma  c) Poonam Yadav  d) Smriti Mandana

**Q12:** Which team won the 2020-21 La Liga title?  
a) Liverpool  b) Real Valladolid  c) Chelsea  d) Atletico Madrid

**ANSWERS:** 1) b. 2) c. Benfica

3) a. Andy Murray 4) d. Roberto Mancini  
5) a. Gary Lineker 6) b. Pakistan 7) b. McLaren  
8) a. 10 Feet 9) c. Virat Kohli  
10) b. Devon Conway 11) c. Poonam Yadav  
12) d. Atletico Madrid