



THE TIMES OF INDIA

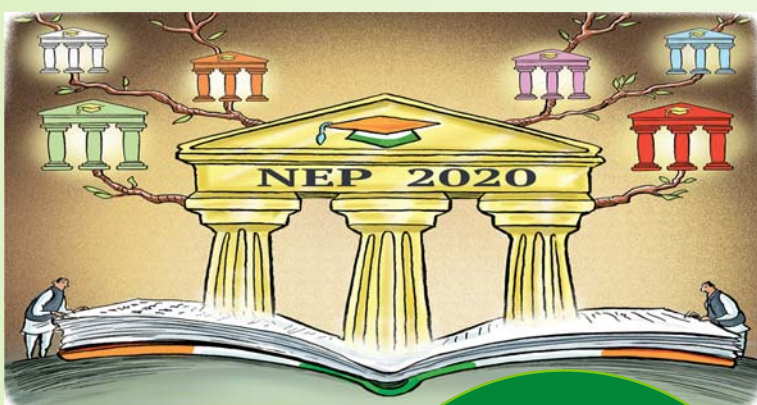
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STUDENT EDITION

THURSDAY, JULY 29, 2021



National Education Policy (NEP)



1 The NEP approved by the Union Cabinet in 2020 replaced the 34-year-old National Policy on Education framed in 1986, and is aimed at paving the way for transformational reforms in school and higher education systems.

2 Teaching up to class V in mother tongue or a regional language, lowering the stakes of board exams, a single regulator for higher education institutions except for law and medical colleges and common entrance tests for universities are part of the reforms in the NEP.

3 Replacing the 10+2 structure of school curricula with a

Prime Minister Narendra Modi will address the nation on July 29 on the completion of one year of "transformational reforms" under the National educational policy

5+3+3+4 curricular structure corresponding to age groups 3-8, 8-11, 11-14 and 14-18 years respectively, scrapping M.Phil programmes, and implementing common norms for private and public higher education institutions are among the other salient features of the new policy.

EDUCATORS SHARE THEIR VIEWS ON THE ROAD AHEAD
PAGE 2

THIS DAY THAT YEAR

JULY 29
International TIGER DAY


Global Tiger Day or the International Tiger Day is celebrated every year on July 29 to raise awareness about the endangered big cat. The day was founded in 2010, when 13 tiger range countries came together to create Tx2, the global goal to double the number of wild tigers by the year 2022. This year's slogan/theme is "their survival is in our hands"...

FOR THE RECORD

According to the World Wildlife Fund (WWF), globally there are only 3,900 tigers left. 95% of the tiger population got extinct in the activities like poaching from the beginning of the 20th century



DID YOU KNOW? They are also called the 'Umbrella Species', as their conservation also conserves many other species in the same habitat

1. What a group of tigers referred to as?

- a) An ambush of tigers
- b) A growl of tigers
- c) A herd of tigers

other animals

- b) Tigers are known to roar before they attack
- c) Tigers mate all through the year

2) Tigers are known to exhibit some amazing traits that make it very different from its cousins like the lion, puma and other big cats. Which of the following is true?

- a) Tigers can imitate the call of

3) How loud is a tiger's roar. How far can the roar be heard?

- a) Three kilometres
- b) Four kilometres
- c) Five kilometres

ANSWERS

1. Answer: a, 2. Answer: a, 3. Answer: a

IN OTHER NEWS

Covid vaccination for adolescents may begin in August: Health ministry

The government is likely to start vaccinating adolescents between the ages of 12 and 18 against Covid-19 by next month. Union health minister Mansukh Mandaviya said in a BJP parliamentary party meeting on Tuesday. Trials for Bharat Biotech's Covaxin on adolescents are underway and results are expected to be released by September. Zydus Cadila has also included the data for children for their vaccine ZyCoV-D. Additionally, if the Pfizer vaccine also receives approval from the Centre, it could also be option.



CORONA UPDATE

Harappan-era city Dholavira inscribed on UNESCO World Heritage List



Dholavira, a Harappan-era metropolis in Gujarat, has been inscribed on the UNESCO World Heritage List, the organisation said on Tuesday.

Gujarat so far has three world heritage sites – Champaner near Pavagadh, Rani ki Vav in Patan and the historic city of Ahmedabad

Heritage

Basavaraj Bommai sworn-in as 30th chief minister of Karnataka

Basavaraj Bommai, a senior BJP leader was sworn-in as the 30th chief minister of Karnataka by governor Thawarchand Gehlot at Raj Bhavan on Wednesday. After taking charge, he announced a slew of measures to reach out to people, including a scholarship programme for children of agriculturists, on Wednesday at a cost of ₹1,000 crore.



