



# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

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**STUDENT EDITION**

FRIDAY, JANUARY 29, 2021


**WEB EDITION**
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## MAMATA BANERJEE DEMANDS FOUR ROTATING NATIONAL CAPITALS



### STUDENTS REACT

The concept of rotational capitals is neither economically nor politically-feasible, as it will incur a huge burden of constructing central establishments in four different cities.  
**SOUMILEE BHATTACHARYA**, class XII, Apeejay School Park Street, Kolkata



It's a weird idea and shouldn't be taken seriously. Shifting locations of parliamentary sessions again and again will not only lead to a breach of security but also incur huge economic burden on the taxpayers' money.  
**UDISHA TIWARI**, class X, CMS, GN2, Lucknow



It would be sheer wastage of money, infrastructure and time, if India goes for four rotational capitals. Besides, rather than talking abruptly, the West Bengal CM should present a detailed plan on how it will work.  
**MRIDU GOEL**, passout, DPS, RK Puram, ND



I was immediately reminded of Mohammad Bin Tughlaq and his decision to shift the capital from Delhi to Daulatabad. India shouldn't commit the same blunder again, as it would lead to utter chaos.  
**YOSHITA UPADHYAY**, class X, DPS, Sec'bad



## ONE NATION, MULTIPLE CAPITALS?

West Bengal chief minister Mamata Banerjee has said that India must have four rotating capitals. Addressing a rally on the occasion of Netaji Subhash Chandra Bose's 125th rally, Mamata said, "I believe that India must have four rotating capitals. The English ruled the entire country from Kolkata. Why should there be only one capital city in our country," she questioned.

### WHY DELHI BECAME INDIA'S CAPITAL

- 1 The foundation of New Delhi as India's capital was laid on December 12, 1911 by King George V during New Delhi durbar (a pompous royal ceremony). It finally became the capital on February 13, 1931
- 2 One of the reasons for declaring it the capital was that Delhi was the financial and political centre of many empires that had earlier ruled India
- 3 Another main reason for the capital shift was the location of Delhi. Calcutta was situated in the eastern coastal part of the country, while Delhi was located in the northern part of the country
- 4 The British government also believed that ruling India from Delhi was easier and more convenient than from Calcutta

**BOLIVIA - La Paz and Sucre:** La Paz is located in the Andes mountains and is perfect for views of snowy mountain tops. It is also known as the administrative capital, while Sucre, located hundreds of miles away, is the constitutional capital  
**CHILE - Santiago and Valparaiso:** Located only 72 miles away from each other, the two cities are polar opposites. Santiago is filled with buildings

### NATIONS WITH MORE THAN ONE CAPITAL

and city life, while Valparaiso is very picturesque  
**CZECH REPUBLIC - Brno and Prague:** Brno is home to the Supreme Court of the Czech Republic and a hub for students. Prague is a city known for its rich culture and history  
**MALAYSIA - Kuala Lumpur and Putrajaya:** Ideal for nightlife, Kuala Lumpur is the residence of

Malaysia's monarch. On the other hand, Putrajaya was constructed by the government in 1995, and is a quiet city located around a man-made lake  
**NETHERLANDS - Amsterdam and The Hague:** Amsterdam is a city known for its easy-going lifestyle. The Hague is the power centre of the country.  
**SOUTH AFRICA - Bloemfontein,**

**Cape Town and Pretoria:** South Africa is the only country in the world to have three capitals. Cape Town is a popular tourist city and offers epic views of table mountain and beaches. It is also the legislative capital of South Africa. Bloemfontein has a chilled, residential vibe and is the judicial capital of South Africa. Pretoria, a picturesque city, is the executive capital of South Africa

### ECONOMY

#### INDIA SEEN AS FASTEST-GROWING ECONOMY IN FY22: IMF

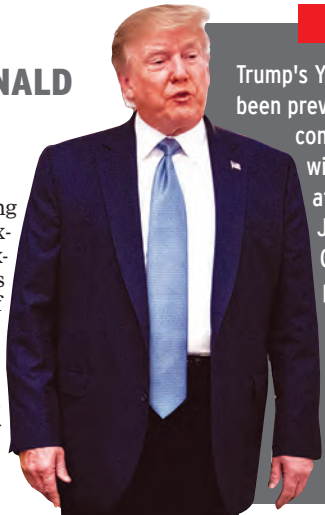
India's economy is expected to bounce back strongly in the next fiscal year with 11.5% growth, the International Monetary Fund (IMF) said on Tuesday, forecasting a sharp global recovery in 2021 after the havoc wrought by the pandemic.



- 1 India is the only major economy forecast to grow in double digits next year and forecast to follow that up with the highest 6.8% rise in the FY'23 fiscal
- 2 Policy support and vaccines are expected to lift the economic activity across the world, the IMF said in its World Economic Outlook (WEO) update
- 3 The latest forecast for India's FY'22 gross domestic product (GDP) marks an upward revision from the 8.8% growth the IMF had estimated in its last assessment in October
- 4 The IMF also raised its India forecast for the current fiscal. It said the economy is likely to contract 8% compared with the 10.3% decline it had forecasted in October

### YOUTUBE EXTENDS SUSPENSION OF DONALD TRUMP'S CHANNEL INDEFINITELY

The US online video sharing service YouTube has extended its suspension of ex-President Donald Trump's channel indefinitely. "In the light of the concerns about the ongoing potential for violence, the Donald J. Trump channel will remain suspended," YouTube spokesperson Ivy Choi said. "Our teams are staying vigilant and closely monitoring for any new developments," the spokesperson said.



