



# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

➤ A young reporter writes about 'if she were the Moon...' how she would transform the night sky

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➤ From allowing free time to encouraging kids to be independent, experts share tips on how parents can help in building their child's personality in 'Family Time'

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➤ RCB finds much-needed momentum as IPL enters business end

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**STUDENT EDITION**

FRIDAY, MAY 13, 2022



The violence and political chaos gripping the island nation of 22 million comes 13 years after a brutal civil war that ended in a bloody denouement in which thousands of people were killed

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## Relax uniform norms, modify timings: Education ministry's guidelines to COMBAT HEATWAVE



The ministry of education on Wednesday issued guidelines to schools for combating heatwave, asking them to relax the uniform norms and modify timings. A torrid heatwave had sent the mercury soaring across large swathes of India, with the temperature in Delhi rising to 46 degrees Celsius recently. The national capital also recorded its second-hottest April in 72 years, with a monthly average maximum temperature of 40.2 degrees Celsius. The guidelines by the ministry of education asked the schools to modify timings and reduce the number of school hours each day. Schools may relax norms about uniforms and canvas shoes may be allowed instead of leather ones, it stated. However, closing schools due to heatwave is not an option as suggested by experts, as offline classes have started from the new session after nearly two years due to the Covid-induced pandemic.

■ The ministry also said that schools should ensure that fans are functional and also may arrange for power backup

■ Revising school timings, restricting outdoor activities, stocking ORS and glucose sachets, and constantly motivating children to stay hydrated, are among the steps schools are advised to take because of the heatwave conditions in the national capital region and other parts of the country

# How Sri Lanka spiralled INTO CRISIS



Sri Lanka's economic crisis has turned into deadly violence. Eight people died and over 200 were injured on Monday, the country's prime minister quit and his brother, the president, is seeking ways to get out of the chaos. Anti-government protesters, angry over power blackouts, shortages of basic goods, and rising prices, demand that President Gotabaya Rajapaksa steps down, but the retired military officer has invoked emergency powers in an attempt to maintain control...

### HOW DID IT COME TO THIS?

Analysts say that economic mismanagement by successive governments weakened Sri Lanka's public finances, leaving national expenditure in excess of its income and the production of tradable goods and services at inadequate levels. The situation was exacerbated by deep tax cuts enacted by the Rajapaksa government soon after it took office in 2019. Months later, the Covid-19 pandemic struck. That wiped out much of Sri Lanka's revenue base, most notably from the lucrative tourism industry. Rating agencies, concerned about government finances and its inability to repay large foreign debt, downgraded Sri Lanka's credit ratings from 2020 onwards, eventually locking the country

out of international financial markets. To keep the economy afloat, the government leaned heavily on its foreign exchange reserves, eroding them by more than 70% in two years.

### WHAT DID THE GOVERNMENT DO?

Despite the rapidly deteriorating economic environment, the Rajapaksa government initially delayed talks with the International Monetary Fund. For months, opposition leaders and some

financial experts urged the government to act, but it held its ground, hoping for tourism to bounce back and remittances to recover. Eventually, aware of the scale of the brewing crisis, the government did seek help from countries, including India and China, regional superpowers, who have traditionally jostled for influence over the strategically-located island. Despite outside support, fuel shortages have caused long queues at filling stations as well as frequent blackouts, and some crucial medicines have run low.

### WHAT HAPPENS NEXT?

President Rajapaksa has sought support from all political parties in parliament to form a unity government, an offer that many, including the ruling alliance's allies, have declined

### How India is approaching THE PROBLEM

**1** India has been carefully watching the developments, offering financial assistance and other aid to the debt-ridden island nation without, obviously, stepping in to mitigate the crisis. So far, New Delhi has taken a cautious approach to the crisis. In a recent statement by the Indian high commission, it said, "India's economic assistance to Sri Lanka, which stands at more than \$ 3 billion in 2022, has been instrumental in addressing diverse needs of the Government and people of Sri Lanka"

**2** As the whereabouts of PM Mahinda Rajapaksa remain under wraps, the Indian mission also refuted social media speculations that he and his family had fled to India. It called the speculations "fake and blatantly false"

**3** Even as India says no political exiles are in the country, it remains cautious about an impending refugee crisis if the Lankan economy does not stabilise. It also fears a disruption in maritime security and trade links, as many ship routes criss-cross SL. India also has huge economic stakes in the country

## Global warming causing world's oceans to lose 'memory'



Most of the world's oceans are steadily losing their year-to-year 'memory' under global warming, researchers have warned. Ocean memory decline is found as a collective response across the climate models to human-induced warming. As greenhouse-gas concentrations continue to rise, such memory decline will become increasingly evident. The study compared the fast weather fluctuations of the atmosphere to find that the slowly varying ocean exhibits strong persistence, or "memory," meaning the ocean temperature tomorrow is likely to look a lot like it does today, with only slight changes.

