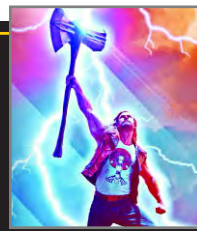




# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

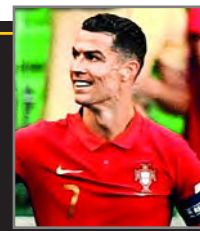
► What lessons on leadership can you learn from Thor? Let's do a character study

**PAGE 2**


► Learn more about Anne Frank, a German-Dutch diarist of Jewish heritage, who is an inspiration for people across age groups

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► Ronaldo steers Portugal past Switzerland in UEFA Nations League

**PAGE 4**

**STUDENT EDITION**  
TUESDAY, JUNE 7, 2022

[CLICK HERE: PAGE 1 AND 2](#)


## RAFAEL NADAL WINS 22ND GRAND SLAM TITLE

**R**afael Nadal celebrated his record-extending 14th French Open title with a two-hander that whistled through the air and kicked the chalk. The champion then tossed his racquet, tearing up as he covered his face before embracing his opponent – Casper Ruud. His two-hour 18-minute win on Sunday took his record at the tournament to 112 wins against just three losses, and also put him halfway to a rare calendar men's Grand Slam last achieved by Rod Laver in 1969.

■ The Spanish star's first triumph in Paris came in 2005 at the age of 19. No man or woman ever has won the singles trophy at any major event more times than his 14 in Paris. And no man has won more Grand Slam titles than Nadal

■ He is two ahead of rivals Roger Federer, who hasn't played in almost a year after a series of knee operations, and Novak

Djokovic, who missed the Australian Open in January because he is not vaccinated against Covid-19

■ The 36-year-old, who has won the Australian and French Open titles in the same year for the first time in his decorated career, passed fellow Spaniard **Andres Gimeno** as the oldest Roland Garros men's singles champion in history

**Spotlight**

## MEET HARINI LOGAN, the Spelling Bee winner

**H**arini Logan, a 14-year-old Indian-American eighth-grader from Texas, barely took a breath as she correctly spelled 22 words during a marathon, first-of-its-kind 90-second spell-off to win the 2022 Scripps National Spelling Bee, beating Vikram Raju in the prestigious contest where children of Indian origin have ruled the roost. Logan, who took home the \$50,000 cash prize and Scripps Cup trophy on top of awards from Merriam-Webster and Encyclopedia Britannica, was declared champion after she was reinstated by the judges in the final round. Harini, one of the best-known spellers entering the competition and a crowd favourite, nearly did not advance past the word meaning round after her answer for 'pullulation' was rejected. However, the judges conferred during a break and ruled that the answer she gave could be correct since it could mean 'to breed' or 'to swarm.'



She spelled 22 out of 26 words correctly, while Raju, a 12-year-old boy from Denver, got 15 out of 19 words right during the first-of-its-kind spell-off—a format that tested the contestants on how many words they could correctly spell within 90 seconds. The final two competitors had trouble deciphering their words between rounds 13 and 18. At that point, judges opted to institute the first spell-off, 90 seconds to spell as many words as possible correctly

## Mukesh replaces Adani to become India's richest man

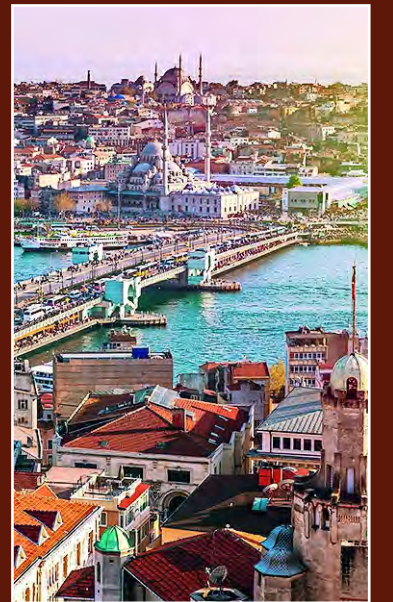
**R**eliance Industries Limited (RIL) chairman Mukesh Ambani has replaced Gautam Adani, chairman of the Adani Group, to become Asia and India's richest man owing to a surge in the stock prices of RIL. According to Forbes Real-time billionaire list, Ambani has bagged the sixth position in Asia with a 6.21% increase of \$6.1 billion taking the overall net worth to \$104.3 billion. Meanwhile Adani's net worth grew by 0.66% to \$99.9 billion taking him to the ninth position.



As per the Bloomberg Billionaire's Index consisting the daily ranking of the world's richest people, Ambani, with a total net worth of \$99.7 billion, has pushed Adani (with net worth of \$98.7 billion) to second position. Adani had been enjoying the first position for the past few months due to accelerated stock prices of the Adani group

## It's official: Turkey to be called Türkiye

**T**urkey's government has sent a letter to the United Nations formally requesting that it be referred to as Türkiye, the state-run news agency has reported. The move is seen as part of a push by Ankara to rebrand the country, and dissociate it from the bird of the same name and negative connotations associated with it. The term is used in colloquial language to denote failure.



President Recep Tayyip Erdogan's government has been pressing for the internationally-recognised name Turkey to be changed to Türkiye (tur-key-YAY) as it is spelled and pronounced in Turkish. The new name also holds symbolic value, having been adopted in 1923 after the new nation emerged from the ashes of WWI. Its adoption globally would "cement Erdogan's place in Turkish history next to the republic's founding father Mustafa Kemal Atatürk, feel experts

### Countries which have changed their names

- The Netherlands was changed from Holland in 2019 as part of an attempted update of its global image
- Macedonia changed its name in 2019 to North Macedonia due to political disputes with Greece
- Iran changed its name from Persia in 1935 to signal the changes that had come to Persia under the rule of Reza Shah, namely that Persia had freed itself from the grip of the British and Russians
- Siam changed its name to Thailand in 1939 as its field marshal Phibun wanted to validate his despotic regime
- Rhodesia changed to Zimbabwe to drop its colonial legacy
- In 2016, the Czech Republic officially registered its short-form name, Czechia

### Country's first liquid mirror telescope comes up in Uttarakhand



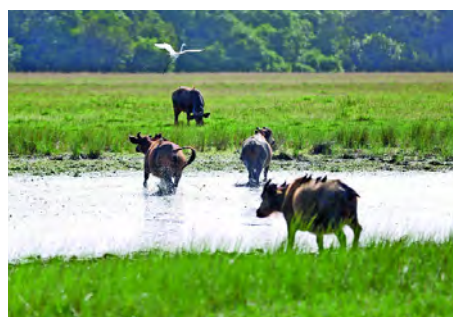
**T**he first liquid mirror telescope in the country and the largest in Asia – commissioned atop Devasthal, a hill in Uttarakhand – will now keep a watch on the overhead sky to identify transient or variable objects such as supernovae, gravitational lenses, space debris, and asteroids. The Indian Liquid Mirror Telescope (ILMT) will help in surveying the sky, making it possible to observe several galaxies and other astronomical sources just by staring at the strip of sky that passes overhead.

