

WORLD ENVIRONMENT DAY

Making transformational changes to conserve our planet

"In the universe are billions of Galaxies. In our Galaxy are billions of Planets, but there is only one Earth. Let's take care of it."

On June 9, 2022, the school celebrated World Environment Day. Principal Rev. Fr Rohan D' Almeida, consultation physician at Unani Medicine Dr K Mohammed Husain Sheriff, committee members and co-ordinator, faculty members and students participated with exuberance and thankfulness.

The aim was to enlighten all about the theme and create awareness about keeping the environment clean and safe from pollution.

While the MC welcomed the gathering, the significance of the day and the theme of the year were read out by his fellow students. Various activities were conducted to create environmental awareness. A musical skit performed by students conveyed the importance of planting more trees and protecting



The environment. Students delivered the environmental pledge in a creative way through various group activities like making posters, earth

masks, growing plants with seed jars, preparing paper bags and cloth bags, and birdfeeders. They not only helped in creating awareness but also motivated the students in achieving the aim of the day.

The chief guest and the principal expressed their thoughts regarding the environment day. Students were told how they could keep nature serene and away from pollution.

The programme ended with vote of thanks and with students tying environmental pledge tags to the plants to promote the importance of saving our Earth.

ST JOSEPH'S SCHOOL

POLICE PUBLIC SCHOOL

The activities for the year 2022-23 kick-started on June 5 with World Environment Day being celebrated with brimming enthusiasm by the staff and students. Varied activities were planned for the day with a call to the children for collective contribution towards a transformational change to retain the

planet in its pristine state. Class X students donated and planted saplings in the school premises. Students of class VIII participated in a cycle rally and walkathon and spread awareness among the residents of KSRP Campus to conserve the environment. Class XII students partici-



pated in a unique dance that conveyed the message not to litter our environment.

Students of class VII participated in the clean drive campaign. Children also participated in the drawing and painting event organised by the Rotary Club at Lal Bagh and won prizes.

Collective harmony towards safeguarding nature creates and promotes quality sustainable life.

Honing leadership, decision-making skills

Leadership is the capacity to transform vision into reality. - Warren G Bennis

To inculcate leadership qualities in students and to give them a feel of being an integral part of the administrative body, the 'student council' is formed every year after they are elected by their fellow buddies. Becoming a member of a student council helps enhance the confidence and leadership skills among students. It is not only about giving them badges and duties, but also granting responsibilities to hone team work, creative thinking and decision-making skills.

The investiture ceremony at school was held on July



HARVEST INNOVATION CAMPUS, ATTIBELE

2, 2022 with great enthusiasm. The chief guest was Captain Ruchi Sharma, retired army officer and educator. She pinned the badges. Principal Latha Shenoy took the oath along with the students

to abide by the school rules and regulations. She also read a small prayer to the newly elected student council members. Managing director Ishita Gaddipati congratulated the student council members.

Congratulating the leaders, Capt Sharma said, "whatever you do, do it with a great passion". A panel discussion with her followed. The council members and other students enthusiastically participated in an interactive session and inquisitively posed creative questions about her achievements and diverse field of interest. She patiently answered all the queries and through her inspiring words left the students speechless.

Parents were engaged in vivid games organised for them, and their participation was commendable, as they walked down memory lane, recalling their childhood days.

Principal bags fellowship under RSRS Scheme

The school is proud to announce that principal Deepthi Chaturvedi was recently awarded a fellowship under Rajya Sabha Research and Study (RSRS) Scheme. The Fellowship is open to scholars who have

relevant educational qualification or experience for undertaking the study

in line with the objective of the scheme. This fellowship is only awarded to four highly qualified academicians with exceptional educational qualifications and an unmatched professional contour: The principal is a double post-graduate degree holder in mathematics and political science. She has also done her Ph. D in political science. Her research topic was "Effect of regional parties in development of Rajya Sabha in context of Indian Federal system". Tapping into her knowledge of



the inner workings of Rajya Sabha, she applied for this fellowship in the year 2019. Due to the COVID pandemic, there was a waiting period of two years until the fellows were awarded the fellowship in 2022.