**1** Ocean memory is found to be related to the thickness of the uppermost layer of the ocean, known as the mixed layer. Deeper mixed layers have greater heat content, which confers more thermal inertia that translates into memory

**2** However, the mixed layer over most oceans will become shallower in response to continued anthropogenic warming, resulting in a

**3** Along with ocean memory decline, the thinning mixed layer is also found to increase the random fluctuations of the sea surface temperature

**4** As a result, although the ocean will not become much more variable from one year to the next in the future, the fraction of helpful signals for prediction largely reduces

### THE IMPACT

➤ Reduced ocean memory together with increased random fluctuations suggest intrinsic changes in the system and new challenges in prediction under warming, feel experts

➤ Ocean memory loss doesn't just impact the prediction of physical variables, but could also influence the way we manage sensitive marine ecosystems, they add

Besides ocean prediction, forecasting land-based impacts on temperature, precipitation as well as extreme events might also be affected by ocean memory decline due to their dependence on the persistence of sea surface temperature as a predictability source



## Days-long celebration in June to mark Queen Elizabeth's Platinum Jubilee

Britain will hold four days of celebrations in June to mark Queen Elizabeth's seven decades on the throne. The 96-year-old Queen, Britain's longest-reigning and currently, the world's oldest monarch, ascended the throne on Feb 6, 1952, on the death of her father King George VI...

■ The Queen's Birthday Parade, known as 'Trooping the Colour', which has been held for more than 260 years, will be held in central London, with more than 1,200 soldiers expected to take part along with military bands on June 2

■ On June 3, a national service of thanksgiving will be held at London's St Paul's Cathedral, and its 'Great Paul' bell - the largest in the country and dating back to 1882 - will be rung for the first time at a royal occasion since being restored last year after a mechanism broke in the 1970s

on June 3 ■ A pageant will be held with the Gold State Coach (eight-horse-drawn carriage used by the British Royal Family) at its head that Elizabeth used on her coronation day in 1953

## ESA astronaut makes history with 1st TikTok from space station

The European Space Agency (ESA) astronaut Samantha Cristoforetti has become the first-ever TikTok star to post a video from the International Space Station. Cristoforetti is part of SpaceX's Crew-4 mission, which arrived at the orbiting lab on April 27 for a six-month

'Etta is short for 'scimmietta', which is Italian for 'little monkey,' Cristoforetti says in the video. (Etta was the first plush toy that Cristoforetti bought for her daughter, Kelsey)

stay. "Follow me to boldly go where no TikTok has gone before," the astronaut said in the 88-second TikTok video posted recently. In the video, Cristoforetti took her viewers through Crew-4's launch as well as introduced them to the mission's two zero-g indicators, a plush turtle named Zippy and a stuffed monkey called Etta.



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### NUTRITION

Heard of the anti-anxiety diet? Do you know there are foods that help calm you down? We tell you what to eat to soothe the nerves

### HEALTH

Breathe right for better sleep with these breathing techniques

### #GOALS

It's Mark Zuckerberg's birthday on May 14. We share some of his solid work and life advice

### SELF-CARE

Retain skin moisture even in the harshest of summer

### STUDENT EDITION

SATURDAY, MAY 14, 2022



### ETIQUETTE

Appreciation creates value in our relationships. We tell you how to appreciate others and yourself PLUS: Remember names; Money Manners; Wear quirky socks

### BOOKS & MOVIES

Daniel Kahneman on How to make a good decision PLUS: Family movies to mark Intl. day of Families

### SPORTS

Journey to Champions League Final

**Your Weekender**





## SENIOR STUDENTS LEND A HELPING HAND AT SUMMER CAMP

**S**iddhartha Public School is conducting a summer camp, Sankalp, hosted exclusively by the students and for the students. Trained senior students of the school are taking care of their juniors at the camp.

Integration of skill development and education is essential for skills to take wings. The trainers in this camp are students of classes IX and X. The school created this platform for those who are eager to explore and expand their horizons. The identified trainers who underwent three levels of scrutiny are capable enough to engage and lend a helping hand to their juniors. This also helps build leadership qualities and other values in the children attending as well as those training.

**Siddhartha Public School**  
**Hyderabad**

The student trainers have been provided training from experts to perform their job well. Along with the student trainers, there is also a teacher volunteer to help and assist the kids on board.

The main idea be-

hind this camp is to make the children utilize their summer vacation and also with a concept to provide the capable students with a platform to expose them to a great learning experience, to nurture their talent and uncared skills.

The camp not only gives a chance to make new friends and build relationships but also focuses on their weak areas and makes them confident in academic concepts.

Chairman Jagadishwar Rao, Director C Suman Kumar and Principal Anuradha Murthy expressed their happiness to see such great response from the parents and students.



## Contests showcase learning & development

**Gitanjali Vedika**

**W**ith students settling well in their offline academic environment, it is the perfect time to challenge their skills and creativity. Fun class competitions were conducted for students of classes IV, V and VII to boost their overall learning.