### BOYCOTT

Trump's YouTube channel has been prevented from having new content and engagement with the viewers in the aftermath of the January 6 riot at the US Capitol, where his supporters stormed the federal legislative assembly building, in an attempt to stop the lawmakers from certifying the election win of Joe Biden

### 'COVAXIN IS EFFECTIVE AGAINST UK VARIANT'

India's first indigenous Covid-19 vaccine, Covaxin, effectively neutralises the more-infectious UK variants of SARS-CoV-2, reducing the possibility of the mutant virus escaping the body's defence system, said developer Bharat Biotech on Wednesday. @icmr\_niv is the first in the world to culture the UK variant," tweeted co-developer Indian Council of Medical Research (ICMR). The researchers performed the plaque reduction neutralisation test (PRNT50), used to quantify the titer or concentration of the neutralising antibody for a virus, using the sera collected from 26 volunteers, who received Covaxin to test against the UK variant and the heterologous strain of the virus.



- Data from research firm IDC showed that Apple's shipments surged 22%, making 90.1 million phones in the quarter, giving it a global market share of 23.4%, and making a record for the company
- Its iPhone 12 series, released last October, marked its first 5G-enabled devices

## Akshay Kumar launches India's warzone game FAU-G



### GAMING ZONE



FAU-G, the most-awaited mobile action game, was finally launched on January 26 by actor Akshay Kumar. The actor took to social media and broke the news by sharing a video of the game along with a caption that read, "Face the enemy. Fight for your country. Protect our Flag. India's most-anticipated action game, Fearless and United Guards: FAU-G takes you to the frontlines and beyond! Start your mission today." The Sooryavanshi actor shared a trailer of the game along with the announcement.

- ➔ The first episode of the game is based on the Galwan Valley in Ladakh. Further episodes will be set amid Indian battle backdrops
- ➔ FAU-G was first announced after PUBG was banned in India in September 2020
- ➔ As of now, the game has been released only for the Android mobile device users, and can be downloaded from the Google play store

## US secures Armstrong's footprint on the Moon

The footprint that Neil Armstrong left on the Moon after he said, 'One small step for man, one giant leap for the mankind' is now protected by the US law. The astronaut's artefacts and footprint on the lunar surface have come

**SPACE** under the 'One Small Step to Protect Human Heritage in Space Act', which came into force on December 31, 2020. By doing so, the US became the first-ever country in the world to pass a law protecting human artefacts in space.



- Under the new act, historic objects and traces from the first missions to the Moon will be protected
- The bill was introduced in the Congress in 2019 to mark the 50th anniversary of the first Moon landing. Now, as an act, it will officially establish a perimeter around the Tranquility Base, the site of the Apollo 11 landing, and five other landing sites that were visited between 1969 and 1972
- Objects that are being protected by the act include artefacts like the vehicles, equipment, remnants of the experiment, traces of human, and the robotic presence from the six 'keep out zones'



# PRACTICE AND GAIN MOMENTUM IN PHYSICS



CLASS: XII - 2020-21

SUBJECT:  
PHYSICS (ICSE)

Time Allowed: 3 Hours

Maximum Marks: 70

## GENERAL INSTRUCTIONS

- Candidates are allowed additional 15 minutes for only reading the paper. They must NOT start writing during this time.
- All questions are compulsory.
- This question paper is divided into 4 Sections, A, B, C and D as follows:
  - SECTION A: Question number 1 is of twelve marks. All parts of this question are compulsory.
  - SECTION B: Question numbers 2 to 12 carry 2 marks each.
  - SECTION C: Question numbers 13 to 19 carry 3 marks each.
  - SECTION D: Question numbers 20 to 22 are long-answer type questions and carry 5 marks each.
- Each question has an internal choice.
- The intended marks for questions are given in brackets [ ].
- All working, including rough work, should be done on the same sheet as and adjacent to the rest of the answer.

## SECTION-A

(Answer all questions (12 Marks))

- Q1 (a).** Choose the correct alternative (a), (b), (c) or (d) for each of the questions given below: [1 x 5 = 5]
- (i) A moving coil galvanometer can be converted into voltmeter by connecting
- a low resistance in series with its coil
  - a low resistance in parallel with its coil
  - a high resistance in parallel with its coil
  - a high resistance in series with its coil
- (ii) A physical quantity in optics without unit
- power
  - refractive index
  - wavelength
  - frequency
- (iii) A moving electron enters a uniform and perpendicular magnetic field. Inside the magnetic field, electron travels along
- a straight line
  - a parabola
  - a circle
  - a hyperbola
- (iv) When a light wave travels from air to glass:
- its wavelength decreases
  - its wavelength increases
  - there is no change in wavelength
  - its frequency decreases.
- (v) Two thin lenses having optical powers of -10D and +6D are placed in con-

Paper set by Geetha, teacher, MG School for Excellence, Bengaluru



tact with each other. The focal length of the combination is

- +0.25cm
- 0.25cm
- +0.25m
- 0.25m

- (b) Answer all questions given below briefly and to the point:** [1 x 7 = 7]
- i) What is meant by drift speed of free electrons?
- ii) On which conservation principle is Kirchhoff's Second Law of electrical networks based?
- iii) Give an example where energy is converted into matter.
- iv) In a nuclear reactor what is the function of a moderator?
- v) Calculate angular momentum of an electron in the third Bohr orbit of hydrogen atom
- vi) How is fringe width of an interference pattern in Young's double slit experiment affected if the two slits are brought closer to each other?
- vii) How can the spherical aberration produced by a lens be minimised?

