



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

► What does it take to be a Board topper? Hear it out from the achievers, who share their success mantras
PAGE 2



► Know more about S Ramanujan, and why is he a role model for many youngsters
PAGE 3



► Catch all the action from Tokyo. Check out the overall medals' tally and how India is faring in Olympics 2020
PAGE 4



STUDENT EDITION
TUESDAY, AUGUST 3, 2021

Quote unquote

Mental health is very, very important. As a normal course of business we work with the men's and women's tours together to really make sure that we are there for the players and that they have the



Pic: Reuters

ability to talk to someone to get help when they need it in the proper way. I think for the athletes after 15-18 months of lockdown in sport, it's a difficult time. We need to be there for the athletes and certainly tennis takes it very seriously

DAVID HAGGERTY, chief, International Tennis Federation

CLICK HERE: PAGE 1 AND 2

Indian women make historic entry into hockey semis



CHAK DE MOMENT!

Taking inspiration from the men's team that got into the medal rounds after a gap of four decades, Indian women scripted a historic moment of their own by making a maiden entry into the semifinals of the Olympics hockey tournament. Indians defeated world No 2 Australia 1-0 in the quarterfinals to storm into the last-four stage

TOKYO TALES



Dutee Chand fails to advance in 200m, finishes last in her heat

Kamalpreet Kaur finishes 6th in discus throw final



Bajrang, Vinesh carry medal hopes in wrestling

NEWS IN CLUES

This global body won an Oscar in 1948 and the Nobel Peace Prize in 2001

- CLUE 1:** Founded in 1945, it is headquartered in New York.
- CLUE 2:** Having begun with 51 member states, its current membership currently stands at 193.
- CLUE 3:** It has six main organs, including the Economic and Social Council and the Trusteeship Council.

ANSWER: UNITED NATIONS. India on Sunday assumed the rotating Presidency of the UN Security Council for the month of August, and is set to organise key events in three major areas of maritime security, peacekeeping and counter-terrorism. This is India's 10th tenure, the last being November 2012. Flagger off its tenure, India thanked France, its immediate predecessor.

X-PLAINED e-RUPI

WHAT: Prime Minister Narendra Modi on Monday launched e-RUPI, a person and purpose specific digital payment solution. e-RUPI is the government's move towards introducing digital currency in the country.

WHY: Developed by the National Payments Corporation of India (NPCI), the minds behind the Unified Payments Interface (UPI) currently gaining popularity across India, e-RUPI is like a prepaid voucher, except that the voucher is entirely digital, and the payments will be authorised by institutions like the government or banks.

Corporation of India (NPCI), the minds behind the Unified Payments Interface (UPI) currently gaining popularity across India, e-RUPI is like a prepaid voucher, except that the voucher is entirely digital, and the payments will be authorised by institutions like the government or banks.



HOW WILL PEOPLE USE IT?

- The government aims to deliver the currency through a QR code or an SMS string that beneficiaries of the currency will use to authenticate payments. The government agencies will provide details to partner banks who will generate the codes necessary
- The users of this seamless one-time payment mechanism will be able to redeem the voucher without a card, digital payments app or internet banking access, at the service provider.

WHERE WILL IT BE USED?

With e-RUPI designed to have zero interference from middlemen, the government plans to use it to deliver social security benefits. With the pandemic raging across the country, the need to have a no contact currency is all the more important, as is delivering welfare

IN OTHER NEWS

PM Modi asks people to share their inputs for his Independence Day speech

Prime Minister Narendra Modi has urged citizens to share their inputs for his Independence Day speech on August 15, saying their thoughts will reverberate from the ramparts of the Red Fort. In a tweet, he asked people to provide their inputs on MyGov, a citizen engagement platform.



provide their inputs on MyGov, a citizen engagement platform.

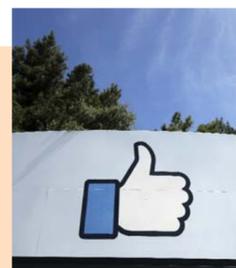
The portal noted that the prime minister in his Independence Day speech lays out the government's programmes and policies. Modi, over the last few years, has directly invited ideas and suggestions from citizens

FB developing AI, new ways to detect users under age 13

Admitting that it is not easy to detect and remove accounts belonging to people under the age of 13, Facebook has said that it is looking at ways to convince people under age 13 to not lie about their age, including using the artificial intelligence (AI) technology. Facebook and Instagram weren't designed for people under the age of 13, so the company is now creating new ways to stop those who are underage from signing up. Facebook is also working with operating system (OS) providers, internet browsers and other providers so that they can share information to help apps establish whether someone is of an appropriate age.