Students of class IV portrayed the roles of eminent personalities and awed one and all with their impactful character depictions. Class V students brought to life engaging stories with their narrations using self-made puppets.

Students of class VI showcased their marketing skills by turning into salesmen, advertising products and services.



These activities not only awakened their competitive spirits but also helped the students develop communication skills, confidence, creativity and critical thinking. Three prizes were awarded for each class based on the judging criteria of the competition.

## CONNECTING WITH THE INFINITE SOURCE WITHIN ONESELF

**S**ister Nivedita School organised the Awakened Citizen Programme, a three-year graded education programme for students in the middle school and high school, run by the Ramakrishna Mission. It emphasizes on six universal possibilities where each one of us carry within the infinite source of power, strength and goodness.

Sister Nivedita School has been conducting the programme since 2016 which has helped students discover how to apply a host of possibilities in their day to day life.

The resource person from ACP team, Subhash visited the school and observed the classes. He spoke on the impact of the programme on leadership and personality development, etc. School Principal Dr. T Lalitha Kumari Principal welcomed the guest and addressed the importance of decision making and imbibing values.

Trained teachers from Ramakrishna Mission took the classes which enabled the



**Sister Nivedita School**  
**Hyderabad**

students to introspect themselves. The students were motivated and involved in group discussion, they were also encouraged to come out with different perspectives of their own opinion on various issues.

The resource person provided feedback to the teachers regarding facilitation practices and assessed the impact of the programme. Overall, the interactive session helped students to realise the power within themselves which would help them to face challenges with positive attitude and confidence.



## Time to heal our planet

**S**tudents of Pallavi Aware International School participated in various activities conducted to mark Earth Day.

A special assembly was held with a view to sensitize students about conservation of natural resources and to motivate them to do their bit towards making their planet even more beautiful.

Principal Sudeshna commenced the day with a beautiful message and information on World Earth Day, where learners were reminded of their re-

**Pallavi Aware International School**  
**Hyderabad**

sponsibilities and corrective measures to be taken to safeguard planet Earth.

The assembly concluded with the address by guest Niveditha, who motivated and enriched the students about the ways in which each one can contribute towards environmental protection.



## THE BEAUTY OF NATURE



The beauty of nature, Cannot be measured.  
It keeps getting greater,  
It should definitely be treasured.

It's wonderful creations, Mountains, plains, rivers,  
Spread through all our nations,  
Even our beauty through mirrors.

From the birds in the sky, To the fishes in the water,  
It's a treat to the eye,  
It would be nice to be an explorer.

Oh and the fox, my favourite,  
With it's saffron coat.  
Why kill it? Why not save it?  
For now, let's devote.

Oh the beauty of mother nature  
Can never be compared,  
To anyone greater,  
Neither can she be more faded.



**SANJANA**, class VII-A, Bharatiya Vidya Bhavan's Public School, Jubilee Hills

## HOME, SCHOOL OR TEACHER?

Home, school or teacher?  
Who...is the one who secure our future?

Parents say just read, read  
Is it the only good deed?

Teachers say " prepare question-answers for tomorrow's test"  
After listening this, parents say " study and do your best."

Exam pressure, school pressure, parents and study pressure  
So much pressure, How can I measure?

Then I extended my knowledge, without going to college  
That home, school and teacher  
All are the ones, Who secure our future.

**SOM MUKHERJEE**, class IX, Marigold, Sister Nivedita School, Hyderabad

## IF I WERE THE MOON



## MAKE THE NIGHT SKY LOVELY

**I**f I were the moon, I would have had a lot of fun, coming every night in a different shape, sometimes I would show crescent, sometimes half of myself, and sometimes disappear. I would have danced along the stars giving light at dark hours of the night to the sky and to the ground.

I would run around Earth and look at it from top to tip, the oceans, the deserts, the mountains and more. I'd play hide and seek behind the clouds whenever there is a thunderstorm.

I would be the star of the sky even though the actual stars would be right

beside me. When the world sleeps, I would be there with my silver beams falling onto Earth giving it life. I give different lights to life at night. I would fade into oblivion when the Sun comes up to start the day.

On most days, I would welcome the Sun and people can see us at two ends.

Sometimes, I would look for the objects the humans send towards me. I would wait for the day when mankind begins to settle down on my soil and make life interesting.

**ADVIKA ANN JOSE**, class VI, Gregorian Public School, Ernakulam



## ONE IN A MELON!

**Gitanjali Primary School**  
**Hyderabad**

*When life gives you lemons, make lemonade. But if life gives you melons, then it is time for SUMMER BREAK.*

**T**he teachers of Gitanjali Primary School celebrated 'Watermelon Splash' before embarking on their summer vacation. As the name suggests, the juicy, scrumptious and summer times sweetest treat, Watermelon, was the theme for the day. From the invitation to the decor, the costumes to crowns, the accessories to props, every little thing was watermelon themed, in red and green.

