



# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

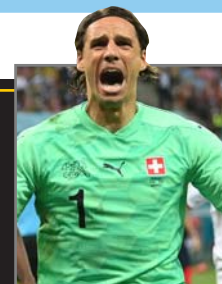
 > Books set in Space, a  
life-changing music video  
and much more...

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 > The jury is still out on  
whether Twitter accounts of  
people should be blocked or  
not. Gen Z debate

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 > Euro 2020:  
Switzerland beat  
France on penalties  
to reach last eight

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**STUDENT EDITION**

WEDNESDAY, JUNE 30, 2021


**WEB EDITION**
**CLICK HERE: PAGE 1 AND 2**


## It's 'children first' for teachers, EVEN IN GRIEF OR TIREDNESS

Doctors and psychologists from Children First team up with Delhi Govt to help teachers process grief they witnessed after their stint as Covid volunteers at makeshift hospitals during the 2nd wave. These teachers, post counselling, are all 'powered up' to resume online classes now

### A TEACHER TELLS TIMES NIE ON WHY PRIVATE SCHOOLS SHOULD ALSO INVITE COUNSELLORS

#### No man is an island..

■ With the pandemic having hit everyone in some way or the other, times have really been hard, especially for those who suffered in the second wave. It, hence, **BECOMES A COLLECTIVE RESPONSIBILITY FOR ALL** of us to really be with one another in these challenging times.

■ School counsellors must go beyond their circumscribed roles to **STRATEGISE WAYS TO CONNECT WITH PARENT AND TEACHER FRATERNITY**, to help them be at ease.

■ One should be kind and considerate while dealing with

sensitive matters. We must **FACE THE CRISIS TOGETHER LIKE ONE BIG FAMILY**, leaning and supporting one another.

■ Each one's loss is irreparable, but the key is to cooperate through tangible or intangible ways. The process of overcoming grief cannot be emphasised enough. **GRIEVE, VENT, MOURN BUT DO NOT LET FEAR AND PANIC HAVE A TOLL ON YOUR HEALTH**. No man is an island; therefore, friends/family must pitch in and provide support.

■ We must not let this deadly virus come in the way of building fulfilling relationships.



### HOW LIFE OF TEACHERS HAVE CHANGED POST 2ND WAVE?

An educator is thought of as someone managing and governing the young adults around them. Their role has undoubtedly been pivotal for society. But one should acknowledge that teachers, too, like all professionals, have a life beyond the stipulated working hours. The second wave of the pandemic has been life-changing. We



respect this transition and make it easier for everyone to live in the 'new normal' in these uncertain times.

— **Simpy Dadiala, teacher, DPS, Vasant Vihar, New Delhi**

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Children have been suffering silently, so have been the teachers. Both, have been observing their loved ones cooped-up, fighting financial distress, family issues, online learning modes and the 'brain fog' that has also resulted in insecurities and derailed plans.

In a bid to extend a helping hand, and get the mentors back on the pursuit of providing cognitive learning to students, the Delhi government approached New Delhi-based Children First to provide counselling facilities to mentor teachers for a workshop to help process grief as they return to teaching from Covid frontline work.

"These teachers have gone an extra mile—they are true models for students. They expanded their role as Covid care-givers during the summer break and were witness to a rather distressful time. The teachers needed a listening ear, and that's where our team of 7-8 therapists developed a module to address issues they dealt with during the second wave. The idea was to bring them back to virtual classrooms, wearing a smile," said Dr Shelja Sen,

Teaching-learning activities in Delhi govt schools have been at a halt since April when an early summer vacation was declared. With the second wave of Covid taking over the city, government school teachers had almost entirely been diverted to related duties — at vaccination centres, airports, ration distribution centres, dispensaries, oxygen centres and so on

narrative therapist and co-founder, Children First.

#### 'Teachers learn to process emotion and engage with peers'



The workshop, organised in association with SCERT, was held for 200 mentor teachers on self-care, with two objectives being met:

- How to revive connection between students and teachers post the second wave experience
- How can teachers first help themselves deal with grief, acceptance and move forward

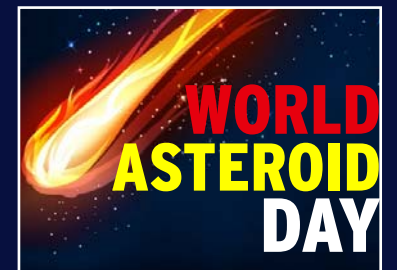
Around 200 mentor teachers from Delhi government schools will act like a 'supportive chain' and provide assistance to their peers in the respective schools, impacting 60,000 teachers and 15 lakh students in the Capital. "We hope that this will be like a chain reaction, rendering emotional support to those in need, like a community healing process," said Soumya Jagatdeb, psychologist and one of the coordinators of the series. "It has been a heart-warming experience seeing these teachers open up and share their stories on how they coped with the difficult time," adds Jagatdeb.

have always been, if not more than, then at least equally committed to our family. But lately, work from home has blurred the lines between work and home. Hence, it is important for the society to

## NASA, ESA gear up for wayward asteroids



Professor Alan Fitzsimmons will explain the details of an international trial asteroid deflection at an online event marking the World Asteroid Day, which falls today. What will happen if an asteroid hurtles towards Earth? Can we stop it or would we go extinct like dinosaurs? Fitzsimmons is helping to answer it. Working from the Astrophysics Research Centre at Queen's University Belfast, he is involved in space missions that will measure



impact of asteroid deflection. **THE DIDYMOS SYSTEM** is actually a pair of asteroids, first noted in 1996, and will be the subject of tests. ■ If an asteroid like those in the Didymos system were to hit the Earth, they could wipe out cities or towns within tens of kilometres of the impact site. ■ Didymos is the larger of the binary asteroid system that orbits the sun. Dimorphos is its smaller companion moonlet and will be the focus of the redirection tests over the next few years. ■ With this trial, Dimorphos will be the first celestial object to have its orbit shifted by human effort.

