

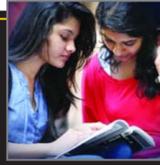


THE TIMES OF INDIA

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TODAY'S EDITION

Keep revising, with the sample paper, prepared by your teacher
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Check out why JK Rowling, author of the famous Harry Potter series, is a role model for youngsters
PAGE 3



Perez wins Azerbaijan GP after Verstappen crashes out
PAGE 4



STUDENT EDITION

TUESDAY, JUNE 8, 2021



WEB EDITION

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CBSE introduces 'coding', 'data science' from current session

Complying with the recommendations of the National Education Policy (NEP) 2020, CBSE has introduced coding and data science as skill subjects in schools. Sharing the information, Union education minister Ramesh Pokhriyal Nishank tweeted: "Under the NEP 2020, we promised to introduce coding and data science in schools. I'm happy to see CBSE fulfilling the promise right in the session of 2021 itself".



1 According to educators, coding is a creative activity, which students from any discipline can engage in; it helps in building computational thinking, develop problem solving skills, critical thinking and exposure to real life situations to solve issues in various realms

2 It is being introduced as a skill module of 12 hours duration in classes VI to VIII. The idea is to simplify the coding learning experience by nurturing design thinking, logical flow of ideas, and applying this across the disciplines

3 Faculty and student handbooks have been created with support from Microsoft so that the students can work on applied projects and integrate coding across multiple subjects and make learning fun

4 While faculty resources will empower the faculty for teaching these concepts, the handbooks cover real life examples on coding, builds exposure to ethics of coding, and provides exercises and applications using the open source makecode platform



The NEP-2020 has laid stress on the skilling of students, and has recommended that by 2025, at least 50 per cent of learners (through school and higher education system) should have exposure to vocational education, for which a clear

action plan with targets and timelines will be developed

Currently, the CBSE offers nine skill modules at the middle school level, 18 skill subjects at the secondary level and 38 skill subjects at the senior secondary level

to upgrade the skills and proficiency of young generation, and explore various career options available

More than 20 lakhs students are presently studying skill subjects at the secondary and senior secondary level in approximately 12,000 schools

Monsoons are likely to get WETTER AND MORE DANGEROUS



Global warming is likely to make India's monsoon season wetter and more dangerous, new research suggests. Scientists have known for years that climate change is disrupting monsoon season. Past research based on computer models has suggested that the global heating caused by greenhouse gases, and the increased moisture in the warmed atmosphere, will result in rainier summer monsoon seasons and unpredictable, extreme rainfall events.

The monsoon season, which generally runs from June to September, brings enormous amounts of rain to South Asia that are crucial to the region's agrarian economy. Climate change, which could reshape the region and history, is a guide to those changes



Environment



The researchers had no time machine, so they used the next best thing: mud. They drilled core samples in the Bay of Bengal, in the northern Indian Ocean, where the runoff from monsoon seasons drains away from the subcontinent. The core samples were 200 metres long and provided a rich record of monsoon rainfall. Wetter seasons put more fresh water into the bay, reducing the salinity at the surface. The plankton that live at the surface die and sink to the sediment below, layer after layer. Working through the core samples, scientists analysed the fossil shells of the plankton, measuring oxygen isotopes to determine the salinity of the water they lived in. The high-rainfall and low-salinity times came after periods of higher concentrations of atmospheric carbon dioxide, lower levels of global ice volume and subsequent increases in regional moisture-bearing winds

Facebook suspends Trump's account for 2 years, will reassess later



Facebook has announced that former President Donald Trump's accounts will be suspended for two years, freezing his presence on the social network until early 2023, following a finding that Trump stoked violence ahead of the deadly Jan 6 insurrection at the Capitol. The former president called Facebook's decision on the suspension "an insult." The two-year ban replaced a previous ruling that ordered Trump to be suspended indefinitely.

At the end of the suspension, the company will assess whether Trump's "risk to public safety" has subsided, Nick Clegg, Facebook's vice president of global affairs, wrote in a blog post. He said Facebook will take into account "external factors" such as instances of violence, restrictions on peaceful assembly and other markers of civil unrest. Facebook also announced that it would end a contentious policy that automatically exempted politicians from rules banning hate speech and abuse, and that it would stiffen penalties for public figures during times of civil unrest and violence



Tiffany Haddish set to play Olympic icon Florence Griffith Joyner in biopic



Actor-comedian Tiffany Haddish is set to portray former US track and field athlete Florence Griffith Joyner in an upcoming biopic. Known as Flo-Jo, Joyner helped popularise track and field in the US with her record-breaking Olympic run and flashy personality and style.

Entertainment

Many of the records that Joyner set in the 1988 Olympics, include those in the 100 m and 200 m

Moody's pegs India GDP growth at 9.3 pc in FY22

Moody's Investors Service has pegged India's GDP growth at 9.3 per cent in the current fiscal ending March 2022 and 7.9 per cent in FY23. "The reimposition of lockdown measures along with behavioural changes on fear of contagion will curb economic activity, but we do not expect the impact to be as severe as during the first wave," it said.