The day started with the Watermelon Carving Competition where every team had

to carve the watermelon artistically and present the same to the judges with a jingle.

The surprise of the day was the race to win the Mr. And Ms. Watermelon title. All the teachers, dressed in watermelon themed clothes/accessories, exhibited the coolest trait of their personality through a ramp walk and dance.

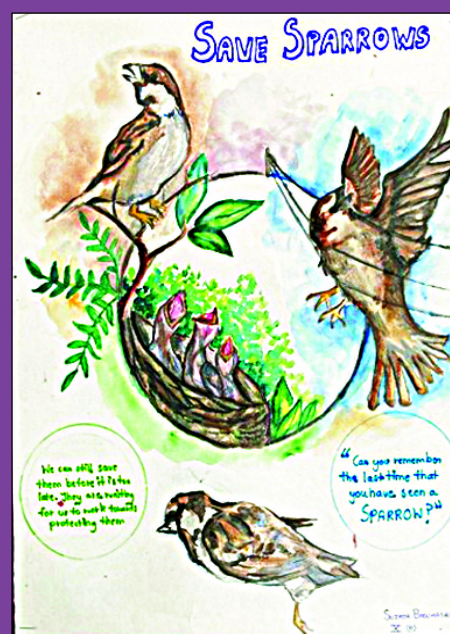
Just as the watermelon energizes and hydrates our bodies, this event refreshed and reminded every teacher present in the hall that it's time to rest and reset to do it all over again. The summer break gives all a chance to reflect on the good times they had as teachers and rekindle the flame that keeps them in this profession.



## Painters' Gallery

**SRIRAM TADEPALLI**, class IX, Bharatiya Vidya Bhavan's Atmakuri Rama Rao School, Hyderabad

**REESHITHA**, class VIII-B, Obul Reddy Public School, Hyderabad



**SUJATHA BASUMATRY**, class X, Delhi Public School, Nadergul



## ETIQUETTE

FIVE TIPS TO DEVELOP  
YOUR CHILD'S PERSONALITY

Every individual is born with a unique personality that is eventually shaped by her surroundings. The surroundings and environment play a formative role in moulding the child's future. The immediate and first environment of a child is their home, especially, the caregivers – parents, grandparents and siblings. This is followed by educational institutions where teachers and fellow students form the environment. Special care should be taken so that the child is brought up with a positive attitude and in an environment that encourages him/her to grow into a well-rounded individual with an impactful personality. Here are some tips that will help you achieve the same.



## 1. BE A GOOD LISTENER

Your child would want to share everything with you and we all know that children's idea of 'relevance' is very different from that of adults. When children talk about the most insignificant things, they wish to be heard because to them it is important. If you make them feel heard and understood in their formative years, they will feel confident and secure in your company and grow up to be confident individuals who will listen to others.

## 2. REFRAIN FROM COMPARISON

Every child is unique and is blessed with different calibre and qualities; this implies that every child will be exceptionally good at a thing or two but not at everything. Hence, there should always be room for mediocrity. If your child performs an activity by putting its best into it, and you end up comparing it with a peer or another child, it will completely ruin their self-esteem and confidence in their capabilities. You should know that every child is good at something but not everything. Therefore, instead of comparing, you should appreciate and encourage.

## 3. LIMIT SCREEN TIME

Too much screen time can limit your child's social and intellectual development as it leads to addiction, and leaves no time for interaction with peers and family; which is essential for social growth. Your child must spend more time in organic conversations than with gadgets and screens.

## 4. ENCOURAGE INDEPENDENCE

Children are extremely little, fragile beings with little sense of the world and there are numerous things that they do for the first time – walk, talk, eat, crawl and read; the list is too long and goes on. But you should always make sure to help your child as much as possible. At the same time, don't go above and beyond to help your little one with everything. It might make way for excessive dependence. Helping the child become independent by letting him/her do things is a good way to develop an independent personality.

## 5. ALLOW FREE TIME

This generation saw the pandemic, the rapid development of technology and excessive reliance on virtual mediums. It is thus recommended to lay emphasis on free play and allow that among children. Values of team spirit, sharing, caring and resilience are inculcated through free play and interaction with other children. Playtime is also necessary for the physical and mental development of the child and its overall personality development.



## INSPIRATION

'AUTISM IS A CONDITION,  
NOT A DISEASE'MOTHER-ACTIVIST MUGDHA KALRA SHARES HER  
ACCOUNT OF RAISING A CHILD WITH AUTISM

We understand reality only when it hits us. For Mugdha Kalra, mother, activist and founder of Not That Different, reality came knocking when her son, Madhav, showed classic signs of autism and was later diagnosed with it.

It was during school admission interviews that she was made aware of her son's condition. "There were classic red flags, but those that can easily be mistaken for an introverted personality type," she says.