POLITICS

Are you aware of solastalgia and doomism?

Rising temperatures have not only boosted the intensity or frequency of major storms and heatwaves, they have spawned rare or novel weather phenomena, accompanied by new more-or-less scientific names. 'Firenado's, for example, occur when searing heat and turbulent winds rise above out-of-control forest fires in tornado-like columns. Similarly, the fire-induced, smoke-infused 'pyrocumulonimbus' clouds darkened Australian skies during the Black Summer of 2019-2020; or 'urban heat islands' in big cities run a couple degrees Celsius hotter than surrounding areas.



HOW DO HUMANS REACT TO ALL THESE GRIM TIDINGS?

Some slip into 'doomism', the understandable but useless idea that the 'Earth system', now a branch of science, is in a terminal nose dive. Others are suffering from a mental state known as 'solastalgia', which combines melancholy, grief and nostalgia for a world that seems to be slipping from our grasp. At the other extreme, the 'Greta effect' has given rise to a generation of uncompromising climate warriors inspired by the young Swedish activist, and known in Italy as Greta.



Deepika Kumari enters pre-quarter finals of archery individual event



Debutant boxer Pooja Rani enters quarterfinals

WHAT

Post lockdown due to coronavirus, many people are reportedly feeling anxious about leaving their homes. Called the Cave Syndrome, it is the fear of returning back to lives just like pre-Covid days, despite being fully-vaccinated, according to psychologists.

CAVE SYNDROME



TRENDING

WHY

According to experts, this condition may be due to the experience people have had while dealing with Covid-19, which has perhaps made them overestimate the risk and probability of harm that might come their way. It may be a result of a disconnect between people's risk appetite towards getting infected versus the chances of them being isolated and lonely.

'NEP IS GUIDING PHILOSOPHY FOR CHANGING LEARNING LANDSCAPE'

says education minister Dharmendra Pradhan

As Prime Minister Narendra Modi addresses the nation on completion of one year of the new National Education Policy (NEP) 2020, Times NIE takes a look at how since last year to this year, the dynamics of education is evolving as per NEP guidelines. Union Education Minister Dharmendra Pradhan tweeted recently, "The NEP, 2020 is a guiding philosophy for changing the learning landscape, making education holistic and for building strong foundations for an Aatmanirbhar Bharat."

While last year was about the NEP announcement and its gradual roll out, now there will be analysis about the progress made so far on implementation of the policy and roadmap for projects in the pipeline.

PROGRESS IS STEP BY STEP AND IS SURELY BEING MADE

Dr Vasudha Kamat, member NEP Draft Committee, tells Sugandha Indulkar that the policy document is only 66 pages, but it expects many transformational actions on the part of the planners, especially Central and State governments

Has the NEP been implemented in schools? Are you happy with the roll out or could schools have done better?

NEP is being implemented in schools across India. The steps are gradual and the progress is steady. One cannot expect a total transformation within just one year, when one has to reach out to lakhs of schools across India. There are steps of implementation. First things first, NCF will be ready and more importantly National Curriculum



DR VASUDHA KAMAT is the chairperson, governing board, consortium of educational communication (CEC), inter-university centre of UGC

The NEP is aimed at paving the way for transformational reforms in school and higher education systems. On NEP's first anniversary, educators across the country tell us about its implementation in their institution, the positives of the new reform and its challenges...



Higher education reforms outlined in the new NEP

1. Choice between three or four year undergraduate courses
2. Multiple entry and exit options in degree courses
3. Adding 3.5 crore seats in higher education institutions, which will now have a single regulator
4. Discontinuation of MPhil programmes
5. Fixation of fees

and Pedagogical Framework for Early Childhood Education (NCFECE) will be developed by NCERT.

National Initiative for Proficiency in Reading with Understanding and Numeracy (NIPUN Bharat) is getting ready. NEP has also suggested 4-year integrated B.Ed. programme. So NCTE will be developing

new NCFTE. Then Teacher education curriculum will be designed and developed.

First task was to make all stakeholders aware about the NEP (both from School education as well as Higher Education). Though the policy document is only 66 pages, it expects many transformational actions on the part of the planners, especially Central and State governments. So, I would say that progress is step by step and is surely being made. All these steps will lead to better future for education in India.

Has the pandemic impacted the NEP and it's implementation? Do you think the time is opportune to introduce a new education policy?

