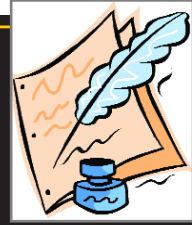




THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

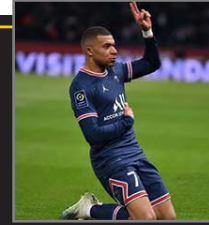
➤ Learn a few tips on how to attempt letter writing and score high in class X and XII Language paper

PAGE 2


➤ Indra Nooyi, the former CEO of Pepsico, continues to inspire Gen Z with her motivational talks, grit and resolve to fight against all adversities

PAGE 3


➤ Mbappe strikes twice in PSG's 5-1 win to maintain lead

PAGE 4

STUDENT EDITION

TUESDAY, APRIL 5, 2022


CLICK HERE: PAGE 1 AND 2

Heatwaves at both of Earth's poles alarm climate scientists

Startling heatwaves at both of Earth's poles are causing alarm among climate scientists, who have warned that the "unprecedented" events could signal faster and abrupt climate breakdown. Temperatures in Antarctica reached record levels recently, an astonishing 40 degree C above normal in places. At the same time, weather stations near the north pole also showed signs of melting, with some temperatures 30 degree C above normal, hitting levels normally attained far later in the year. Scientists say, the rapid rise in temperatures at the poles is a warning of disruption in Earth's climate systems. Last year, in the first chapter of a comprehensive review of climate science, the Intergovernmental Panel on Climate Change warned of unprecedented warming signals already occurring, resulting in some changes – such as polar melt – that could rapidly become irreversible.

At this time of year, the Antarctic should be rapidly cooling after its summer, and the Arctic only slowly emerging from its winter, as days lengthen. However, for both poles to show such heating at once is unprecedented, say experts



OMINOUS SIGNS

1 According to scientists, the danger is two-fold: heatwaves at the poles are a strong signal of the damage humanity is wreaking on the climate; and the melting could also trigger further cascading changes that will accelerate climate breakdown

2 As polar sea ice melts, particularly in the Arctic, it reveals dark sea that absorbs more heat than reflective ice, warming the planet further. Much of the Antarctic ice covers land, and its melting raises sea levels

3 The latest unprecedented weather patterns follow a series of alarming heatwaves in 2021, most notably in the US Pacific north-west, where previous records were shattered by several degrees as temperatures climbed close to 50C

(THE GUARDIAN)

FACTOID

\$418 BILLION


That's the total amount of India's merchandise exports in 2021-22, a record high, according to official data. The higher shipments of petroleum products, engineering goods, gems, jewellery and chemicals resulted in the magical numbers, the report added. It is for the first time that India's goods trade crossed \$1 trillion in 2021-22. Imports soared to an all-time high of over \$600 billion. Outbound shipments touched an all-time high of \$40 billion in a month in March 2022. Exports stood at \$34 billion in March 2021.

India's top five export destinations are the US, UAE, China, Bangladesh and the Netherlands

WORLD'S FIRST-EVER BURGER VENDING MACHINE LAUNCHES IN NEW JERSEY



The world's first-ever burger vending machine has been launched in Jersey City, New Jersey, and it is serving hot and juicy burgers in a matter of just six minutes. Named RoboBurger, it is the world's first plug-in burger chef in a box that can cook a burger from scratch at just the press of a button. The idea behind the burger vending machine is to provide a hot meal with a contactless experience at any time – 24 hours a day, seven days a week. The RoboBurger company was founded in 2019 by Audley, Dan, and Andy, three people with a passion for engineering, robotics, and delicious burgers. The founding members have plans to expand its reach to airports, colleges, offices, and even military bases.

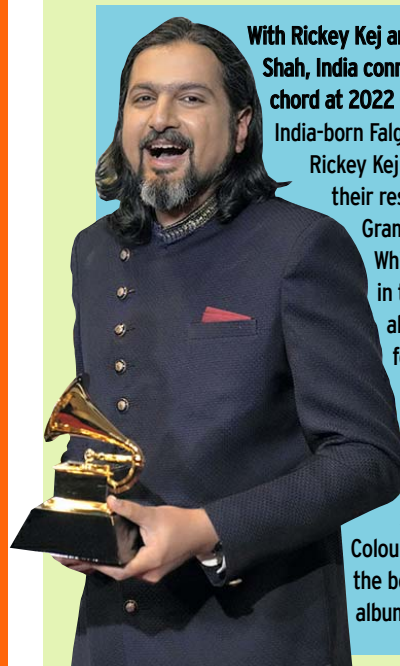
HOW DOES IT WORK?