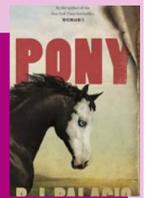
India's economy contracted by 7.3 per cent in fiscal 2020-21. The pandemic, it said, will leave new economic scars and deepen pre-pandemic constraints. "Over the longer term, we expect real GDP growth to average around 6 per cent," it said

Quote unquote

Curriculum is a vibrant thing. We can't sleep on the curriculum for decades. Changes happening around the world have to come into the teaching-learning process. Even arts, science and commerce streams should go for it. We have to replicate and re-model the classroom-type education. Human-to-human touch is important. A blended way of education (classroom and online) is essential, making use of the strength of technology.
ANIL D SAHASRABUDHE, head, AICTE

RJ PALACIO'S NEXT BOOK, 'PONY', TO BE PUBLISHED IN SEPTEMBER

Random House Children's Books has announced that Palacio's 'Pony' will be published Sept 28, with an announced first printing of 500,000 copies. It is a world apart from her million-selling debut 'Wonder'.



Story of a young boy's "harrowing yet distinctively beautiful journey" in the mid-1800s, 'Pony' is Palacio's first novel that doesn't feature characters from 'Wonder', a contemporary story of a fifth-grader with a disfigured face that was inspired in part by Natalie Merchant song of the same name

BOOK

SHARPEN YOUR SKILLS
IN SOCIAL SCIENCE

CLASS: X

SUBJECT:

SOCIAL SCIENCE (CBSE)

Maximum Marks: 80

Time Allowed: 3 Hours

PRACTICE PAPER SET BY DHARA MEHTA, SOCIAL SCIENCE EDUCATOR, ZEBAR SCHOOL FOR CHILDREN, AHMEDABAD

SECTION-A (1X16=16)

- Q1. Identify the correct statement with regard to the aspect that best suits 'the Frankfurt Parliament' from the following options. [1]
- A) The Parliament consisted of people from all the class of the society.
B) The Parliament shows that women were admitted only as observers to stand in the visitors' gallery.
C) The Parliament shows unification of various states with clergy on higher positions.
D) The Parliament shows it has been headed by a Monarch and the royal family.
- Q2. Name the association formed by Dr. B.R. Ambedkar in the year 1930. [1]
- A) Deprived Class Association
B) Depressed Classes Association
C) Derived Class Association
D) Demonstrated Class Association
- Q3. Which of the following was the reason for launching Satyagraha against the Rowlett Act 1919? [1]
- A) Forced recruitment in rural areas to join the British army
B) Empower the Government to repress political activities and detention of political prisoners without trial for two years.
C) Protest against the Jallianwala Bagh incident
D) Collect high revenue to meet out the war expenditure
- Q4. _____ industry has strategically located plants in Gujarat that have suitable access to the market in the Gulf countries. [1]
- Q5. Choose the correctly matched pair with regard to Primitive Cultivation in India from the following options: [1]
- A) Pama Dabi- Rajasthan
B) Dahiya- Odisha
C) Kuruwa- Jharkhand
D) Khil- Tamil Nadu
- Q6. Fill in the blank: [1]
- Peas: Rabi crop, Bajra: Kharif crop, _____: Zaid crop
- A) Moong B) Muskmelon
C) Jowar D) Paddy
- Q7. Identify the soil with the help of the following features: [1]
- Extremely clayey material, ideal for growing cotton
 - Well-known for its capacity to hold moisture
 - Develops deep cracks during hot weather, which helps in the proper aeration of the soil.
- Ans. _____
- Q8. A type of millet, is a rain-fed crop mostly grown in the moist areas which hardly needs irrigation. [1]
- A) Ragi B) Jowar C) Bajra D) Rajma
- Q9. In the capital city Brussels of Belgium, the percentage of French speaking people and Dutch speaking people were 80% and _____ respectively. [1]
- A) 40% B) 20% C) 50% D) 80%
- Q10. Define the term 'majoritarianism'. [1]
- Q11. Which administrative authority legislates on the residuary subjects? [1]
- Ans. _____
- Q12. Read the given data and find out which country has the most equitable distribution of income:

Countries	Monthly Income of Citizens in four countries in 2019				Average
	Citizen 1	Citizen 2	Citizen 3	Citizen 4	
Country A	400	2000	400	1200	860
Country B	600	5000	600	600	1,490
Country C	10500	11000	9000	8500	9400
Country D	800	4800	700	5000	2,410

- a) Country A b) Country B
c) Country C d) Country D
- Q13. Read the information given below and select the correct option: [1]
- Raman is a marginal industrial labourer. There are several months in a year when he has no work and needs credit to meet his daily expenses. He depends upon his employer the factory owner, for credit who charges an interest rate of 9 percent per month. Raman repays the money by working physically for the factory owner on his farmhouse.
- Over the years his debt will:
- A) Increase - because of non-payment of monthly amount and increasing interest
B) Remain constant - as he is working for the employer but is repaying less
C) Reduce - as amount equivalent to his salary is being counted as monthly repayment
D) Be totally repaid - as he is repaying the debt in the form of physical labour
- Q14. Which one of the following options describe 'Debt Trap'? [1]
- A) When credit