Built by astronomers from India, Belgium and Canada, the novel instrument employs a 4-metre-diameter rotating mirror made up of a thin film of liquid mercury to collect and focus light. It is located at an altitude of 2,450 metres at the Devasthal Observatory campus of Aryabhata Research Institute of Observational Sciences (ARIES), an autonomous institute under the Department of Science and Technology (DST), Government of India in Nainital district, Uttarakhand.

## Now, Diamond Comics to spread message of water conservation

### FOR A CAUSE

**T**he popular publisher for children's literature that brings out Diamond Comics and other books will now be bringing out books and comics on water conservation for bringing about "behavioural change in making inclusive and sustainable change". Recently, The Energy and Resources Institute (TERI) signed a Memorandum of Understanding (MoU) with Diamond Toons to produce a series of popular books in a bid to spread awareness on water conservation. The MoU was signed between Vibha Dhawan, DG, TERI, and Manish Verma, director, Diamond Toons.



Verma said the platform of talking comics and its universe of characters will convey the message of conservation and sustainable development to stakeholders in multiple languages. "More than ever, we need behavioural change in making inclusive and sustainable change. We have to increase the share of voices in protecting the one Earth," he said. "The power of storytelling is the only way to make a society inclusive of change," Verma noted

## How are plastic PET bottles recycled into clothing

**1** PET bottles, according to experts, can be recycled and used to produce high-grade fibres. The pure version of polyester textile, 'Recycled Polyester' is known to use PET as the raw material, the same material, which is being used in clear plastic



### BEST OUT OF WASTE

- water bottles. Recycling it to make the fabric prevents it from going to landfills, add experts.
- PET bottles can be used for fabrics by first sterilising the PET bottles, which can then be dried and later squeezed into small chips.
- The chips are then heated and passed through a plate called a spinneret to form strings of yarn. After that, this yarn is wound up in spools and the fibre is then passed through a crimping machine in order to get a fluffy texture.
- Finally, the yarn is dyed and knitted into polyester fabric.

About six bottles are being recycled to make a T-shirt, six bottles to make a bodysuit, nine bottles to make a sleepsuit, five for a leggings and nine for a dress



## 'Thor: Love and Thunder' will now premiere on July 7

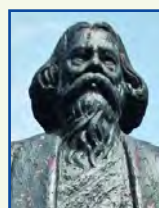
**H**ollywood star Chris Hemsworth's much-awaited superhero movie 'Thor: Love and Thunder' will make its debut in Indian theatres on July 7. Marvel India shared the news on its social media handle, announcing that the film will be released in the country on July 7, instead of July 8. It will release in India in English, Hindi, Tamil, Telugu, Kannada, and Malayalam

**Entertainment**

In 'Thor: Love and Thunder', Hemsworth returns as the titular superhero, a role that he previously played in three solo and four 'Avengers' films. The film's story is set after the events of 'Avengers: Endgame' (2019) and Thor's attempts to find inner peace, but must return to action and recruit Valkyrie, Korg, and Jane Foster, who has become the Mighty Thor, to stop Gorr the God Butcher (played by Christian Bale) from eliminating all gods

## RBI may start using images of Rabindranath Tagore, APJ Abdul Kalam on banknotes

**T**he new notes may have the images of people that were never seen before on the Indian currency. So far, the Indian notes have the image of Father of the Nation, Mahatma Gandhi. The finance ministry and the reserve bank of India (RBI) are reportedly considering using the watermark figures of Rabindranath Tagore and APJ Abdul Kalam on a new series of banknotes of some denominations. The RBI and the Security Printing and Minting Corporation of India (SPMCIL), which is under the finance ministry, are learnt to have sent two separate sets of samples of Gandhi, Tagore



and Kalam watermarks to IIT-Delhi Emeritus Professor Dilip T Shahani. Shahani has been told to choose from the two sets and present them for final consideration by the government.



In the US, different denominations of dollars carry portraits of some of the founding fathers, such as George Washington, Benjamin Franklin, Thomas Jefferson, Andrew Jackson, Alexander Hamilton, and a few 19th century presidents, including Abraham Lincoln





# MICRO STEPS TO INCREASE CHANCES OF EMPLOYABILITY

Virender Kapoor

## The Best Education Happens outside the Classroom -Mark Twain

A fresh graduate, say a B Com or a B Sc., who has no experience when he goes for a job interview, has only a one line resume which is his basic graduation degree – nothing else. That is his lifeline for his interview. He needs his first break to get his first job.

After asking a few questions on his basic academic curriculum, the interview panel finds it difficult to strike a decent conversation except to ask vague questions like, tell us about your family and your ambitions etc.

*'Not being successful is a lifestyle disorder'*

## 1 THE INTERVIEWER'S PERSPECTIVE

I have interacted with more than 8,000 graduates applying for my institute for an MBA programme, as the Director at Symbiosis University, over a period of 10 years and also at another newly established college. I've groomed close to 2000 young managers. During the selection process, we faced a similar challenge. We were also looking for that spark or a small hint of initiative. We used to look at something in the extracurricular activities and had a sigh of relief if we could find anything good. Most candidates, in hobbies, write "listening to music", or even "hanging out with friends" for them qualifies as a hobby!