The inbuilt robot mechanism uses a five-step process similar to restaurants, that is, toasting the buns, grilling the patty, dispensing the selected condiments, and assembling everything together. The burger vending machine can fit in an area of just 12 square feet and can be plugged into a regular wall socket

PRICE
The burgers prepared by the vending machine are priced at \$6.99 or approximately ₹530

Grammys 2022: Jon Batiste tops Grammys; Silk Sonic soars, Rodrigo crowned

Olivia Rodrigo made an impressive Grammy debut, Silk Sonic claimed two major awards and Jon Batiste had the most stunning victory of the night winning the top prize at Sunday's Grammy Awards. Batiste won five Grammys, including the album of the year for 'We Are' pulling off an upset in a loaded category filled with tough competition from Rodrigo, Billie Eilish, Taylor Swift and the combined talents of Tony Bennett and Lady Gaga. Silk Sonic, the all-star union of Bruno Mars and Anderson .Paak, took home awards in all four categories it was nominated in, including the record and song of the year. The wins in both major categories put Mars on the brink of history: He became the only artist along with Paul Simon to take win record of the year three times. He tied the record for most song of the year wins with two.

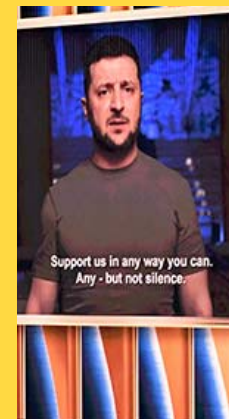


With Rickey Kej and Falguni Shah, India connect strikes a chord at 2022 Grammys: India-born Falguni Shah and Rickey Kej have won their respective Grammy Awards. While Kej earned in the best new album category for 'Divine Tides', Falguni Shah won her first Grammy Award for 'A Colourful World' in the best children's album category



Jon Batiste crowned Grammys king with five wins, including best album: Jazzman Jon Batiste was crowned king, taking home five awards, including the prestigious album of the year prize

OUR MUSICIANS ARE IN BODY ARMOUR, NOT TUXEDOS, SAYS ZELENSKY IN PRE-RECORDED VIDEO



Ukrainian President Volodymyr Zelensky appeared at the Grammy Awards to give a pre-taped speech, amid Russia's continued invasion of his country. "The war. What is more opposite of music? The silence of ruined cities and killed people," Zelensky said. "Our children draw swooping rockets, not shooting stars. Over 400 children have been injured and 153 children died, and we will never see them drawing. The war doesn't let us choose who survives and who stays in eternal silence," the President said. Zelensky shot the video within the last 48 hours in a bunker in Kyiv.

Our musicians wear body armour instead of tuxedos. They sing to the wounded in hospitals. We defend our freedom. To live. To love. To sound. On our land, we are fighting Russia, which brings horrible silence with its bombs. Fill the silence with your music. Fill it today. Tell our story. Tell the truth about the war on your social networks and TV. But not silence

Volodymyr Zelensky

Olivia Rodrigo walks away with Best Pop Vocal Album honour: Singer-actress Olivia Rodrigo bagged the best pop vocal album honour. The album competed against Justin Bieber's 'Justice', Doja Cat's 'Planet Her', Billie Eilish's 'Happier Than Ever', and Ariana Grande's 'Positions'

GRETA THUNBERG AIMS TO DRIVE CHANGE WITH 'THE CLIMATE BOOK'

Climate activist Greta Thunberg has compiled a handbook for tackling the world's interconnected environmental crises, with contributions from leading scientists and writers. The 'Climate Book' will be published in Britain in October.

■ It contains contributions from more than 100 academics, thinkers and campaigners, including novelists Margaret Atwood and Amitav Ghosh, climate scientist Saleemul Huq and World Health Organisation chief Tedros Adhanom Ghebreyesus
■ The book aims to help readers connect the dots between threats to the climate, environment, sustainability and indigenous population – among others – and is intended as a guide to understanding and activism

NEWS IN CLUES

WHICH INDIAN INSTITUTION INITIALLY FUNCTIONED FROM THE PARLIAMENT HOUSE?

Clue 1: No Indian language is allowed to be used in its daily functioning.

Clue 2: No woman has ever headed this

institution.

Clue 3: A statue of a woman sheltering a child with an open book adorns its premises.

ANSWER: Supreme Court. The apex court commenced physical hearings from Monday after removal of all Covid-19 restrictions. Established in 1950, it initially functioned from the Chamber of Princes in Parliament House and moved into its current location in 1958. The SC's proceedings are only conducted in English

Rationally irrational!

Exploring the new set of numbers on the number line

Students of class IX can make mathematics class exciting in their new academic session by exploring the new set of numbers on the number line. In a class held recently, students discovered interesting facts in the world of numbers. Using the Pythagoras theorem, students represented the Irrational numbers on the number line and understood that Irrational numbers also fall under the set of Real numbers.

An Irrational Number is a real number that cannot be written as a simple fraction:

$$1.5 = \frac{3}{2} \text{ Ratio Rational}$$

$$\pi = 3.14159... = \frac{?}{?} \text{ (No Ratio) Irrational}$$

1.5 is rational, but π is irrational
Irrational means **not Rational** (no ratio)

SOME FAMOUS IRRATIONAL NUMBERS

π

Pi is a famous irrational number. People have calculated Pi to over a quadrillion decimal place and still there is no pattern. The first few digits look like this: 3.1415926535897932384626433832795 (and more ...)

e

The number e (Euler's Number) is another well known irrational number. People have also calculated e to lots of decimal places without any pattern showing. The first few digits look like this: 2.7182818284590452353602874713527 (and more ...)