- helps in buying of seeds, fertilizers etc.
B) When credit enhances earning capacity of borrower.
C) When credit is repaid with high interest rate.
D) When credit pushes the borrower into a situation from which recovery is very difficult.
- Q15. Read the given statements in context to steps that government should take to ensure fair globalisation and choose the correct option: [1]
- A) Its policies must protect the interests of only of the rich and the powerful and not all the people in the country.
B) The government should ensure that labour laws are properly implemented and only the cloth factory workers get their rights.
C) The government can support small producers to improve their performance till the time they become strong enough to compete.
D) The government should not use trade and investment barriers as it cannot negotiate at the WTO for fairer rules.
- Q16. In the question below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option: [1]
- Assertion (A): People look at mix of goals.
Reason (R): People seek only for equal treatment, freedom, security, and respect.
- Options:
a) Both A and R are true, and R is the correct explanation of A.
b) Both A and R are true, but R is not the correct explanation of A.
c) A is true, but R is false.
d) A is false, but R is true.

SECTION-B (3X6=18)

- Q17. Describe various problems in unifying people in India by the end of 20th century. [3]
- Q18. Describe the main clauses of the Treaty of Vienna. [3]
- Q19. Explain any three measures of conservation of resources with the help of examples. [3]
- Q20. "The real success of federalism in India can be attributed to the nature of democratic politics in India". Analyse the statement. [3]
- Q21. What are the difference between formal and informal sources of credit? [3]
- Q22. What is Sustainable Development? Why is the issue of sustainability important for development? [3]

SECTION-C (4X4=16)

- Q23. Read the source given below and answer the questions that follow: [4]
- From the very beginning the French revolutionaries introduced various measures and practices that could create a sense of collective identity among the French people. The ideas of La patrie (the fatherland) and la citoyen (the citizen) emphasized the notion of a united community enjoying equal rights under a constitution. A new French flag, the tricolour, was chosen to replace the royal standard. The Estate General was elected by the body of active citizens and renamed the National Assembly. New hymns were composed, oaths taken, and martyrs commemorated, all in the name of nation. A centralized administrative system was put in place and it formulated uniform laws for all citizens within its territory. Internal customs and dues were abolished, and a uniform system of weights and measures was adopted. Regional dialects were discouraged and French, as it was spoken and written in Paris, became the common language of the nation.
- The revolutionaries further declared that it was the mission and the destiny of the French Nation to liberate the peoples of Europe from despotism, in other words to help other peoples of Europe to become nations. When the news of the events in France reached the different cities of Europe, students, and other members of educated middle classes began setting up Jacobin clubs. Their activities and campaigns prepared the way for the French armies which moved into Holland, Belgium, Switzerland and much of Italy in the 1790s. With the outbreak of the revolutionary wars, the French armies began to carry the idea of nationalism abroad.
- Answer the following MCQs by choosing the most appropriate option:
- Q23.1. State how did the idea of collective identity among people emphasize the notion of united community enjoying equal rights under a constitution. [1]
- A) By promoting idea of la patrie and la citoyen
B) By promoting royal standards
C) By diversifying laws
D) By promoting regional dialects
- (a) Identify who elected Estate General from the following options: [1]

- A) French generals and chiefs
B) Body of active citizens
C) Monarch and nobility
D) Revolutionaries and soldiers
- (b) Who were the members of Jacobin clubs? Select the appropriate option: [1]
- A) Students and revolutionaries
B) Middle class and revolutionaries
C) Students and educated middle class
D) Army and commoners
- (c) What was the impact of the outbreak of revolutionary wars? Select the appropriate option: [1]
- A) Idea of monarchy arose
B) Idea of territorial expansion
C) Idea of military rule emerged
D) Idea of Nationalism abroad
- Q24. Read the source given below and answer the questions that follow: [4]
- If we classify the various industries based on a particular criterion then we should be able to understand their manufacturing better. Industries may be classified as follows: On the basis of source of raw materials used: Agro-based: cotton, woolen, jute, silk, textile, rubber and sugar, tea, coffee, edible oil. Mineral based: iron and steel, cement, aluminium, machine tools, petrochemicals.
- According to their main role: Basic or key industries which supply their products or raw materials to manufacture other goods e.g. Iron and steel and copper smelting, aluminium smelting, Consumer industries that produce goods for direct use by consumers- sugar, toothpaste, paper, sewing machines, fans etc.
- On the basis of capital investment: A small scale industry is defined with reference to the maximum investment allowed on the assets of a unit. This limit has changed over a period of time. At present the