We, as an institution, extend our heartiest congratulations to her for achieving this incredible feat. The institution is fortunate to have such a distinguished principal at the helm, helping the students navigate this highly competitive world.

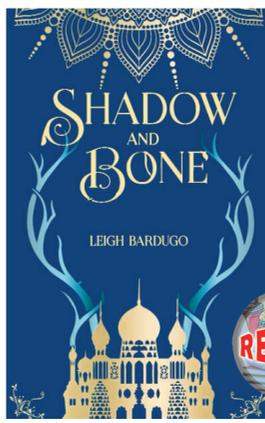
NURTURE INTERNATIONAL SCHOOL

A magical mix of dark fantasy and action that keeps you captivated

I remember picking up this book from the library and running my fingers against the captivating cover with striking and beautiful illustrations. "Must be a good read" I thought. And it was!

Shadow and Bone is a dark fantasy-based book. Alina Starkov lives as an orphan in a magical world filled with Grisha and ordinary people. She is under the belief that she is an ordinary girl. But with her new-found power comes the responsibility of saving her country Ravka, and she experiences many obstacles.

The book has the right mix of fantasy, action, and probably a shade of romance. The fluent writing gives



BOOK - Shadow and Bone
Author: Leigh Bardugo

Percy Jackson fans and Potterheads too! The book will give you the exhilaration, thirst, and imagination of being a magical being like a Grisha! I felt like the words magically bounce off the page and take you into the fights and mystifying spells. Reading it aroused my curiosity and kept me wondering what is going to happen next! Surely this book is unput-downable and keeps you awake at night.

So if you are into action, a whole smash of magic spells, and dark fantasy (like me!)..go pick it up as soon as you can!

Sharon Noyal, class IX, St Francis Xavier Girls' High School

you a clear image of the awesome action that takes place. I surely recommend this book to all

Delegates deliberate on global eco-political affairs at MUN

Bethany Junior College took the first chance to return to the post-pandemic world, with our maiden venture, Bethany Junior College Model United Nations 2022. BJCMUN 2022 was hosted on July 8-9, 2022 at Bethany High, Koramangala branch.

BETHANY HIGH SCHOOL



The Bethany management, spearheaded by director Akash Ryall and principal Robert Khin, helped transform it into an event that allowed students across Bangalore to challenge one another in a diplomatic discourse on world affairs. The student organizing committee, led by Khushi Shetty, Omkar Mantri, Zaid Sheriff, Udhan S, and Sarah Zia Rasheed under the guidance of Secretary General Sanjith Harsh Kumar began working in April towards this success. The Conference delved into a broad range of world affairs in its four core committees. The United Nations General Assembly looked into the ill-effects of cybercrime and data security. The United Nations Office on Drugs and

Crimes focused on illicit trafficking in Asia. The United Nations Historic Security Council deliberated upon the 1956 Suez Crisis. The conference's biggest committee, the United Nations Human Rights Council discussed the ongoing humanitarian crisis in Ukraine.

Close to 30 schools and colleges with over 240 delegates participated in the conference. Delegates began the first day defending their countries and calling for urgent actions on pressing global issues. They were soon interlocked in tricky diplomatic conundrums and confrontational lines of questioning. Awards such as Best Delegate, Outstanding Delegate and Commendable Delegate were awarded to such individu-

als. Mallya Aditi International School took home the Best Delegation award.

The crowd had the opportunity to be in the company of Mindtree founder and executive chairman of Happiest Minds Ashok Soota. Speaking from a place of great experience, he enunciated the need to fulfill one's personal potential.

The biggest reward the BJC MUN offered the delegates was the opportunity to familiarize themselves with the global eco-political affairs. It prepared the delegates as future citizens of the world, to brainstorm solutions to pressing issues. The exposure to research work, critical thinking, public speaking, and teamwork, all helped sharpen their tools to lead change in the future.

