

INTERNATIONAL YOGA DAY

'Yoga is no less magical than the power of life itself. It unlocks life's wonder and unleashes hidden energies.'

On June 21, 2021, International Yoga Day was celebrated with much enthusiasm and vigour by the students.

The day began with students of classes V to IX participating in a live demonstration session of asanas. This was followed by the faculty members educating the students on the efficacy of

yoga in reducing stress, anxiety as well as in improving posture, concentration and general health and well-being. An informative video was

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screened where students demonstrated some asanas and elaborated on their benefits.

Being confined at home for long periods of time can be mentally challenging for the students. This yoga day the students were given handy

tips on how to bust stress in seconds and find small capsules of energy in the course of the day, by indulging in 'Mini Yoga' breaks throughout the day.

To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. Students thoroughly enjoyed the dynamic event, which was a tremendous learning opportunity to connect with our age-old method of relaxation and discipline.

Yoga for better physical, mental and spiritual life

The day was celebrated with great zeal and enthusiasm. A special assembly was organised to commemorate this occasion.

Members of the school management, principal Gayathri Vijay Kumar, vice-prin-

THE POLARIS INTERNATIONAL SCHOOL, HOSAKOTE

cipal Vandana Grover, teachers and students were part of the programme, that began with a prayer.

Bhavana of class VIII and teacher Srisha welcomed everyone. Harsha and Gomathi of class VIII spoke about the origin of yoga, its signifi-



cance and the origin of the celebration of this day. Warm up exercises were followed by demonstrations of various asanas by PE teacher Manjunath and students of classes

IV-IX. Teachers enumerated the benefits of the asanas for students to overcome stress, stiffness, anxiety, to improve concentration and combat obesity.

The celebrations concluded with pranayama being performed by all the students, followed by meditation.

Teacher Anuja explained about the summer solstice, reminding us to celebrate the nourishing light of the sun and the light within each of us.

The vote of thanks was proposed by the vice-principal. She encouraged the students to practice yoga regularly to remain fit and improve concentration.

Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.

"Yoga teaches us to cure what cannot be endured and endure what cannot be cured".

Yoga plays a crucial role in promoting health in a holistic manner by improving physical, mental, emotional and spiritual health. Yoga can be termed as a one-size-fits-all solution to fight stress and also alleviate other ailments, including depression and anxiety. An age old health care and wellness practice for holistic living from our land, yoga, ensures a balance of mind, body and soul.

The school celebrated International Day of Yoga virtually on June 21, 2021. This year's theme was "yoga for wellness". A special assembly was conducted to mark the celebration. Various asanas were demonstrated by student representatives under the able guidance of teachers. This was also live streamed for school students to enable them to actively participate in large numbers.

The programme concluded with a message that yoga should be included in our day-to-day life for a healthy body and sound mind.

AIR FORCE SCHOOL, ASTE



School celebrates transition to using mighty pen

The inspiring words of Malala "One child, one teacher, one book and one PEN can change the world," and we are soaring on those very words!

A pen is a common instrument that is used for making markings on a surface. Giving shape, knowledge, colour and character to those markings with the help of that very pen is in the fingers of the one who wields it. Impressions mark a lifetime with good words!

A symbolic Pen Ceremony was conducted for our class V students. It was an occasion for formalizing the transition from humble pencil to the mighty pen. It was a memory to be cherished and a new phase in life to be walked with confidence.

Parents and students were all smiles for them to use the pen creatively and sincerely for a happy and successful life ahead!

EUROSCHOOL WHITEFIELD



WORLD ENVIRONMENT DAY

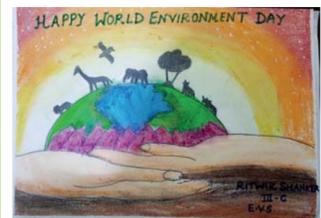
Students learn importance of restoring ecological balance

Weeklong activities conducted by the science department marked World Environment Day. This year sees the launch of the United Nations decade on Ecosystem Restoration. The theme of the day was Reimagine. Recreate. Restore.