Silicon Republic

## Bitcoin is the new Gold

The cryptocurrency aficionados' mantra that Bitcoin is equivalent to digital gold is winning converts among the world's biggest holders of the precious metal. In India, where households own more than 25,000 tonnes of gold, investments in crypto grew from about \$200 million to nearly \$40 billion in the past year. Richi Sood, a 32-year-old, is one of those who swerved from gold to crypto. "I'd rather put my money in crypto than gold," Sood says. Here's why

**W**hat is it? Bitcoin, often described as a cryptocurrency, a virtual currency or a digital currency — is a type of money that is completely virtual. It's like an online version of cash. You can use it to buy products and services, but not many shops accept Bitcoin yet and some countries have banned it altogether. However, some companies are beginning to buy into its growing influence. Last year, for example, the online payment service, PayPal, announced that it would be allowing its customers to buy and sell Bitcoin. **TODAY, THE PRICE OF BITCOIN HAS REACHED OVER ₹25 LAKH PER COIN.**

**H**ow does it work? Each Bitcoin is basically a computer file which is stored in a 'digital wallet' app on a smartphone or computer. People can send Bitcoins (or part of one) to your digital wallet, and you can send Bitcoins to other people. Every single transaction is recorded in a public list called the blockchain. This makes it possible to trace the history of Bitcoins to stop people from spending coins they do not



own, making copies or undoing transactions. There are three main ways people get Bitcoins.

**W**hy do people want Bitcoin? Some people like the fact that Bitcoin is not controlled by the government or banks. People can also spend their Bitcoins fairly anonymously. Although all transactions are recorded, nobody would know which 'account number' was yours. In an online chat with social media users in January 2021, entrepreneur Elon Musk, said he was a big supporter of Bitcoin.

## THIS DAY THAT YEAR: JUNE 30, 1937



■ The world's first emergency call telephone service is launched in London using the number 999. The system was introduced following a fire in a house in Wimpole Street on 10 November 1935, in which five women were killed. A neighbour had tried to telephone the fire brigade and was so outraged at being held in a queue by the Welbeck telephone exchange that he wrote a letter to the editor of 'The Times', which prompted a government inquiry that eventually led to 999.

## Do you know why mosquitoes bite some more than the others?

**S**cience proves there are certain factors which contribute to this effect. In one controlled study by the 'Journal of Medical Entomology', the bugs landed on people with blood Type O nearly twice as frequently as those with Type A. The researchers noted this has to do with secretions we produce, which tips mosquitoes off on a person's blood type.

Entomology professor at the University of Florida, Jonathan F Day said that more research needs to be conducted on mosquitoes' potential preference for certain blood types over others.

#### WHAT ARE THE CUES?

"These cues let them know they are going to a blood source," Day said. "Perhaps CO2 is the most important. The amount of CO2 you produce, like people with high metabolic rates genetic, other factors increases the amount of carbon dioxide you give off. The more you give off, the more attractive you are to these arthropods." Also, what separates us from the non-living entities that give off carbon dioxide, like cars? That's where they look for "secondary cues". Lactic acid is one of them. It is released through the skin, signaling to mosquitoes that we are a target, Day said.



However, he agreed that mosquitoes do pick up on some cues we give off that make the bugs more likely to land on certain people.



## ARTIST'S CORNER

Saahil Bhargava, co-founder and content creator of Raijin Studios, launched music video 'Kohima' that is now an official selection of the LA Shorts International. Read more here...

**N**ominated in two key categories (Animation, Music Video) for the video of his song 'Kohima', Saahil Bhargava finds himself in stellar company. The list of nominations includes Paul McCartney's latest music video 'When Winter Comes' and Yo-Yo Ma's concert 'See Me'.

In its 25th year, LA Shorts International Film Festival is accredited by the Academy of Motion Pictures Arts & Sciences (Oscar®), the British Academy of Film and Television Arts (BAFTA) and the Academy of Canadian Cinema and Television (Canadian Screen Awards). Throughout the fest's history, 60 LA Shorts filmmakers have earned Academy Award® nominations, with 16 taking home the Oscar. In other words, if Bhargava's Kohima wins best animated short film, then it will

# "Kohima captures pain, terror that soldiers go through in a war"

be shortlisted automatically for the Oscars in 2022.