ϕ

The Golden Ratio is an irrational number. The first few digits look like this: 1.61803398874989484820... (and more ...)

✓

Many square roots, cube roots, etc., are also irrational numbers. Examples:

$$\sqrt{3} \ 1.7320508075688772935274463415059 \text{ (etc)}$$

$$\sqrt{99} \ 9.9498743710661995473447982100121 \text{ (etc)}$$

But $\sqrt{4} = 2$ is rational, and $\sqrt{9} = 3$ is rational, so not all roots are irrational.

MATH
ACTIVITY
CLASS
IX

Vishwa Vidyapeeth School, Bengaluru

Letter writing tips & hacks

As far as class X and XII board exam in English subject writing section is concerned, the question on letter writing is a must. A letter of enquiry is written to get the details which we are interested to know. It can be for a course or coaching or trip or anything. If students go through the following tips and hacks, they can score full marks without any doubt.

It's better to write the letter of enquiry in three paras.

They are:

Para 1: State the purpose of drafting the letter with brief introduction.

Para 2: Mention the required details (coaching/ trip/item or any)

Para 3: Close the letter requesting for prompt reply along with brochure /itinerary and if any.

Remember the following points to include in the letter.

1) Write about yourself and how you came to know about addressee's institute or company or organization (in just 2 or 3 lines)

2) List the details you wish to know.

3) Make a request for immediate reply along with the description of the thing that you need.

You can use the following lines in any type of the letter of enquiry that is given in the exam. So it won't go in vain if students memorize these.

I am / we are _____ of _____

I / we came across

about _____

I wish to _____

Kindly send the following

details along with _____

I request you to reply as

early as possible so

that _____

SOLVED ANSWER

204- Sky Towers
Beach Road
Visakhapatnam
01 June 2020

To
The Director
Success Academy,
Karol Bagh,
New Delhi

Sub: Letter of enquiry

Dear sir/mam,
I am Sanjay studying in XII class in a Kendriya Vidyalaya. I came across an advertisement about your institute. I wish to join the NDA coaching programme for which I would like to know the following details
a) Duration of the course
b) Fee structure & class timings
c) Transport facility
d) Number of students per batch

Kindly send the above details as early as possible along with the brochure.

Yours sincerely,
Sanjana.

Dr B Lava Kumar,
PGT(English), Kendriya
Vidyalaya, Vizianagaram



DELVE DEEPER INTO THE REALMS OF BOTANY



EXAMS
Rfun

CLASS: XII

SUBJECT:

BIOLOGY (CBSE)

Maximum Marks: 35

PAPER SET BY SIMI MATHEW, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

GENERAL INSTRUCTIONS

- All questions are compulsory.
- The question paper has three sections and 13 questions. All questions are compulsory.
- Section-A has 6 questions of 2 marks each; Section-B has 6 questions of 3 marks each; and Section-C has a case-based question of 5 marks.
- There is no overall choice. However, internal choices have been provided in some questions. A student must attempt only one of the alternatives in such questions.
- Wherever necessary, neat, and properly labelled diagrams should be drawn.

SECTION-A

Question 1:

(i) Certain transgenic pest resistant plants use specific molecules which are synthesized inside their cells to stop the multiplication of pest that infests them. What is the unique chemical nature of the molecule and what is this strategy referred to, in this context, known as?

(ii) What are interferons? Mention their role.

Question 2:

(i) A bio active molecule produced by microorganism acts by competitively inhibiting the enzyme responsible for cholesterol synthesis. Name the enzyme and the microbe out of which it is extracted?

(ii) Two villagers were arguing for the nutritive value of milk and curd? Being a science student and having studied the biochemistry of both the products, tell which one is more nutritive and justify it?

OR

(i) The name virus generally brings in our mind havoc that they are our enemies. There is a category of virus which has species specific narrow spectrum, has insecticidal application, having no impact on plants and other animals. Name the category and give one example?

(ii) In making bacteria as a competent host for transformation with r-DNA, it is treated with a specific concentration of divalent cation like calcium. What is the role of calcium?



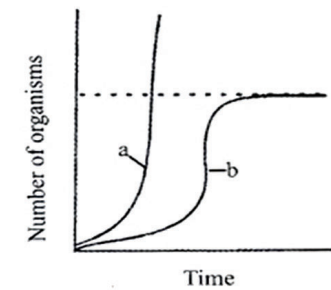
Question 3:

How can a reporter enzyme be used to monitor transformation of host cells by foreign DNA in addition to a selectable marker?

Question 4:

(i) What strategies has a Monarch butterfly adapted to escape predators?

(ii) In the absence of the predators, which curve, a) or (b) would appropriately depict the prey population?



Question 5:

Distinguish between active and passive immunity.

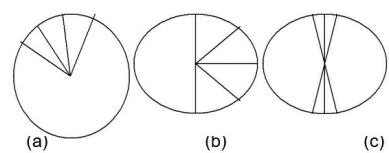
Question 6:

Most of the living organisms try to maintain the constancy of their internal environment in terms of optimal temperature and osmotic concentration. What is the terminology used for this type of constancy? How do the following organisms maintain it and specify the terms for that?