- B) a-3, b-4, c-2, d-1
C) a-2, b-1, c-4, d-3
D) a-4, b-2, c-1, d-3
- (b) Which of the industry from the given option is called as a basic industry? [1]
- A) That produces goods for direct use by the consumers
B) That supplies their products / raw materials to manufacture other goods
C) That pools their resources and shares profit or losses
D) That is owned only by one individual
- (c) What is the maximum investment allowed in order to be called as a small-scale industry? [1]
- A) One crore
B) Two crores
C) Three crores
D) Four crores
- Q25. Read the source given below and answer the questions that follow: [4]
- Democracies are based on political equality. All individuals have equal weight in electing representatives. Parallel to the process of bringing individuals into the political arena on an equal footing, we find growing economic inequalities. A small number of ultra-rich enjoy a highly disproportionate share of wealth and incomes. Not only that, their share in the total income of the country has been increasing. Those at the bottom of the society have very little to depend upon. Their incomes have been declining. Sometimes they find it difficult to meet their basic needs of life, such as food clothing, house, education and health.
- The poor constitute a large proportion of our voters and no party will like to lose their votes. Yet democratically elected governments do not appear to be as keen to address the

- and income.
B) The poor constitute a large proportion of our voters and no party will like to lose their vote.
C) All individuals have equal right in electing representatives.
D) Those at the bottom of the society have very little to depend upon.
- Q26. Read the source given below and answer the questions that follow: [4]
- In general, MNCs set up production where it is close to the markets; where there is skilled and unskilled labour available at low costs; and where the availability of other factors of production is assured. In addition, MNCs might look for government policies that look after their interests. Having assured themselves of these conditions, MNCs set up factories and offices for production. The money that is spent to buy assets such as land, building, machines and other equipment is called investment. Investment made by MNCs is called foreign investment. Any investment is made with the hope that these assets will earn profits.
- At times, MNCs set up production jointly with some of the local companies of these countries. The benefit to the local company of such joint production is two-fold. First, MNCs can provide money for additional investments, like buying new machines for faster production. Second, MNCs might bring with them the latest technology for production. But the most common route for MNC investments is to buy up local companies and then to expand production.
- Answer the following MCQs by choosing the most appropriate option:
- Q26.1. Which are the additional benefits that MNCs look for? [1]
- A) Availability of labour
B) Government policies
C) Closeness to the market
D) Availability of resource
- (a) According to the given passage, what is foreign investment? [1]
- A) Investment made by farmers.
B) Investment made by local companies.
C) Investment made by MNC.
D) Investment made by urban traders.
- (b) Which one of these is a major benefit of joint production between a local company and a Multinational company? [1]
- A) MNC can bring latest technology for production.
B) MNC will have partial control on price fluctuations.
C) MNC can develop but cannot buy all local companies.
D) MNC can ask local companies to sell products under their brand name.
- Q26.2. The most common route for investments by MNCs in countries around the world is to _____. [1]
- A) set up new factories
B) buy existing local companies
C) form partnership with local companies
D) buy new machines

SECTION-D
(5X5=25)

- Q27. Describe various problems in unifying people in India by the end of the 20th century. [5]
- Q28. Define balance of trade. Write a note on the changing nature of the international trade in the last fifteen years. [5]
- Q29. 'Political Parties are necessary condition for the democracy'. Analyse the statement. [5]
- Q30. What is power sharing? What are the different forms of power sharing in modern democracies? Give an example of each of these. [5]
- Q31. How can employment opportunities be increased in both rural and urban areas? Explain. [5]

SECTION-E (2+3=5)

- MAP SKILL BASED QUESTIONS
- Q32.1. Two places A and B have been marked on the given outline map of India. Identify them and write their correct names on the lines drawn near them: [2]
- A) Indian National Congress Session was held at this place in December, 1920.
B) Mahatma Gandhi organized a Satyagraha Movement at this place for indigo planters.
- Q32.2. On the same outline map of India locate and label any THREE of the following with suitable symbols. [3]
- a) Sardar Sarovar Dam b) Namrup Thermal Plant c) Pune Software Technology Park d) Haldia Port e) Kalpakkam Nuclear Power Plant

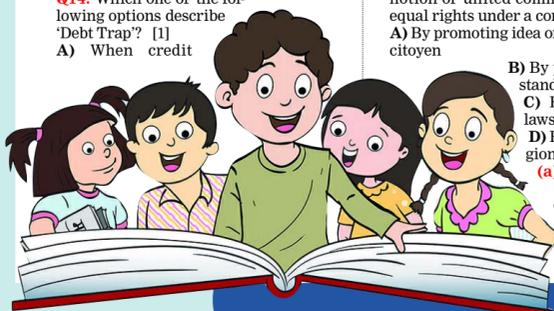
These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.