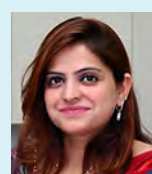
Pandemic has very strongly underlined the need for transformation in our education system, integration of technology, a 360-degree approach towards the process of learning (curriculum, pedagogy, assessment, and more importantly knowledge creation both for the benefit of self as well as society).

NEP aims to make education more effective and enjoyable both for the student and teacher.

EDUCATORS SPEAK



We have welcomed NEP in our school; focus on conceptual learning and stress-free assessment strategies has been laid. The learning outcomes are aimed at meeting the same via storytelling, gamification, etc. **PALLAVI SHARMA**, principal, Mamta Modern School, Delhi



We have started implementing a multilingual classroom approach at the foundational stages. We are also providing vocational courses on a weekly basis to help students cope with a changing world. **KAJAL CHHATIJA**, executive director, Gayatri Group of Schools

The age criteria as per NEP is the 5 years foundation stage for pre-school, which is good for kids' educational grooming. Secondly, the focus is on experiential learning and not on rote learning. The best aspect comes from the subject selection for classes 11 and 12 where students have the freedom to choose from any stream. **DR JAWAID ALAM KHAN**, educationist, Lucknow



We have already rolled out NEP in our school. Level one implementation has been done at pre-primary and primary level. The pedagogical plan is catering to all aspects of experiential learning and integration of art, values, and concepts. As per NEP's guidelines aspects like numeracy, reading, communication, etc. are integrated into the system. **NAMITA SHARMA**, principal, Queen's Valley School, Delhi



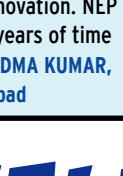
Overall, it is a good policy and was really needed for the new generation. NEP will play an important role in creating good human resources who will be equipped with content knowledge, intellect, skills and values to face future challenges. With online classes and new techniques of teaching, a new policy system was the need of the hour. **SHAILJA CHANDAR**, ex headmistress, New Delhi



Our school has always been very progressive in its approach. We use different digital tools to make the classes cognitive, interactive, creative, enjoyable. Now we have integrated art education with a configured curriculum and pedagogy for the developmental needs of students. **ATATI BHATTACHARYA**, secretary general, Shikshayatan Foundation, Kolkata



NEP is progressive as it includes pre-school education into the main education structure. It will bring an enormous amount of flexibility and practicality in the system and a sense of innovation. NEP will, however, take around two years of time to be properly implemented. **PADMA KUMAR**, principal, SGVP School, Ahmedabad



NEP was introduced last year and launched formally this year for UKG to class XII. We teach sports integrated, arts integrated and ICT (life) skills to all. The curriculum transaction is through storytelling, experiential and activity-based pedagogy. The response is good as children are enjoying this form of learning with teachers as facilitators. **PRATHIBHA V**, principal, Chinnmaya Vidyalaya, Vaduthala, Ernakulam

-Times NIE centres

Mind over matter Doomscrolling affects your mental health!

The coronavirus pandemic has deeply impacted all aspects of our lives. One such effect is doom scrolling or doom surfing. What exactly does the term mean? Let's find out



Wellness

What is doom scrolling?

The excessive use of screen while scrolling through predominantly negative news is called doom surfing/scrolling. It's common to find yourself swiping past page after page searching for more details about a disturbing or negative news piece.

Most of us can't stay away from constantly reading/watching news related to the pandemic and the crises people are going through. We keep checking dif-

ferent websites and news channels to get new pieces of information. You will be surprised to know that the phenomenon is nothing new. Our tendency towards negative bias inclines us to scan for negative news more as compared to positive news. But we all know that this is not good for our mental health. Here are few ways to reduce this habit and stay stress free.

Limit the time spent on social media

Smartphones have a feature where they can keep a record of the time you spend on each app. Keep track of this so that you are not lured into continuous use. Try to avoid scrolling before going to bed and right after waking up. The best way to do this is by keeping the phone away from your bed.

Keep track of your health

Regular exercising helps release neurotransmitters that have a feel-good effect. Yoga and meditation also help in de-stressing. Eat a healthy and balanced diet and avoid munching on sugar and salt laden junk foods while scrolling through your phone.

Practice mindfulness

Be mindful of any task that you are doing. Whether you are reading, writing or working out, you must pay full attention to the same. Make sure the news source you are reading from is genuine. Inculcate the habit of reading positive news, too, and share the same with your friends and family.