Any books you read? And 95% said no. A guy who read some books even if it was fiction gave us some hope. If a candidate could talk about the book in detail we would be happy to give him some substantial grace. In fact, many good institutes and matured interviewers give substantial weight to those who read for obvious reasons. And my experience tells me that a person who reads more than others has a better grip on expression with better communication skills and more confidence. Another

similar situation is while recruiting fresher's from college for a job.

When you apply for a job you need to put some weight on the CV. What if with CV you carry the book you read? Voila! The interview panel has something to see and feel and since you actually read the book, you can take on any questions around it. This gives you a talking point. Remember, your degree and school certificate was also based on exams conducted from knowledge imparted through text and reference books.

All things equal, out of 10 candidates a candidate with three short books has a better chance to converse well with the panel and make an intellectual connect.

*'Books make ordinary humans into good affective people you can trust'*



## 2 MICRO READING IS THE ANSWER FOR YOU

You are out of college and cannot turn the clock back to go and participate in college events, take a role in student's committee – time only moves forward! Yet you can push the fast forward button and look for very short relevant books.

*The busiest and most successful people read, read and read.*

Warren Buffet reads 500 pages a day. Bill Gates reads 50 books a year. Elon Musk taught himself to build rockets by reading. He didn't stop until he learned what he wanted to learn.

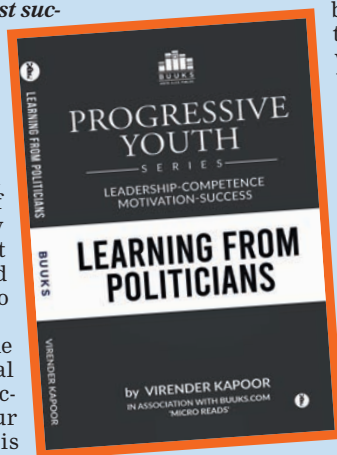
Successful people read educational books more than fiction. Today, our biggest problem is

time and distractions. If Warren Buffet and Bill Gates can find time, so can you. The other problem is that books are big, heavy and costly too.

Reading the right book which can inspire you is the way to go forward. But how does one choose the right book to begin with? Look for something that is short, is relevant and well researched. A book should encourage you to take up challenges, it should provide fodder to your imagination.

*Right topics matter the most for intellectual development*

You can avoid thick, boring books on 'run of the mill' topics like time management, change management, how to be successful and rich in seven steps, working smart not hard, motivation, entrepreneurs etc.

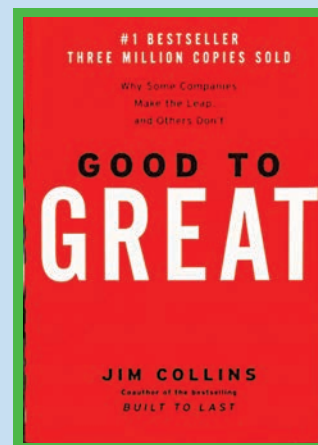


## LISTED BELOW ARE A FEW TOPICS THAT YOU MUST READ UP ON. THESE WILL HELP YOU GET A HEADSTART IN YOUR CAREER

1. Will power and self-control
2. Patience the greatest virtue
3. Initiative and how to do value addition
4. Self-discipline
5. Adaptability
6. Personal Integrity

The interviewer will also find these 'out of the box' topics intriguing and interesting for discussion. We are separating wheat from chaff. These ideas will help you in your career too.

*Remember you have to be different.*



## 3 ORGANIC LEARNING

Reading books is learning the natural way whereas e-learning is synthetic learning. Reading and writing are the basic cognitive skills and human brain has a way of absorbing and retaining information, data and knowledge.

Reading and writing is an organic learning methodology.

*Some compelling reasons why books are better than a video, e learning.*

Books are meant to be read in short spurts, you can put it down while you get a snack and think about what you just read, pick it up again, re-read and so on. That is why you have bookmarks and no 'video marks' per say. You have to think about, and interact and imagine with the material. Video is just a one way street where you are

rushing in a high speed car that is meant to be digested and swallowed quickly without much time to think critically, reflect on, or process.

*"Reading is to the mind what exercise is to the body". Richard Steele*

Sometimes, during exams or interviews, we know the answer but are unable to put it across appropriately, we cannot get the right word. Everything is in our head, yet we can't get the perfect expression to explain our point. Mark Twain said: "The difference between the almost right word and the right word is really a large matter. It is the difference between the lightning bug and the lightning".



## 4 VIEW OF RECRUITERS

This concept has been ratified by some very seasoned recruiters and hence are relevant for building your content for interviews.

**God gives the nuts, but he does not crack them for you**  
- Franz Kafka

# What makes a GREAT LEADER

## 5 LIFE LESSONS WE CAN LEARN FROM THOR



### DON'T GO LOOKING FOR A FIGHT

When Thor is introduced in the MCU, he is a brave warrior as well as an arrogant God. He seems to think glory can only be found on the battlefield and he goes out of his way to find his next fight. Of course, this ends up getting him into trouble. Thor makes the foolish decision to march his fellow warriors into the land of the Frost Giants. While he is given the choice to leave peacefully, Thor's ego didn't allow that and he proceeded to fight the Giants, reigniting the war with them and putting countless lives in danger.

### YOU HAVE TO PROVE YOURSELF

Because Thor is a God, he seems to think that he is owed something or is superior to other beings. For instance, the fact that he wields a mighty weapon like Mjolnir is something he just takes for granted. Then Odin strips Thor of his power and banishes him to Earth to teach him some humility. When Thor finds out that Mjolnir is also on Earth, he goes to retrieve it only to discover he is no longer worthy to lift it. At this moment, Thor finally realises how selfish he has been and how he abused his powers. It is a revelation that changes him and makes him a better hero.

### SOMETIMES, THE NEEDS OF OTHERS COME BEFORE YOUR OWN

While on Earth, Thor meets and falls in love with Jane Foster. But when he learns Loki has taken control of Asgard, he returns to face his brother. He then discovers that Loki plans to use the full power of the Rainbow Bridge to destroy the Frost Giants. Even though the bridge is the only means Thor has of returning to Earth and reuniting with Jane, he decides it must be destroyed. It is yet another moment of self-sacrifice that proves Thor is indeed worthy to wield Mjolnir after all.