## SECTION-B

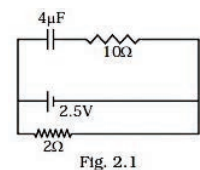
(Each question carries 2marks)

- Q2 (a).** An electron and alpha particle have the same de-Broglie wavelength associated with them. How are their kinetic energies related to each other?
- OR**
- b)** An electric bulb is rated as 250V, 750W. Calculate the
- electric current flowing through it, when it is operated on a 250V supply.
  - Resistance of its filament

**Q3.** State the reason, why heavy water is generally used as a moderator in a nuclear reactor.

**OR**

A capacitor of  $4\mu\text{F}$  is connected as shown in the circuit (Fig. 2.1). The internal resistance of the battery is  $0.5\Omega$ . The amount of charge on the capacitor plates will be



- Q4.** Explain Coulomb's law in vector form
- Q5.** Define electric dipole moment and write its S.I. unit.
- Q6.** Two nuclei have mass numbers in the ratio 1:8. What is the ratio of their nuclear radii?

**OR**

**a)** A rectangular loop of area  $5\text{ m}^2$  has 50 turns and carries a current of 1 A. It is held in a uniform magnetic field of 0.1 T, at an angle of  $30^\circ$ . Calculate the torque experienced by the coil.

**Q7.** Write an expression for force per unit length between two long current carrying wires, kept parallel to each other in vacuum and hence define an ampere, the S.I. unit of current.

**Q8. i)** State de Broglie hypothesis

ii) Define dispersive power of the material of a prism

**Q9.** Calculate binding energy of oxygen nucleus ( $^{16}\text{O}$ ) from the data given below.

Mass of a proton = 1.007825u  
Mass of a neutron = 1.008665u  
Mass of ( $^{16}\text{O}$ ) = 15.994915u

**Q10.** Explain why potentiometer is more superior to a voltmeter.

**Q11. Define**

- coefficient of mutual induction
- Magnetic flux

**OR**

**b)** The deviation produced for violet, yellow and red lights for crown glass are  $3.75^\circ$ ,  $3.25^\circ$  and  $2.86^\circ$  respectively. Calculate the dispersive power of the crown glass.

**Q12. a)** A thin symmetrical biconvex lens of focal length 20cm and refractive index  $3/2$  is immersed in water ( $\mu = 4/3$ ). Find its new focal length.

**OR**

- Where will you keep an object in front of a
- Convex lens in order to get a virtual and magnified image.
- Concave mirror to get a real and diminished image.

## SECTION-C

(Each question carries 3marks)

**Q13 a)** A regular hexagon of side 10cm has a charge  $5\mu\text{C}$  at each of its vertices. Compute electric potential at the centre of the hexagon. [3]

**OR**

- State Biot Savart law
- Find the magnetic flux density at a point on the axis of long solenoid having 5000 turns /m when it is carrying a current of 2A.

**Q14.** A parallel plate capacitor is charged by a battery, which is then disconnected. A dielectric slab having dielectric constant K, is now introduced between its two plates in order to occupy the space completely. State in terms of K, its effect on the following

- The capacitance of the capacitor
  - The potential difference between its plates.
  - The energy stored in the capacitor
- Q15 a)** What is photoelectric effect? Write Einstein's photo electric equation in terms of frequency ( $\nu$ ) of incident light and threshold frequency ( $\nu_0$ )

**OR**

- Define the following with reference to photo electric effect
- Threshold frequency ( $\nu_0$ )
- Stopping potential ( $V_s$ )
- Work function

**Q16.** Define electric field intensity (E). Show that  $E = -dV/dr$ , where symbols have usual meaning.

**Q17.** State Huygen's principle. Verify using

ing Huygen's principle, Snell's law of refraction of a plane wave propagating from rarer to a denser medium.

**Q18.** State gauss' law in electrostatics. Using this law, derive an expression for the electric field due to a uniformly charged infinite plane sheet.

**Q19.** State and prove lens makers formula  $1/f = (n_2/n_1 - 1)(1/R_1 - 1/R_2)$  symbols have usual meaning.

## SECTION-D

(Each question carries 5marks)

**Q20 a)** A  $100\Omega$  resistance is connected in series to an inductor of 4H. Equation of potential across the resistance is  $V = 2 \sin(400t)$  volt. Find

- Equation of current in the circuit
- Equation of current in the inductive reactance
- Equation of potential difference across the inductor.
- Average power consumed in complete cycle of AC

**OR**

**b) i)** Define rms value of an AC voltage. Show that rms value of an AC voltage  $v = v_0 \sin \omega t$  is  $v_0/\sqrt{2}$ , where terms have their usual meaning.

ii) If an AC voltage is given as  $E = 311 \sin(314t)$  volt. Find the frequency of source and rms value of voltage.