INTERNATIONAL YOGA DAY

Learning to control senses, body and mind; maintaining fitness

International Yoga Day was observed with great enthusiasm at school on June 21. The event included

BVM GLOBAL SCHOOL



various asanas in sitting, standing and lying positions as well as pranayama adequately demonstrated by PE teacher Suresha S J for students from classes VI to XI. The students practiced four different Pranayamas or breathing techniques. Then,

they did standing asanas like Ardha Chakrasana and Pada Hastasana, sitting asanas such as Dhanurasana, Ushtrasana and Padmasana and supine

asanas like Bhujangasana. Finally, they performed the Surya Namaskar or sun salutation. The asanas for classes II to V were chosen based on

their age level. All these were conducted with utmost gusto by yoga teacher Vijaya Kittur. The children of KG to class II also celebrated yoga day by doing simple breathing exercises and asanas with teacher Deepa Gajendragad giving them a glimpse of how they can be healthy and fit by doing it daily. The fun of doing it together on a mass scale was enormous.

Yoga is an effective way to maintain fitness and control the mind, the senses, and the organs of our body. Hence, it is quite important that we practice it routinely and properly. Aarya Kittur, class VIII

International Yoga Day was observed by the students and teachers on June 21, 2022 with great enthusiasm.

MES KISHORE KENDRA PUBLIC SCHOOL

The school organised a Surya Namaskara competition for the students of classes V to X while classes I to IV students performed a few

asanas and meditation. The session began with chanting of omkara and a few warm up exercises, it was followed by demonstration of various yoga asanas. The importance of these were explained to the children simultaneously.

The winners of the Surya Namaskara competition were awarded with medals and certificates. The session concluded with meditation and closing prayer.

It was a rejuvenating experience for all the students and teachers.



The students, teachers and staff celebrated Yoga Day on June 21, 2022 with great enthusiasm. Following the theme 'Yoga

HAL GNANA JYOTI SCHOOL

for Humanity', the students performed yoga in unison. The programme was organised by the sports committee of the school.



The students were divided into three groups accord-

ing to their classes. Under the guidance of physical educa-

International Yoga day was celebrated at school on June 21, 2022.

The yoga session was held under the guidance of physical education teachers and yoga experts from Pathanjali Yoga Samiti.

VIDYANIDHI PUBLIC SCHOOL, GAURIBIDANUR

Students from classes VI to X std participated in the programme, with the theme "Yoga for Humanity". Principal Madhusudan

P spoke about the origin of international Yoga day. The word "Yoga" is derived from Sanskrit, and means to join or unite, symbolizing the union of body and consciousness.

The session started with warm up activities and Surya Namaskar. Students performed all the basic asanas followed by pranayama. Students and teachers participated eagerly and pledged to practice yoga regularly to improve their life, physically, mentally and spiritually as well. Students from class VI to X displayed their talents in art through paintings on yo-



gasanas. President of the institution Esturi Ramesh Kumar, treasurer Ramesh Gup-

ta K A, yoga expert and director P Venkatesh Babu and staff members participated in the event.

BUMRAH REVEALS MATCH-WINNING STRATEGY

TEN-WICKET WIN AGAINST ENGLAND IN THE SECOND ODI GIVES INDIA 1-0 LEAD IN SERIES

Following his side's ten-wicket win over England in the second ODI, Indian pacer Jasprit Bumrah said that when the ball is doing something, the bowler does not have to try a lot. Bumrah's match-winning spell and Rohit Sharma's half-century helped India gain a 1-0 lead in the three-match ODI series against England after a ten-wicket win in the first ODI.

SWING-SEAM MOVEMENT

"When there is swing and seam movement, it is very exciting in white-ball cricket to get that opportunity because you have to be defensive with the kind of pitches we usually get. When I bowled the first ball, I found some swing and we tried to exploit that. When it doesn't swing, I have to pull my lengths back. When the ball is doing something you don't have to try a lot," said Bumrah in a post-match presentation. "When the wicket is flat your accuracy is tested. It is a good place to be when the ball is swinging. As soon as Shami bowled the first over, we had a conversation to go fuller. Very happy for him, he gets a lot of wickets. I told him when he beats the bat, that there would be days when he'd run through the side. When the ball is moving around, the keeper and the cordon is active. Very happy that Rishabh has been working hard on his keeping as well as his batting," he added.