- maximum investment allowed is rupees one crore. On the basis of ownership: Public sector owned and operated by government agencies - BHEL, SAIL etc. Private sector industries owned and operated by individuals or a group of individuals - TISCO, Bajaj Auto Ltd., Dabur Industries.
- Joint sector industries which are jointly run by the state and individuals or a group of individuals. Oil India Ltd. (OIL) is jointly owned by public and private sector. Cooperative sector industries are owned and operated by the producers or suppliers of raw materials, workers, or both. They pool in their resources and share their profits or losses proportionately such as the sugar industry in Maharashtra, the coir industry in Kerala.
- Based on bulk and weight of raw material and finished goods: Heavy industries such as iron and steel. Light industries that use light raw materials and produce light goods such as electrical industries.
- Answer the following MCQs by choosing the most appropriate option:
- Q24.1. _____ sector industries are owned and operated by producers and suppliers of raw materials, workers, or both. [1]
- A) Public B) Private
C) Joint D) Cooperative
- (a) Industries can be classified on the basis of a particular criterion. Identify under which classification the following industries will fall: [1]

Classification	Industry
a. On the basis of raw materials	1. Small scale industry
b. On the basis of capital investment	2. Agro-based and mineral based industry
c. On the basis of ownership	3. Heavy and light industry
d. On the basis of bulk and weight	4. Public, Private, Joint, Cooperative sectors

- Choose the correct option:
A) a-1, b-2, c-3, d-4



EMPOWER YOURSELF BY WORKING ON YOUR SKILLS

Nothing about 2020 has been what anyone expected it to be, and this fall will be no exception as well. Across the world, people are being told to stay at home and practice 'social distancing' in the wake of the global coronavirus pandemic.



ARUNA REDDY, Principal,
KB School, Hyderabad

Here are some things you can do at home to empower yourself and develop your skills.

FROM THE PRINCIPAL'S DESK

- Boost your physical strength by doing exercises, yoga and meditation.
- Spend time in prayer and reflection.
- Take qualitative time to introspect yourself. Write down what you are thankful for and the things you need to change.
- Start a reading challenge. Try to learn some new language.
- Cultivate the habit of reading books. Focus on communication skills.
- Discover your hidden talents,

think creatively and do innovative things.

- Watch documentaries that enhance your knowledge.
- Keep a journal. We are living through unprecedented times and one day you might want to look back on these days.
- Get green-fingered. Take advantage of the soothing properties of gardening.
- Visit the wonders of the world using the internet.
- Focus on cultural activities, learning music or dance.

Try to spend some time every day with your elders at home.

- Do a craft project. How about a cardboard dollhouse, cardboard race car, a calming jar, paper dolls!
 - Create your own interactive stories, games and animations.
 - Do your things by yourself without depending on parents or elders
- We must realise that no matter how much time we think we have; at the end of the day, what we come to appreciate is that we spent enough quality time with doing many good things that satisfy our heart and soul.

CELEBRATING THE BEAUTY OF TELANGANA

"Difficulties in your life do not come to destroy you, but to help you realise your hidden potential and power, let difficulties know that you too are difficult."
-Abdul Kalam



Sister Nivedita School Hyderabad

The 7th Telangana State Formation Day was celebrated virtually by the students and teachers of Sister Nivedita School and Vivekananda Residential School, Karimnagar together. The gala affair started with the Telangana State song which invoked a feeling of togetherness among all. The same was portrayed in a graceful dance form as well. The rhythmic Telangana folk song made everybody share a feeling of belongingness.

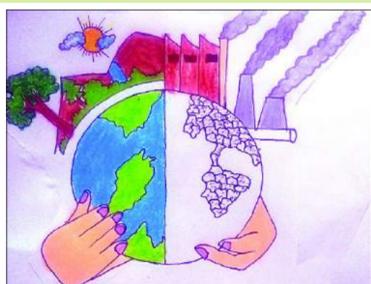
Principal Lalitha Kumari

Thota greeted the teachers and paid rich tributes to those who sacrificed their lives for the cause of a separate state of Telangana. She remarked that the Telangana State is marching on the path of progress, fulfilling the aspirations and realising the dreams of all the great leaders who fought for the nation. She prayed for the

progress and development of this youngest nation which is contributing to the growth trajectory of India.

Director and correspondent of Sister Nivedita School, Hari Hara Prasad also graced this occasion and appreciated the teachers for presenting a beautiful and memorable cultural programme. He also recalled the great leaders who felt the need for having a separate Telangana state because they felt the people should get equal opportunities.

NATURE - A BOX OF CRAYONS



STOP POLLUTION: P SAI SREE, class III D,
Little Flower High School, Abids

Nature is the most heavenly place on Earth to get lost. It shows picturesque paintings worth infinite cost; It uses sky as canvas and flowers as paint, With a spark of magic creates art of immense quaint;

Its photographs are an epitome of simplicity, Yet it throws a sparkle of green electricity; It brushes a variety of colours on its frame, Forms many beautiful sketches under its name;

Still this divine beauty is getting damaged, As we humans have got our needs managed; Though it's high time to save our precious nature, Yet it is so kind and continues to nurture;

With its vivid colours and cute smiles, we find some connection, Just one step ahead is ample to protect this perfection; Let's not hold back for others to save it, Not for the others but for our own benefit!