**Q21 a)** For a simple microscope show that magnification M is given by  $M = 1 + D/f$ , when final image is seen at the least distance of distinct vision (D). Draw a neat labelled ray diagram. Write the expression for magnifying power in case of relaxed eye (Derivation not required)

**OR**

**b)** Draw a neat and labelled diagram of an experimental set for Fraunhofer's diffraction due to single slit. Show that angle of diffraction for first order minima is  $\theta = \sin^{-1}(\lambda/e)$  where  $\lambda$  is wavelength of light and e is width of slit. Write any two differences between interference and diffraction pattern.

**Q22 a)** i) Draw the V-I characteristic for p-n junction diode in forward bias condition.

ii) What is depletion layer in junction diode?

iii) Describe solar cells and photodiodes

**OR**

- Differentiate between Intrinsic and extrinsic semi-conductors
- Write two characteristic features to distinguish between n-type and p-type semiconductors.
- What is the value of resistance of an ideal diode?

# Psychology: Hone your strengths

PAPER SET BY ANURADHA BHATNAGAR, PGT PSYCHOLOGY, GURUKUL GLOBAL SCHOOL, CHANDIGARH

## SECTION-I

- Q1.** The notion of self-esteem is based on Bandura's social learning theory. True/False
- Q2.** The state of physical, emotional, and psychological exhaustion is known as \_\_\_\_\_.
- Q3.** Which of the following is true of depression?
- It affects men more frequently than women.
  - It is a component of Dissociative Identity Disorder.
  - It is caused by low activity of serotonin.
  - It is more prevalent among the wealthy than the poor.
- Q4.** Which one of the following best describes a crowd?
- Collection of people
  - Collection of people

- by chance
- Feeling of interdependence amongst members
  - Positive synergy amongst the members
- Q5.** If 16 PF questionnaire is used for vocational exploration then \_\_\_\_\_ is a self-report measure used to identify varieties of psychopathology.
- Q6.** Mir had no recollection of the bicycle he received as a gift on his tenth birthday. But when Nita reminded him about the same, he was able to recall it. This is because memories of his birthday were lying in the \_\_\_\_\_ level.
- unconscious
  - preconscious
  - conscious
  - superconscious
- Q7.** Ritu was unable to decide about the topic of the project she had to submit for the final examination. She, therefore, did not complete the work before the deadline, was unable to concentrate on the task at hand and seemed to suffer from mental overload. The above signs are exhibiting \_\_\_\_\_ effect of stress.
- Q8.** Value judgement of a person about himself/herself is \_\_\_\_\_.
- Q9.** According to Freud, a child

grabs food from other child when he is hungry is driven by.....

**Q10.** Oral stage is from birth to .....

**Q11.** When both mania and depression are alternately present is called.....

**Q12.** Choose the correct match for each behaviour with the aspects related to structure of personality

A	B
1. J.P. Guilford	a. Seven Primary abilities
2. Louis Thurstone	b. Factor: S. Factor
3. Charles Spearman	c. Level 1, Level 2
4. Arthur Jensen	d. Intelligence has three dimensions

(Operation, Content, Product)

**Q13.** Reshma always complains of snakes and insects crawling in her body. She is suffering from .....1

**Q14.** Schizophrenia is also known as .....because .....

## SECTION-II

**Q15.** "Rahul is a 27 yrs old young adult working in an M.N.C. he did not reach back home after office. After 4 yrs he suddenly came back home, but did not remember the past 4 yrs of his life. It seemed as if he suddenly woke up"

(1) Which type of disorder is Rahul suffering from?

(2) What are the other disorders of the same category?

(3) What are the causes of this disorder?

**Q16. Read the case study and answer the questions that follow.**

In the Army one cannot sit back and relax. A few years after the Kargil War, Deepchand's regiment was posted to Rajasthan. While setting up an ammunition store, a bomb was accidentally detonated. In the explosion, Deepchand lost his fingers. Later both his legs and right arm were amputated. After 24 hours and 17 bottles of blood, he finally gained consciousness. After the accident, lying on the hospital bed,

## GENERAL INSTRUCTIONS

(i) All questions are compulsory except where internal choice has been given.

(ii) Answers should be brief and to the point. Marks for each question are indicated against it.

(iii) Question No. 1-14 in Section I are objective type questions carrying 1 mark each. You are expected to answer them as directed.

(iv) Question No. 15-16 in Section II are case based with objective type questions. Question No. 15 has three questions carrying 1 mark each. Question No. 16 has four questions carrying 1 mark each. You are expected to answer each one of them.