- Currently, when people open Facebook apps to sign up for an account, they are asked for their birthday. This is called an age screen
- But verifying someone's age is not as simple as it might sound. While age screens are common, young people

TECHAWAY



can and often do get around them by misrepresenting their age

Indian Army, Chinese PLA set up hotline

The Indian Army and the Chinese People's Liberation Army (PLA) have established a hotline in the North Sikkim region on Sunday to avoid any kind of skirmishes along the Line of Actual Control. The Indian Army in a statement said that a hotline was established between Indian Army in Kongra La, North Sikkim and PLA at Khamba Dzong in Tibetan Autonomous Region to further the spirit of trust and cordial relations along the borders.



Beyonce's 'Formation' named as best music video of all time

Formation, the song recorded by American popstar Beyonce for her sixth studio album Lemonade (2016), has become the best music video of all time on

a list of 100 music videos ranked by the Rolling Stone magazine. It pushed other music videos like Michael Jackson's 'Billie Jean', Prince's 'Kiss', among others

FACTOID 22 GIGATONS

The amount of ice that vanished in a single day in Greenland recently. According to researchers, it was enough to cover Florida with 2 inches of water. The ice that melted recently was the third-largest single-day loss of ice in Greenland since 1950. The others happened in 2012 and 2019. The rapid melt followed warm air being trapped over the Arctic island by a change in the atmospheric circulation patterns, scientists said, noting that there could be more ice lost.

■ Such events can create feedback loops that drive further warming and melting in Greenland

■ As snow melts, it exposes darker ice or ground beneath, which absorbs more sunlight rather than reflecting it back out of the atmosphere

Scientists have estimated that melting from Greenland's ice sheet – the second-biggest on Earth after Antarctica's – has caused around 25% of global sea level rise seen over the last few decades

Third Covid wave likely to hit India this month: Report



The anticipated third wave of the Covid-19 pandemic is likely to hit India in August, which may reach its peak in October when the country is expected to report less than 1,00,000 infections daily in the best-case scenario or nearly 1,50,000 in the pessimistic scenario, according to a study.



■ The Centre recently said that 10 states are either reporting a rise in new daily Covid cases or an upsurge in the Test Positivity Rate (TPR). It suggested that strict restrictions in districts with a positivity rate of more than 10 per cent, to prevent crowds and intermingling of people

■ The 10 states are – Kerala, Maharashtra, Karnataka, Tamil Nadu, Odisha, Assam, Mizoram, Meghalaya, Andhra Pradesh and Manipur

SAGE PATANJALI, THE FATHER OF YOGA

Sage Patanjali, the great saint of India, was a great scientist, psychologist and a doctor of medicine. Patanjali created the 'Yoga Sutras' as a way of compiling the already existing teachings of yoga into a format easier to follow and understand, which made him to be popularly known as 'The Father of Yoga'

THE YOGA SUTRA

It is the essential text on yoga philosophy, compiled by sage Patanjali nearly 1800 years ago. It contains 196 Sutras, divided

between four chapters. These Sutras talk about the aims and practice of yoga, the development of yogic powers and finally - liberation. The wisdom in this text has proved timeless in this world filled with distractions and social pressures.

Practitioners use this text as a clear guide in the journey of mastering the mind, and a clarifier for understanding its true nature and purpose. According to Yoga Sutras - yoga is a process of controlling the mind in pursuit of liberation.

CLASS: X, ICSE
SUBJECT: Yoga

YOGA SUTRA - THE 4 PADAS

SAMADHI PADA	SADHANA PADA	VIBHUTI PADA	KAIVALYA PADA
Consciousness	Ways to attain Yoga	Power/Dharma single point,	Liberation, supernatural power
Super consciousness	Kriya yoga + Ashtanga Yoga	concentration & Awareness	achieved through ascetic discipline

In Yoga Sutra's Second Pada - the Sadhana Pada, the eightfold path is called 'ashtanga', which means 'eight limbs' (ashta=eight, anga=limb). These eight steps basically act as the guidelines on how to live a meaningful and purposeful life. They teach about self-discipline and attention toward one's health, and they help us to acknowledge the spiritual aspects of our nature.

THE ASHTANGA (EIGHT) LIMBS ARE AS FOLLOWS...

1 Yama
The first limb, YAMA deals with one's ethical standards and sense of integrity, focusing on our behaviour and how we conduct ourselves in life. The five yamas are:
Ahimsa: nonviolence; Satya: truthfulness; Asteya: non-stealing; Brahmacharya: continence; Aparigraha: non-covetousness

2 Niyama
This is about self-discipline and spiritual observances. The five niyamas are:
Saucha: cleanliness; Samtosa: contentment; Tapas: heat; spiritual austerities; Svadhyaya: study of the sacred scriptures and of one's self; Ishvara pranidhana: surrender to God

3 Asana
Asana, the postures practiced in yoga. Through the practice of asanas, we develop the habit of discipline and the ability to concentrate, both of which are necessary for meditation.