- Mammals
- All plants
- Birds in Siberia

OR

What is depicted by a, b and c in the following representation of species diversity? Why do these estimates not give any figure for prokaryotes?



SECTION-B

Question 7:

Identify and name the disease in which the patient cells lose the property of contact inhibition. Explain any three methods to accurately detect the pathological and physiological changes that take place due to the disease in living tissues.

OR

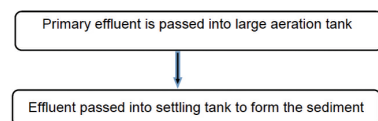
The immune system of a person is suppressed. In the ELISA test, he was found positive to a pathogen. (i) Name the disease, the patient is suffering from. (ii) What is the causative organism? (iii)

Which cells of body are affected by the pathogen?

Question 8:

Observe the given flow diagram and answer the following questions

- Why is primary effluent passed into large aeration tanks? (1)
- Write the technical term used for the sediment formed. Mention its significance. (1)
- Explain the final step that results in the formation of biogas in the large tank before the treated effluent is released into water bodies. (1)



Question 9:

A person is suffering from a high-grade fever. Which symptoms will help to identify if he/she is suffering from Typhoid, Pneumonia or Malaria?

Question 10:

How is the "sixth episode of extinction" of species on earth, now currently in progress, different from the five earlier episodes? What is it due to? Explain the various causes that have brought about this difference.

Question 11:

(i) Why are Sacred groves highly protected?

(ii) State how does ex-situ conservation help in protecting biodiversity?

(iii) Why have Western ghats in India been declared as biological hotspots?

Question 12:

Draw a well labelled diagram of an antibody molecule.

SECTION-C

Question 13:

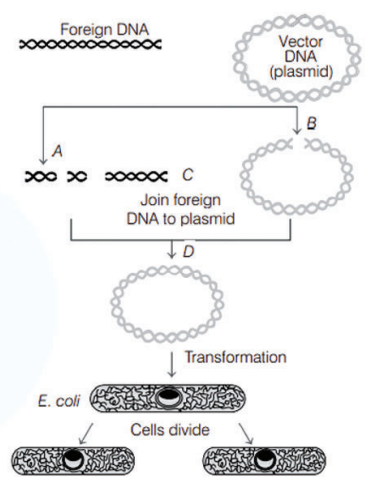
Testing for covid-19 using RT-PCR. The objective of COVID 19 testing is to identify part of the Corona viral genome in the patient sample. As, there is insufficient viral RNA to detect directly in the patient sample, a process called reverse transcription polymerase chain reaction is used for amplification. Short single stranded pieces of DNA called primers recognize unique RNA sequence within the viral genome. When double stranded DNA copy of the target region of the viral RNA is produced, it undergoes successive rounds of amplification during

which The DNA undergoes denaturation. Two primers anneal to their target sequences and then Taq polymerase extends new strand. The number of copies of the target region of the viral genome doubles with each cycle. PCR based diagnosis is faster, safer and more specific because it does not use live pathogens.

- Name the source of the DNA polymerase used in PCR technique. Mention why it is used?(1)
- While doing a PCR, denaturation step is missed. What will be its effect on the process?(1)
- Describe the roles of (a) high temperature, (b) primers in carrying the process of polymerase chain reaction. (2)
- Mention two uses of PCR. (1)

OR

Observe the diagram shown below for the process of humulin production and answer the questions that follows.



- What does the label C represent and what is its role?
- Which of the labels represents an enzyme that is utilized for cutting the molecule of DNA?
- 'Humulin' is a term used for?
- Through which bond chains A and B of humulin are bonded?
- Which DNA sequences will be introduced in label B to produce Humulin?

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

Significance of collaborative learning is irreplaceable

Q Schools are going to begin in offline mode now. What is your roadmap for this academic session?

Being away from school children indeed have missed out on both academics and co-scholastics. Online mode did ensure that the learning continues but nothing can replace the significance of social interaction, physical activities, communication and collaborative learning.

We intend to compensate the loss by mindful grade wise distribution of time and engagement between academics and co-scholastics.

With 100 per cent participation rule at Mount Olympus we intend to reach out to each and every learner based on his/her interest and ability. Several engaging - activities, sports periods, clubs, workshops, talks etc. have been included in the curriculum. We also wish to handhold our students by addressing their individual academic needs through extra classes, revision classes and remedial classes wherever, required.

Q The NEP is going to be rolled out soon/is already being implemented in your school. What are the changes it has brought about?

Education fraternity has warmly welcomed NEP and we as educators have begun incorporating several aspects for the benefit of the students. At Mount Olympus we offer a varied subject combinations to our learners. We follow our curriculum that focuses on problem solving skill in all that our learners learn. There's a lot of learning that takes place beyond the boundaries of our classrooms. Subject integration and art integration further facilitates experiential learning in our learners.

Q What is the kind of value education they want our children to learn from school?