Deepchand mulled over why he met with an accident. Being an athlete, he felt bad about not being able to run for the state again. But as they say, once a soldier, always a soldier. "I trained myself to walk with the help of prosthetics. I learnt to ride a scooter and use a computer. And there has been no looking back," he said. 7 Deepchand has worked for the country without flinching even an eyelid. And in doing so, in an unfortunate event, he met with an accident and lost his limbs. Does he regret his childhood dream to become an army jawan? The proud man who stands on his prosthetic feet says he does not. "The accident could have happened to me in any profession. At least it

happened in the line of fire. I want to be reborn a soldier. There's nothing greater than serving your country," he said.

i) Identify the phenomenon that Deepchand is experiencing immediately after regaining consciousness in the hospital.

a. Eustress b. Distress

c. Social Pressure d. Hassles

ii) Deepchand's secondary appraisal of the event would be \_\_\_\_\_

a. Appraisal of the threat

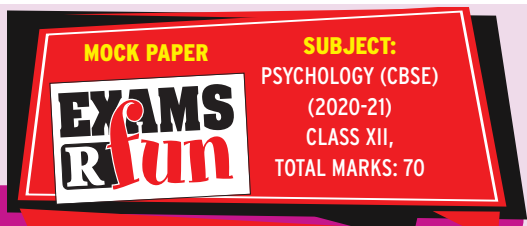
b. Appraisal of the harm

c. Appraisal of his coping abilities and resources

d. Appraisal of the challenges ahead

iii) Based on the below given statement, what will determine Deepchand's cognitive appraisal of the event: "The accident could have happened to me in any profession. At least it happened in the line of fire. I want to be reborn a soldier. There's nothing greater than serving your country," he said.

These questions and the marks alongside 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.



## SECTION-V

**Q26.** Describe the symptoms of any two Anxiety Disorders.

**Q27.** Classify and explain the symptoms of Eating Disorders.

**Q28.** Angad has been a topper in class. He went to the topmost college, where he was neither sensitive to his own self or to others. This led to problems in interpersonal relationships with reference to his condition. Explain the importance of emotional intelligence in his life.

**Q29.** Describe why do people join groups.

## SECTION- VI

**Q30.** How do you define personality? Explain any one approach to the study of Personality.

**OR**

How do projective techniques assess personality?

Explain any two well-known projective techniques.

**Q31.** Describe different stages of personality development proposed by Freud.

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# How I got my kids to meditate

Statistics are numbers until they hit home. I learnt that recently when my husband returned home after attending the funeral of his employee's brother. Life isn't easy and we need an outlet to cope with stress, anxiety. This is where meditation can help all, including kids!

## Stats that is worrying

According to a study, my generation or the millennials is the most anxious generation in history. At 47% increase in major depression diagnoses amongst millennials since 2013, we are also the most depressed compared to all the previous generations. But what made me look for ways to get my pre-schoolers tools to handle such mental health problems was yet another stat: A 2018 American Psychological Association survey found out that 54% of workers under 23 or from Gen Z felt anxious/nervous.

## Meditation helps!

The way mental health problems are affecting kids younger and younger, by the time my kids grow up to be ten, they might be battling these issues. And I am a mother of two young women, a gender that gets hit harder. So, I started looking for ways to help my kids build emotional resilience. I have found a tool, a habit that will help them stay happy — meditation! Yes, it's a scientifically proven way to reduce stress, be more mindful, have better focus and sleep better.



## But my kids won't sit in meditation

It is easier to get a monkey to sit still than my girls. But to be a journalist living in the land of spirituality and meditation has to have its benefits. I had access

to several masters and gurus to discuss How to Get My Kids to Meditate. After many trials, I have come up with a phenomenal way to instill the practices of meditation in both my kids, three years old and five years old, a 3-step Meditation Program for Kids.

## My Meditation roadmap for kids

Although Sadhguru Jaggi Vasudeva (the guy who Hollywood actor Will Smith recently invited home to learn the ultimate truth from) says that kids my kids age should be just left to be themselves, I watched him say that in one of the videos. To paraphrase what I understood from that video: "Adults meditate to get in touch with their inner child but when you are a child already, what do you need." A word from one of

the wisest-s is to not force pre-schoolers into meditation; but I am a mere mortal, do I listen?

## I have come up with a 3-step Meditation Program for Kids:

**1) Replace sweets with some meditation!** Especially in Asian households, festivals and celebrations means sweets! Why does everyone become happy when they get a sweet? Because when we were growing up, we were given a sweet to celebrate occasions and our happiness — so the association. But, if we were to replace that sweet with meditation in our kids' lives, it would be great and not even give diabetes.

**2) Don't go the traditional way** Even if full-blown meditation practice is not possible there is a lot one can do. Monk Om Swami suggests every time the house has a happy occasion or you have to reward your kids' achievements, play meditation music. Simple.

**3) Most effective advice ever!** Of all the parenting advice about all the challenges in the universe, the best one remains this: do it yourself. Kids learn from what you do, not what you say. (By author Medha Shri, editorial chief at os.me and mindful living enthusiast.)

## 5 QUICK MEDITATION TECHNIQUES FOR KIDS

**1** Get them to chant Om for 2 minutes, then increase gradually (2 minutes 10 seconds, add another ten, so on). It's also called the Kaizen method, increase insignificantly.

**2** Let them sit with open eyes facing a wall, and make them do nothing, suggested Spanish author Francesc Miralles.



**3** 8-4-7 breathwork: I picked up this meditation technique from Black

Lotus App. This practice is for adults: Exhale for 8 seconds with woosh sound,

inhale for 4, hold for 7. When you your kids do it, adjust it to their capacity.