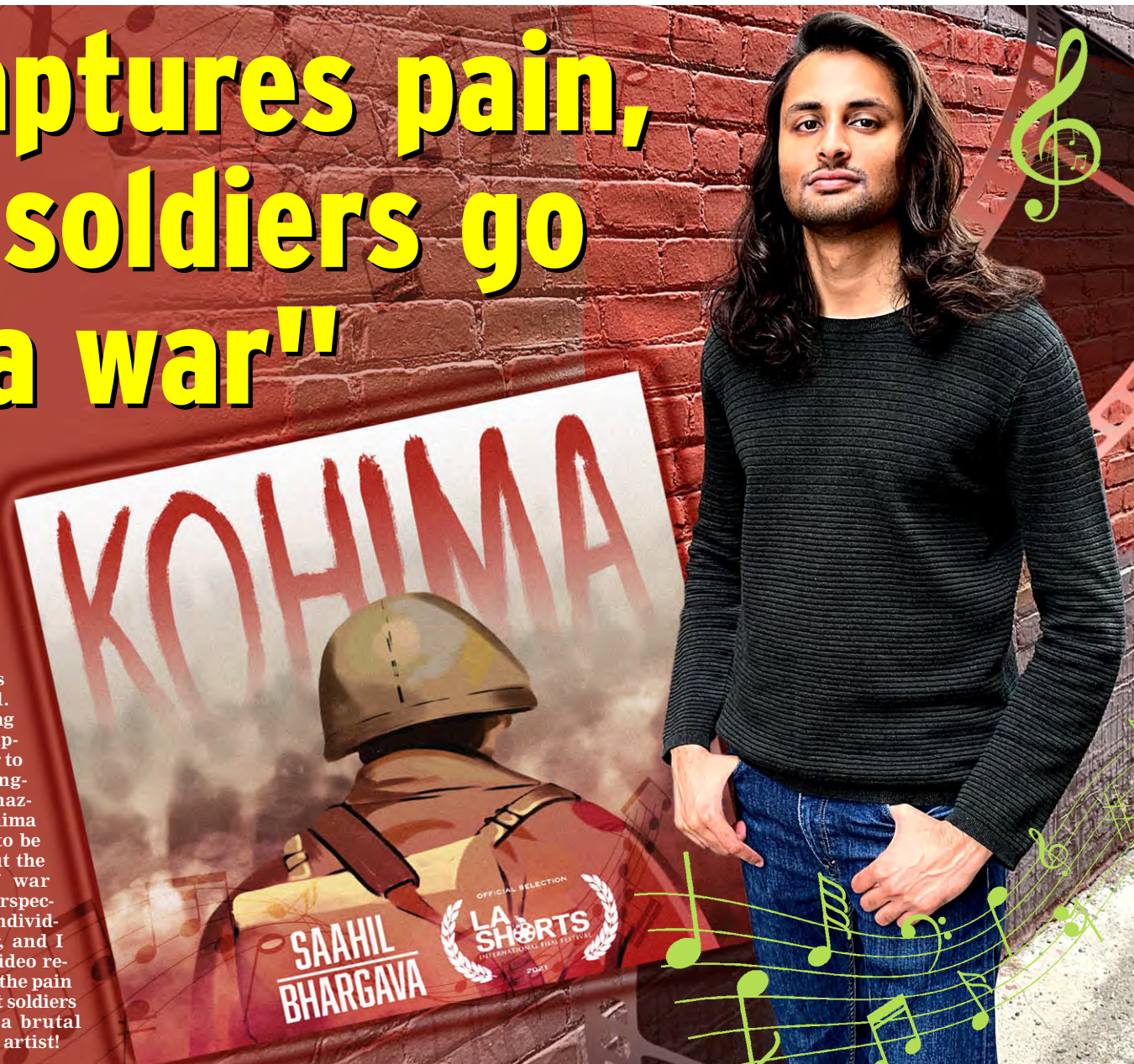
LA Shorts International Film Festival founder/director Robert Arentz said, "It is such a high honour for the LA Shorts International Film Festival to welcome Kohima into the competition this year, which is our 25th anniversary. Only a handful of films were accepted into the brand new Music/Dance category, and Kohima is one of those elite few. In fact, we created the special Music/Dance program due to high-quality content from exceptional artists, such as Paul McCartney, Yo-Yo Ma, and of course, India's own Saahil Bhargava!"

Bhargava's music has always been about telling great stories, especially through his powerful companion screen content.

Curiously, Saahil's Kohima is trending among

video game fans worldwide. On the YouTube, gamers flood Kohima's comments section with love. Mostly, they marvel about the ways that the song effectively captures a serviceman's journey. It's a big win for any independent artist, and Bhargava is exceptionally grateful. Talking about the exciting nomination he says happily, "It is a huge honour to be recognised alongside so many amazing artists. Kohima was written to be a story about the horrors of war from the perspective of an individual soldier, and I think this video really captures the pain and terror that soldiers go through in a brutal battle." Good luck, artist!

**Saahil Bhargava's 'Kohima' is about soldiers' pain - what they go through in war. It doesn't glorify war!**



## THE HITCHHIKER'S GUIDE TO THE GALAXY

by Douglas Adams

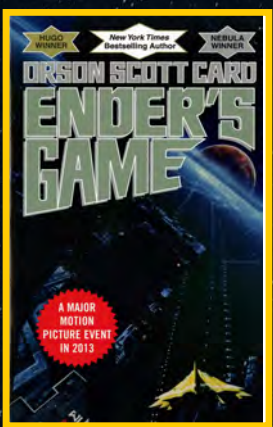
Englishman Arthur Dent and his alien friend Ford Prefect have seconds before Earth is destroyed by the Vogons to make way for an intergalactic freeway. They are beamed onto the spaceship, Heart Of Gold, which belongs to the Galactic President, Zaphod Beeblebox. Onboard, there is Marvin, the paranoid android who is manic depressive!