In life we need to make choices at each step. We believe any learning should be purposeful, useful and should enable our learners make wise choices. We have a life skills embedded curriculum with one life skill class each week along with



NEETI KAUSHIK, Director Principal, Mount Olympus School, Gurugram

several awareness campaigns, workshops, trainings and skill building. We focus on creating an enabling environment in school that promotes values that should be inculcated in students.

Q What role does extra-curricular play in a student's life? Should schools shift focus

towards this since there was a halt to every physical activity thanks to the pandemic?

Yes, for sure. Children belong to school, not outside. We plan to help our learners explore new learning, friendships in fresh air and in sun, something that I believe they have missed terribly. A lot of indoor and outdoor activities have been planned. We are sure learners will enjoy one sports period and one activity period every day. Interesting competitions are going to let the creative juices flow leaving them enriched with new learning.

Q Skilling is the buzzword these days. How do you plan to incorporate skilling in your curriculum?

Skilling is not only the buzzword but holds great significance in reality too. It integrates all learning with a purpose and ability to solve a problem. We at Mount Olympus are focused on skilling through structured career guidance, testing, workshops, trainings, internships, project based learning for our students.

Himanshu's perfect yorker

Himanshu Chauhan, student of DAV Public School Jasola Vihar has been selected for Gujarat Titans for the IPL 2022 as net bowler. Before that he played for Delhi (DDCA) for BCCI under 19 trophy. The trials for Gujarat Titans was held one month before, in which Himanshu impressed everyone with his bowling, and speed. This is a matter of pride for DAV. Principal of DAV Jasola, Dr V K Barthwal congratulated the physical education teacher Ravi Goswami for his hard work and dedication.



MAPS sports star excels at state level

Sports and games play an eminent role in the holistic development of the learners. A healthy sport quotient not only ensures good stamina but also refines skills and develops strategies. MAPS Ashok Vihar always inculcates sportsman spirit in students.

It is a great moment for MAPS to swell with pride and celebrate the great winning of Hemant Kaushik of class XII whose unparalleled performance brought accolades for the school at Delhi State Games conducted by the Directorate of Education. He bagged first prize in weightlifting (under 19 years) category 96kg and was honoured with a gold Medal, a certificate and a cash prize of ₹2100. He has overcome all the milestones with his grit and determination and reached at National level.

The laurels brought by the budding weightlifter has added one more feather in MAPS' gallery of achievements. The teacher guide Monica Sharma has not left any stone unturned to train and guide the young sports star. The entire



MAPS fraternity extends its heartfelt congratulation to Hemant Kaushik for his remarkable success. Undoubtedly the power lifter has displayed exemplary concentration, strict discipline and perfect perseverance.

ORIENTATION PROGRAM HELD AT HOMERTON

To welcome the goodness of a new academic year 2021-2022, new parents, new children and new talents, the orientation program was conducted on March 27. The aim was to familiarise parents, 'as partners in progress' and give them a walkthrough of all the school processes, teaching methodolo-

gies and co-scholastic activities.

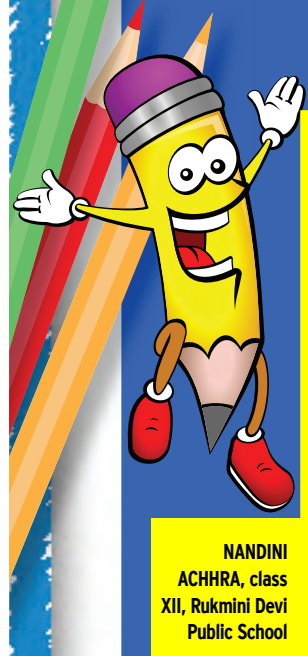
The programme commenced with a warm welcome of parents followed by lamp lighting and a performance on 'Saraswati Vandana' by students of Homerton Grammar School.

The director academics Susan Kaur then took over and inducted parents about teaching method-

ologies and co-scholastic activities, she laid emphasis on important aspects of education at Homerton which included educational activities, remedial and performance enhancement classes, teacher training and development and student guidance and counselling. She also spoke about how this year will be utilised as the bridge year. This

was followed by an address from school principal Archana Dogra, in her speech she laid stress on effective communication between the teachers and the parents. She also briefed about the general policies and code of conduct, the Almanac, and the safety and security measures adopted in Homerton Grammar School.

Student Corner



NANDINI ACHHRA, class XII, Rukmini Devi Public School



VANISHA UPRETI, class V-D, Rukmini Devi Public School

Annual Day celebrations at GBS

On March, 26, Gyan Bharati School Saket celebrated its 41st Annual Award Function for academic year 2021-22. The chief guest for the event was Dr Vibha Dhawan, director General of TERI. The event formally commenced with the lamp lighting ceremony. Special tributes were paid to honour late Pandit Birju Maharaj and Lata Mangeshkar.

The cultural fiesta began with a kathak dance performance based on a composition by Pandit Birju Maharaj himself. There were many enriching components included, such as the invocation dance, orchestra recital, devotional song followed by the award ceremony.

School principal Jyoti Saxena addressed the gathering by extending her heartfelt gratitude to parents, students and teachers for having confronted numerous challenges with



fortitude. Presenting the annual school report, she enumerated students' academic and co-scholastic achievements and demonstrated the dynamic nature of our school.

