



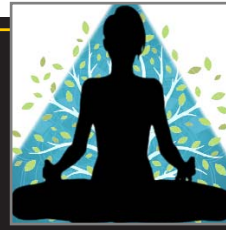
# THE TIMES OF INDIA

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

► What are the various factors that should be taken into consideration before choosing a career? Let's find out...  
**PAGE 2**



► Experts tell us how yoga helps in healing our body, mind and soul  
**PAGE 3**



► Benzema hatrick gives Real Madrid a win on home ground  
**PAGE 4**


**STUDENT EDITION**

TUESDAY, SEPTEMBER 14, 2021


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**Spotlight**

## Rohit Sharma

**WHITE-BALL SKIPPER  
AFTER T20 WORLD CUP?**
**RUMOURS RIFE OF A CHANGE OF  
GUARD THOUGH BCCI DENIES REPORT**


The script for Team India's white-ball story is set to undergo a huge change in the coming months, says reports. Though still a developing story, and much can change within 24 hours; as of now, reports suggest that current captain Virat Kohli is likely to step down as the white-ball captain after the T20 World Cup in October-November, paving the way for Rohit Sharma to take up the responsibility. Kohli (32) currently leads the team across all formats and is India's most successful captain.

There are reports doing the rounds that Kohli might lose his white-ball captaincy and Rohit Sharma could be asked to lead the limited-overs side if the team fails to win the ICC T20 World Cup to be held in the UAE and Oman in October-November this year

## SPACEX ALL SET TO LAUNCH FIRST ALL-CIVILIAN CREW TO ORBIT

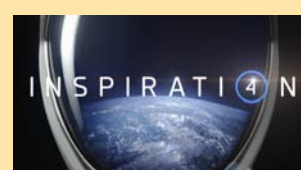
# LET'S GO TO SPACE NEXT SUMMER


**FACTOID**

**\$125,000**  
That's the cost of the tickets of Space Perspective. Its capsule, hoisted by a space balloon the size of a football stadium, offers a view of the Earth's curvature. But the balloon ascends only 30 km, which means passengers won't experience weightlessness

Yet another billionaire entrepreneur is set to ride into space this week. Strapped inside the capsule of a SpaceX rocketship, an astro-tourist team is poised to make history as the first all-civilian crew launched into Earth's orbit. With its launch set for Wednesday, Elon Musk's company enters the space tourism fray that has seen a lot of exciting developments in the last few months. A short hop above the Earth's atmosphere or a journey to the moon and back... the era of space tourism is upon us, and — for those who can pay — it comes with many options. This year has been an important one for the up-and-coming sector, with a slew of new missions announced.

### THE MISSIONS



**INSPIRATION4**  
Musk's company is set this week to send four passengers to space, for a total of three days. They blast off from the Kennedy Space Center, in Florida, aboard a

SpaceX Crew Dragon mounted on a Falcon 9 rocket. It'll be the first orbital mission involving four non-professional astronauts. The 'Inspiration4' mission is chartered by American billionaire and pilot Jared Isaacman and will fly beyond the altitude of the International Space Station (ISS).

**AX-1**  
In January 2022, three businessmen will visit the ISS, alongside an experienced former NASA astronaut. The mission, which is

to last 10 days in total and named Ax-1, is being organised by the company Axiom Space, which has signed up for three more future flights with SpaceX. They will operate in the American segment of the ISS, where they will conduct scientific experiments.

**SPACE ADVENTURE**  
SpaceX also has plans for another orbital voyage for four paying clients, organised by Space Adventures.



### DEARMOON

Japanese billionaire Yusaku Maezawa is due to take a trip around the moon, presumably in 2023, aboard a Starship rocket under development by SpaceX. The mission is called 'DearMoon.'

## IN OTHER NEWS

### Over 95 pc registered candidates appeared for NEET; Exam was easy for many medical aspirants

Over 95 per cent registered candidates appeared for the medical entrance exam, NEET, at over 3,800 centres across the country on Sunday, according to officials. A record 16.14 lakh candidates had registered for the National Eligibility-cum-Entrance Test (NEET) this year. NEET-UG 2021 was conducted in pen and paper mode, in 13 languages. Through this entrance test, candidates can get admission to undergraduate medical courses including MBBS, BDS in approved/recognised medical/dental and other colleges in India. As per the initial reactions from the candidates, who appeared for


**Education**

the examination, the exam was easy. Rahul Singh, who appeared from Rohini, New Delhi, said, "Overall, the paper was easy." He found the physics part of the paper bit difficult while biology was easy for him.

### Instagram 'Favourites' will allow users to prioritise accounts in their feed

Facebook-owned Instagram is working on a feature — Favourites — for its iOS app, which will allow users to set a priority to accounts that will appear further up the feed, making them more likely to be seen.

Currently, Instagram users rely on Facebook's algorithm to determine



which images are seen first, reports 'AppleInsider'. While the algorithm relies on many factors, including how popular a post is in

general and how often the user interacts with a particular account, this can potentially lead to users missing out on must-see content on accounts they rarely check.

Any accounts set as a favourite will appear higher in the feed, regardless of their popularity or other signals used by the algorithm.