## ENDER'S GAME

by Orson Scott Card

This series is perfect for those just beginning to read science fiction. Winner of the Hugo Award in 1986 and the Nebula Award in 1985, it follows the random selection and growth of Andrew 'Ender' Wiggin as the leader Earth needs to defend itself against an alien race. The six-year-old was spotted by

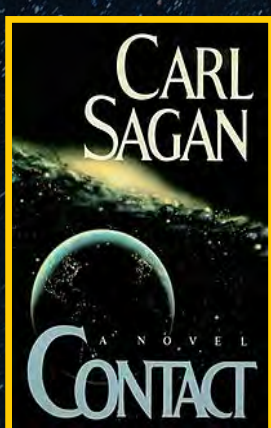


Earth's military troop as he went about with military combat skill and precision in wiping out alien enemy troops in a simulated game. Yes, you read that correctly. He was playing a game. Impressed by his skill, army man Mazer Rackham pushes Andrew into a brutal training programme to prepare him for the real war that is being fought in Earth's atmosphere. It has political intrigue and war.

## CONTACT

by Carl Sagan

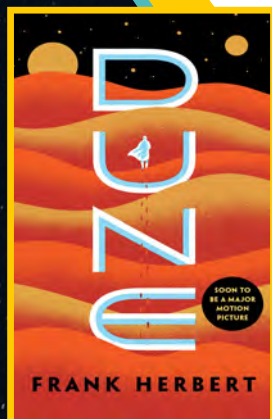
In this defining book that raises more questions than it answers, Carl Sagan uses his knowledge of astronomy and factual science to weave a tale of both fear and excitement. Are we alone in space? What would we, as a race, do if we received a message from space? Are we the only intelligent beings in space? Sagan has woven his story around these frequently-asked questions. The character, Ellie Arroway, a radio astronomer, receives a coded message from space!



## DUNE

by Frank Herbert

Widely considered the world's best-selling sci-fi series, Dune is the winner of the Hugo Award in 1966, and the Nebula Award. Set in an intergalactic feudal future, the planets are under the control of the dynastic noble houses that have pledged their allegiance to the imperial house Corrino. The series follows the battle for power over the planet of Arrakis - the only planet in the system that is home to spice melange.

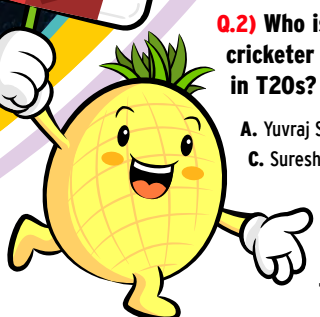
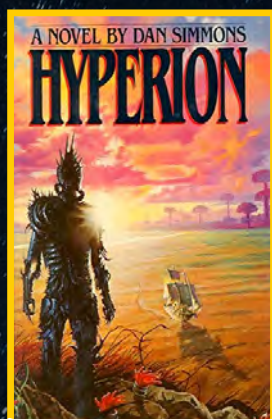


# Books set in SPACE

## HYPERION

by Dan Simmons

The science fiction, set in the 29th century, follows the narrative pattern of The Canterbury Tales, resulting in the feel of a space opera. The entire galaxy is at war, and seven pilgrims have set out on a pilgrimage to the Time Tombs. There, they hope to meet the Shirke, a creature who inspires awe and fear, and receive help in saving the galaxy from imminent destruction. Will they succeed?



# Difference between food allergy and food intolerance

Sometimes some terms seem similar like people usually think of food allergy as the same thing as food intolerance. But that isn't true. They are different issues - know the difference

## Food allergy

This is a rare condition in which the immune system reacts appropriately to a food, even in very small amounts. Symptoms include an itchy rash or, if it gets more serious, angioedema - swelling of the face and tongue. If you are allergic to a food, you must avoid it at all costs because repeated exposure could result in anaphylaxis - an excessive immune reaction, which can be life threatening.

## Know it all



## Food intolerance

This is not an allergy. Symptoms develop gradually and don't involve the immune system. Your body is simply unable to digest a certain food or an ingredient because the required enzyme is absent or inactive.

With food intolerance, you may be able to eat small amounts of the offending food without trouble. Intolerances produce a wide variety of symptoms such as bloating, abdominal pain and diarrhoea. The most common is lactose intolerance to dairy. DAILY MIRROR



**KAVITA GUPTA SABHARWAL**, co-founder of Neev Literature Festival for Children, on the importance of reading

"My advice to parents - get your kids to read, by role modelling it. Reading is fundamental to functioning in today's society. It is a vital skill in finding a good job because our kids will grow up to a world where half of today's jobs won't exist. Reading is important because it develops the mind. Reading helps children (and adults) focus on what someone else is communicating. It is how children discover new things and can educate themselves in any area of life they are interested in. We live in an age where we overflow with information, where Google knows everything, and TV and video games don't develop imagination. Reading is also fundamental to democracy, because history proves that people who don't read, or can't read, are easier to control and manipulate."