**4** Sit crossed leg with eyes closed and focus on the breath.

**5** Lie down, eyes closed. Now move your attention from toes to head, body part by body part.

## PARENTING LESSONS MIRA RAJPUT KAPOOR LEARNED



Speaking to an entertainment portal recently, Mira Kapoor (a mother and wife of actor Shahid Kapoor) said that her elders taught her important tips, which help her raise her two children.

Talking about being a mother in the age of social media parenting, Mira says that she is a firm believer in sticking to the roots and teaching kids the value of culture:

"A beautiful tip I've received and truly practice is nurturing my kids from a young age by teaching them about Indian roots and inculcating a healthy lifestyle. This has helped me and my family to stay healthy and fit through all the seasons. Our Indian kitchen and traditions have wholesome goodness and health which over the years we've lost touch with."

**The importance of having a supportive partner**

Another person who she

credits for making motherhood easier is hubby Shahid Kapoor. Adding that pregnancy and parenting is a two-person job, Mira says she was lucky to have an involved parent like Shahid, by her side.

Shahid Kapoor also took paternity leaves after

"Our Indian kitchen and its many traditions really have wholesome goodness and health which over the years we have lost touch with."  
Mira Kapoor

the birth of both of his kids. Mira adds, "Moreover, your partner's support is important in every step and that helped me stay calm and happy. Pregnancy is a beautiful journey you embark on with your partner and one should embrace it and never shy away from the same. I was only able to do this with support from Shahid and my family."

### QUIZ TIME (INDIAN HISTORY)

**Q.1) In which year did Aurangzeb die?**  
A. 1707 B. 1702  
C. 1748 D. 1713

**Q.2) Who among the following was the finance minister in Akbar's court?**  
A. Man Singh I B. Faizl  
C. Raja Todar Mal D. Birbal

**Q.3) Baz Bahadur was the last sultan of...**  
A. Ajmer B. Delhi  
C. Malwa D. Khandesh

**Q.4) Which Mughal emperor's regent was Bairam Khan?**  
A. Shah Jahan  
B. Akbar  
C. Humayun

**Q.5) In which year did Imad-ul-mulk became Wazir?**  
A. 1742 B. 1739  
C. 1752 D. 1748

**Q.6) Ahmad Shah Bahadur was succeeded by....**  
A. Jahandar Shah  
B. Timur Shah Durrani  
C. Alamgir II  
D. Muhammad Shah

### ANSWERS

1.A) 1707 2.C) Raja Todar Mal 3.C) Malwa 4.B) Akbar 5.C) 1752 6.C) Alamgir II

### KNOWLEDGE BANK (BIRDS)

**Malkoha**  
They are large birds of the cuckoo family and get their name from the Sinhalese word 'mal-koha' meaning flower-cuckoo and are part of the Phaenicophaeus genus. They are non-parasitic, unlike other cuckoos. They feed on small lizards, insects, and sometimes berries and seeds. They are silent birds.

**SARAH GABBUR, class VI, Clarence Public School, Bangalore**

# How to tell a bedtime story

**Tips for a nightly routine which can help your child develop language and imagination skills**

A bedtime routine is always important, but more so during upheaval and uncertainty, like the times we are living in. And this routine should include bedtime storytelling, especially for young children. Here's what you need to know:

## YOU STILL NEED TO READ TO YOUR KIDS

Let's be clear, reading is still an indispensable tool in your parenting tool kit. Storytelling should be a complement to reading, not a replacement. "Listening to the story without benefits of the illustrations requires the child to picture the characters

and the events in their own mind," said Rebecca Isbell, an early childhood education consultant and professor emerita at East Tennessee State University, US. "They are creating the story for themselves. They are listening to it, and as they do they are turning on that movie in their head." These mental movies are powerful. When you tell a story, there's no book to focus on, for you or your child, so you can use gestures and eye contact to add drama, suspense and intrigue. Storytelling and reading work best in tandem to help children develop language and story comprehension, just as you want your child eating a balanced meal.

**Every story should have a conflict and a resolution. Need help? Consider the folk tale. Several experts recommend stories from 'Aesop's Fables'**

## TAKE THE STORY IN AN UNEXPECTED DIRECTION

Use pitch, pacing and pausing to keep your child on the edge of their seat (or pillow). You can use strategic pauses to let your child ponder what happens next, and then take the story in an unexpected direction. Or just to make sure they are attentive.

## REMEMBER THE BASICS OF STORYTELLING

If you are making up a tale, remember that every story should have a beginning, a middle and an end. Every story should have a conflict and a resolution. Need help? Consider the folk tale. Several experts recommended stories from 'Aesop's Fables', which has been delighting children for millennia and includes 'The Tortoise and the Hare'. Why? Because for kids, the protagonists "aren't really animals, they're people," Isbell said. They visualise the characters and identify with them, and the nuanced morals—slow and steady wins the race, for example—are things any kid can understand. If you are really stumped, consider your own story. In particular, stories from your childhood have a special resonance.

## ENCOURAGE AUDIENCE PARTICIPATION

If your daughter wants the protagonist to be a mermaid instead of a snail, you can change that. A voyage through the high seas can become a journey to Mars. As with singing a song, you can encourage call and response, or use hymns to keep the child actively engaged.