4 Pranayama
Pranayama is translated as "breath control," designed to gain mastery over the respiratory process while recognising the connection between the breath, the mind, and the emotions. It is "life force extension," yogis believe that it not only rejuvenates the body but actually extends life itself.

5 Pratyahara
This means withdrawal or sensory transcendence. It is during this stage that we make the conscious effort to draw our awareness away from the external world and outside stimuli.

6 Dharana
As each stage prepares us for the next, the practice of Pratyahara creates the setting for Dharana, or concentration. Having relieved ourselves of outside distractions, we can now deal with the distractions of the mind itself.

7 Dhyana
Meditation or contemplation, the seventh stage of ashtanga, is the uninterrupted flow of concentration.

8 Samadhi
Patanjali describes this eighth and final stage of ashtanga - Samadhi, as a state of ecstasy. At this stage, the meditator merges with his or her point of focus and transcends the Self altogether.

According to Pantanjali, the completion of the yogic path is what, deep down all human beings aspire to: Peace

SNEHAL GARG, Yoga facilitator, Hyderabad

Embracing Pressure

Everyone knows the formula for pressure is force/area, but very few truly understand pressure. One way to do that is to go scuba diving, and feel the crushing pressure of the ocean on your head. The alternative, however, is much easier and not as enjoyable. That's right, the pressure of academics. More specifically, the Board examinations, a rite of passage in every student's life.

Come Board year, all your time is either spent studying or stressing about the fact that you're not studying.

But is all this pressure really that bad? I might not remember every minute of slogging for the class X boards, but I vividly remember the day that the results were announced when I could proudly say I had passed the Board examinations, that too in first division.



The solution is not to eliminate the pressure, but to embrace it. That's the only way you'll get to see the stunning marine life, scuba diving!

And what's it like being a Board student these days? Well, I'm citing physics formulae as analogies. You tell me...

BHAVYA GOYAL, Class XII, Modern Academy, Lucknow

Confidence is the Key

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid." - Albert Einstein.

First of all, I want to thank the CBSE for dividing the course of exams into two terms due to the Covid-19 pandemic.

Exams are not for everyone. You could be the brightest bulb in the box and still not shine as brightly in exams. As the Board year progresses, we feel that we don't get enough time to learn all the subjects. Board exams are a stepping stone for our professional future and hence we must try to address our weak points. Here are some tips that help me tackle them.

- Plan your schedule and allocate more time for learning difficult portions.
- Believe in yourself and convince yourself that you can turn the difficult portion simpler in a few days and ways.
- Break them into easy components, work on them till everything is clear as crystal and move on.
- Seek guidance of teachers when you reach a bottleneck.
- Note-making is an effective method. Solve previous years' question papers: Understand the concepts while studying.
- Revise as many times as possible.

There is enough time to plan and organise your study schedule. Push yourself harder and make sure you are confident to face the Boards. All the best dear friends!

A GOPIKA KRISHNAN, class X, Carmel CBSE School, Peyad, Thiruvananthapuram



OF CHEMICAL PROPERTIES & REACTIONS...

1 Name the type of crystal defect which is produced when NaCl crystal is doped with MgCl.
ANS: Cation vacancy defect or non-stoichiometric defect or impurity defects.

2 What is the formula of a compound in which the element 'Y' form hcp lattice and atoms of 'X' occupy 1/3 of octahedral voids.

ANS:
 $Y = 8 \times \frac{1}{8} = 1$; $X = \frac{1}{3} \times 1 = \frac{1}{3}$
 \therefore Formula of the compound = $X_{\frac{1}{3}} Y_1$
That is, XY_3 is the formula of compound.

3 State Henry's law. Why do gases always tend to be less soluble in liquids as the temperature is raised?

ANS: Henry's law states, 'The partial pressure of the gas dissolved in a liquid is directly proportional to its mole fraction. $p_{gas} = K_H \times x_{gas}$, where x_{gas} is the mole fraction of gas and p_{gas} is the partial pressure of the gas.

When temperature is increased, K_H (Henry's law constant) increases, therefore, the solubility of gases in liquid decreases.

4 Why does a solution containing non-volatile solute have higher boiling point than the pure solvent? Why is elevation of boiling point a colligative property?

ANS: When we add a non-volatile solute to a pure solvent, the vapour pressure of solution decreases, therefore, it is to be heated to higher temperature so that its vapour pressure becomes equal to the atmospheric pressure, i.e. its boiling point will be higher.

Elevation of boiling point is a colligative property because it depends upon the number of particles of solute and not on nature of solute.

5 Calculate the time to deposit 1.5 g of silver at cathode when a current of 1.5 A was passed through the solution of $AgNO_3$. (Molar mass of $Ag = 108 \text{ g mol}^{-1}$, $1 F = 96500 \text{ C mol}^{-1}$).