## Quote of the day

## QUIZ TIME

(CURRENT AFFAIRS)

**Q.1) CZPDC Bhopal And WZPDC Indore were honoured with this award recently.**

- A. Garshom Awards  
B. Shram Awards  
C. Nari Shakti Puraskar  
D. Saubhagya Award

**Q.2) Who is the first Indian cricketer to cross 8,000 runs in T20s?**

- A. Yuvraj Singh B. MS Dhoni  
C. Suresh Raina D. Rohit Sharma

**Q.3) Which of the following is the first Indian state to introduce Transcatheter Aortic**

**Valve Implantation (TAVI)?**

- A. Maharashtra  
B. Tamil Nadu  
C. Telangana  
D. Haryana

**Q.4) According to BCG-IBA Report - EASE Reforms for Public Sector Banks, this bank tops in the implementation of 'Reforms agenda'.**

- A. Punjab National Bank  
B. SBI  
C. Central Bank  
D. Canara Bank

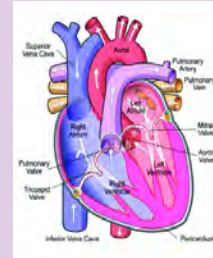
## ANSWERS

1. D) Saubhagya Award  
2. C) Suresh Raina 3. B) Tamil Nadu 4. A) Punjab National Bank

## KNOWLEDGE BANK (ANATOMY)

## The Heart

The average heart is the size of a fist in an adult. Your heart will beat about 115,000 times each day. It pumps about 2,000 gallons of blood daily. The heart can continue beating even when it's disconnected from the body. The first open-heart surgery took place in 1893. It was performed by Daniel Hale Williams, one of the few Afro-American cardiologists in the United States at the time.



## WORD WISE

**Kerfuffle:** (n) Chiefly British Informal. a fuss; commotion.

**Synonymous words:** Commotion, disorder, disruption, disturbance, brouhaha, etc.

**Examples:** ■ The kerfuffle began with a ₹2000 bet, followed by several smaller bets in quick

succession.

- That's the goofiest part about the kerfuffle: It's not a theoretical discussion.
- Had one been expecting a kerfuffle, one would have been most disappointed.
- This is more than a kerfuffle - it's an outrage.



## THE EDUCATIONIST

### Upskill Teachers to Integrate Technology in Classrooms

Education is important for the progress and sustained growth of a nation. Education, nowadays, is totally technology-oriented. With the changing times, teacher-driven curriculum has changed to multi-disciplinary experts developing course materials, programmers and graphic designers, working together, design modularised learning environment that offers alternative pedagogy to suit different levels of learners.

The emphasis is on skills and competency. There is ample scope for learners to go beyond and explore independently more resources. Educational trends are changing rapidly and new pedagogical approaches to the teaching-learning processes are emerging.



**P V Seshubabu, Member, Research & Resource Group, Pallavi Educational Institutions, Hyderabad**

The teacher shares activities, projects, videos, PPT presentations from the computer through LCD Projector. The Document Camera can take 'screen shot' of a document for multiple uses.

Teachers can create lessons with the Smart Board - Math, Computer and Science teachers can transcribe matrices, diagrams, charts and templates. An English teacher can assign students to act out a scene from a play (e.g., Shakespeare's 'The Merchant of Venice', Act IV Scene I) and then record the scene to playback for critical analysis on various aspects of that particular scene and discuss characterisation). Students also show more interest and participate in the lessons. Thus, the invasion of technology has revolutionised teaching and learning process.

The question is no longer technology enhancing learning, but rather integrating technology to enhance teaching and learning!

However, the essence of learning remains in the hands of the teacher!

Online education is widely preferred and it is the order of the day! Simultaneously, schools are also geared up to re-design the required infrastructure to create a new learning environment. In the new set up, learning is explorative, investigative, enjoyable and full of fun! Technology is transforming centuries-old learning paradigms.

Internet provides resources - massive library of lessons, activities, guidelines and suggestions. Teachers need to adopt the available resources appropriately for classroom teaching. Students are also open to the realm of new vistas of learning.

## Vaccination Drive, Care for Community

A mass vaccination drive was conducted by the school management at Delhi Public School Nacharam campus association with Rainbow Hospitals advocating the need to get priority access to the vaccination.

The vaccination drive was inaugurated by additional commissioner of police traffic Anil Kumar IPS, MLA Subhas Bethi Reddy while corporator Pannala Devender Reddy, Saizen Shekhar corporator, additional DCP Bhaskar, Malka Yasasvi, chief operating officer DPS & Pallavi Group of Institutions, also graced the event and extended their support to chairman M Komaraiah and principal Sunitha Rao, for this initiative. Members of the management Pranai and Murali, director operations-DPS



felicitated the guests. Yasasvi addressed the audience and apprised them of the initiatives taken by the school as a leap to

wards community health. ACP Anil Kumar applauded the efforts by the school in taking up this additional initiative with-

**Delhi Public School Nacharam**

out any hassles. He stressed that in the present condition, vaccination is the only medicine and every citizen should enroll and get vaccinated. MLA Subhas Reddy congratulated the school management for extending the vaccine drive to the parents and school staff. He stressed on the Covid precautions to be followed earnestly by one and all to contain further spread.

Substantial arrangements were made at the campus to ensure successful administration of the vaccine adhering to the protocol. Around 2000 people were administered the first and sec-

ond doses of vaccine as per the safety norms and requirements.