Mohammed Shami

NOTABLE CONTRIBUTIONS

Put to bat first, England could post only 110 runs on the board as pacers Jasprit Bumrah

(6/19) and Mohammed Shami (3/31) destroyed their batting attack. Jos Buttler (30) and David Willey (21) were the only ones who could deliver notable contributions. A Chase of 111 runs was a cakewalk for India as the opening duo of Rohit Sharma (76*) and Shikhar Dhawan (31*) never gave the English team a chance to uproot them from the crease and took India to the finishing line with more than 32 overs to spare by ten wickets. Chasing 111, Team India started off on a decent note with

INDIA OVERTAKES PAK, CLIMBS TO THIRD SPOT FOLLOWING VICTORY

India has overtaken Pakistan to reach the third position in the ICC ODI Team Rankings following their thumping ten-wicket win over England in the first ODI at Kennington on Tuesday.

Earlier, India was placed fourth in the rankings with 105 points and Pakistan was third with 106 points. But after their win over England, India received two more rating points and reached a total of 108. This pushed India among the top three and Pakistan fell to the fourth position.

the opening pair of Rohit and Dhawan. The duo scored 21 runs in six overs, smashing 35 runs in the next four overs. With only 11 runs left to win, the duo smashed 13 runs in the next four balls and brought 10-wicket victory in just mere 18.4 overs and gained a 1-0 lead in the three-match ODI series against England. **ANI**

ROHIT SHARMA BECOMES FIRST INDIAN TO HIT 250 ODI SIXES

Rohit Sharma on Tuesday became the first Indian batter to smash 250 sixes in the one-day international (ODI) format. The Indian skipper got to this landmark during the first ODI against England at The Oval in Kennington on Tuesday. In the match, Rohit played a fantastic knock of 76* off just 58 balls, in which he hit seven fours and five sixes.

A six on a delivery bowled by pacer Brydon Carse in the 19th over helped Rohit reach the landmark. He hooked the second ball of the over through the fine leg area. Now, he has the fourth-highest number of sixes in ODIs, behind Sanath Jayasuriya (270), Chris Gayle (331) and Shahid Afridi (351).



When there is swing and seam movement, it is very exciting in white-ball cricket to get that opportunity because you have to be defensive with the kind of pitches we usually get. When I bowled the first ball, I found some swing and we tried to exploit that. When it doesn't swing, I have to pull my lengths back. When the ball is doing something you don't have to try a lot. **JASPRIT BUMRAH**

MANJUNATH UPSETS SRIKANTH

OLYMPIC MEDALLIST SINDHU TOO ADVANCES IN SINGAPORE OPEN

India's Mithun Manjunath recorded a stunning win over compatriot and World championships silver winner Kidambi Srikanth to join two-time Olympic medallist P V Sindhu in the second round of the Singapore Open Super 500 tournament on Wednesday. Manjunath, who had reached the finals of Orleans Masters Super 100 in April this year, beat world No. 11 Srikanth 21-17 15-21 21-18 in the opening round contest which lasted exactly an hour. The world No. 77 Indian, a product of the Prakash Padukone Badminton Academy, will next take on Ireland's Nhat Nguyen.