ANS:
Given: $m = 1.5 \text{ g}$, $I = 1.5 \text{ A}$, Molar mass = 108 g mol^{-1} , $1 F = 96500 \text{ C mol}^{-1}$
 $\therefore m = Z \times I \times t$
 $\therefore 1.5 = \frac{108}{1 \times 96500} \times 1.5 \times t$
 $\therefore t = \frac{96500}{108} = 893 \text{ seconds}$

CLASS: XII, SUBJECT: CHEMISTRY

6 Define rate constant (k). Write the unit of rate constant for the following:

- (i) First order reaction
(ii) Second order reaction

ANS:
Rate constant is equal to the rate of reaction when molar concentration of reactants is equal to unity.

(i) s^{-1} is the unit of first order rate constant.
(ii) $L \text{ mol}^{-1} s^{-1}$ is the unit of second order rate constant.

7 The rate constant of a first order reaction increases from 2×10^{-2} to 8×10^{-2} when the temperature changes from 300 K to 320 K. Calculate the energy of activation (E_a). ($\log 2 = 0.301$, $\log 3 = 0.4771$, $\log 4 = 0.6021$)

ANS:
Given: $k_2 = 8 \times 10^{-2}$, $k_1 = 2 \times 10^{-2}$, $T_1 = 300 \text{ K}$, $T_2 = 320 \text{ K}$
 $\log \frac{k_2}{k_1} = \frac{E_a}{2.303 R} \left(\frac{1}{T_1} - \frac{1}{T_2} \right)$
 $\Rightarrow \log \frac{8 \times 10^{-2}}{2 \times 10^{-2}} = \frac{E_a}{2.303 \times 8.314} \left(\frac{1}{300} - \frac{1}{320} \right)$
 $\Rightarrow \log 4 = \frac{E_a}{19.147 \times 300 \times 320} \times 20$
 $\Rightarrow E_a = \frac{19.147 \times 0.6021 \times 300 \times 320}{20}$
 $\Rightarrow E_a = \frac{19.147 \times 0.6021 \times 1800 \text{ kJ mol}^{-1}}{1000}$
 $\Rightarrow E_a = 55.3364 \text{ kJ mol}^{-1}$

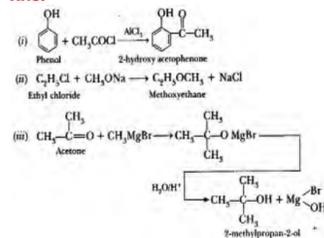
8 The rate constant of a first order reaction increases from 2×10^{-2} to 4×10^{-2} when the temperature change from 300K to 310K. Calculate the energy of activation (E_a). ($\log 2 = 0.301$, $\log 3 = 0.4771$, $\log 4 = 0.6021$) $\log 3 = 0.4771$, $\log 4 = 0.6021$)

ANS:
Given: $k_2 = 4 \times 10^{-2}$, $k_1 = 2 \times 10^{-2}$, $T_1 = 300 \text{ K}$, $T_2 = 310 \text{ K}$
 $\log \frac{k_2}{k_1} = \frac{E_a}{2.303 R} \left(\frac{1}{T_1} - \frac{1}{T_2} \right)$
 $\log \frac{4 \times 10^{-2}}{2 \times 10^{-2}} = \frac{E_a}{2.303 \times 8.314} \left(\frac{1}{300} - \frac{1}{310} \right)$
 $\Rightarrow \log 2 = \frac{E_a}{19.147 \times 95000}$ [$\because \log 2 = 0.3010$]
 $\Rightarrow E_a = \frac{19.147 \times 0.3010 \times 95000}{1000} = 53.598 \text{ kJ mol}^{-1}$

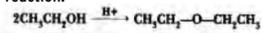
9 How do you convert the following:

- (i) Phenol to 2-hydroxyacetophenone
(ii) Ethyl chloride to methoxy ethane
(iii) Acetone to 2-methylpropan-2-ol

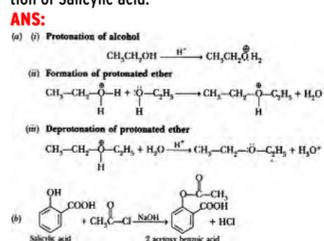
ANS:



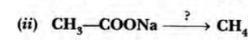
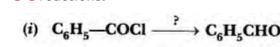
10 (a) Write the mechanism of the following reaction:



(b) Write the equation involved in the acetylation of Salicylic acid.