Senior vice principal Nandita Sunkara, vice principal Gowri along with head HR and admin Saritha, IT manager Shravan, PRO Robin Michael and school staff supervised the entire process and played a pivotal role in making the drive successful.

Separate counter for senior citizens with a battery run car and personalized assistance were provided for quick process.

The registration process was initiated a week before, inviting massive response from staff and parents. They were given time slots to avoid crowding at the venue. The staff also appreciated the management for providing them with insurance as soon as the pandemic started.



## Polls bring to fore leadership skills



"Elections belong to the people. It's their decision." - Abraham Lincoln.

**Amulya N, Student Editor, Ganges Valley School**

Students of Ganges Valley School are always encouraged to learn the spirit of democracy through the Student Council Election process.

On April 12, the students from classes X to XII filed their nominations for various positions on the Senior Student Council. The nominees then participated in a group discussion that tested their critical thinking,

problem-solving and decision-making skills. The selected students had to virtually meet the principal and the election staff committee members, for a personal interview. Contenders filmed their e-campaigning videos to lay out their agenda and persuade students to cast their vote for them. The students of class V who were nominated for Junior Council positions had to

undergo interactive rounds that contributed positively to their student-election experience.

Subsequently, the students from class VI to XII voted for the Senior Council members via Google form on June 9. The results of the elections were announced on June 10 and the school proudly welcomed the newly elected Student Council for the academic year 2021-22. The junior and senior student council members were formally invested on June 26, through a virtual ceremony.

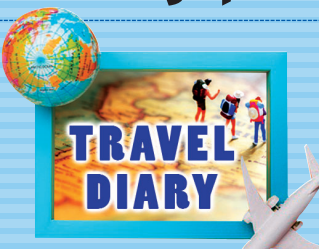
## Loads of fun in Singapore

One of my most memorable trips was the tour to Singapore. I really enjoyed my seven days trip which was filled with a lot of excitement, happiness and adventure.

I went to Jurong Bird Park where I saw birds like penguins, flamingos, parrots and other attractive birds. There was also a bird show where I heard a bird speaking in a human voice. I was flabbergasted. I had the rare opportunity to feed some birds which made me happy.

The Singapore zoo and the Night Safari

were exciting as well. We saw lots of animals like lions, tigers, deer, kangaroos, rhinoceros, etc. Also, there was a show where I saw an owl, baby fox, a baby cheetah and a huge snake. I was scared but enjoyed it a lot. There were many reptiles like Iguana and huge crocodiles. I had the chance to feed the giraffes and touch a star fish. I was thrilled about it. We



we were lucky to see the rare and cute panda bear busy chewing bamboo.

Our day at Universal Studios was magical. Another exciting part was the 3D museum at Sentosa Island. The illusions and the tricks were super fun. Sea Aquarium was also amazing with plenty of pretty fish n other aquatic creatures.

We visited the Gardens by the Bay where I saw the most beautiful flowers. On our visit to the sacred Buddhist monastery I learnt about a new culture. Each day of my trip was filled with fun.

**NISHTHA SHAH, class V D, Gitanjali Primary School**

## CORONA CATASTROPHE

Oh Corona, What a monster you are!  
You have forced everyone to listen to you  
You have forced everyone to stay at home  
You have restricted everyone from meeting each other  
Oh Corona, What a monster you are!

You have stopped children from enjoying their childhood  
You have forced them to live indoors  
You have forced them to learn online  
You have stopped them from meeting their friends  
Oh Corona, See what you have done!

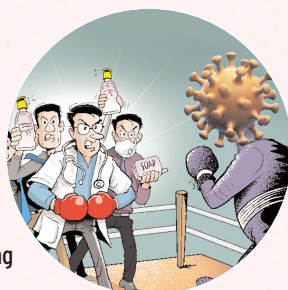
You are getting stronger day by day  
You are causing destruction everywhere  
You are killing people  
You are spreading sadness in the world  
Oh Corona, You have made our lives miserable!

We have weapons to stop you  
Vaccine, mask, social distancing, they are called  
And they have the ability to kill u once and for all  
Oh Corona, With these weapons you can't live long!

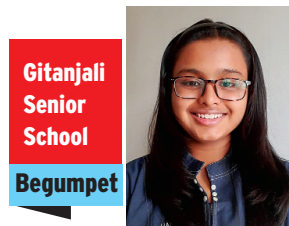
But unfortunately people are losing hope,  
People are frustrated, People are fed up,  
They are not wearing a mask,  
They are making excuses for not taking vaccine  
Oh Corona, How will we stop you?

People are responsible when in lockdown  
But when unlocked, are forgetting Covid protocols  
If the cat opens the pigeon's cage,  
It's up to the pigeon to get out and be killed  
Or stay inside till the cat goes away  
Oh Corona, When will u go away?

**RUJEL JETHWA, class XI C, Gitanjali Devashray, Hyderabad**

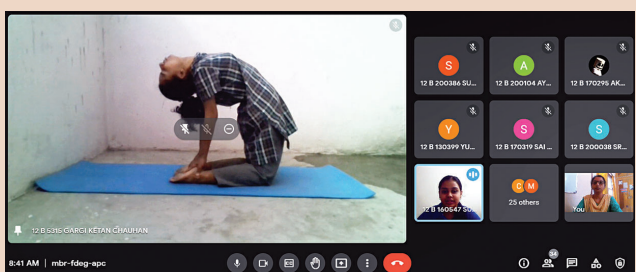


## Winning big in essay contest



Bringing laurels to their school, students of Gitanjali Senior School bagged prizes in the Essay competition conducted by Sai University, Chennai. Aru Bisht emerged as the winner in the group III category for classes IX to XII. The runners up in the category were Lakshanya Garata and Gagan Datta Poranki of class X. Similarly, Pranavi Joshi became the runners up in the group II category for classes V to VIII.