M SHILPA REDDY, class X A, Global Edge School,
Madhapur

NEWSPAPERS

Newspaper Newspaper everywhere, Lying here and lying there. Scribbled, crumpled, torn apart, Once read, no value it imparts, but... Playful Priyanka knows how to recycle, And doles out a wave that is vital. She cleans the windows and lines her cabinet, Packs the fragile and prevents the soiling carpet. Lay it on the floor to absorb the dirt, Or wrap it up tight for a gift outright. All you do is, don't waste it in a bin, Since, now you know there is so much to begin.

PRIYANKA DAGA, class XII English Teacher,
Glendale Academy

THE CHARMING EARTH



GLORIOUS: ABHINAV BURUGUPALLI,
class V, Delhi Public School, Miyapur

The lush blue sky, The fluffy clouds that cry, The gracious green trees And their breeze, The high tides rise The sand opens its eyes, The birds sing their songs And I sing along The Earth is a charming place Let's not destroy its face



SAISRI PETLURU, class VIII A CAIE, Birla Open Minds International School, Kollur



Sprouting green habits

World Environment Day was celebrated by the students of Pallavi Aware International School with great enthusiasm. Aligned with the core values of Pallavi group of schools, students planted saplings and sowed seeds along with their family members. They proudly shared their photographs with teachers which reflected their understanding of responsibilities towards conservation of environment. World Envi-

Pallavi Aware International School Saroor Nagar

ronment Day is observed on June 5 every year to remind people about the importance of nature. Students of Pallavi group of schools are inculcated to use environment friendly approach towards every action taken.

Sarvangasana

BENEFITS

- ◀ Calms the brain and helps relieve stress and mild depression.
- ◀ Stimulates the thyroid and prostate glands and abdominal organs.
- ◀ Stretches the shoulders and neck.
- ◀ Tones the legs and buttocks.
- ◀ Improves digestion.
- ◀ Reduces fatigue and alleviates insomnia

PRECAUTIONS

While performing Sarvangasana, it is recommended not to bend your knees. Don't try to strain your neck or move it. Your legs should be relaxed, don't strain it as this will contract your legs and prevent the flow of blood.

STEPS

- Step1** Lie down in the supine position (The supine position is lying horizontally with the face and body facing up).
- Step2** Raise your legs slowly upward and bring it to a 90° angle.
- Step3** Bring the legs towards the head by raising the buttocks up.
- Step4** Raise the legs; abdomen and chest and try to form a straight line.
- Step5** Place the palms on your back for support.

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

NEVER GIVE UP!

I was fascinated by JK Rowling's writings when I first read Harry Potter and the Philosopher's Stone. Her life story also inspires me a lot. As a child she was surrounded by books since both her parents loved to read books. She was passionate about becoming a writer right from childhood. Rowling got the idea of Harry Potter while she was travelling on a delayed train from Manchester to London Kings Cross station in 1990. It took her five years to compose and plan out the Harry Potter series. She sent the first three chapters to numerous agents and waited for their letter. Only one out of them, who was Bloomsbury, replied. Rowling regards it as the

best letter of her life. In 1997 the book Harry Potter and the Philosopher's Stone became the bestseller with about 120 million copies sold. This story tells us to stay strong even in our struggling phase, work hard regardless of the situation we are in. She advises her readers to have patience, determination and perseverance in order to achieve what they want to.

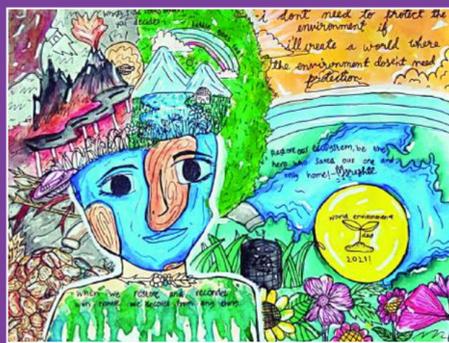
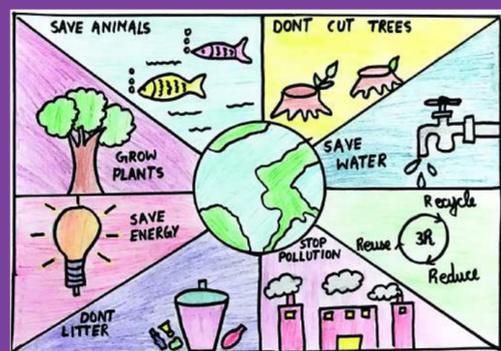


INSPIRING ICONS JK ROWLING

L BHAVYA, class IX, Sister Nivedita School, Hyderabad



Painters' Gallery



SAVE EARTH: MAANVI,
class VII A, Delhi Public School, Nacharam

ONE WITH NATURE: SRESHTHA, class VIII,
Pallavi International School, Gandipet



LIFE SAVERS: MAHITH KARTIKEYA,
class UKG C, Obul Reddy Public School

VERSTAPPEN CRASHES OUT OF LEAD

Stays on top of points table despite crash; Perez wins Azerbaijan GP



Max Verstappen of Netherlands and Red Bull Racing kicks his tyre as he reacts after crashing during the F1 Grand Prix of Azerbaijan at Baku City Circuit

Red Bull's Max Verstappen rode the Formula One rollercoaster in Azerbaijan on Sunday, crashing out but staying top of the standings with his lead undented on an afternoon of shifting fortunes. Verstappen was cruising toward an easy second consecutive victory until an unexpected tyre failure turned the Azerbaijan Grand Prix into a two-lap shootout, leading to a shock victory for teammate Sergio Perez. It was one of the more memorable races in recent memory.