Try the STOP technique

If you are unable to control the scrolling, you can try the STOP technique. If you feel you have exceeded the screen time and are unable to control your fingers, say STOP loudly and give yourself a physical stimulus at the same time, which can be a tap on the hand. When you do this repeatedly, your brain will get trained that it's time to stop the current activity. **TMW**



Positive parenting

3 WAYS TO HELP SHY CHILDREN OPEN UP

Does your child find it hard to make friends or be a part of a group? Here are a few tips you can try to help them come out of their cocoon

LEAD BY EXAMPLE

1 Children learn to interact by mimicking what their parents do, so be conscious of how you behave when your child is around. Take time to explain to them what good and bad examples of behaviour. And walk the talk.

ROLE PLAY

2 Repetition is the mother of learning. Practise different situations with your child and come up with topics that they find interesting and like to talk about. Remember, the more you do it, the easier it will get.

APPLAUD THEIR SUCCESS

3 It's very important to encourage your child, even if the progress is slow. By giving them praise when they have achieved something, however small, you will give them the confidence to continue and tackle more difficult and complicated situations. **DAILY MIRROR**

Travel time with Pets!

Almost everyone is now coming out of the lockdown mode and meeting others and travelling with safety measures. If you are a pet parent, you may want to take along your pet too for your much-awaited holiday. Do that but with care and proper planning



Pets corner

TIPS FOR TRAVELLING WITH PETS

- Find an activity your pet enjoys, don't force them
- Keep your pet hydrated
- Carry along kibble for when your pet is hungry
- Keep a blanket handy for your pet to snooze on

Fun activities you can do with your pet while holidaying

Car rides, spa sessions, swimming (in private pool – Covid-19 is still around!), kayak or boat rides, trekking



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Who was awarded the Lifetime Achievement Award on the 114th Rotary Day celebration of Vijayawada?

- A. Nori Dattatreyaudu
B. Gopichand
C. Balamuralikrishna
D. Balagangadhara Rao

Q.2) Where did the defence ministry approve the acquisition of more than 100 heavyweight torpedoes?

- A. Hyderabad B. Chennai
C. Mumbai D. Delhi

Q.3) SpaceX launched Israel's first moon lander, 'Beresheet', from

1. A) Nori Dattatreyaudu 2. C) Mumbai 3. B) 585 kg
4. C) New Delhi 5. A) Navdeep Singh Suri

Florida. Its total weight is ____.
A. 300 kg B. 585 kg
C. 600 kg D. 100 kg

Q.4) The 2019 edition of Medical Fair India (MFI) was held in

- A. Mumbai
B. Kolkata
C. New Delhi
D. Bangalore

Q.5) Who published the English translation of the poem 'Khooni Vaisakhi' by Nanak Singh on the Jallianwala Bagh tragedy?

- A. Navdeep Singh Suri
B. Suryakant
C. Atmaram
D. Vir Singh

ANSWERS

1. A) Nori Dattatreyaudu 2. C) Mumbai 3. B) 585 kg
4. C) New Delhi 5. A) Navdeep Singh Suri

SCHOOL IS COOL

THURSDAY, JULY 29, 2021

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, **SCHOOL IS COOL!**

03

Celebrating Foundation Day



The second Foundation Day of Gitanjali Vedika was celebrated by the staff, students, and parents. The event was conducted online due to the ongoing pandemic but that did not dull the enthusiasm of the participants. The event started with an encouraging speech by principal, Sonia.

Everyone then took a trip down the memory lane with different activities that were done by the students from pre-primary to class VII. World Health Day, Fancy Dress Competition, art, drama, and several academic activities were done in the previous year where students had given their best and learnt new skills. This year the celebrations were equally special as

Gitanjali Vedika

the audience was entertained by a graceful dance performance by the girls of class VII A. The Gitanjali Vedika Calendar showcased the skills of the artists from the school.

The highlight of the programme was Coffee with Gita Karan, the founder and director of Gitanjali Group of Schools. She spent time with the students of classes VI and VII and answered their questions. She spoke about her childhood and her career. Her witty answers were both engaging and inspiring. The day was made more special by unveiling of the School Anthem. The upbeat song with inspiring lyrics had everyone at the edge of their seats, spirited and ready for the academic year.

GRATITUDE TO THE GURUS IN LIFE

"Guru Brahma, Guru Vishnu, Guru Devo Maheshwara, Guru Sakshath Para Brahma, Tasmai Sri Guruve Namaha."