11 Name the reagents used in the following reactions:



ANS:
(i) $C_6H_5-COCl \xrightarrow{H_2/Pd-BaSO_4} C_6H_5CHO$
(ii) $CH_3COONa + NaOH \xrightarrow{CaO} CH_4 + Na_2CO_3$

12 Arrange the following compounds in increasing order of their property as indicated.

1. CH_3CHO , C_6H_5CHO , $HCHO$ (reactivity towards nucleophilic addition reaction).

2. 2,4-dinitrobenzoic acid, 4-methoxybenzoic acid, 4-nitrobenzoic acid (acidic character).

ANS:
1. $C_6H_5CHO < CH_3CHO < HCHO$
2. 4-methoxybenzoic acid < 4-nitrobenzoic acid < 2,4-dinitrobenzoic acid

NEP-2020: Vision and implication on Indian education

National Educational Policy (NEP) completes one year and in this year we all tried to understand the vision and implications of the NEP 2020. NEP and its implications have been debated and deliberated and finally collated on different forums. The overriding ob-

jective of education is the all round development of a student's personality. Though the word 'holistic development' has lost its significance because of its out of the context overuse. But it truly means developing all faculties of a child that nature has bestowed on him. The prime purpose of education is to develop him physically, mentally, morally, emotionally, and spiritually so that he blooms

in all aspects. This great goal can be achieved by adopting 'across the curriculum approach' and breaking the barriers of the streams and the subjects. If science develops 'a spirit of enquiry,' mathematics develops 'analytical skills and literatures fosters the emotional side, it is the integration of all that will cultivate an all-round personality. To make subjects

engaging, the students must be involved in learning process. One of the distinctive features of the NEP is to open the higher education to the foreign counterparts which would not only globalise the Indian education system but will also infuse excellence. To keep pace with fast-paced world, Indian education needs to be revamped to meet the needs and expectations of the progressive



TRILOK SINGH BIST,
Principal, Delhi Public School, Vasundhara, Ghazalabad

world. Despite a revolutionary vision of NEP-2020, the positive changes cannot be wrought until it is implemented effectively and uniformly. Unfortunately, the recommendations of NEP-1986 could not be implemented by now. Even to this day, many a public school in the remote parts of the country do not have the required infrastructure such as science and computer labs where- as the private schools have introduced coding in the primary schools. If steps to improve the condition will not be taken, it would widen the digital divide in the country. NEP 2020 is a paradigm shift in the education policy of India. It has liberated education system from the stereotype structures and has democratised the entire education system. It is a new dawn on the horizon, ready to usher in the new era of education if NEP 2020 is implemented in its true sense.

Interact club of DAV organises 'Fight the bite' campaign

Like every year, the Interact Club of M L Khanna DAV Public School Dwarka organised the 'Fight the bite' campaign to sensitise people about vector borne diseases like dengue. A live assembly 'Fight the bite' was conducted as a part of the campaign. The live virtual assembly began with the chanting of 'Gayatri' mantra followed by DAV anthem.



Interactor Rohan shared information on the prevention and treatment of vector-borne diseases through an animated video. Interactors Misthi, Kanan, Ishita and

Vaishnavi presented a wonderful skit highlighting the dos and don'ts of dengue while Mansi Jha administered the pledge urging everyone to maintain clean surroundings and adopt a healthy lifestyle. Winners of online activities conducted as a prelude to the assembly were announced. Principal Monika Mehan motivated students to embrace the teachings of our ancient scriptures on health and nature and implement them to lead happier and healthier lives.

ACHIEVERS AWARD CEREMONY AT ASN

Students at ASN have not only shown their excellence in academics but also in extra-curricular activities like sports, drama, art-works, organising school events, and many other things. They have brought accolades to the school and thus have added an extra feather to their

caps. To mark this excellence, an annual prize distribution ceremony for the academic session 2020-21 was conducted on July 24. Students, teachers, and staff members celebrated this day with great fervour. The event was managed under the guidance of the headmistress, Shivani Khanna, and was enlightened by the presence of the principal Swarnima

Luthra. The awards were given under various categories including 'Best Innovative Child', 'Best in Performing Arts', 'Best Orator', 'Best in Sports', 'Best Technowiz', 'Best Orator', and 'All-Rounders' for the year 2020-21. The award ceremony proved that if talent and hard work meet, the result is a sure success.

'India in Olympics' quiz competition

SD Public School, Pitampura organised interschool quiz competition on the topic 'India in the Olympics' in three stages. The grand finale was conducted on July 19. Eminent sports personalities Gurbux Singh-former Indian Hockey captain and gold medalist in Olympic and Asian Games, Gurbachan Singh Randhawa-Indian athlete, Olympic finalist, Ajitpal Singh-Indian Field Hockey player, three-time Olympian and Khajan Singh Tokas-Indian swimmer and Asian Games medalist graced the grand finale and felicitated ceremony. Around 1300 students from more than 35 schools across the country participated in the competition. 15 students were selected for the final round. Principal Anita Sharma welcomed the chief guests, dignitaries and chairman -

Chander Bhan Garg, manager - Bharat Gupta and former chairman Krishan Lal Bansal. Aarushi Jindal, Shivang Sheoran and Atharva Raj of Ahlcon Public School, Mayur Vihar bagged the first position. Teams from Lotus Valley International School, Noida and St. Xavier School; Raj Niwas Marg were adjudged second and third respectively. Shreshth Kathuria of Indraprastha International School, Rishabh Gupta of Maharaja Agarsain Public School and Adwya Shah of Sri Venkateshwar International School were given special recognition for their outstanding performance throughout the quiz competition.