The main aim of these activities was to make

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the young citizens aware of the anthropogenic exploitation of environment and nat-



ural resources and to motivate them to act towards the restoration of the same. As part

of these celebrations, the little ones of class II did their bit to restore the ecosystem by planting a sapling and participating in 'Selfie with Plant' activity. Students of class III spread awareness about the environment through a poster making activity. Students of class IV took a pledge to save natural resources and follow methods to stop pollution in day-to-day life. They displayed ways to reduce and recycle waste through a 'Best out of Waste' activity and created beautiful artefacts.

Should Twitter accounts of people be blocked?

Twitter is a social media platform that is widely used by people to express their opinions. But sometimes, opinions hurt the sentiments of a person/group or are dismissive of the actions or struggles of specific movements or a racial/linguistic/regional/religious/gender group. That is absolutely unfair as it warps the meaning of freedom of speech. Freedom of speech comes with a responsibility too. One cannot use one's freedom of speech to intentionally express opinions that cause harm or are insensitive to other people/groups. Freedom of speech is a double-edged sword and hence, I think that it is in collective welfare that Twitter accounts of people who misuse their freedom, are blocked.

FOR



Aarya Bhanushali, class X, S.V.D. English Medium Secondary High School



DEBATE

I stand against the banning of twitter accounts as a solution for problems occurring online. Banning accounts establishes loud and clear an authority that doesn't believe in freedom of speech, ironically on the biggest stage for self expression that is Twitter. Innumerable other downfalls: ridding people off of their space will cast feelings of unjustified hostility, to foster hate doesn't require more than two minutes to set up another account and wage wars from there. Banning people will also mean, we refrain from allowing people to express their honest emotions and to forcing them to change their methods of criticism.

Creating interest based communities or for more severe measures setting up monitoring systems, tracking down and penalising speakers who intended clear propagations at defamation, threats and disturbing content without fail, will help.

Doing this, sorts them from people who are aggressive but opinionated genuinely with their criticism. This thereby ensures, that we don't take away anyone's freedom of speech, but clearly establish the boundaries one must keep, while expressing oneself.

Kritika Agrawal, class X, Ryan International School

AGAINST



Udaipur: palaces, lakes and a dollop of history

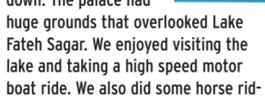
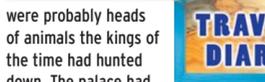
My family and I went to Udaipur, Rajasthan, this January. Udaipur is known as the "City of Lakes" and used to be the historic capital of the kingdom of Mewar.

We took an early morning flight to Udaipur. Due to Covid 19 we had to wear a mask and face shield and sanitise our hands frequently. It was not a very comfortable plane ride but I was excited about my vacations.

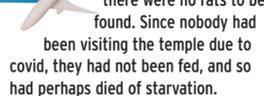
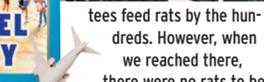
One of the first exciting things after we reached was spotting peacocks and peahens at the hotel we were staying in.

We took a boat ride on Lake Pichola and saw the City Palace from the river. The next day we actually visited the palace. It has on display historical artefacts of the Mewar dynasty. This palace was built over 400 years and I loved the coloured-glass embellishments.

Another palace that we visited was built by His Highness Maharana Fateh Singh in 1911. It has now been converted into a hotel. The rooms there had the heads of animals mounted on the walls and I did not like that. They



were probably heads of animals the kings of the time had hunted down. The palace had huge grounds that overlooked Lake Fateh Sagar. We enjoyed visiting the lake and taking a high speed motor boat ride. We also did some horse riding.



There are many interesting things to do while in the city. Saheliyon-Ki-Bari is a beautiful garden full of fountains and elegant statues. The fountains run without electricity and I found that very amazing. The antique car



museum has a good display. My brother and I sat in a carriage and it felt very royal. On most days, we would have an entertaining dinner, enjoying Rajasthani folk dance and music or Rajasthani's classical dance. We even watched a puppet show while we were there. Udaipur is a place everyone should visit at least once in their life time.

Aadya M, class VI, Sherwood High School

I WILL STILL.