## COMPLEX ASANAS DONE WITH EASE



Students of DDMS P Obul Reddy Public School celebrated International Yoga Day virtually with much excitement.

A special assembly week was held to mark the occasion. Students performed various asanas as part of the programme, and parents were also seen participating with their children. There was enthusiastic participation from students from UKG to class XII. The energy and vigour was evident in the way they performed the exercises under the supervision of their parents at home. The Physical Education Department prepared a presentation to educate students on the benefits of Yoga.

**DDMS P Obul Reddy Public School, Hyderabad**

Students performed various yogasanas and pranayama during their class assemblies. 1 (T) AIR SQN NCC also celebrated Yoga Day. Cadets along with their parents were seen performing the various asanas at their homes.

**Delhi World School Chintal**



Students of Delhi World School, Chintal celebrated the International Yoga Day with much enthusiasm on the theme 'Yoga at Home, Yoga with Family'. All students and teachers joined for the live yoga session with principal Sujatha Naidu. In her address, she said physical fitness should always be a priority for all. Students performed different yoga asanas and emphasised the importance of

yoga in day-to-day life. Yoga is the best way to keep oneself physically and psychologically strong especially in the present challenging situation. A video was shared with the students, demonstrating various asanas followed by Omkar chanting.

## SHOULD TWITTER ACCOUNTS OF PEOPLE BE BLOCKED?

Twitter is a humongously resourceful medium, an ocean of never ending knowledge and perspectives. Through Twitter people can express their opinions and they have the utmost liberty to do so fearlessly. It is a medium for fruitful debates and intellectual discussions. Banning Twitter accounts just because a few

**AGAINST**



**BASHEER AHMED, class X C, Niraj Public School, Hyderabad**

people are spreading hate speech and fake news is illogical. By doing that we're blocking a huge medium that is extremely beneficial to us to connect to people, to create content, share information in the form of videos, speeches or blogs. It is an excellent platform to showcase our talent and share our achievements.



Technology has indeed brought major changes to society, both beneficial and non-beneficial. No doubt, it provides advantages but it is hard to ignore the number of tweets holding hate, misleading claims and inappropriate content circulating around Twitter. For example, false information about COVID-19 and vaccines are

doing a lot of harm. Also, former US President Donald Trump used Twitter to insult his adversaries and to vent grievances impolitely. His account was banned for this reason. This is the right way to check unnecessary disturbances.

**FOR**



**DIYA JAGADISH, class IX C, Army Public School, BOLARAM**

**DEBATE**

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Switzerland's goalkeeper Yann Sommer saves a penalty by France's forward Kylian Mbappe during the UEFA EURO 2020 round of 16 football match between France and Switzerland at the National Arena in Bucharest

# SWITZERLAND BEAT FRANCE ON PENALTIES

Switzerland's Yann Sommer saved France striker Kylian Mbappe's spot kick to secure a 5-4 shootout win over the world champions on Monday

**S**witzerland's extraordinary comeback to eliminate world champion France from the European Championship (Euro 2020) on Tuesday drew superlatives from both coach and captain after the side's penalty shootout success. Following a thrilling 3-3 draw after extra time, Switzerland reached the Euro 2020 quarter-finals where they will meet Spain. It was Switzerland's first knockout stage victory at a tournament since 1938 and the first time they have made the last eight since the 1954 World Cup which they hosted. On a memo-

orable evening for Swiss football, the so-called Nati repeatedly beat the odds, coming from 3-1 down with two goals in the final five minutes to force extra time and eventually penalties.

## Lacklustre first half

■ The French looked to be cruising to victory when Karim Benzema struck twice in two min-



Photo: REUTERS

No normal side would have come back from 3-1 down against the world champions. I've always said this team deserved a lot more than you can read.

**VLADIMIR PETKOVIC,**  
 Switzerland Manager

utes early in the second half. He latched on to Mbappe's through ball in the 57th minute to cancel out Switzerland's first half lead through Haris Seferovic's header. Benzema then headed home from near the goal-line two minutes later to take his tournament tally to four as France took control of the game, following a lacklustre first half, minutes after the Swiss had missed a 55th minute penalty.

## First ever shootout win

■ Hugo Lloris saved Ricardo Rodriguez's spot kick as the Swiss wasted the chance to take a two-goal lead in what looked like a turn-

ing point in the match. By the time Paul Pogba scored with a sensational curled shot into the top corner in the 75th minute to make it 3-1 for France, few believed the momentum could shift once more. But Seferovic headed in his second goal with five minutes to play and substitute Mario Gavranovic beat Lloris to snatch a 90th-minute equaliser and force the extra period after France substitute Kingsley Coman thundered a drive off the bar. Olivier Giroud twice came close for France having come off the bench but the game was to be resolved on penalties where Sommer swatted Mbappe's spot kick away after five Swiss players had scored to earn their first ever tournament shootout win. **REUTERS**



Spain striker Alvaro Morata enjoyed sweet redemption by helping fire his side to a 5-3 win over Croatia after extra time to reach the quarter-finals of Euro 2020

# SPAIN OUTLAST CROATIA IN 8-GOAL THRILLER

## Spain meet Switzerland next

**I**n an enthralling match laced with drama and storylines, Spain fell behind in the first half to a Pedri own goal from near the halfway line after an incredible error from keeper Unai Simon but they looked on their way to a comfortable victory with goals from Pablo Sarabia, Cesar Azpilicueta and Ferran Torres. Yet Croatia staged an unthinkable comeback with goals from Mislav Orsic in the 65th minute and a Mario Pasalic header in added time to force the extra period.