Greenway Modern School participates in youth forum

Sejong Office of Education, South Korea organised a youth forum on the theme 'Our planet matters' where global issues were addressed and challenges were discussed. On the first day various personalities including Choi Gyo-jin / Governor of Sejong Office of Education, Ban Ki-moon / former secretary-general of UN, Malcolm Fairbrother, professor, Umea University (Sweden) and Amy and Ella Meek, founders of Kids Against Plastic! (UK) addressed the event. On the second day, Tyler Rasch, TV personality, consultant, WWF brand ambassador discussed how he learnt about the environment during his childhood. The students who participated in this web seminar were: Nupur Bubna, Aashi Garg, Divyansh Mutreja, Abhay Sood, Eshita Nagaria, Sarthak, Shreyan Kaul, Vidushi, Anshika Panwar and Deveshi Kaita.

Natarajasana

In Sanskrit 'Nataraja' means lord of dance and 'Asana' means posture. Natarajasana, also called 'Lord of Dance' or dance pose, is a standing asana to improve balance and posture of the body.

INSTRUCTIONS

- 01** Stand on the yoga mat and shift your weight on to the right foot. Bend your left knee and lift your left foot off the floor. Keep your left knee hugging toward your midline throughout this pose.
- 02** Grasp the instep of your left foot with your left hand with the thumb resting on the sole of your foot and pointing in the direction of your toes.
- 03** Lift your left leg behind you as you bring your torso forward as a counterbalance. Stretch your right arm forward. Remember that your left knee should not splay to the side.
- 04** Fix your gaze on something that doesn't move so that you don't lose balance. Hold for 5 to 10 breaths. Repeat with the other leg.

BENEFITS

- ◀ This posture can aid in losing weight, as you tend to burn calories during practice.
- ◀ It strengthens and stretches your ankles, legs, thighs, chest, abdomen, thorax, and hips
- ◀ Practicing consistently improves your balance.

PRECAUTIONS

- ◀ Those with low BP or spinal column problems should avoid doing this asana.
- ◀ Avoid excessive stretching.

NANDU NAARAYANAN V
Physical Education Teacher, Carmel School, Peyad, Thiruvananthapuram

DRAWN TO NUMBERS

An equation means nothing to me unless it expresses a thought of God. -Srinivasa Ramanujan

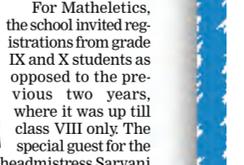
The great Indian mathematical genius, Srinivasa Ramanujan, always played with numbers even though he did not have any formal training in pure mathematics. This is what fascinated me as I read about his contributions to the field of mathematics. Ramanujan developed his mathematical research in isolation and his papers were published in English and European journals. He truly inspires me as I too find numbers intriguing. I

INSPIRING ICONS
SRINIVASA RAMANUJAN

ANSHUMAN ROUT, class VI B,
The Hyderabad Public School, Ramanthapur, Hyderabad

Manaskriti School leaps ahead with Mathletics 2021

A three-day intensive round of mathematics excitement suffused amongst the leading schools of Delhi-NCR and other states, with the organising of the third inter-school, Mathletics quiz 3.0 at Manaskriti school, sector-32, Greater Faridabad. For Mathletics, the school invited registrations from grade IX and X students as opposed to the previous two years, where it was up till class VIII only. The special guest for the event, headmistress Sarvani Bagchi, Ambience Public School, Noida spoke about the need of focus and accuracy for Mathematics. Principal, Jyoti Bhalla, highlighted how mathematics stems from nature and is slowly becoming an imperative part of modern anatomical studies. The winners, Jiva Public School, Delhi Scholars International, Lotus Valley International, Cygnus World School, Indrapuram School and Sagar Public School were congratulated and awarded by the principal.



Codingal

CodeBreakers

Grade 1-12

[Register Now](#)

Theme	Submit project by	Prizes
Grade 1-4: Create a game or an animation using block-based coding	12 AM, Aug 16, 2021	Scholarships on coding courses from Codingal
Grade 5-8: Build a science project using block-based or text-based coding		Certificate of Recognition for the Winners
Grade 9-12: Build a app on healthcare and medicine using block-based or text-based coding		Codingal Gift Hamper

www.codingal.com

Little Leap

Confidence & Communication Competition

Is your child ready to wear their confidence and shine bright?