Dr Vibha Dhawan was impressed by the students' achievements. In her address to the audience, she spoke eloquently about the urgent need to strive for excellence in everything that one does and highlighted the innate potential that lies within each individual.

In her address, school director Lata Vaidyanathan drew inspiration from Mahatma Gandhi's words. She emphasised the need of the hour to preserve people and the planet - exhorting that the only way to live a meaningful life is to lose oneself completely in the service of others.

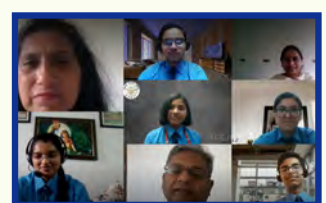
The programme concluded with the vote of thanks, followed by the national anthem.

Celebrating our heroes

Air Force Golden Jubilee Institute, Subroto Park hosted an online interview with one of their distinguished alumni Dr Vibhore Singhal, senior consultant, Orthopaedic Surgeon and Unit Head in Venkateshwar Hospital, Dwarka. With an experience of 27 years in the medical field, he has performed more than 10000 major orthopaedic surgeries. The meeting took place on Microsoft Teams on March 27 at 11 am. Vidushi Malik and Soumil from class XII-B (2021-22) and Vriddhi Bhardwaj, Debangshu Roy and Akanksha Chaudhary from class XII-B (2022-23) had a won-

derful time interacting and learning from their senior.

Principal, Poonam S Rampal addressed the meet and welcomed



Dr Vibhore to the session. Kusum Kapoor, HOD-Biology praised Dr Vibhore's humility and reminisced about his school days.

Dr Vibhore answered all the questions with great enthusiasm

and gave some useful tips to the students about preparation for the NEET exams, doing orthopaedic surgery during Covid, a doctor's life and duties, upcoming trends and treatment in orthopaedic surgery, future plans etc. He made the interaction much more interesting by narrating anecdotes and tales with every response.

At the end, Alka Singh, HOD-English and coordinator of the interview addressed the online gathering. She thanked Dr Vibhore Singhal and invited him for more such engaging and fruitful sessions in the future. She also thanked principal Poonam S Rampal and vice-principal Rashmi Soora for supporting the program wholeheartedly. She expressed gratitude to Mithu Basu for the back end support.

GOMUKHASANA



Gomukhasana is also known as the cow face pose; it is beneficial in more ways than one. It effectively maintains your body, boost your mood, bring in more positivity and improve your physical and mental well-being. During this posture, our crossed legs look like the face of a cow. The knees look like the mouth, the shin looks like the side of a cow's face, and the feet look like the ears of a cow.



GOMUKHASANA PROCEDURE
1. Start with Dandasana position (Sit straight with legs extended in front of you).
2. Bend the left leg and bring the foot under the right hip.
3. Bend the right leg over the left leg and draw it towards the left hip.
4. Keep the right knee on the left one.
5. Without raising, bend the left hand behind and bring the palm up
6. Raise the right hand, bend

down to reach the left palm, and clasp.
7. Open your chest and pull back your shoulder blades, to make the spine erect.
8. Breathe normally in this posture for 30 to 60 seconds.

9. To exit the pose, unlock your hand fingers and bring arms back to normal. Then uncross your legs to sit in Dandasana position.
10. Repeat the posture by interchanging the side of legs cross and arms position.



GOMUKHASANA CONTRAINDICATION

- It is contraindicated in conditions like lumbago, hernia and cervical spondylosis.
- Having ailments in the knee should avoid this posture.
- If you have any injury or disorder of the shoulder or neck or back, you should avoid Cow Face Pose

GOMUKHASANA BENEFITS

- The pose gives flexibility to ankles, knees, thigh muscles, hips, shoulder joints, armpit, and arm joints.
- It stretches and tones up the muscles of the chest.
- This pose enhances renal activity.
- It is good for Type II diabetes and conditions like stiff shoulders and frozen arms.
- It helps in the conditions of lower back issues like sciatica
- It activates the Parasympathetic Nervous System and helps drive out stress and anxiety.

Physical Education Department, Lakshmi Patel Singhania Academy

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

A STORY OF GRIT AND RESOLVE

Indra Nooyi, an Indian businesswoman was the CEO of an FMCG company. An IIM Calcutta graduate, she was later admitted into the prestigious Yale School of Management and moved to the USA. Indra joined the company in 1994. Shattering the glass ceiling, Indra became CEO of the company in 2006. Indra completely changed the company's marketing strategy. When targeting women, the company used a "shrink it or pink it" strategy which meant that they would brand the products in pink or reduce the size to appeal to women. This stereotypical method left a lot of room for improvement and Indra completely revolutionised the marketing methods.

After conducting countless studies, she noticed differences in how men and women consumed the company's products. Then, she skyrocketed the company's growth by changing the branding strategies. She led the acquisition of other companies and her 12-year stint as CEO was profitable for PepsiCo. She has been listed in the Wall Street Journal, Forbes and Times' 100 most influential people. Her confidence, working style and strategic planning, inspire me a lot.