Spain showed tremendous character though and prevailed thanks to Morata's superb strike in the 100th minute and a goal from Mikel Oyarzabal in the 103rd. Spain celebrated a first knockout win in a major tournament since winning Euro 2012 to set up a quarter-final against France or Switzerland in St Petersburg on Friday. Croatia head home with their heads

held high but are still waiting to win a knockout game at a Euros.

Morata has been accused of having a fragile disposition but showed real leadership when Spain's confidence was on the floor, controlling a Dani Olmo cross with one foot before blasting into the roof of the net. His team mate Simon also compensated for his first-half howler, making a superb save to thwart Andrej Kramaric early in extra-time. Substitute Oyarzabal struck moments later to increase Spain's lead and this time Croatia had no response. **REUTERS**

## ANDY MURRAY'S FIRST WIMBLEDON WIN SINCE 2017

**T**wo-time champion Andy Murray won his first Wimbledon singles match since 2017 on Monday with a four-set triumph over Nikoloz Basilashvili of Georgia. Murray, the champion in 2013 and 2016 but who has fought a long battle with hip and groin injuries in recent years, triumphed 6-4, 6-3, 5-7, 6-3 over the 24th seeded Basilashvili.

Now ranked a lowly 118 in the world, former number one Murray will face either Oscar Otte of Germany or France's Arthur Rinderknech for a place in the last 32. His last appearance in the singles tournament at Wimbledon four years ago ended in a five-set loss to Sam Querrey in the quarter-finals. A long-standing hip problem, which required surgery, then pushed him tearfully to the brink of retirement. But three-time major winner and back-to-back Olympic gold medalist Murray said he intends to keep playing. **AFP**



Photo: REUTERS

## QUIZ TIME!

**Q1:** What's the correct name for the container holding arrows?

- a) Box ☐ b) Quiver ☐  
 c) Holder ☐ d) Arrow holder ☐

**Q2:** Which cricketer has scored the most sixes in a single IPL match?

- a) Chris Gayle ☐ b) McCullum ☐  
 c) AB De Villiers ☐ d) Sanath Jayasuriya ☐

**Q3:** How many clubs competed in the inaugural English Premier League season?

- a) 12 ☐ b) 35 ☐ c) 22 ☐ d) 14 ☐

**Q4:** Which NBA player scored 8 points in the final 7 seconds of a game to lead his team to victory?

- a) Baron Davis ☐ b) Kevin Garnett ☐  
 c) Stephon Maurbury ☐ d) Reggie Miller ☐

**Q5:** Which country, which made its debut in the Norwich Union League in 2003, signed Rahul Dravid as their overseas player?

- a) Holland ☐ b) Ireland ☐  
 c) Wales ☐ d) Scotland ☐

**Q6:** The Indian football team made its first appearance at Olympics in...?

- a) 1936 ☐ b) 1948 ☐ c) 1952 ☐ d) 1956 ☐

**Q7:** Messi wore the No.30 at the start of his Barca career and is now No.10. What other number has he worn for the club?

- a) 3 ☐ b) 10 ☐ c) 7 ☐ d) 19 ☐



Lionel Messi

Photo: GETTY IMAGES

**Q8:** Which track and field star to become one of the greatest athletes of her time?

- a) Wilma Rudolph ☐ b) Gail Devers ☐  
 c) Florence Griffith Joyner ☐ d) Jackie Robinson ☐

**Q9:** The name Kunjarani Devi is associated with...?

- a) Weight Lifting ☐ b) Target shooting ☐  
 c) Athletics ☐ d) Swimming ☐

**Q10:** Which of the following is a Manipuri version of Hockey?

- a) Khong Kangjei ☐ b) Hiyang Tanaba ☐  
 c) Yubi Lakpi ☐ d) None of the above ☐

**Q11:** Who was the 1st ODI captain for India?

- a) Ajit Wadekar ☐ b) Bishen Singh Bedi ☐  
 c) Nawab Pataudi ☐ d) Vinoo Mankad ☐

**Q12:** Who won back-to-back men's high jump titles in the Big 12 Outdoor Track and Field Championships in Manhattan, USA?

- a) Tejaswini Shankar ☐ b) Rakesh Powar ☐  
 c) Vijay Goel ☐ d) Shankar Narayan ☐

**ANSWERS:** 1. b. Quiver 2. a. Chris Gayle  
 3. c. 22 4. d. Reggie Miller 5. d. Scotland  
 6. b. 1948 7. d. 19 8. a. Wilma Rudolph  
 9. a. Weight Lifting 10. a. Khong Kangjei  
 11. a. Ajit Wadekar 12. a. Tejaswini Shankar