### DON'T KEEP FALLING FOR THE SAME TRICK

The sibling rivalry between Thor and Loki plays out over the course of many movies and it often seems like Loki gets the upper hand. Indeed, as brave and powerful as Thor is, he starts to look a little foolish when he keeps falling for the same trick again and again. Loki keeps luring Thor in only to reveal he has created a duplicate of himself to trap Thor. After falling for it one too many times, Thor finally sees through Loki's scheme in 'Thor: Ragnarok' and is able to predict his very predictable betrayal.

### THE POWER CAN RESIDE WITHIN

**THOR:** Ragnarok' is a movie in which Thor is faced with tremendous loss, including seeing his trusty hammer Mjolnir destroyed at the hands of Hela. Though he returns to Asgard ready to face her, he feels as though he is no match for her without his hammer. However, in a vision of his father, Odin reminds Thor that he is not the God of Hammers and that his true power has always resided within himself. This allows Thor to access a level of power that he didn't even know he had and he immediately becomes one of the most powerful beings in the MCU.

## ENERGY

Many of the greatest leaders in history have been workaholics—Churchill is perhaps the most famous, though Margaret Thatcher, Helmut von Moltke the Elder, and Marshal Ivan Konev, are other examples. Churchill melded his life entirely around his job during the Second World War, taking only eight days' proper holiday in the whole six years of conflict, six of those spent fishing in Canada and two swimming in Florida, but even on the latter trip, he was attended by his red ministerial boxes and he read all the newspapers. Similarly, he was able to work almost throughout his two major bouts of pneumonia during the war. Energy is an almost demonic attribute, hard to characterise, and takes many forms.

## A GREAT MEMORY

For planning in particular and for leadership in general a good memory is useful, or failing that an excellent filing system. Churchill had a photographic memory, and not just for music-hall songs and Shakespeare. He would spend up to 30 hours memorising his speeches and constantly practise them to make them word perfect, and would even make up ones he was not about to give but might be called upon to deliver some time in the future.

## LUCK

Although impossible to quantify or predict, leaders need to be lucky as well as brilliant. Before he appointed anyone to the marshalate, Napoleon also wanted to know whether his generals were lucky, and luck undoubtedly does play a large part in war leadership. The role of chance and contingency in history is worthy of an entire book in itself and undermines the Whig, Marxist, and Determinist theories of history in which mankind's progress through time are set on any definable tramlines.

## UNDERSTANDING PUBLIC SENTIMENT

A great leader has to appreciate the political and economic terrain over which he is to campaign. Franklin Roosevelt might have wanted to bring the United States into World War Two earlier than he eventually did – such was the isolationist sentiment at the time – but in the 1940 election, he still had to make his promise in Boston to American parents that 'your boys are not going to be sent into any foreign wars,' in order to retain the White House and face the storm that was to come. A leader has to be a realist, albeit, one who appreciates the precise moment when it is possible to change public sentiment.

## STEADY NERVES

Having steady nerves in a crisis cannot be underestimated, but can be learned. Basil Liddell Hart wrote in his 1944 book 'Thoughts on War' that "the two qualities of mental initiative and a strong personality, or determination, go a long way towards the power of command in war – they are, indeed, the hallmark of the Great Captains."

## EMPATHY

Understanding the psychology of others is an important part of leadership. Today, it seems to be assumed that in order to lead one's people one needs to have sprung from them, but that is not the case. Many of those who have exuded leadership ability hail from the leisured or moneyed class of their countries – Alexander the Great, Julius Caesar, Napoleon, Churchill, both Roosevelts, and John F. Kennedy among more – had a strong sense of what motivated soldiers and citizens who hailed from backgrounds far further down the social scale. A capacity to empathise is far more important than one's class background.





## STARS: THE LIFE OF THE SKY



Twinkling in the sky  
Oh! How graceful are these stars?  
Inspired by them, always aim to be high  
Life isn't always fights and wars

Never do they lose their light, Nor do they give up  
You as well, should always dazzle bright  
That would happen, only if your mind's made up

Shooting stars drive you to luck  
We don't know, it may be a myth  
It may grant you, what you lack  
It may bring you, your zenith

They show the right path to many  
From various sailors to vagabonds

You too, be the mentor and accompany  
The people to help mend their bonds.

**VARUNITA PULI**, class X-C, Bharatiya Vidya Bhavan Public School, Jubilee Hills, Hyderabad

## SOARING SUMMER!

The mercury is rising already.  
And my patience is way unsteady.  
How I wish to be drenched in rain,  
But only sweat trickles down in vain.  
The urge of turning the conditioners on I restrain,  
But that only makes me go more insane.  
Comes to rescue my beloved ice cream,  
Chocolate, Mango, Sitaphal flavours I dream of.  
The heat wave is gripping us tightly,  
Don't take calls for hydration lightly.  
As the sun scorches above brightly,  
Make sure you step out of your house wisely.  
Let's make staying healthy and happy our goal,  
And add seasonal melons and cucumbers to our bowl!

**SAI SIRI VARSHINI MADDALA**, class X-B, Meridian School, Banjara Hills

# A teacher of the new generation



An enriching, fruitful, effective workshop on "A teacher has to be a leader" was conducted by the collaboration coach K S Sarma, chief executive officer and director, Life Skills India Private Limited, Sister Nivedita School, Ameerpet. The session began with a welcome address by principal Dr T Lalitha Kumari.

She highlighted the importance of life skills to cope with 21st-century children. The guest was introduced by the correspondent Hari Hara Prasad.

K S Sarma commenced the session with an ice-breaking activity 'To Know Yourself', to recognise one's own good qualities. He emphasized the need for a good



**Sister Nivedita School  
Hyderabad**

rapport between the teacher and the student. He further added that teachers should arouse interest in the students by understanding them rather than trying to change them. The teacher as a leader has paramount importance in student's life and should give freedom to the learner and not be a hurdle to the progress of the students. A teacher should recognise the good qualities in a student and be honest and sincere in their appreciation and should be eager to help the students to develop love towards the subject.