EARLY DOMINATION

Earlier, Manjunath, 24, came out all guns blazing as he dominated the opening game after taking an early 6-2 lead. He kept Srikanth at bay to comfortably seal the opening game. Srikanth, however, turned the tables after the change of sides as he enjoyed a 11-8 cushion at the break and kept extending his lead to come back into the contest. The decider turned into a

roller-coaster ride with the two slugging it out, but it was Manjunath, who showed better control as he ensured a slender one-point advantage at the breather. Srikanth managed to take a 16-15 lead at one stage,



File Photo: GETTY IMAGES

Sindhu looked in complete control as she prevailed 21-15 21-11 over Belgium world No. 36 Lianne Tan in women's singles. The former World champion will next face Vietnam's Thuy Linh Nguyen

but Manjunath didn't let the opportunity slip and reeled off the last three points from 18-18 to notch up one of the biggest wins. Manjunath has been in fine fettle as he reached his maiden Super-100 final at Orleans Masters in France last April. He had claimed four All-India ranking titles, including the Senior Ranking Badminton tournament. Due to COVID-19 he had to withdraw from the India Open Super 500 in 2022. But, he made it to the Indian team for the Badminton Asia Team Championships in Malaysia after a semi-final finish and a quarterfinal at Odisha Super 100.

NEVER LOOKED BACK

In the women's singles match, Sindhu took time to get off the block, lagging 1-4 but she pulled away from 7-7 to never look back. After an 11-8 lead at the mid-game interval, she kept moving ahead to pocket the opening game. She continued the momentum in the second game with a 5-1 advantage. A three-point burst helped Tan to narrow the lead, but Sindhu stepped up her game to seal the issue without much ado. **ANI**

MEHULI, TUSHAR GET SECOND GOLD FOR INDIA; PALAK, SHIVA SIGN OFF WITH BRONZE

The duo of Mehuli Ghosh and Shahu Tushar Mane bagged India's second gold medal in the 10m Air Rifle Mixed Team final at the ongoing ISSF Shooting World Cup on Wednesday. In the 10m Air Pistol mixed event, the Indian pair of Palak and Shiva Narwal bagged bronze after clinching the third-place play-off.



Mehuli Ghosh

Mehuli and Tushar outsmarted the Hungarian pair of Eszter Meszaros and Istvan Pen 17-13 in an evenly poised match-up. This is Tushar's maiden gold for India at the senior level while Mehuli bagged her second yellow metal, having won her first at the 2019 South Asian Games in Kathmandu. In the mixed Air Pistol event, Palak and Shiva thrashed Kazakhstan's Irina Loktionova and Valeriy Rakhimzhan 16-0, in what turned out to be a one-sided clash. With the impressive results on Wednesday, India have now climbed up to the second position behind leaders Serbia, with two gold and 1 bronze medal. **AGENCIES**

QUIZ TIME!

Q1: Which country emerged champions of the 2019 Cricket World Cup?

- New Zealand
- Australia
- England
- Pakistan

Q2: When was Hima Das appointed India's first-ever youth ambassador of UNICEF-India?

- 2 July 2019
- 2 June 2020
- 7 May 2018
- 4 March 2019

Q3: Which Mercedes F1 driver, apart from Lewis Hamilton, crashed last week at the qualifying shoot-out for the Austrian Grand Prix sprint race?

- Valtteri Bottas
- George Russell
- Mattia Binotto
- Nico Rosberg

Q4: Who among the following withdrew from Wimbledon 2022 due to injury?

- Nick Kyrgios
- Rafael Nadal
- N Djokovic
- Cameron Norrie

Q5: Spinner Prabath Jayasuriya took five wickets on his Test debut for Sri Lanka. Against which team was he playing?



Prabath Jayasuriya

- New Zealand
- Australia
- England
- Pakistan

Q6: In pole vault, what material is the pole made up of?

- Plastic
- Steel
- Carbon fibre or Fiberglass
- Wood

Q7: Which of the following players have won all four Majors in a single year?

- Maureen Connolly
- Margaret Court

- Steffi Graf
- All of the above

Q8: Who won the gold medal in table tennis men's singles at the 2018 Commonwealth Games?

- Quadri Aruna
- Gao Ning
- Sharath Achanta
- Harmeet Desai

ANSWERS:

- c. England
- a. 2 July 2019
- b. George Russell
- b. Rafael Nadal
- b. Australia
- c. Carbon fibre or Fiberglass
- d. All of the above
- b. Gao Ning