This mantra expresses gratitude towards our spiritual teachers who guide, awaken and enlighten us. Jubilee Hills Public School, Hyderabad, held a virtual celebration of 'Guru Brahma Day' in a splendid manner.

The programme began with a welcome speech by vice-principal P Kanchana Valli, emphasizing the importance of 'guru-shishya parampara.' This tradition consists of a spiritual relationship between the guru and the shishya (student). The teachings are transmitted from the guru to the shishya through different stages of learning.



The programme started with a prayer song and welcome dance. The students expressed their re-

spect towards their Guru through shloka and poetry recitations in Telugu and Hindi. The speeches, songs, dances and demonstration added

P.Kanchana Valli, vice-principal, Jubilee Hills Public School

Hyderabad

beauty to the show. The role play and 'Hasya Kavita' left the audience in splits. Chairman A Murali Mukund, took pride in the initiative taken by the school to revive the ancient culture of revering the Guru by celebrating this day. He emphasized on the key role played by a Guru in a student's life. Secretary Harishchandra Prasad also appreciated the efforts put in by teachers to nurture their students.

Parents conveyed their gratitude towards the management and teachers for constantly guiding and encouraging their wards.

Identifying their distinct instincts

Every child is unique and has distinct instincts. In order to bring out their intuitive knowledge, Ganges Valley School organised a 'Smarter Me' programme for the students of the primary wing. Children enthusiastically participated in the activity and showcased their intrinsic art and creativity.

They made innovative gratitude tree and goal tree and connected those to their life events. These activities helped the students in enhancing their decision-making skills, planning skills and analytical skills which are the skills needed for a successful and happy life.

Ganges Valley School

Hyderabad



MOVIE REVIEW: HOTEL FOR DOGS

Hotel for Dogs was released in the year 2009. It is directed by Thor Freudenthal. The movie is based on the novel of the same name 'Hotel for Dogs' by author Lois Duncan. The main actors of the movie are Emma Roberts as Andi, Jake T Austin as Bruce Don, Cheadle as Bernie, Lisa Kudrow as Lois and Kevin Dillon as Carl.

The story is about Andi and Bruce who are orphan siblings, taking care of a stray dog they have named Friday. They land in trouble while taking care of Friday and even the police are involved. They find an abandoned hotel and convert it into a hotel for dogs, which is the movie title. When people cause trouble, the media saves them with the help of a social worker. In the end the hotel re-opens as a grand 'Hotel For Dogs', where people can adopt strays.

The main message



of the movie is not to trouble the stray dogs and help them find shelter. We can also contribute by helping the people, the media and social workers who work for this.

Every dog deserves to be with a family. It is also said that majority of the dogs in the movie were rescued dogs. The dog, who plays Friday, was rescued about six months before shooting.

I recommend everyone to see this movie as it is entertaining and also teaches us a valuable lesson.

JAY MAJETHIA, class VIII A, Gitanjali Devashray

BEST OUT OF WASTE

The students from the primary wing of Sister Nivedita School enthusiastically participated in a series of co-curricular activities under the theme 'Nature The Nurturer'. They made different models from reused plastic and CD players.

These models included piggy banks, flower pots with beautiful saplings, colourful pen stands from reused plastic bottles as well as vibrant photo frames from reused CD players. Children also gave informative speeches on Mother Earth, natural resources and the importance of preserving them. They understood that Mother nature is our ultimate nurturer.

NL Manasa, NIE Coordinator, Sister Nivedita School

Hyderabad



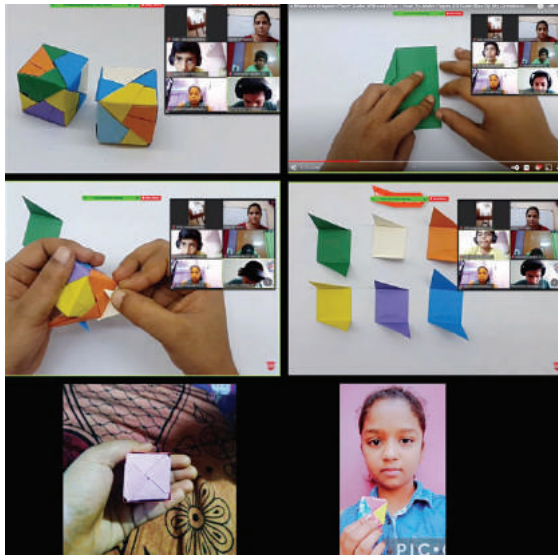
WELL DONE WEDNESDAY

Preethi, Facilitator, Gitanjali International School

Kompally

There are so many tasks and activities children do to learn the syllabus. Some are easy, whereas the others are relatively difficult. Keeping this in mind, we in Gitanjali International School, Kompally have come up with a concept of 'Well Done Wednesday' under the guidance of principal, Kalpana Pasara.