Max Verstappen was a picture of pain when the tyre blowout robbed him of a probable win in the Azerbaijan Grand Prix. "Sometimes you can hate this sport," said the Red Bull driver after crashing in the closing stages with the sixth leg of the season at his mercy.

Frustrated and disappointed

Verstappen had no warning his tyre was about to fail as he slammed into the wall. Emerg-

ing from his car's cockpit, the Dutchman kicked the shredded left rear tyre in frustration. Verstappen, who started from the second row despite crashing in the third practice, drove a supremely controlled race, avoiding all the mayhem behind him until with five laps to go he suffered cruel luck with his 200mph crash on Baku's long pit straight.

His frustration was tempered however when Seven-time champion Lewis Hamilton tried to pass Perez for the win after the restart, but accidentally flicked a switch that "basically switches the brakes off and I just went straight" through turn one and off course to finish pointless in 15th. That left Verstappen retaining his four-point lead over the seven-time champion ahead of the next race, the French Grand Prix on June 21.

Verstappen posted the fastest lap but failed to pick up the normal extra point as he had not finished the race. He was full of praise for his Mexican teammate Perez. "It should have been a one-two but nevertheless to see him win

Frustrating and very disappointing so close to the finish to retire with a tyre blowout. It's a big shame. Sometimes you can hate this sport, for a few hours, then I'll be fine again. Honestly up until that point it was a great day, the car was on fire, it was just matching whatever I needed to do behind me, I was quite comfortably in the lead. It would have, let's say, have been an easy win. But, of course, there are no guarantees in the sport.

MAX VERSTAPPEN, Red Bull driver

the race was very nice to see. He's a great teammate and I think he had a great day today as well. He was doing everything that he should be doing as well, so was great to see."



Second win for Perez

It was the second career win for first-year Red Bull driver Perez. It somewhat salvaged the race for the team that had been headed toward a 1-2 finish before Verstappen's tyre failed. Perez's second win ties him with Pedro Rodriguez for the most in F1 by a Mexican driver. It took nine years from his 2011 debut for his first win and Perez now has two victories in six months. "I am very sorry for Max because he had a tremendous race," Perez said. "We were going to have a 1-2 together, but in the end it was still a fantastic day for us."

Preview of likely changes

The finish Sunday just might have been an unintentional preview of changes Formula One plans to experiment with later this season in an effort to add excitement to the on-track product. The unusual sequence began when championship leader Verstappen crashed out of the lead with four laps

remaining, halting what seemed to be a sure march to his third win of the season. F1 threw a red flag, allowed teams to change tyres during a lengthy delay, then unconventionally restarted the race, from a standing start, for two laps. F1 had previously announced it would experiment with half-hour sprint races in places of qualifying later this season and then the Baku ending became a preview of an even shorter, more explosive format. "As long as we keep it consistent, going forward, it certainly helps the fans to be sticking to the TV," winner Perez said. "I think they have the most enjoyable two laps of the race, you know?"

Top two fail to score

Verstappen and Hamilton both finished outside the top 10, the first time since 2016 that the top two in the championship standings failed to score a point. Four-time champion Vettel took second, his highest finish since 2019, to give Aston Martin its first ever F1 podium. Gasly was third for AlphaTauri. AGENCIES

EURO 2020 SET TO CAPTURE ATTENTION

Pandemic challenges remain; officials hope to showcase an adapting Europe with the delayed tournament

The Covid-19 pandemic was responsible for its postponement but, with the health situation in the continent gradually improving, the delayed Euro 2020 finally kicks off on Friday in Rome when Italy host Turkey while Cristiano Ronaldo and Portugal prepare to defend the title they won in France five years ago. When the action gets underway in front of a planned 16,000 fans at a quarter-full Stadio Olimpico the overwhelming feeling for European football's governing body UEFA will be of relief following the unprecedented decision to put the tournament on hold last year. This time the month-long competition is being staged for the first time in 11 cities across Europe rather than

in just one or two host countries, will focus the attention on the continent as it begins to open up for its summer season, with coronavirus infection rates dropping and vaccinations picking up pace.