— The New York Times

### CHECK YOUR APTITUDE

**1** Two climbers are at points A and B on a vertical cliff-face. To an observer C, 40 m from the foot of the cliff, on the level ground, A is at an elevation of 48 deg and B at an elevation of 57 deg. What is the distance between the climbers?  
A. 17.12 m, B. 16.99 m, C. 17.17 m, D. 17.19 m

**2** If 1/4 of a watermelon weighs 25000 mg, how many kg does 3/4 of the watermelon weigh, assuming that mass is uniformly distributed?  
A. 100 kg B. 7.5 kg C. 57 kg D. 75 kg

**ANSWER:**  
1) C) 17.17 m; 2) D) 75 kg

## EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinle175@gmail.com





# TOP 3, ENGLAND'S **WEAK** LINK

While India cemented their top-order batting on the recent tour of Australia with Rohit Sharma and Shubman Gill settling in as opening pair and Cheteshwar Pujara already there at No. 3, England's top-order in comparison looks shaky ahead of the four-Test tour of India

## TOUGH TASK AHEAD FOR CRAWLEY, SIBLEY & BURNS

➔ With both England openers Zak Crawley and Dominic Sibley failing to get big scores – Sibley got just one fifty in four innings and Crawley got none – in the recent Test series against Sri Lanka, England's problems were compounded when they decided to send back home Jonny Bairstow, who batted at No.3 and averaged 46.33 in Sri Lanka.

➔ England are rotating players for the India series. But former England skipper Nasser Hussain has asked the England and Wales Cricket Board (ECB) to rethink the decision and recall Bairstow. "I think Bairstow, Ben Stokes and Joe Root are the three best players of spin bowling in the England camp. One has been given the boarding pass to England while the other two are going to Chennai. I'd have to rethink that," said Hussain.

➔ In Bairstow's absence, England may play Crawley at No.3 and open with Sibley and regular opener Rory Burns, who has joined the team in Chennai after missing the Sri Lanka series. Crawley has batted at No.3 in the two Tests before the Sri Lanka series and even scored a double century at that position. However, he was pushed up the order as Burns stayed home during the tour of Sri Lanka.

➔ Hussain has pointed out at technical issues in Crawley's batting against the spinners saying that he tends to play across the line, and that makes him vulnerable. He made similar observations for Sibley. Besides, none of these possible England top three have played in the subcontinental conditions except in Sri Lanka. While this was Sibley and Crawley's first outing there, Burns had travelled to Sri Lanka with the English team in 2018. He aggregated 155 in six innings at an average of 25.83 and scored just one fifty on that tour.



Dom Sibley

Photo: GETTY IMAGES



Photo: GETTY IMAGES

Zak Crawley

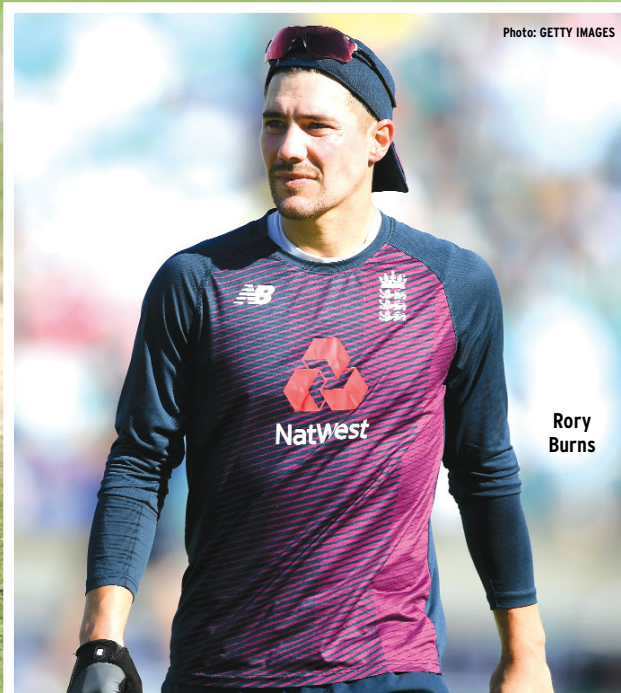


Photo: GETTY IMAGES

Rory Burns

## INDIA'S TOP ORDER IS IN RED-HOT FORM

➔ The lack of experience of the English top three in these conditions, and especially against a quality spin attack that India presents, leaves the visitors quite vulnerable. Burns, Crawley and Sibley have together played 45 Tests and just seven of those have come in the subcontinental conditions – all in Sri Lanka.

➔ India, on the other hand, have among the top three the experience Sharma and Pujara, both of who have played 115 Tests combined. Out of these 115 matches, 55 have come in India and eight others on similar spin-friendly conditions in Sri Lanka and Bangladesh.

➔ The only inexperienced batsman India have at the top is Gill who has played three Tests, all in Australia. He scored 259 runs including two fifties and missed out on a century by nine runs in the final Test at The Gabba. However, he has ample experience in India, having played domestic cricket for some time.

## GILL NEEDS TO KEEP HIS HEAD DOWN

See, he should be opening with Rohit Sharma, no doubt about it, but let's not jump the gun. You just can't put someone really high up there. Yes, he's got the talent, but he needs to keep his head down because international cricket can be tough! Yes, you had a honeymoon start to your international career. It can't be better than this.