The concept is about implementing 'Practical Learning,' where students are given a chance to experience practically and share the feedback with their peers. No one was ever born a topper or an expert. Everybody achieved success only



by continuous efforts. Many great personalities, including Dr A.P.J Abdul Kalam, Mahatma Gandhi and Swami Vivekananda propounded this valuable persever-

ance concept. One should never get demotivated with failure as we can work and practice more to tackle these shortcomings to perform better in future.

Roller skating to glory!

Gitanjali Senior School

Hyderabad

Bringing laurels to her school, Veda Dundigalla, a class X student of Gitanjali Senior School set a record in India Book of Records for winning the maximum number of gold medals in Artistic Roller Skating. She has won 61 gold medals between 2011 to 2019, including 31 in district level, 15 at the state level and nine at the national level. She has also won five medals for Yama Skating Academy championship.



DESIGNS TO WEAVE

Learn the basics of weaving and as well as colour concepts like primary colours, monochromatic colours and complementary colours by using different colour combinations.

The students of class VI of Pallavi Model School, Bowenpally thoroughly enjoyed the class activity and came up with wonderful ideas.

MATERIAL NEEDED: A set of two different coloured papers, Scissors, Pencil, Ruler.

STEP-I: To create a weaving pattern, take one coloured paper and draw an outline of a fish horizontally on the paper; make sure you use the entire paper to get a

fine pattern.

STEP-II: Cut the outline of the fish drawn on the paper with scissors and fold so that the two tapering ends touch each other, leaving the tail part.

STEP-III: Draw parallel lines perpendicular on the folded side of the fish leaving the distance of a finger space with the help of a ruler between each line and then cut evenly-spaced slits starting from the folded edge and stopping about 1 inch from the opposite edge. Unfold the paper fish.

STEP-IV: Cut coloured strips with another paper of equal length. Now weave the first strip. Take one

paper strip and weave it across the slits, going over and the slits. Simultaneously start weaving the second strip in an opposite pattern as the first. Similarly weave the rest of the strips.

Cut the extra ends of the strips and apply glue at the end of each paper strip.

One can add some decorative pieces like beads, craft foam, stickers, googly eyes, ribbons to make their craft more attractive.

Class VI activity
POOJA SAXENA, Headmistress of Middle School, Pallavi Model School, Bowenpally

DO IT YOURSELF



Lets Weave

Inculcating leadership qualities in students

'Leadership is the capacity to translate vision into reality'

To inculcate leadership qualities in students and to give them a feel of the real functioning of the administration, Pallavi International School Gandipet organised its Investiture Ceremony on a virtual platform. The chief guest for the event was Lt Col. Rohit Mishra, founder of Mission Fight Back, M Komariah, chairman of Pallavi Group of Schools and the man with a vision, Yashasvi Malka, P Sudha, academic director of Pallavi Group of Schools and DPS and principal Meetal Archit.

The ceremony began with lighting of the lamp by Sri Niketa, a student of class I, with a sloka. The principal presided over the event and encouraged the elected leaders to be dutiful and responsible towards their work. The

Pallavi International School

Gandipet

event proceeded with a performance of Ganesh Vandana by class VIII student Sri Lekha followed by a tribute to Goddess Saraswati by a class VI student.

In his address, the chief guest appreciated the efforts of the school in providing opportunities to student to take part in virtual activities and conducting special assemblies on important events. He congratulated the elected leaders of the student council members. Chairman Komariah conveyed the message of importance of leadership qualities, achieving success

through accepting mistakes and rectifying it.

The process of election was explained by Prathna Kolleru of class X. Next, the pipping ceremony was held where all the leaders were pinned the badges and sashes.

The oath taking ceremony was led by the principal. The students of class X presented a 'Bhangra dance' and

left everyone captivated. The head boy and head girl of pre-primary, primary and higher wings spoke about how they would discharge their duties and make their school proud.

At the end of the event, a dance on 'Padma Hein Likhna Hein' was performed by the students of classes III and IV. The ceremony concluded with a vote of thanks by Rita.

Mohammed Taha, Discipline Secretary, class X, Springfields International School

Hyderabad

'Leaders are not born but are made by their experiences in life'

The newly elected prefectural board of Springfields International School was invested at the second virtual Investiture Ceremony held under the theme 'Believe in Your Power'.