Oh, I don't think I'll ever see
Something as beautiful as a tree!

Her emerald leaves tickle my face, as I
lie basking in the warmth of the day.
Right below her glorious arms I stand,
and her sun-kissed berries fall right into
my hand.
My joyous heart I can hardly contain,
when I see her leaves dancing in the
rain.
Her face painted with a mischievous grin,
as she sways dangerously in the wind.
I look up to the sky and I see, a canopy
of leaves looking down at me.
Dozens of birds are under her care, as
she nestles them lovingly in her luscious
hair.
Somewhere above in the sky, sings the

merry lark, as I carve out pictures in her
lovely bark.

When the world falls apart and only we
remain, I will still dance with her in the
rain.
At the corner of her lips when I see a
weak smile form,
I'll play with her bare branches and sway
with her in the storm.
And when I see no birds around, I'll climb
up into her branches, safe and sound;
I'll look for my name engraved on her
ancient trunk,
And when I feel empty within,
I will still search for her berries fallen on
the ground.

Shreya Deveshwar, class XI,
HAL Public School

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For age group 4 - 13



Switzerland's goalkeeper Yann Sommer saves a penalty by France's forward Kylian Mbappe during the UEFA EURO 2020 round of 16 football match between France and Switzerland at the National Arena in Bucharest

SWITZERLAND BEAT FRANCE ON PENALTIES

Switzerland's Yann Sommer saved France striker Kylian Mbappe's spot kick to secure a 5-4 shootout win over the world champions on Monday

Switzerland's extraordinary comeback to eliminate world champion France from the European Championship (Euro 2020) on Tuesday drew superlatives from both coach and captain after the side's penalty shootout success. Following a thrilling 3-3 draw after extra time, Switzerland reached the Euro 2020 quarter-finals where they will meet Spain. It was Switzerland's first knockout stage victory at a tournament since 1938 and the first time they have made the last eight since the 1954 World Cup which they hosted. On a memo-

orable evening for Swiss football, the so-called Nati repeatedly beat the odds, coming from 3-1 down with two goals in the final five minutes to force extra time and eventually penalties.

Lacklustre first half

The French looked to be cruising to victory when Karim Benzema struck twice in two min-



Photo: REUTERS

No normal side would have come back from 3-1 down against the world champions. I've always said this team deserved a lot more than you can read.

VLADIMIR PETKOVIC,
Switzerland Manager

utes early in the second half. He latched on to Mbappe's through ball in the 57th minute to cancel out Switzerland's first half lead through Haris Seferovic's header. Benzema then headed home from near the goal-line two minutes later to take his tournament tally to four as France took control of the game, following a lacklustre first half, minutes after the Swiss had missed a 55th minute penalty.

First ever shootout win

Hugo Lloris saved Ricardo Rodriguez's spot kick as the Swiss wasted the chance to take a two-goal lead in what looked like a turn-

ing point in the match. By the time Paul Pogba scored with a sensational curled shot into the top corner in the 75th minute to make it 3-1 for France, few believed the momentum could shift once more. But Seferovic headed in his second goal with five minutes to play and substitute Mario Gavranovic beat Lloris to snatch a 90th-minute equaliser and force the extra period after France substitute Kingsley Coman thundered a drive off the bar. Olivier Giroud twice came close for France having come off the bench but the game was to be resolved on penalties where Sommer swatted Mbappe's spot kick away after five Swiss players had scored to earn their first ever tournament shootout win. REUTERS

SPAIN OUTLAST CROATIA IN 8-GOAL THRILLER

Spain striker Alvaro Morata enjoyed sweet redemption by helping fire his side to a 5-3 win over Croatia after extra time to reach the quarter-finals of Euro 2020



Photo: AP

In an enthralling match laced with drama and storylines, Spain fell behind in the first half to a Pedri own goal from near the halfway line after an incredible error from keeper Unai Simon but they looked on their way to a comfortable victory with goals from Pablo Sarabia, Cesar Azpilicueta and Ferran Torres. Yet Croatia staged an unthinkable comeback with goals from Mislav Orsic in the 65th minute and a Mario Pasalic header in added time to force the extra period.