"My child was happy by himself, he engaged with only a few people. He had limited language, but he was talking. He didn't make eye contact all the time, he was hyperactive. But to be really honest, most parents would see these as no signs at all and would wait till the child is about 7 or 8 to even realise that something is amiss," she explains.

Having had a perfectly

ACCEPTING THE CHALLENGES AND  
FOCUSING ON THE STRENGTHS

Being a mother of a child with autism is all about working on the strengths, believes Mugdha. She finds ways in which her son can communicate better and doesn't saddle him with expectations of learning and communicating. "His strengths are discipline and structure. He is very good with things that are part of his calendar routine and he is also very sharp and quick to learn visually. He may not be great in a classroom set-up, but he is quick to learn in a one-on-one set up," says Mugdha.

normal pregnancy, being healthy, excessively pampered and taken care of, Mugdha felt very privileged and grateful.

Although overwhelming, the initial days after she had her son were truly magical, she says.

"He's a beautiful child. I had so much to learn as a new mom – a human being who's all yours. I was nervous like every other mother. But I was

also having a lot of fun too," she reminisces.

However, things began to change after her child's diagnosis. "There is no way of making sense of an autism diagnosis. You're never the same. Life resets. You can continue staying in the same rut, in denial, in anger, in grief or take charge of life, your child and see what best can be done," she says.

## ASK THE EXPERT

My daughter never  
stands for what she feels

We all worry about what others think. It's human and normal to wonder how you are perceived. And while it's good to recognise where you can grow and change to be a kind and giving person, there is a point where it can become unhealthy, and translates to being a people-pleaser.

People-pleasers rely on others' approval to feel good about themselves. They can't say no for fear of feeling guilty or worrying that others will think they're selfish

and inconsiderate. And so, in order to feel worthy and accepted, they say yes. It turns out this mindset has deep roots. A 2016 study in the journal 'Frontiers in Human Neuroscience' found that people who found it difficult to say no to others had variations in their brain activity that was quite different from people who disagreed more often. Specifically, the MRI results showed that when people-pleasers tried to say what's on their mind, certain parts of their brain lit up in the MRI.

**QUERY:** My daughter is a people pleaser. I want her to stand for what she feels which she never does. Any tips?

**RESPONSE** by Dr. Rachna K. Singh:  
Hi, thanks for writing to us.

## To avoid this, follow these steps to disrupt your people-pleasing needs

**Are you helping because it makes you feel happy and satisfied? Or because you feel guilty?:**

1 There is a line between being a people-pleaser versus simply being kind and generous. If you decide to help out because it reinforces your values or gives you joy, go for it. Instead of accepting every opportunity thrown at you, recognise whether you're doing something because you want to be kind and generous, or because you'll "feel bad" if you don't. Don't worry, recognising the difference doesn't make you selfish; it makes you honest.

**Let your values drive your decision:**

2 Don't let your decision filter be, "Did someone ask me to do it?" Instead, ask, "Is this in line with my values and interests?" Indeed, a 2013 study by researcher Sonja Lyubomirsky states that in order to maximise happiness, choose activities that are related to your values and interests. This can (and probably should) include serving others in your life, organisations; just make sure it's a mix of activities determined by what you hold dear.

**Practice saying no:**

3 Saying "no" can feel like brass-knuckled aggression to the people-pleasers among us because the passive end of the spectrum is so cozy and familiar. But there is a big difference between passive and truly aggressive. The aggressive among us know exactly what they want and



go for it, regardless of who is hurt or what relationships are ruined in the process. An assertive person, by contrast, achieves their goals while still being polite and respectful to those around them. In short, don't throw common decency out the window. Next, try saying "no" to a ridiculous request without bending over backwards to explain why. Keep calm and carry on, and eventually it will feel like second nature to politely state what you do and do not want. This is called setting healthy boundaries.

**Refrain from over-apologising:**

4 People pleasers are always sorry. One of my clients joked she should introduce herself with "Hi, my name is Shreya, and I am sorry." Apologising is an admission of guilt for a crime you didn't commit. What's more, it can make it look like others' outrageous requests or poorly-thought-out actions were reasonable and justified. Save true contrition for the times you actually screw up (and we all do).

To sum it all up, respect people, but don't be a people pleaser. Never hesitate to do the right thing. We hope this will help you.  
Dr Rachna Khanna Singh is HOD of Holistic Medicine, Artemis Hospital, Gurgaon, Relationship, Lifestyle & Stress Management Expert



If you have a parenting query to share, send it to us at [toinie175@gmail.com](mailto:toinie175@gmail.com).