Stand a chance to win exciting cash prizes:

- 1st Prize - INR 2000
- 2nd Prize - INR 1000
- 3rd Prize - INR 500

Participation certificate for all students.

For age group 4 - 13

[Register Now!](#)

INDIAN WOMEN STUN AUSSIES

Create history with 1-0 win as they enter maiden Olympic hockey semifinals



Gurjit Kaur

A brave and determined Indian women's hockey team etched its name in the history books by entering the Olympic Games semifinals for the first time, stunning three-time champions and world no.2 Australia 1-0 in an intense last-eight tie in Tokyo on Monday.

A day after the Indian men's team entered the Olympic semifinals following a 49-year gap, the world no. 9 women's side also produced a phenomenally gritty performance to make it way into the last four.

“We are so happy, it is the result of hard work that we put in for several, several days. In 1980, we qualified for the Games but this time, we made the semifinals. It is a proud moment for us. This team is like a family, we have supported each other and found support from the country as well. We are very happy.”

GURJIT KAUR, India drag-flicker

Drag-flicker Gurjit Kaur rose to the occasion when it mattered and converted India's lone penalty corner in the 22nd minute to surprise the Australians. Coming into the match, the odds were totally against India as in world no.2 Australia, a mighty unbeaten opponent, awaited them. But the Indians, determined to prove a point, produced a strong and brave performance to eke out the narrow win over the Hockeyroos.

Outpouring of emotions

How much it meant for the team and Indian hockey in general could be gauged from the emotions that were on display after the final hooter went off. The players screamed, hugged each other, and got

into a huddle with their Dutch coach Sjoerd Marijne with tears of joy rolling down their faces.

Aggressive approach surprises Australians

The Indians started slow off the blocks but grew in confidence as the match progressed. Australia had the first shot at the goal but India goalkeeper Savita did just enough to deny Amrosia Malone, whose slap shot from inside the circle hit the post. The Indians thereafter adopted an aggressive approach and caught the Australian defence off guard quite a few times.

India's pace and determination seemed to have surprised the Australians as they panicked while defending and were lucky not to have conceded a goal in the first quarter.

The Australians pressed hard in the second quarter but India secured their first penalty corner and Gurjit, who had a disappointing outing so far in the tournament, rose to the occasion and converted the chance with a low flick to stun the Australians.

Defence hold their ground

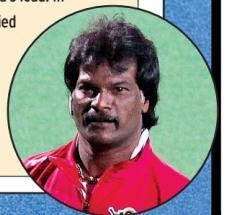
The Indians were bold and courageous while defending as minutes later, Deep Grace Ekka got a vital stick to keep out Emily Chalcker's strong hit from close range.

Down by a goal, the Australians attacked with numbers after the change of ends. Australia secured three back-to-back penalty corners soon but the Indian defence, led by Savita and Deep Grace Ekka, stood like a rock in front of the goal.

In the final eight minutes of the game, the pressure was relentless on the Indians as Australia secured four more penalty corners but failed to breach the willpower of the Indian defence.

WORDS FAIL ME:

Hockey legend Dhanraj Pillay on Sunday fell short of words to describe the feeling after the Indian men's hockey team registered a scintillating 3-1 win against Great Britain in the quarter-final of the ongoing Tokyo Olympics. With this win, India inched closer to end the 41-year medal drought as they booked the semi-final berth with the help of goals from Dilpreet Singh, Gurjant Singh and Hardik Singh. The overall effort ensured India a place in the semi-final against World Champions Belgium. "What a show Team India! #Hockey Well deserved Victory. Words fail me as I try to compose my emotions for the semifinals against #Bel Wishing my blue army the very best, you are on the threshold of making history. Good luck," Pillay tweeted. Master Blaster Sachin Tendulkar and former India batsman Virender Sehwag heaped praises on the men's hockey team after their sensational show on Sunday. Coming back to the game, India suffered a blow when skipper Manpreet Singh received a yellow card in the dying minutes, but Hardik scored in the 57th minute to extend India's lead. In the final quarter, Great Britain tried hard to score a goal after breaching the Indian defence. The side even won a penalty corner but PR Sreejesh made a fine save to keep India on top.



OLYMPIC WATCH

August 3, 2021 | INDIANS IN THE FRAY

WOMEN'S JAVELIN THROW
Qualification
Annu Rani

MEN'S SHOT PUT
Qualification
Tajinder Singh Toor

HOCKEY
Men's Semi-Finals

WRESTLING
Women's Freestyle 62kg Round of 16 and Quarter-Finals
Sonam Malik



Gianmarco Tamberi of Italy celebrates with Mutaz Barshim of Qatar after they won joint gold in the final of the men's high jump

ACTS OF KINDNESS ABOUND AT OLYMPICS

In an extraordinary Olympic Games where mental health has been front and center, acts of kindness are everywhere. The world's most competitive athletes have shown gentleness and warmth towards each other, wiping away own tears.