Spain meet Switzerland next

Spain showed tremendous character though and prevailed thanks to Morata's superb strike in the 100th minute and a goal from Mikel Oyarzabal in the 103rd. Spain celebrated a first knockout win in a major tournament since winning Euro 2012 to set up a quarter-final against France or Switzerland in St Petersburg on Friday. Croatia head home with their heads

held high but are still waiting to win a knockout game at a Euros.

Morata has been accused of having a fragile disposition but showed real leadership when Spain's confidence was on the floor, controlling a Dani Olmo cross with one foot before blasting into the roof of the net. His team mate Simon also compensated for his first-half howler, making a superb save to thwart Andrej Kramaric early in extra-time. Substitute Oyarzabal struck moments later to increase Spain's lead and this time Croatia had no response. REUTERS

ANDY MURRAY'S FIRST WIMBLEDON WIN SINCE 2017

Two-time champion Andy Murray won his first Wimbledon singles match since 2017 on Monday with a four-set triumph over Nikoloz Basilashvili of Georgia. Murray, the champion in 2013 and 2016 but who has fought a long battle with hip and groin injuries in recent years, triumphed 6-4, 6-3, 5-7, 6-3 over the 24th seeded Basilashvili.

Now ranked a lowly 118 in the world, former number one Murray will face either Oscar Otte of Germany or France's Arthur Rinderknech for a place in the last 32. His last appearance in the singles tournament at Wimbledon four years ago ended in a five-set loss to Sam Querrey in the quarter-finals. A long-standing hip problem, which required surgery, then pushed him tearfully to the brink of retirement. But three-time major winner and back-to-back Olympic gold medalist Murray said he intends to keep playing. AFP



Photo: REUTERS

QUIZ TIME!

Q1: What's the correct name for the container holding arrows?
a) Box b) Quiver
c) Holder d) Arrow holder

Q2: Which cricketer has scored the most sixes in a single IPL match?
a) Chris Gayle b) McCullum
c) AB De Villiers d) Sanath Jayasuriya

Q3: How many clubs competed in the inaugural English Premier League season?
a) 12 b) 35 c) 22 d) 14

Q4: Which NBA player scored 8 points in the final 7 seconds of a game to lead his team to victory?
a) Baron Davis b) Kevin Garnett
c) Stephon Maurbury d) Reggie Miller

Q5: Which country, which made its debut in the Norwich Union League in 2003, signed Rahul Dravid as their overseas player?
a) Holland b) Ireland
c) Wales d) Scotland

Q6: The Indian football team made its first appearance at Olympics in...?
a) 1936 b) 1948 c) 1952 d) 1956

Q7: Messi wore the No.30 at the start of his Barca career and is now No.10. What other number has he worn for the club?
a) 3 b) 10 c) 7 d) 19



Photo: GETTY IMAGES

Q8: Which track and field star to become one of the greatest athletes of her time?
a) Wilma Rudolph b) Gail Devers
c) Florence Griffith Joyner d) Jackie Robinson

Q9: The name Kunjarani Devi is associated with...?
a) Weight Lifting b) Target shooting
c) Athletics d) Swimming

Q10: Which of the following is a Manipuri version of Hockey?
a) Khong Kangjei b) Hiyang Tanaba
c) Yubi Lakpi d) None of the above

Q11: Who was the 1st ODI captain for India?
a) Ajit Wadekar b) Bishen Singh Bedi
c) Nawab Pataudi d) Vinoo Mankad

Q12: Who won back-to-back men's high jump titles in the Big 12 Outdoor Track and Field Championships in Manhattan, USA?
a) Tejaswini Shankar b) Rakesh Power
c) Vijay Goel d) Shankar Narayan

ANSWERS: 1. b. Quiver 2. a. Chris Gayle 3. c. 22 4. d. Reggie Miller 5. d. Scotland 6. b. 1948 7. d. 19 8. a. Wilma Rudolph 9. a. Weight Lifting 10. a. Khong Kangjei 11. a. Ajit Wadekar 12. a. Tejaswini Shankar