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Name of Activity	Duration	Class	Market Price	Times NIE Offer
HappyMango Learning Solutions -Learn Robotics, AI, VR and Coding	12 sessions	1 <sup>st</sup> - 12 <sup>th</sup>	Rs.4,000 onwards	Rs.2,600 onwards + E-Certificate
LearnIQo-Debate and Public Speaking Workshop	4 weeks - 12 hours	3 <sup>rd</sup> - 12 <sup>th</sup>	Rs.6,000	Rs.5,400 + E-Certificate + Free participation in 1 IQ Debate Tournament (Use code: NIE)
Leapwaters-Great Communicator Camp to become Confident and Smart	4 weeks - 20 sessions	1 <sup>st</sup> - 8 <sup>th</sup>	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt (Use code SUMMERFUN)
Leapwaters-Learn Coding, Games, Apps, AI and more "Fun & Learn"	4 weeks - 20 sessions	1 <sup>st</sup> - 8 <sup>th</sup>	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt (Use code SUMMERFUN)
Leapwaters-Learn Dance, Fitness, Theatre and more "Fun & Learn"	4 weeks - 20 sessions	1 <sup>st</sup> - 8 <sup>th</sup>	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt (Use code SUMMERFUN)
Leapwaters-Fun with Arts and Crafts to learn and unleash your creativity	4 weeks - 20 sessions	1 <sup>st</sup> - 8 <sup>th</sup>	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt (Use code SUMMERFUN)
Roots Design and Film Media-Workshop on Still-Life Drawing and Painting	15 days - 3 hours	8 <sup>th</sup> - 12 <sup>th</sup>	Rs.5,000	Rs.1,800
Roots Design and Film Media-Workshop on Short Film making	4 weeks - 3 hours	8 <sup>th</sup> - 12 <sup>th</sup>	Rs.10,000	Rs.6,500
Roots Design and Film Media-Learn to Design Fashionable Clothes	4 weeks - 3 hours	8 <sup>th</sup> - 12 <sup>th</sup>	Rs.10,000	Rs.3,500
Roots College of Hotel and Culinary Arts -Crash course in preparing Food and Beverage goodies	7 days (3 to 4 hrs per day) from 17th May	8 <sup>th</sup> - 12 <sup>th</sup>	Rs.10,000	Rs.3,990
Skill Live-Foreign Language Courses - Korean, Japanese and Mandarin	3 weeks - 16 classes	1 <sup>st</sup> - 10 <sup>th</sup>	Rs.6,000 per language	Rs.3,499 per language
Skill Live-Foreign Language Courses - French, Spanish and German	3 weeks - 16 classes	1 <sup>st</sup> - 10 <sup>th</sup>	Rs.6,000 per language	Rs.3,499 per language
Skill Live-Language Courses- Coding, Trinity English and Sanskrit	3 weeks - 16 classes	1 <sup>st</sup> - 10 <sup>th</sup>	Rs.6,000 per language	Rs.3,499 per language
Brainology-5 Days Super Memory Master Class	5 days	3 <sup>rd</sup> - 12 <sup>th</sup>	Rs.6,000	Rs.500
Canon-Photography Workshop	1 hour	5 <sup>th</sup> - 12 <sup>th</sup>	Rs.7,000	Free
DigitCodemy-Learn STEM, Coding and App Development	3 weeks	KG - 12 <sup>th</sup>	Rs.4,000 onwards	Rs.3,880
DQ Labs-Doodles and Design Level UP Workshops	18 sessions	4 <sup>th</sup> - 12 <sup>th</sup>	Rs.8,000 onwards	Rs.6,000 onwards
STEM Academy-Coding, STEM, AI, Tech, Art and Design Workshop	2 weeks	1 <sup>st</sup> - 10 <sup>th</sup>	Rs.7,500	Rs.5,000 + E-Certificate
The Talk Room-Personality Development Workshop	2 weeks	6 <sup>th</sup> - 12 <sup>th</sup>	Rs.3,999	Rs.1,499
Think Tac-Summer Science Programmes	8 sessions	3 <sup>rd</sup> - 8 <sup>th</sup>	Rs.1,650	Rs.1,320 (Use code SUMMER22)
Cube Matrix Academy-Chess and Rubik's Cube Workshop	3 months	1 <sup>st</sup> - 12 <sup>th</sup>	Rs.10,000	Rs.7,000
Nayi Taleem-Young Actors Programme	5 weeks	1 <sup>st</sup> - 8 <sup>th</sup>	Rs.3,500	Rs.3,000
The Brain School-Learn to Develop 10X Memory Power	2 hours	3 <sup>rd</sup> - 12 <sup>th</sup>	Rs.1,500	Free
Spotlyt Academy-Crash Courses on Drone Building, Fashion Design, Modern Art and Gardening	3 weeks	4 <sup>th</sup> - 12 <sup>th</sup>	Rs.2,999 onwards	Rs.1,999 + Free pre-recorded sessions + kit + live classes for 3 weeks
SEFT-Junior Fashion Design Bootcamp	2 weeks	4 <sup>th</sup> - 11 <sup>th</sup>	Rs.12,000	Rs.7,500
Horus Financial Consultants - Financial Literacy Workshop	3 hours	3 <sup>rd</sup> - 10 <sup>th</sup>	Rs.499	Rs.299
Xceedible-Leadership Workshop	1 week	5 <sup>th</sup> - 12 <sup>th</sup>	Rs.3,000	Rs.999
Codeshala-Coding for Kids	30 classes - 1 hour each	1 <sup>st</sup> - 12 <sup>th</sup>	Rs.600 per class	Rs.350 per class
Lil' Goodness - Exclusive deal on Pop-It Gummies	3 months	Jr. KG - 12 <sup>th</sup>	Rs. 516	Rs. 361 (Use code NIE30)

Click on the Activity for further Information &amp; Registration !