Pan-European format stays

Challenges remain, especially after UEFA chose to stick with the pan-European format. Dublin and Bilbao were dropped from the list of host cities after refusing to give guarantees over spectator numbers, but Seville stepped in for the latter while Dublin's games went to London and Saint-Petersburg. The remaining venues - Amsterdam, Baku, Bucharest, Budapest, Copenhagen, Glasgow, London, Munich, Rome, Saint-Peters-

PORTUGAL HOPE TO RETAIN TITLE

Portugal are hoping to emulate Spain's success in 2008 and 2012 and successfully defend the title they won at Euro 2016. Ronaldo is 36 now but is still going strong and is supported by outstanding talents like Joao Felix, Bruno Fernandes and Bernardo Silva. They are in the same group as Germany and France who are hoping to repeat their achievement of Euro 2000. Les Bleus have Karim Benzema back after a long international exile and they look a fearsome proposition as they target a tournament double.

burg and Seville - have all confirmed fans will be allowed to fill between 25 and 100 percent of capacity, with the exception of Munich, which said it aims to host at least 14,500 fans at the Allianz Arena. While the threat of more contagious variants remains, Munich's mayor Dieter Reiter said in April there had been "no promises, of any kind, to guarantee spectators". Despite it all, UEFA president Aleksander Ceferin has been bullish, insisting Euro 2020 will be safe. "It will be the perfect opportunity to show the world that Europe is adapting. Europe is alive and celebrating life. Europe is back," he said recently. The clearest illustration of that is set to come from Budapest, where the brand-new, 68,000-seat Puskas Arena will be packed to capacity.

Expanded squads allowed

Nevertheless, the pandemic is not over, and coronavirus continues to cast its shadow. Organisers have made it clear that no travel exemptions are being granted for ticket holders, meaning those entering countries from abroad could have to quarantine on arrival. Concerns over possible virus clusters led to UEFA allowing nations to name expanded squads of 26 players. On Sunday, Spain captain Sergio Busquets tested positive for Covid-19 and has been ruled out of Spain's opening game against Sweden in Seville on June 14. Netherlands dropped goalkeeper Jasper Cillessen from their squad because of a positive test. AFP

FEDERER'S DECISION SENSIBLE: MURRAY

Former world number one Andy Murray said 20-time Grand Slam champion Roger Federer made a "sensible decision" to withdraw from the French Open to protect his body after two knee operations and opt to focus his efforts on Wimbledon. Federer, 39, decided to end his Roland Garros campaign on Sunday, a day after winning a gruelling third-round match against Dominik Koepfer. Eight-time Wimbledon winner Federer, who has hardly played in the last 17 months because of a knee injury, had been due to face Italian ninth seed Matteo Berrettini on Monday.

Replying to a tweet that said Federer was "disrespectful" to other players for "using" the French Open to gain fitness, Murray said, "In basketball, football etc when returning from injury players are given reduced minutes to build up their fitness. In tennis you don't have that luxury of just playing a set in first match then 2 sets the next etc." Seven-time French Open winner Chris Evert said the Swiss had earned the right to do so. REUTERS



QUIZ TIME!

Q1. In the 2017-18 Ashes series, which Australian played in all five Tests but did not get out?

- a) Josh Hazlewood b) Pat Cummins
c) Marnus Labuschagne d) Nathan Lyon

Q2. Who was the first player to score a double century in an ODI?

- a) Sachin Tendulkar b) Brian Lara
c) Kapil Dev d) AB de Villiers

Q3. Which team won the first ever English Premier

League trophy?

- a) Manchester United b) Arsenal
c) Chelsea d) Manchester City

Q4. Which player has taken a record 195 Ashes wickets, at 23.25 from 36 Test matches?

- a) Glenn McGrath b) Kevin Pietersen
c) Shane Warne d) Michael Vaughan

Q5. Who claimed their fifth straight pole position of the MotoGP season after going fastest in qualifying at the Catalunya Grand Prix?

- a) Marc Márquez b) Johann Zarco
c) Francesco Bagnaia d) Fabio Quartararo

Q6. How many Gold medals did Simone Biles win at the 2016 Rio Olympics?

- a) 5 b) 4 c) 3 d) 2



Photo: AP

Q7. Which Manchester City player has been included in the list of players set to be released at the end of the season?

- a) Rodri b) Bernardo Silva
c) Fernandinho d) Ilkay Gundogan

Q8. Which top seed player crashed out of the French Open 2021 losing to 31st seed Anastasia Pavlyuchenkova?

- a) Danielle Collins b) Ashleigh Barty
c) Simona Halep d) Aryna Sabalenka

Q9. Which footballer won the Premier League Player of the Season award this year?

- a) John Stones b) Ruben Dias

c) Joao Cancelo d) Aymeric Laporte

Q10. Which Badminton champion withdrew from the Tokyo Olympics due to knee injury?

- a) Tai Tzu-ying b) P V Sindhu
c) Carolina Marin d) Ratchanok Intanon

Q11. Which great batsman scored 1 in his first innings and a duck in his last?

- a) Don Bradman b) Viv Richards
c) Garfield Sobers d) Allan Border

ANSWERS: 1. d) Nathan Lyon 2. a) Sachin Tendulkar
3. a) Manchester United 4. c) Shane Warne
5. d) Fabio Quartararo 6. b) 4 7. c) Fernandinho
8. d) Aryna Sabalenka 9. b) Ruben Dias
10. c) Carolina Marin 11. a) Don Bradman