The ceremony began with recitation of the holy Quran followed by its translation. The choir presented a melodious and inspiring song 'I believe in the power of you & I.'

Since the event was held online, the students



were invested by their parents who proudly did the honours. The head boy gave the command and all student council members took the oath.

Minu Salooja, assistant director of Springfields Education, congratulated the student leaders and wished them good

luck in carrying out the responsibilities entrusted to them in the year ahead. She also mentioned the efforts taken by the school in promoting children's democratic and social skills. The students of Aerobics, Karate, Gymnastics and Skating presented the skills learnt during their

physical activity classes while the primary students presented a dance on the song 'Leader in Me' showcasing the seven habits of highly effective people that they learnt in their life skills classes. Our parents are partners in education. To acknowledge their efforts and showcase the bonding between a father and child, a few fitness challenges were held on Fathers' Day. A video was presented to appreciate all the parents who took part in the challenges.

Chief guest, sub-inspector S Venkatesh, advised the students and parents to be careful while using the internet and to follow cyber rules. Principal Caroline Ross congratulated the new Student Council and encouraged the students to be role models for the student community.

PV SINDHU ENTERS ROUND OF 16

Olympic silver-medallist eased into the knockout stage with a convincing victory against Cheung Ngan Yi of Hong Kong 21-9, 21-16 in her last Group J encounter at the Tokyo Olympics on Wednesday

Sindhu's victory against world No. 34 Cheung was never in doubt as the Indian defeated her five times before this match. As expected the world champion dominated the Hong Kong girl in the first game. However, in the second Cheung played well and troubled the Indian in the first part of the game. From 2-6, Cheung won five straight points to move to 7-6 and even went into the break with a one point lead at 11-10. But from 14-14, Sindhu changed the gears and won six straight points to move to 20-14. Sindhu will now face Mia Blichfeldt of Denmark in the round of 16 match. Blichfeldt drubbed Linda Zetchiri of Bulgaria 21-10, 21-3 in her last Group I match.

Tough matches ahead

■ The Indian played some delightful smashes and cross court drives to keep her opponent at bay

■ Sindhu said this type of a match is important for her

ahead of the tough matches. "I found my rhythm from the second game and I finished it off. It was a fast game and I made a couple of unforced errors. I changed my tactics and got things under control. This type of test is important before a big match," Sindhu told the BWF website. Sindhu said that the match against Blichfeldt will not be easy. "It's not going to be an easy game. I need to recover well

win-loss record against Blichfeldt. The only victory for the Dane came this January at the Thailand Open. During that period, Sindhu was not in good shape. But the Indian exacted revenge at the Swiss Open in March when she ousted Blichfeldt in straight games 22-20, 21-10. On the wind conditions at the stadium, Sindhu said, "Can't complain much about it because it's the same for every player. You

I made a couple of unforced errors but I managed to find my rhythm. This type of test is important before a big match. I need to recover well and come back stronger

PV SINDHU

and come back stronger. I've played her a couple of times, every point is going to be important. She's an aggressive player so I need to be aggressive as well," Sindhu told BWF.

Wind conditions

■ The world No.7 enjoys a 4-1

have to learn to control the shuttle". Sindhu's likely rivals in the quarterfinals (Akane Yamaguchi) and semifinals (Tai Tzu Ying) progressed to the knockouts without breaking much sweat.



OLYMPIC WATCH

July 29, 2021 | INDIANS IN THE FRAY

BADMINTON
PV Sindhu vs M. Blichfeldt

BOXING
Women's Flyweight round of 16
Mary Kom vs I Valencia

HOCKEY
Men's Pool A
India vs Argentina

SHOOTING
Women's 25m Pistol
Manu Bhaker, Rahi Sarnobat

INDIA LOSE 1-4 TO GREAT BRITAIN IN WOMEN'S HOCKEY

The Indian women's hockey team wasted chances galore to lose 1-4 against defending champions Great Britain on Wednesday, its third consecutive preliminary stage defeat which reduces the side's chances of qualifying for the quarterfinals

The Indians were guilty of wasting opportunities in their first two games and the trend continued at the Oi Hockey Stadium as Great Britain punished them through strikes from Hannah Martin (2nd and 19th minute), Lily Owsley (41st minute) and Grace Balsdon (57th minute). This is Great Britain's second consecutive win in Pool A. For India, Sharmila Devi scored the lone goal in the 23rd minute. The Indians needed at least a point from this game to be safe but they now will have to win their remaining two matches to have any chance of qualifying for the knockout stage.