Running together

Runners Isaiah Jewett of the US and Nijel Amos of Botswana got tangled and fell during the 800-meter semifinals. Rather than get angry, they helped each other to their feet, and ran together.

Shared gold

Gianmarco Tamberi of Italy and Mutaz Barshim of Qatar found themselves in a situation they'd talked about but never experienced — they were tied. Both were perfect until the bar was set to the record height of 7 feet, 10 inches. Each missed three times. They could have gone to a jump-off, but decided to share the gold. "I know for a fact that for the performance I did, I deserve that gold. He did the same thing, so I know he deserved that gold," Barshim said. "This is beyond sport. This is the

message we deliver to the young generation." After they decided, Tamberi jumped into Barshim's arms. "Sharing with a friend is even more beautiful," Tamberi said. "It was just magical."

Cross-rival translation

Surfer Kanoa Igarashi of Japan lost to Brazilian Italo Ferreira. He was also being taunted online by Brazilian trolls. The Japanese-American could have stewed in silence, but instead deployed his knowledge of Portuguese to translate a press conference question for Ferreira. The crowd giggled at the cross-rival translation. "Yes, thank you, Kanoa," said a beaming Ferreira, who is learning English.

A pep talk

After the punishing women's triathlon last week, Norwegian Lotte Miller took a moment to give a pep talk to Belgium's Claire Michel, who was inconsolable and sobbing. Michel had come in last, "You're a fighter," Miller said. "This is Olympic spirit, and you've got it 100%." AP

ENCOURAGEMENT FROM SINDHU MADE ME CRY: TAI TZU YING

World No. 1 women's shuttler Tai Tzu Ying thanked all those who supported her — including India shuttler PV Sindhu — after losing a nail-biting final against China's Chen Yu Fei on Sunday. Chen Yu Fei withstood a severe test from Tai Tzu Ying, eventually capitalising on a rash of errors from the World No.1 to take the title.

"Maybe I won't have another chance to participate in the Olympics, but I've achieved this goal, just not so perfect. I just want to tell myself: Tai Tzu-Ying, you're great! Thank you to all of you who have supported me, the results are always brutal and only acceptable but I try my best."

Sharing a little story after her match, Tai Tzu wrote: "After the game, Sindhu ran over



and hugged me, held my face, and told me: "I know you're very uncomfortable, you've been very good, but today isn't your day." Then she held me in her arms and said she knows all about it. That sincere encouragement made me cry... really sad because I tried really hard. Thank you for your support and encouragement." ANI

QUIZ TIME!

Q1. Who among the following has claimed the 1000th wickets in first-class cricket?

- Wahab Riaz
- Mitchell Starc
- Pat Cummins
- James Anderson

Q2. Who became the first Indian to qualify in 400m hurdles for the Tokyo Olympics?

- Avinash Sable
- Murali Sreeshankar
- MP Jabir
- Alex Anthony

Q3. Abhimanyu Mishra made history becoming the youngest chess Grandmaster. Whose record of 12 years and 7 months did he break?

- Sergey Karjakin
- Garry Kasparov
- Veselin Topalov
- Fabiano Caruana

Q4. Who among the following won the gold medal in men's individual compound archery at the Archery World Cup?

- Atul Verma
- Abhishek Verma
- Vishwas
- Atanu Das

Q5. Shafali Verma became the youngest Indian cricketer to play in all formats? Against which did country did she debut in ODI?



Photo: GETTY IMAGES

- England
- Australia
- New Zealand
- West Indies

Q6. Saba Sakr has become the first female boxing coach of which country?

- Egypt
- Japan
- America
- Indonesia

Q7. Who become the first Chinese man to qualify for Wimbledon in the Open era?

- Wu Di
- Zhang Ze
- Li Zhe
- Zhang Zhizhen

Q8. Who is the winner of the 2021 Gelfand Challenge chess title?

- Nihal Sarin
- D. Gukesh
- R Praggnanandhaa
- P. Niyan

Q9. Which female tennis player won the gold in women's singles and silver in the double's title in Tokyo Olympic 2020?

- Belinda Bencic
- Viktoria Golubic
- Barbora Krejickova
- Katerina Siniakova

ANSWERS: 1. d. James Anderson 2. c. MP Jabir 3. a. Sergey Karjakin 4. b. Abhishek Verma 5. a. England 6. a. Egypt 7. d. Zhang Zhizhen 8. b. D. Gukesh 9. a. Belinda Bencic