Ishir Narayan, class X, Indus Valley World School, Kolkata



INSPIRING ICONS
INDRA NOOYI



Paris Saint-Germain's French forward Kylian Mbappe reacts during the French L1 football match against FC Lorient

MBAPPE SPARKS ROUT

STRIKES TWICE IN PSG'S 5-1 WIN OVER LORIENT EVEN AS HE REMAINS UNDECIDED ON HIS NEXT MOVE

Kylan Mbappe struck twice and created two goals for Neymar and another for Lionel Messi as Paris Saint-Germain thrashed Lorient 5-1 at home on Sunday to edge closer to the Ligue 1 title.

After three defeats in four games before the international break and a traumatic Champions League exit, PSG began the end-of-season run-in with a crushing win at the Parc des Princes. They lead Marseille by 12 points and need just 13 more from their final eight games to be assured of a record-equalling 10th French title.

KEEPING THE MOMENTUM

Mbappe provided the spark in the final third from the fourth minute with a dribbling run and low shot that goalkeeper Matthieu Dreyer palmed away. Soon after, the France striker fed Neymar, who opened the scoring.

The lead doubled in the 28th when Mbappe scored with his signature move, faking a curler into the far corner before drilling into the near corner.

When Lorient forward Terem Moffi cut the lead in the 56th by pouncing on a sloppy back pass from Achraf Hakimi to knock the ball past goalkeeper Gianluigi Donnarumma, PSG supporters loudly booed their team's lapse in concentration. Mbappe dashed Lorient's hopes of a comeback by raising his league tally to 17 goals, dribbling past Julien Laporte to bury the ball into the bottom corner in the 67th.

Six minutes later, Mbappe squared the ball back for Lionel Messi, who shot under the crossbar for 4-1. Mbappe made his league-leading 13th assist by playing Neymar in for the final goal in the 90th. "We must bring back that 10th league title for the supporters, for the club. It's important," Mbappe said. "We have an opportunity to make history."

UNCERTAIN FUTURE

PSG has relied heavily on Mbappe's brilliance this season. However, his contract runs out this summer and Mbappe hasn't committed to any club yet. "I haven't made any decision yet," Mbappe said. "I'm still thinking because there are new factors (...) I don't want to get it wrong. I want to make the right choice."

MARSEILLE DOMINATE

Meanwhile Marseille reclaimed second place with a 4-2 win at Saint-Etienne in a

game that was rescheduled from Saturday following heavy snowfall. Dimitri Payet and Bamba Dieng scored penalties either side of a comical own goal from Saint-Etienne defender Timothee Kolodziejczak before Amine Harit added a fourth for Marseille.

"We saw total domination from Marseille. It's an important victory but we need to fight until the end," said Marseille coach Jorge Sampaoli. "We can't ease off and we'll need to perform well when it's more difficult."

Marseille are three points clear of Rennes while Strasbourg climbed above Nice into fourth courtesy of a 1-0 victory at home to Lens. AGENCIES

INTER SNEAK PAST JUVE

Inter Milan kept their title defence alive with Sunday's 1-0 win at Juventus thanks to a controversial retaken penalty which moved them three points behind leaders AC Milan and Napoli, 3-1 winners at Atalanta.

The champions came away from the Allianz Stadium in Turin with a narrow win in a bad-tempered match decided by Hakan Calhanoglu's spot-kick which was scored at the second attempt five minutes into first-half stoppage time.

Inter stay third with a game in hand and extend to four points the gap between themselves and third-placed Juve, who will be 10 points off the pace with seven games remaining. "It's a huge step for us. We know that we've dropped points lately, but we're going to try to recover them over the remaining eight games," said coach Simone Inzaghi.

INSIGNE SHINES

Lorenzo Insigne scored one and set up another to help Napoli move level with Milan at the top of the table. Insigne, who is leaving Napoli at the end of the season after 15 years to join Toronto FC in Major League Soccer, converted a penalty and provided the assist for a Matteo Politano volley to give them a comfortable half-time lead. Napoli is below Milan on head-to-head record.

Atalanta's hopes of qualifying for the Champions League for a fourth straight season appear to be all but over as it was eight points behind Juventus. AGENCIES

Inter Milan's Hakan Calhanoglu shoots to score his second penalty attempt during the Italian Serie A match against Juventus

“We've got to keep winning and show that we want to get this 10th title. Losing is very difficult, that's what happened in Madrid. We have to keep moving forward. It really hurt us to lose (in Europe), we wanted to go all the way in the competition. PSG player Neymar



Photos: AFP

IT'S A BATTLE OF ROYALS

WITH MOMENTUM ON THEIR SIDE, RAJASTHAN FACE A STILL-DORMANT RCB

Rajasthan Royals would aim to build on their promising start to the season when they take on Royal Challengers Bangalore, a side that is yet to unlock its potential, in the Indian Premier League in Mumbai on Tuesday.

Rajasthan came into the game following their 23-run win over Mumbai Indians. Bangalore, led by Faf du Plessis, head into the match after a narrow three-wicket win over Kolkata Knight Riders and would be looking to be more convincing. The Wankhede track has been aiding the pacers initially and both the teams can take advantage of it.