India had earlier lost 1-5 to world no.1 the Netherlands before slumping to a 0-2 defeat against Germany. Rani Rampal's side will next play Ireland on Friday.

A close match

Despite the score-line, it was a close match between world no.11 India and world no.5 Britain. The difference between the two teams was that India had the better share of chances but Great Britain utilised more opportunities that came their way. India secured as many as eight penalty corners in the match but converted just one. Great Britain too didn't have a great success rate

from set-pieces as they found the net just once from the six they earned. Great Britain started aggressively and put the Indian defence under pressure from the word go. The title-holders didn't let the Indians settle down with a second-minute goal by Martin, which caught the Indian defence off guard. Great Britain kept up the pressure and had the first penalty corner in the 10th minute which was saved by India custodian Savita. The Indians slowly settled down and penetrated the Great Britain circle on more than one occasion but, as has been the case, the forward-line lacked the finishing touch. India earned their first

real scoring chance in the 12th minute with back-to-back penalty corners but drag-flicker Gurjit Kaur was not up to the mark.

India had their moments

India too had their moments in the match and from their third penalty corner, Sharmila pulled one back for her side. The third goal broke India's momentum and Great Britain secured two more penalty corners, the second of which resulted in a goal. **PH**



Great Britain's Hannah Martin

Photo: AP

Simone Biles withdraws from all-around gymnastics

Defending champion Simone Biles has withdrawn from the final of the Olympic individual all-around gymnastics competition due to ongoing concerns over her mental health, USA Gymnastics confirmed on Wednesday. "After further medical evaluation, Simone Biles has withdrawn from the final individual all-around competition at the Tokyo Olympic Games, in order to focus on her mental health," USA Gymnastics said in a statement. The US federation said a decision on whether Biles would compete in individual event finals would be taken following daily evaluation. "Simone will continue to be evaluated daily to determine whether or not to participate in next week's individual event finals," USAG added. Jade Carey will replace Biles in the all-around final. "We wholeheartedly support Simone's decision and applaud her bravery in prioritising her well-being," the statement



Photo: AP

said. "Her courage shows, yet again, why she is a role model for so many." Biles' decision to pull out of the all-around comes after her stunning withdrawal early in Tuesday's team final in Tokyo. The 24-year-old superstar, one of the faces of the Olympics, abruptly scratched from the competition after one rotation citing mental health concerns. **AFP**

QUIZ TIME!

Q1: Which was the first T20 team games? in the world to win 100

- Delhi Daredevils
- Kolkata Knight Riders
- Royal Challengers Bangalore
- Mumbai Indians

Q2: Who won the first gold medal for India at the Asian Wrestling Championship?

- Sushil Kumar Solanki
- Hardeep Singh
- Bajrang Punia
- Rajinder Singh

Q3: Who will become the first woman umpire to officiate in the ICC World Twenty20 cricket?

- Jacqueline Williams
- Kathleen Cross
- Clarie Polosak
- Sue Redfern

Q4: Which of these Indian players was famously known as "Pocket Dynamo"?

- Leander Paes
- Vijender Singh
- KD Jadhav
- Gurbux Singh

Q5: Sakshi Malik won silver in Asian Wrestling Championship? Name the other two wrestlers who also won silver.

- Vinesh Phogat and Divya Kakran
- Babita Kumari and Vinesh Phogat
- Divya Kakran and Geeta Phogat
- Babita Kumari and Geeta Phogat



Sakshi Malik

Photo: PTI

Q6: Birdie and Eagle are two terms related to which of the following sports?

- Polo
- Golf
- Chess
- Billiards

Q7: In a game of football, which player is given the Golden Glove Award?

- Player aged 21 or younger
- Top Goal-scorer
- Best player
- Best Goalkeeper

Q8: What is the other name of Sir Garfield Sobers Trophy?

- ICC Cricketer of the Year Awards
- ICC Test Captain of the Year
- Spirit of the Cricket Awards
- Test Player of the Year Award

Q9: Which sport includes events called the Keirin, the Omnium and the Team Pursuit?

- Fencing
- Tennis
- Track cycling
- Synchronised swimming

ANSWERS: 1. d. Mumbai Indians 2. c. Bajrang Punia 3. c. Clarie Polosak 4. c. KD Jadhav 5. a. Vinesh Phogat and Divya Kakran 6. b. Golf 7. d. Best Goalkeeper 8. a. ICC Cricketer of the Year Awards 9. c. Track cycling