Some of the key points of the day's session were- The simple formula for motivation is motivation= (goal + desire) x faith, attitudes are more important than facts, help students to overcome

their fear of the unknown, and encourage them to perform well. A situation can be viewed in different ways and more possibilities can be discovered which leads to creativity. A teacher has to view the students from the students' perspective, seek to understand, rather than change them, recognise and celebrate small successes as they are great motivators so that the students feel inspired and strive for bigger successes. He cited many incidents from his life to know the difference between evaluation and description and the point where evaluation leads to arguments whereas description gives way to acceptance.

Participants were active, dynamic, energetic, and lively throughout the session.

The correspondent and principal felicitated K S Sarma. The meeting ended with the vote of thanks followed by the National Anthem.

# MINDFULNESS IS A WAY OF LIFE

*"Everything is created twice. First in the mind and then in reality."*

- Robin Sharma

Mindfulness is a powerful tool that supports children in calming themselves, focusing their attention, and interacting effectively with others, all critical skills for functioning well in school and in life.

A live webinar was conducted on offline mode on May 31, at DPS Nacharam from 10 am till 2 pm. The occasion was graced by Vijay Menon, a motivational speaker, Swami Bodhamayananda, Secretary Ramakrishna Mission Ashrama, Dr T Sudha, academic director, Yashvi Malika, COO, Tribhuvana Malika, managing committee member, DPS, principals, vice-principals, teachers and



staff members of DPS and Pallavi Group of Institutions on the topic 'Mindfulness Practices in Future Education and Integration of SDG for Enhancing Quality of Education. More than 1000 participants attended the webinar enthusiastically.

The webinar began with a meditation session wherein the partici-

pants were made to chant 'Om' and do a few meditation exercises to make them relax and feel calm. Om is not just a sound, vibration, or symbol. It is the entire cosmos, whatever we can see, touch, hear, and feel. The eminent speakers shared their views and thoughts on the given topics. The speakers quoted several instances

from their lives wherein they motivated the teachers to make the students understand the importance of doing something with a strong will and not just focus on skill. According to them, skill leads to arrogance if will is not there. Teachers as facilitators have to

**Delhi Public School  
Nacharam**

work on the fundamentals of the students. They need to focus on character building and imbibe values in them on regular basis. The teachers were guided to make their life a real lecture. Swamiji enlightened the gathering by informing them that it was on May 31, 1893, when Swami Vivekananda went to Chicago to render his first address. He chanted several shlokas and informed the participants about the importance of following the morals and values taught to us by our gurus and ancestors.

The webinar had many takeaways for the participants.

The principals and the teachers were highly rejuvenated and had lots of insights that they can implement during the classes and help the children to build their character.

# Workshop on effective teaching methods

**Gitanjali International School  
Kompally**

Every classroom has children with different learning styles and needs. One-size-fits-all methods of teaching are not successful especially when one is intending for the children to learn for life. It is essential for a 21st-century teacher to be a 21st-century learner, to reinvent, fail, experiment, and to explore. To instill this, Gitanjali International School, Kompally designed teacher-training workshops as guiding tools that will empower teachers and help them fall in love with what they do.

It is the supreme art of the teacher to awaken creative expressions and knowledge of each child. GIS, Kompally started the day with a most awaited workshop of this academic year - "Dive into Deep Learning".

Though the workshop was scheduled



for Monday, May 30, the facilitator planned to start the dive on the weekend by giving teachers prior work for entry into the workshop and assigning a few case studies.

The exercise helped the participants make a difference to the thoughts/emotions in the activities undertaken over the whole day.

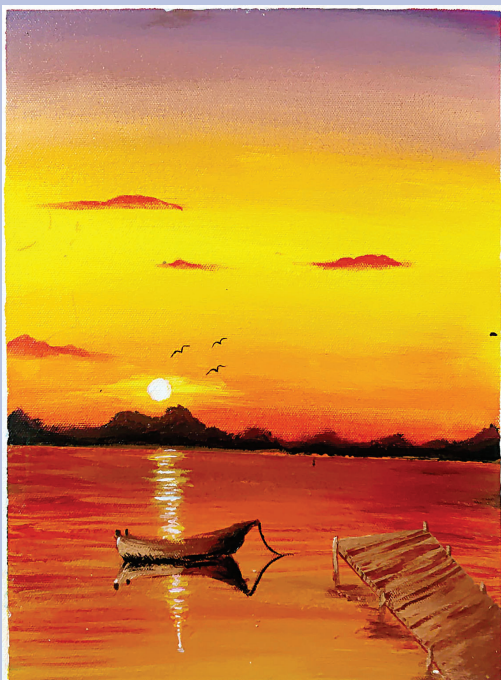
The teachers were impressed by the ease of the workshop as it was open and connected with the other participants around 360 degrees.

The workshop included different activities based on "Bloom's Taxonomy" and teachers enthusiastically gave it a go as they geared up for the post-vacation session.



# Painters' Gallery

CLICK HERE TO VIEW ONLINE



**REFLECTIONS:** ISHITA GADALY, class V, Delhi Public School, Mahendra Hills

**GRACE:** DUTTALA BRUNDA, class IX, Grenadiers, Silver Oaks International School, Hyderabad



**SAVE SOIL:** VAHINI RANERU, class IV-N, Delhi Public School, Nacharam

# SARVANGASANA

This shoulder stand pose involves the entire body to balance on the shoulders. In Sanskrit, 'Sarv' means everything, 'anga' is a physical part and 'asana' means position. It is a full body exercise that works on groups of muscles and lets you attain balance, improve posture and be calm.

## STEPS

- Remaining supine, exhale and raise legs together to make a right angle with the body. Keep the knees and the body above the hip-joint on the ground undisturbed.
- Keep exhaling and raise your arms, hold the waist and push the body up as far as possible. Put all the body weight on the arms and rest on the elbows.
- Slowly shift your hands towards the waist with

fingers extended to the back of the hip-bones and the thumbs pressed lightly on both sides of the navel.

■ Set the chin in the jugular notch and place the full weight upon the shoulders, the neck and the back of the head (final position). Exhale.

■ Hold this pose, not longer than two minutes, breathe normally.

■ Return to original position by bending knees & gently lowering hips.