RR openers formidable

For Rajasthan, opener Buttler is in sublime form and can pummel any attack to submission, like he did on Saturday en route to a memorable hundred. He would however, need support from fellow opening batter Yashasvi Jaiswal and one-down Devdutt Padikkal, who would be itching to get among the runs.

After his half-century in the first game, RR skipper Sanju Samson was unable to convert the start against Mumbai Indians. Knowing his ability to hit sixes at will, Samson would be more than keen to find consistency

and lead from the front.

Another important cog in their wheel is West Indies batter Shimron Hetmyer, who has played useful cameos in the first two games. The top five, if they get going, can make things hard for the RCB bowlers.

On the bowling front, RR are unlikely to tinker with their combination. Trent Boult, Prasad Krishna and Navdeep Saini held their nerve against Kieron Pollard and were right on the money. Eight overs of Ashwin and Chahal can turn the game on its head and their contribution could prove decisive.

Bowlers key for RCB

For Bangalore, their bowlers led by Sri Lankan leg-spinner Wanindu Hasaranga performed their task with perfection against KKR. While Hasaranga will be key in stopping Samson and Co, pacers David Willey, Akash Deep and Mohammed Siraj, who combined to take four wickets against KKR, would need to come good again.

Also death overs specialist Harshal Patel will have to be at his best if RCB aim to contain a powerful RR batting unit.

Batting a concern

More than the bowling, batting has been a concern for RCB. While opener Anuj Rawat needs to show consistency, Du Plessis also will have to lead from the front and get a big score. It is still not clear whether

FRIENDLY BANTER

Yuzvendra Chahal and Jos Buttler were involved in an amusing interaction about the spinner's ambition of opening the batting alongside Buttler after their side Rajasthan Royals' 23 runs win over Mumbai Indians. Chahal asked Buttler if he feels confident opening the batting knowing he (Chahal) is batting at No. 8 or 9. Rajasthan Royals opener was too quick to respond in a cheeky manner. "Absolutely! Ever since you turned up this year, you have been putting pressure on the opening spot. Have to take my time to score some runs to keep you on the outside," Jos Buttler told Yuzvendra Chahal in a video posted on the IPL website.

Australian all-rounder Glenn Maxwell will be available for the team's third game of the season.

New entrant

Royal Challengers Bangalore have signed Rajat Patidar as a replacement for the injured Luvnith Sisodia for the remainder of the season. Patidar, who represents Madhya Pradesh in domestic cricket, has so far played 31 T20s and has 861 runs against his name, which includes 7 half-centuries. The right-handed batter has previously represented the RCB franchise four times.

RCB have so far played 2 matches this season and have won and lost a game each. AGENCIES



Jos Buttler

Photo: ANI

Upcoming IPL Match

VS

APRIL 5

7.30 PM

Wankhede Stadium, Mumbai



Wanindu Hasaranga

Photo: ANI

MITHUN GRABS SILVER AT ORLEANS MASTERS

Indian shuttler Mithun Manjunath's splendid run at the Orleans Masters ended with a straight game loss to local favourite Toma Junior Popov in the summit clash of the Super 100 tournament here



Photo: TOI

File photo: Mithun Manjunath

The 23-year-old Manjunath went down 21-11 21-19 to world number 32 and fourth seed Frenchman in 50 minutes late on Sunday night. It was Manjunath's maiden Super 100 final.

Playing in his first BWF final, the Indian went into the first break trailing by five points. After the resumption, Frenchman continued his charge and easily sealed the first game.

The second game was much closer as both shuttles who were meeting for the first time on tour battled it out till last. It was the Indian who was cruising towards victory as a number of unforced errors by his opponent helped him to take a healthy 12-6 lead.

Former junior European champion however mounted a huge comeback with some stunning returns and successfully defended his BWF Super 100 crown.

IMPRESSIVE BUILD-UP

A product of the Prakash Padukone Badminton Academy, the unseeded Indian had been impressive throughout the tournament, stunning world No. 22 Hans-Kristian Solberg Vittinghus of Denmark in the quarterfinals. The world number 79 has won four All-India ranking titles, including the All India Senior Ranking Badminton tournament in December last year.

The shuttler from Bengaluru was rated highly during his junior days and he also had one or two odd perform-

ances in the circuit like reaching the quarters at 2018 Czech Open and back-to-back semi-finals finishes at Vietnam Open and Russian Open in 2018.

During the COVID-19 pandemic, he decided to work hard on his fitness, something which has helped him to stay longer in the rallies and outlast his opponents in the three-game contests.

He had reached the semifinals of Infosys foundation India International in October last year. He was one of the players who had withdrawn from the India Open Super 500 event ahead of his second round match against India's H S Prannoy after testing positive for COVID-19. However, he made a good comeback, reaching the last four at Lucknow and the quarters in Odisha in January.

He was also part of the Indian team which competed at the Badminton Asia Team Championships in Malaysia. PTI

Earlier, B Sai Praneeth, the top seed at the tournament, crashed out in the pre-quarters. AGENCIES