Virat Kohli and RCB skipper Faf du Plessis

# BANGALORE TOO STRONG FOR PUNJAB

## RCB FINDS MUCH-NEEDED MOMENTUM TOWARDS BUSINESS END OF IPL

**R**oyal Challengers Bangalore, who have found much-needed momentum towards the business end of IPL, will back themselves to ride past an inconsistent Punjab Kings and get closer to a play-off spot on Friday. Having put up complete performances in their last two games, RCB seemed to have figured out their best combination.

### BEST FINISHERS

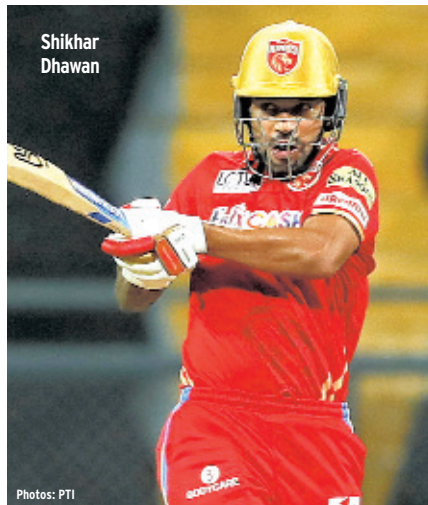
Barring Virat Kohli, all of their batters are in top form with uncapped Rajat Patidar and Mahipal Lomror complementing seasoned pros like skipper Faf du Plessis, Glenn Maxwell and Dinesh Karthik, who has been among the best finishers in the tournament alongside Gujarat's Rahul Tewatia. Mohammad Siraj has not been at his best but trust him to deliver when the team wants it the most. Maxwell has been handy with his off-spin, both in powerplay and middle overs, while Wanindu Hasaranga is among the leading wicket-takers in the tournament with 21 scalps including a five-wicket haul.

"What we are trying to get better as a team is making sure that one of those top-four creates a bit of a base. We have got some really strong hitters at the back. The games where we didn't do so well, there was a big cluster of wickets in the powerplay. Obviously need some stability but at the same time you gotta make sure you don't go into defensive mode," said du Plessis after the massive win over SRH. Kohli, who is in the middle of his worst IPL season, is due for an impact knock and that could come against Punjab. A win on Friday

would take RCB to 16 points though 18 seems to be a safe number for a play-off berth.

### DO OR DIE MATCH

Punjab, who have three games left, need to win all to have a shot at the top-four finish. They had started their campaign with a win over RCB and are on 10 points with five wins and six losses. The fact that they have not been able to win two games in a row sums up their inconsistent run. Shikhar Dhawan and Bhanuka Rajapaksa have delivered at the top, so has Liam Livingstone and Jitesh Sharma in finishing the innings. Jonny Bairstow finally got runs after being promoted to open the innings alongside Dhawan. Skipper Mayank Agarwal, who has moved himself down the order, needs to lead from the front. On the bowling front, Sandeep Sharma has been tidy but could



Photos: PTI

do with some wickets in the powerplay. Lead pacer Kagiso Rabada has done well to take 18 wickets but has gone for close to 9 runs per over.

Arsdeep Singh has been brilliant, especially in the death overs, and has impressed many with his ability to land yorkers at will. Despite a solid squad at their disposal, Punjab have flattered to deceive, and they must raise their game before it is too late yet again. AGENCIES

### Upcoming IPL Matches



VS



MAY 13

7.30 PM

Brabourne Stadium, Mumbai



VS



MAY 14

7.30 PM

Maharashtra Cricket Association Stadium, Pune



Lukaku

Photo: GETTY IMAGES

# CHELSEA SINK LEEDS

## RELEGATION FEARS HEIGHTEN AFTER 3-0 LEEDS DEFEAT

**L**eeds United edged closer to Premier League relegation after goals from Mason Mount, Christian Pulisic and Romelu Lukaku earned Chelsea a comfortable 3-0 victory over the 10-man hosts on Wednesday. The fixture was important for both teams, with Chelsea needing five more points to be sure of a top-four finish prior to their trip north, while Leeds' top-flight status remains in the balance. The hosts, however, could not have got off to a worse start as Mount fired Chelsea in front inside four minutes, before a reckless challenge from Dan James saw him sent off 20 minutes later, leaving Leeds with a mountain to climb.