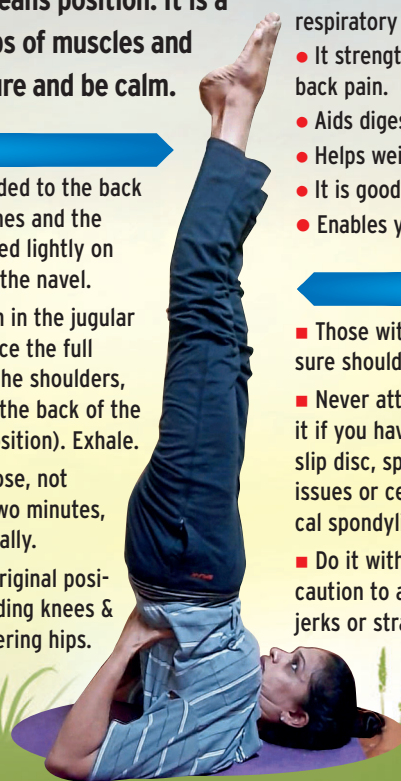
## BENEFITS

- Improves overall health.
- Good for blood circulation and respiratory systems.
- It strengthens spine and helps cure back pain.
- Aids digestion and prevents constipation.
- Helps weight loss and controls sugar.
- It is good for curing thyroid issues.
- Enables you to have a good sleep.

## PRECAUTIONS

- Those with heart problems, blood pressure should avoid it.
- Never attempt it if you have slip disc, spine issues or cervical spondylitis.
- Do it with caution to avoid jerks or strain.

**FACT**  
It is good for mental & physical health and known as the Queen of Asanas.



**SIJI**, Yoga teacher, Blooming Buds Bethania Sr Sec School, Thrissur

# Staying positive in DARK TIMES

Anne Frank was a teenage Jewish girl. Her story of bravery and optimism inspires me. She inspired people around the world through the diary she wrote during her family's two years in hiding during Hitler's Nazi occupation of the Netherlands.

Anne Frank kept her positive thoughts while hiding in fear. Anne Frank and her family were hiding in the secret annex. She stayed strong for two years and never lost hope. Her diary shows how thoughtful and cheerful she was.

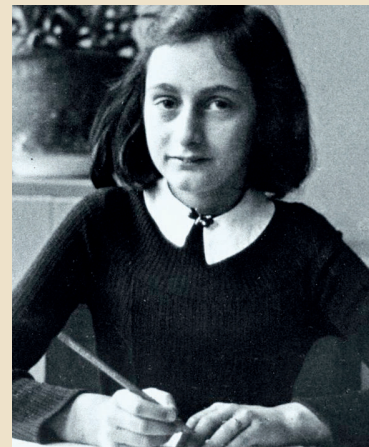
Her diary was her comfort when she wanted to confide in someone. She set it as her goal to motivate others. She saw the world differently and believed that

people change and soon everything would be fine.

One of her quotes in the diary reflects her sensibility that goes beyond her age: 'Parents can only give good advice or put them on the right path, but the final forming of a person's character lies in their own hands.'

Finally, her family was discovered by the Nazis and taken to concentration camps. Anne died in the Bergen-Belsen camp in 1945 at the age of thirteen.

Frank's father, Otto Frank was the sole survivor of the family. He decid-



ed to publish the diary, which gives a detailed account of Anne's thoughts, feelings, and experiences while she was in hiding. It has been an international bestseller for decades.

**ANNE FRANK  
INSPIRING ICONS**

**VERONICA RUTH CHINTA**, class X-Rose, Sister Nivedita School, Hyderabad



# RONALDO STEERS PORTUGAL PAST SWITZERLAND

## MARKS HIS 117TH GOAL FOR COUNTRY BUT MISSES HATTRICK IN CLASH

**C**ristiano Ronaldo scored twice as Portugal swept to an emphatic 4-0 victory over Switzerland in their UEFA Nations League clash at the Estadio Jose Alvalade in Lisbon on Sunday.

The Manchester United striker had set up William Carvalho for the opener with Joao Cancelo completing the rout to fire Portugal to the top of League A, Group 2, on goal difference from the Czech Republic. The hosts wasted numerous opportunities to inflict more humiliation on the visitors, who suffered their biggest defeat since losing to Germany by the same scoreline in 2008.

Portugal have four points from their opening two Group A2 matches and are ahead of second-place Czech Republic on goal-difference. Switzerland are on zero after back-to-back losses and are now winless in their last four encounters since they qualified for the World Cup in Qatar. Carvalho opened the scoring when he reacted quickest to the loose ball when Ronaldo's free-kick was parried, before the latter bagged a quickfire brace to extend his record tally of international goals to 117.

### WASTED OPPORTUNITIES

Cristiano Ronaldo scored his world record-extending 116th and 117th goals for Portugal. He had gone five games and nearly nine months without an international goal until Sunday. He should have had a hat-trick when he wasted two excellent opportunities before halftime, the first a barely believable miss from six yards, but it was left to Cancelo to score the fourth for Portugal in the second half.

It's now 117 goals in 188 international games for the 37-year-old Ronaldo heading to his fifth World Cup in November. Portugal is in a group with South Korea, Uruguay and Ghana.

Switzerland has now lost three games

and drawn one in 2022 and it gets no easier hosting Spain and Portugal in Geneva next week. The Swiss had an apparent goal ruled out early on, for a handball spotted on video review, before Portugal led in the 14th.

Portugal host Czech Republic in their next fixture on Thursday, while Switzerland entertain Spain in Geneva on the same evening.

### HAALAND LIGHTENING SCORES

Erling Haaland got his 17th and 18th at a faster rate for Norway. He now has 18 goals in 19 games for Norway after scoring twice in a 2-1 win at Sweden in League B to show why the 21-year-old forward might be the biggest talent missing in

Qatar. The Norwegians top League B, Group 4 after two wins from Serbia, 4-1 winners over Slovenia.

Georgia are in command at the top of League C Group 4 after dishing out a 5-2 drubbing to Bulgaria. On Monday world champions France have their second run out in Split against Croatia with Kylian Mbappe one of several key components of Didier Deschamps' team to skip eve-of-match training. The Paris Saint-Germain forward came off with a left knee niggle at half-time of Friday's 2-1 loss by last year's Nations League winners to Denmark at the Stade de France. Also missing were Karim Benzema, Kingsley Coman, N'Golo Kanté and Jules Kounde. Number two keeper Mike Maignan will earn his third call-up in place of Hugo Lloris with Presnel Kimpembe taking the captain's armband in this League A, Group 1 tie. AGENCIES

### SPAIN HELD AS GAVI BECOMES YOUNGEST SCORER

■ Gavi became Spain's youngest scorer ever and Inigo Martinez headed home a late equaliser as Spain drew 2-2 with the Czech Republic in the Nations League in Prague on Sunday.