Playing in Australia, winning this series with a young side, you've done really well, you batted beautifully. No doubt about it, but let's give him time as well and let him develop on his own, rather than putting too much pressure and putting too much expectations on him. **Gautam Gambhir, former India opener**

## Huge disadvantage for players in strict quarantine: Thiem



Dominic Thiem

Photo: GETTY IMAGES

Austrian world No.3 Dominic Thiem has admitted that players who have been put in strict quarantine ahead of the 2021 Australian Open tennis are at a "huge disadvantage" compared to others in Melbourne. About 70 players are confined to their rooms after positive coronavirus cases were found in the two charter flights transporting them to Australia

### 'PLAYERS ARE LOSING OUT ON TIME TO TRAIN'

"Honestly, for the 70 players who were on the planes, it is of course very bitter. They will certainly be at a serious competitive disadvantage, that's for sure," Thiem said on Eurosport Germany's tennis podcast.

The number of positive cases had been downgraded to eight on Wednesday after authorities reclassified one of the cases as a result of previ-

ous infection. All players arriving in Australia were required to undergo two weeks' quarantine along with their support staff, but those in the two flights have been forced to extend their quarantine, thus losing out on time that other players are using to continue training.

"There are still nine days until the start of the Australian

Open, but in contrast to the others who can train normally, this is a huge disadvantage. It was unbelievably unfortunate for them, and I feel very sorry for them. But of course, everyone knew what they were getting into. Tennis Australia and the whole country have tried everything to let the tournament take place and that is also a sensational achievement," said Thiem. **IANS**

## Inconsistency may cost Manchester United the title: Ferdinand



Photo: GETTY IMAGES

Manchester United are being held back by inconsistent performances from their top players, former defender Rio Ferdinand said after their shock 2-1 defeat by bottom side Sheffield United in the Premier League on Wednesday. United, who would have replaced Manchester City at the top of the table with a win, have been on a good run in recent weeks and delivered an inspired performance to knock bitter rivals

Liverpool out of the FA Cup on Sunday. "Last week (against) Liverpool, tremendous performance," Ferdinand told BT Sport. "(Against) Bottom of the league Sheffield United dour, lifeless at times. The inconsistencies don't win you the league. "It's what we said about Manchester United for many, many months that the inconsistencies of individuals on this team is what's holding them back. **REUTERS**

## QUIZ TIME!

**Q1:** Which of the following players hold the record of most One-Day Internationals played in a career?

- a) Mahela Jayawardene ☐ b) Rahul Dravid ☐  
c) Sanath Jayasuriya ☐ d) Sachin Tendulkar ☐

**Q2:** Which of the following players hold the record of most consecutive Australian Open women's Singles title?

- a) Steffi Graf ☐ b) Martina Hingis ☐  
c) Evonne Goolagong ☐ d) Margaret Court ☐

**Q3:** Which of the following players hold the record of

most dismissals by a wicket-keeper in a Twenty20 International career (female)?

- a) Alyssa Healy ☐ b) Ellyse Perry ☐  
c) Beth Mooney ☐ d) Meg Lanning ☐

**Q4:** Who is the youngest goalscorer in a FIFA World Cup football?

- a) Franz Beckenbauer ☐ b) Norman Whiteside ☐  
c) Pele ☐ d) Diego Maradona ☐

**Q5:** Which of the following players hold the record of most Test wickets taken by a fast bowler?

- a) Glenn McGrath ☐ b) James Anderson ☐  
c) Dale Steyn ☐ d) Wasim Akram ☐

**Q6:** Among the Big three, Rafael Nadal has won most ATP Masters 1000 singles titles. How many titles has he won so far?

- a) 30 ☐ b) 35 ☐ c) 36 ☐ d) 30 ☐



Photo: GETTY IMAGES

Rafael Nadal

**Q7:** Which of the following players hold the record of most wickets taken in an ICC World Cup career?

- a) Glenn McGrath ☐ b) James Anderson ☐  
c) Dale Steyn ☐ d) Wasim Akram ☐

**Q8:** Who is the oldest tennis player ranked world number one (male)?

- a) Andy Murray ☐ b) Rafael Nadal ☐  
c) Roger Federer ☐ d) Andre Agassi ☐

**Q9:** During which Olympics, Shelina Zadorsky received the fastest red card in an Olympics football match (female)?

- a) Athens 2004 Olympic Games ☐  
b) Beijing 2008 Beijing Games ☐  
c) Rio 2016 Olympic Games ☐

d) London 2012 Olympic Games ☐

**Q10:** Who is the fastest bowler to take 100 wickets in One-Day Internationals?

- a) Rashid Khan ☐ b) Chaminda Vaas ☐  
c) Shahid Afridi ☐ d) Lasith Malinga ☐

**Q11** Who is the only player in football history to win three World Cups?

- a) Franz Beckenbauer ☐ b) Johan Cruyff ☐  
c) Pele ☐ d) Diego Maradona ☐

**ANSWERS:** 1 d) Sachin Tendulkar  
2 d) Margaret Court 3 a) Alyssa Healy  
4 c) Pele 5 b) James Anderson  
6 b) 35 7 a) Glenn McGrath  
8 c) Roger Federer 9 c) 2016 Rio Games  
10 a) Rashid Khan 11 c) Pele