### THIRD SUCCESSIVE LEAGUE LOSS

There only looked like being one winner from that moment on, with Chelsea putting the game to bed in the 54th minute as American forward Pulisic slotted home from the edge of the area, before Lukaku hammered in a late third to seal victory. A third successive league loss for Leeds means they stay in the bottom three on 34 points from 36 matches, level with

17th-placed Burnley, who have a game in hand, making Sunday's clash with Brighton & Hove Albion pivotal for Jesse Marsch's side. Chelsea's first win in four league games moved Thomas Tuchel's third-placed team onto 70 points from 36 matches, four clear of Arsenal in fourth, and eight clear of Tottenham Hotspur in fifth. "We talked about keeping it 0-0 but, I thought we were aggressive, and the game still was there for us at 0-1 - the red card changes the game," Marsch said.

**Leeds had conceded 34 home league goals this season, their most in the top-flight in a single campaign since 1959-60. Lessons not been learned as Mount was left all alone to break the deadlock.**

**Fourth-minute goal was the earliest Leeds have conceded in a PL match since December 2020.**

### MOMENT OF CARELESSNESS

In a moment of carelessness, James scythed Chelsea midfielder Mateo Kovacic needlessly down on the halfway line and was handed his marching orders, meaning he will miss the rest of the season. The tackle also ended the Croatian's match. Belgian striker Lukaku, who has endured a difficult season after joining Chelsea from Inter Milan, then went close to his third goal in his last two matches with a header that flashed just wide. Leeds offered no attacking threat in the opening period, finishing the half without having had a shot on target, causing audible frustration from all around Elland Road after the break with more errant passing.

Chelsea went ahead 2-0 when Mount flicked the ball into Pulisic, who was left free to pick his spot. Lukaku capitalised on more poor defending from the hosts to make it 3-0 as Leeds fans headed for the exits seven minutes from time. "We were strong when it was 1-1 against 11, and obviously you have an advantage after their sending off. But at the same time the level of focus has to stay high as Leeds will never stop fighting," Tuchel said. AGENCIES

# WAWRINKA RELISHES 'SPECIAL' CHALLENGE AGAINST DJOKOVIC IN ROME

**T**hree-times major champion Stan Wawrinka said that playing Novak Djokovic is always special but added that he may not quite be ready to face a player of the world number one's quality following his return from long-term injury.

The 37-year-old, who did not play for an entire year after undergoing two surgeries for a foot injury, battled past Laslo Djere 7-6(8) 3-6 6-4 to set up a 26th career meeting with Djokovic in the last-16 of the Italian Open on Thursday.

"It's not the best prize, but it's always special to play against him," said Wawrinka, who has won his last two matches against the Serbian.

Wawrinka's victory over 14th seed Reilly Opelka in Rome earlier this week was his first in 15 months and the Swiss said he had a long



Stan Wawrinka

Photo: GETTY IMAGES

way to go before regaining full fitness.

Djokovic, who defeated Aslan Karatsev in his opening match, is looking for his sixth title on the clay in Rome and first this season. PTI

## QUIZ TIME!

**Q1:** Which sport is also known as "ping-pong"?

- a) Tennis
- b) Table Tennis
- c) Ludo
- d) Karate

**Q2:** Which country houses the "Indian Wells Tennis Garden"?

- a) Netherlands
- b) United States of America
- c) United Kingdom
- d) Australia

**Q3:** WISPA is related to which of the following sports?

- a) Football
- b) Chess
- c) Cricket
- d) Squash

**Q4:** Which among the following related to Hockey?

- a) Bombay Gold Cup
- b) Gurmeet Trophy
- c) Indira Gold Cup
- d) Narang Cup

**Q5:** Sunil Gavaskar was the first batsman to 10000 runs in which mode of cricket?

- a) Tests
- b) ODIs
- c) First Class
- d) T20I



Sunil Gavaskar

Photo: TOI

**Q6:** Which of the following players is supposed to be standing still, till the ball is bowled by the bowler as per the Laws of Cricket code?

- a) Bowler
- b) Batsman
- c) Fielder
- d) Wicket-keeper

**Q7:** Which male athlete has won the maximum number of medals at the World Championships in Athletics?

- a) Mo Farah
- b) Usain Bolt
- c) Carl Lewis
- d) Michael Johnson

**Q8:** Who was the referee for 2018 FIFA World Cup?

- a) Nestor Pitana
- b) Nicola Rizzoli
- c) Howard Webb
- d) Said Belqola

**Q9:** Which is the governing body of gymnastics in India?

- a) Gymnastics Federation of India
- b) Association of Gymnastics in India
- c) Gymnastics Organisation of India
- d) Gymnastics India

**ANSWERS:** 1. b. Table Tennis  
2. b. United States of America  
3. d. Squash 4. d. Narang Cup  
5. a. Tests 6. d. Wicket-keeper  
7. b. Usain Bolt 8. a. Nestor Pitana  
9. a. Gymnastics Federation of India