■ Gavi scored with a low curling left-footer at the record age of 17 years and 304 days, levelling the first-half score at 1-1 just before halftime. Martinez blasted his header just over the line off the crossbar in the last minute of the game to hand Spain a draw.



Gavi

■ The Czechs went up twice with counter-attack goals by Jakub Pesek and Jan Kuchta in the Group B, League A game.

■ Vladimir Coufal started a fast counter-attack on the right flank, finding a sprinting Kuchta who produced a per-

fect pass for a tap-in by Pesek. The Sparta Prague midfielder was scoring his fifth goal in 12 international games.

■ Gavi levelled three minutes into the first-half stoppage time following a pass from Rodri who had capitalised on a poor clearance. Spain kept pushing but the hosts struck on a counter-attack again in the 66th minute as Václav Cerný sent Kuchta dashing through the defence and the striker chipped the ball over an advancing Simon.

Portugal's forward Cristiano Ronaldo celebrates after scoring a goal during the UEFA Nations League, league A group2 football match between Portugal and Switzerland at the Jose Alvalade stadium in Lisbon

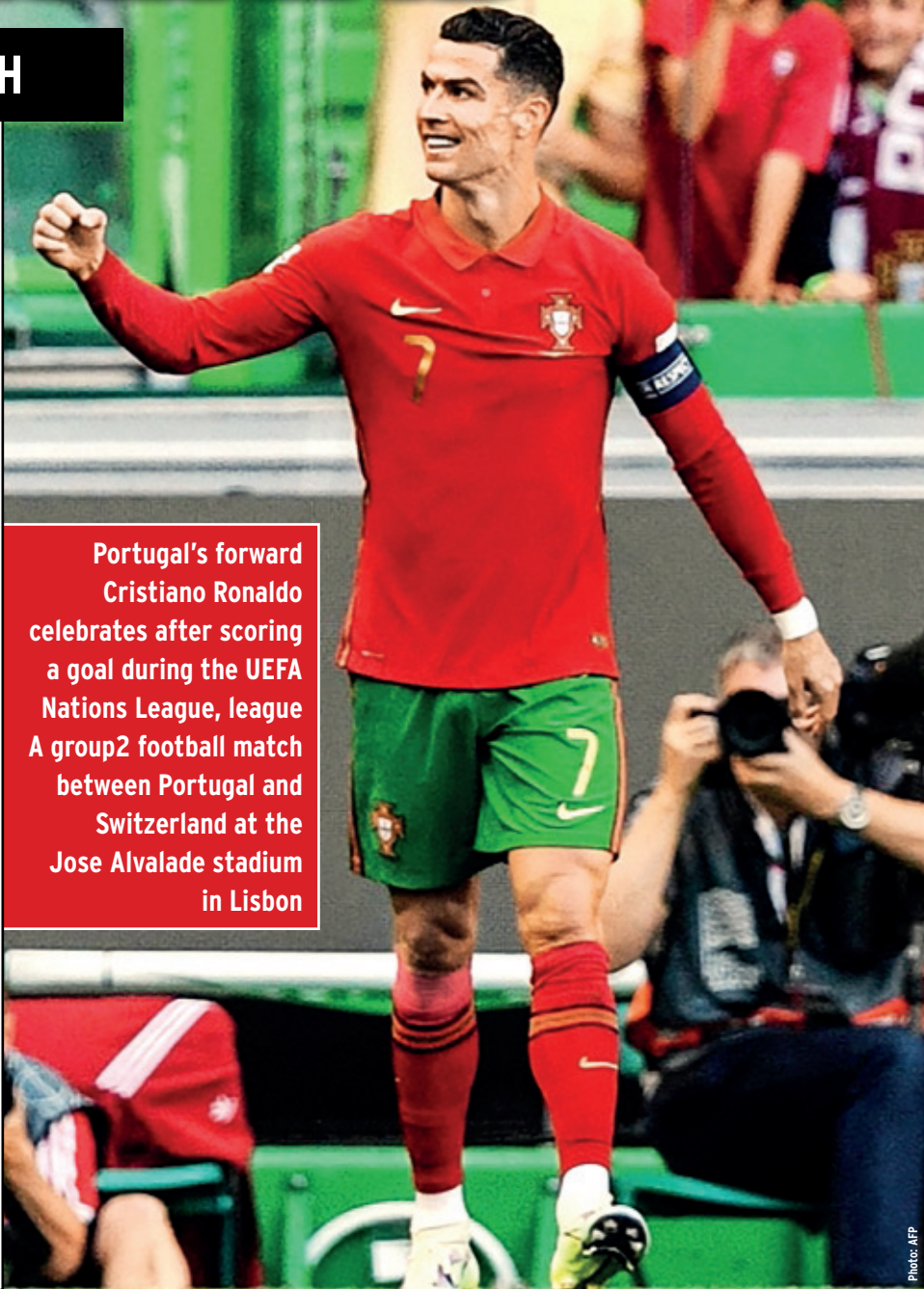


Photo: AFP

## FOOT PAIN LEAVES NADAL'S FUTURE UNCERTAIN

### FRENCH OPEN CHAMPION WILL TRY OTHER METHODS TO PLAY AT WIMBLEDON

**R**afael Nadal's painful left foot was numbed by multiple injections to two nerves throughout the French Open, the only way he has found to deal with a chronic condition he acknowledges puts his tennis future in doubt. At any other tournament, Nadal said, he would not have persisted through what he called such "extreme conditions."

### FINDING SOLUTIONS

Ah, but five simple words uttered after he strung together the last 11 games of a 6-3, 6-3, 6-0 victory over an overwhelmed Casper Ruud in Sunday's intriguing-for-a-handful-of-minutes final at Court Philippe Chatrier explained Nadal's mindset: "Roland Garros is Roland Garros."

And so even if Nadal, a French Open champion for the 14th time now at age 36, is in obvious ways different from Nadal, a French Open champion for the first time all the way back in 2005 at age 19, that desire to give his all, no matter what, to "find solutions" - one of his oft-used phrases -

remains the same.

He is the oldest champion in the history of a tournament that began in 1925, and his hair is thinning on top. The charreuse T-shirt he wore Sunday had sleeves, unlike his biceps-baring look of nearly two decades ago. The white capri pants that ran below his knees back in the day were long since traded in for more standard shorts; Sunday's were turquoise.

### ANOTHER RECORD

Here's what hasn't changed along the way to his 22 Grand Slam titles in all, another

When you are playing defensive against Rafa on clay, he will eat you alive. CASPER RUUD



Photo: AFP

er record, in addition to his between-point mannerisms and meticulous attention paid to the must-be-just-so placement of water bottles and towels: That lefty upercut of a topspin-slathered, high-bouncing forehand still finds the mark much more frequently than it misses, confounding foes. That ability to read serves and return them with a purpose still stings. That never-concede-a-thing attitude propelling Nadal from side to side, forward and backward, speeding to, and redirecting, balls off an opponent's racket seemingly destined to be unreachable.

Nadal said afterward he will try other methods of helping his foot - including, even, a way "to burn, a little bit, the nerve" - over the next week to see whether that might allow him to enter Wimbledon, where he has won two of his men's record 22 Grand Slam titles. Play begins at the All-England Club on June 27.

If these new treatments do not work, Nadal said, then he will need to consider having what he termed major surgery - and, eventually, a "decision about what's the next step in my future." AGENCIES

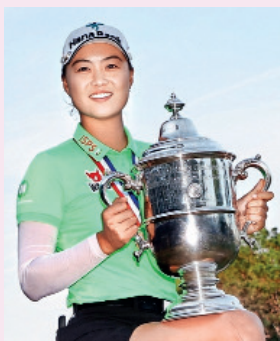
## LEE WINS US WOMEN'S OPEN, HORSCHTEL TAKES MEMORIAL

**M**injee Lee won the US Women's Open by four strokes over Mina Harigae at Pine Needles on Sunday to earn \$1.8 million, the largest payout in the history of women's golf.

Lee closed with an even-par 71 to finish at 13-under 271 after the Australian flirted with the tournament record of 16 under set by Juli Inkster in 1999 at Old Waverly. Lee's winnings came from a record \$10 million purse.

Lee became the sixth straight international player to win the US Women's Open and the first from Australia since mentor Karrie Webb in 2001. It was her second win at a major championship overall after winning the Evian Championship last July. Her previous best at the US Open was a tie for 11th in 2017.

Billy Horschel ended any doubt about his victory at



Minjee Lee

Muirfield Village with an putt from one end of the green to the other on the 15th hole, sending him to a four-shot victory at the Memorial.

Horschel finished at 13-under 275 and won \$2.16 million, the largest paycheck of his career.

As an elevated event, the win comes with a three-year exemption. AGENCIES

Photo: REUTERS

## Men's hockey team beat Poland

### Clinch inaugural FIH Hockey5s title in thriller comeback

**I**ndian Men's Hockey Team registered a thrilling 6-4 comeback win against Poland to clinch the inaugural FIH Hockey5s title here on Sunday. Bobby Singh Dhami (11', 19') and Mohammed Raheel (13', 17'), who finished as the top goalscorer at FIH Hockey 5s, netted twice, while Sanjay (8') and Captain Gurinder Singh (9') also contributed to the team's victory. The goalscorers for Poland were Mateusz Nowakowski (1'), Robert Pawlak (5'), Wojciech Rutkowski (5') and Captain Jacek Kurowski (18').

### PRESSURE ON INDIA

The first half started with Poland pressing on India and were successful in converting their chances as they established a three-

goal cushion inside the first five minutes, courtesy of goals from Mateusz Nowakowski (1'), Robert Pawlak (5') and Wojciech Rutkowski (5'). However, India responded quickly as pulled back two back-to-back goals through Sanjay and Captain Gurinder Singh in the eighth and ninth minute respectively to make the scorers 2-3 at the end of the first half.

The second half started on a positive note for the Indian team as Bobby Singh Dhami scored the equalizer in the 11th minute, and the leading goalscorer of the tournament Raheel went on to give India a lead in the 13th minute.

In the 17th minute, Raheel added the fifth goal to the tally, but Poland quickly pulled back one through Captain Jacek Kurowski's strike in the 18th minute. However, Bobby Singh Dha-

mi scored a late goal before the final whistle to help India to a thrilling 6-4 win to clinch the inaugural FIH Hockey5s Title.

### REMARKABLE WIN

Earlier, India registered massive 7-3 and 6-2 wins against Malaysia and Poland respectively to advance to the Final of the inaugural edition of the FIH Hockey5s.

In their third match, the Indian Men's Team registered a comprehensive 7-3 win against Malaysia. Mohammed Raheel (8', 14', 18') starred with a hat-trick, while Gursahibjit Singh (1', 17') and Sanjay (10', 12') each netted twice for India. Firadus Rosdi (4', 13') and Captain Nabil Noor (9') were the goalscorers for Malaysia.

An attacking start to the match saw India taking the lead in the very first minute of the match as Gursahibjit Singh found the back of the net on a rebound. However, Malaysia scored

an equalizer through Firadus Rosdi in the fourth minute.

In-form Mohammed Raheel regained India's lead in the 8th minute, but Malaysia were quick to equalize as they scored through Captain Nabil Noor's strike in the very next minute. Sanjay's fiery tomahawk in the last minute helped India restore a 3-2 lead at the end of the first half.

The start of the second half saw both India and Malaysia scoring a goal each in the first three minutes. Sanjay scored India's fourth and his second goal of the match in the 12th minute, while Malaysia pulled one back through Firadus Rosdi in the 13th minute.

However, India went on to take control of the match as they raced away to a remarkable 7-3 win. Raheel scored two goals in the 14th and 18th minute to complete his hat-trick, while Gursahibjit scored his second goal of the match in the 17th minute. ANI



Gursahibjit Singh

File Photo: GETTY IMAGES