### MAKING A DENT IN EMISSIONS

The world's largest plant — designed to suck carbon dioxide out of the air and turn it into rock — started running recently in Iceland. Named Orca, this plant consists of four units — each made up of two metal boxes. Built by Switzerland's Climeworks and Iceland's Carbfix, the plant when operating at full capacity will draw 4,000 tonnes of carbon dioxide out of the air every year, which is equal to the emissions from about 870 cars!



### BJP picks first-time MLA, Bhupendra Patel, as Gujarat CM

PM Narendra Modi sprang one of his biggest surprises when the soft-spoken, first-time MLA Bhupendra Patel was anointed as the successor of outgoing Gujarat chief minister Vijay Rupani on Sunday. Following the script penned in New Delhi, Rupani proposed Bhopendra's name, which was seconded by deputy chief minister Nitin Patel in the presence of central party observers. Patel was sworn in as the CM on Monday.

**POLITICS**


ago. Similar to Modi, he's also a first time MLA.

Patel has never held a ministerial post, just like Prime Minister Narendra Modi, when he became Gujarat CM 20 years


**IMMIGRATION**

### Indians may soon get green cards by paying a 'super-fee'

The Indian diaspora can now jump the green card backlog queue on payment of a supplemental fee (commonly referred to as a 'super-fee') and obtain their permanent visas. Similarly, legal dreamers (children of H-1B holders who have aged out or will age out, and who have turned 21) will also get a chance to obtain permanent residency and citizenship.

## Indians will finally have their size chart!



If you have struggled to find your right size while buying clothes because of the lack of a standard Indian size chart, there's some good news for you...

### TIME FOR 'INDIAN SIZE'

The ministry of textiles, in collaboration with National Institute of Design (NID), has begun the INDIA size survey. It's an extensive anthropometric research study to develop a comprehensive body size chart for the Indian population. The idea behind this initiative is to develop a standardised size chart for India, in the absence of which Indians have long suffered by often finding ill-fitted clothes at leading labels.

### INDIAN DESIGNERS WELCOME THE MOVE

The Indian design fraternity has hailed the move. Leading fashion designer Leena Singh of Ashima Leena, says, "While USA and UK have had their own size charts for decades, our country did not have one despite our design industry being formalised in the last two decades. This move will help us in our businesses, especially to complete orders for NRI clients and also for e-commerce orders."

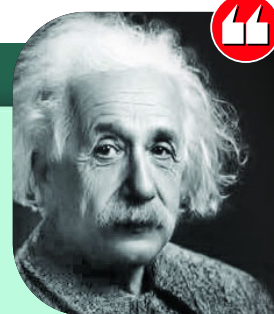


"The National Sizing Survey will cost ₹ 30 crore and entail studying a population, aged 15-65 across six cities, with men and women in equal numbers,"  
**UP Singh, secretary, textiles**

"Anthropometric data will be collected to create a database of measurements that will culminate in a standardised size chart, representative of Indians"  
**Noopur Anand, professor NIFT-Delhi**



# THE CAREER CONUNDRUM



EVERYBODY IS A GENIUS. BUT IF YOU JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE, IT WILL LIVE ITS WHOLE LIFE BELIEVING THAT IT IS STUPID.

- ALBERT EINSTEIN

## FACTORS TO CONSIDER

### APTITUDE

**A**ptitude is your potential and the special abilities you are born with which help you to acquire related skills after some training. There are different types of aptitude like linguistic aptitude, mechanical aptitude, numerical aptitude, etc. Choosing career options suitable to your aptitude increases your chances of being successful in your chosen career. Aptitude tests help you to become aware of your aptitudes.

### PERSONALITY

**P**ersonality includes your traits, unique ways of thinking, behaving, preferences, strengths and weaknesses. Personality is important to become successful in a career because every job profile requires a suitable personality. For instance - to work in people-oriented fields you need to be sociable and talkative.

### INTERESTS & VALUES

**Y**ou need to consider your interests and values by asking yourself questions like what kind of work you enjoy, what kind of people you would like to work with, what kind of job-setting you would like, what type of life-style you like. For example, a person who does not love travelling, would not enjoy careers with travelling needs. Interests and values play pivotal roles in achieving satisfaction and happiness in your career.

### EDUCATION AND AVAILABILITY

**Y**ou need to know about the type of education required, duration of education, availability of courses in the country or outside country and funds requirement of the course in order to pursue a career in your desired fields.



### JOB AVAILABILITY

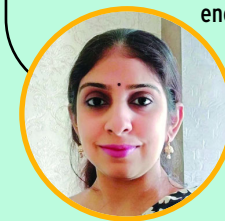
**Y**ou need to check on the jobs available, the number of job openings in the desired career options.

### FINANCIAL STATUS

**B**efore making a career choice, you need to consider the financial status of your family. You need to think about the ways in which you can arrange funds for your education, affordability of education in desired career option. For example, if you cannot afford expensive education courses, you can go for lesser expensive education courses in desired career options.

### MONETARY GAINS

**M**onetary gain should not be the key factor in choosing career options, but it helps to be aware of salary structures. Every career option has different levels of salary structure. You need to understand whether the salary you will earn in your desired career option will be enough to maintain the lifestyle you wish to have.



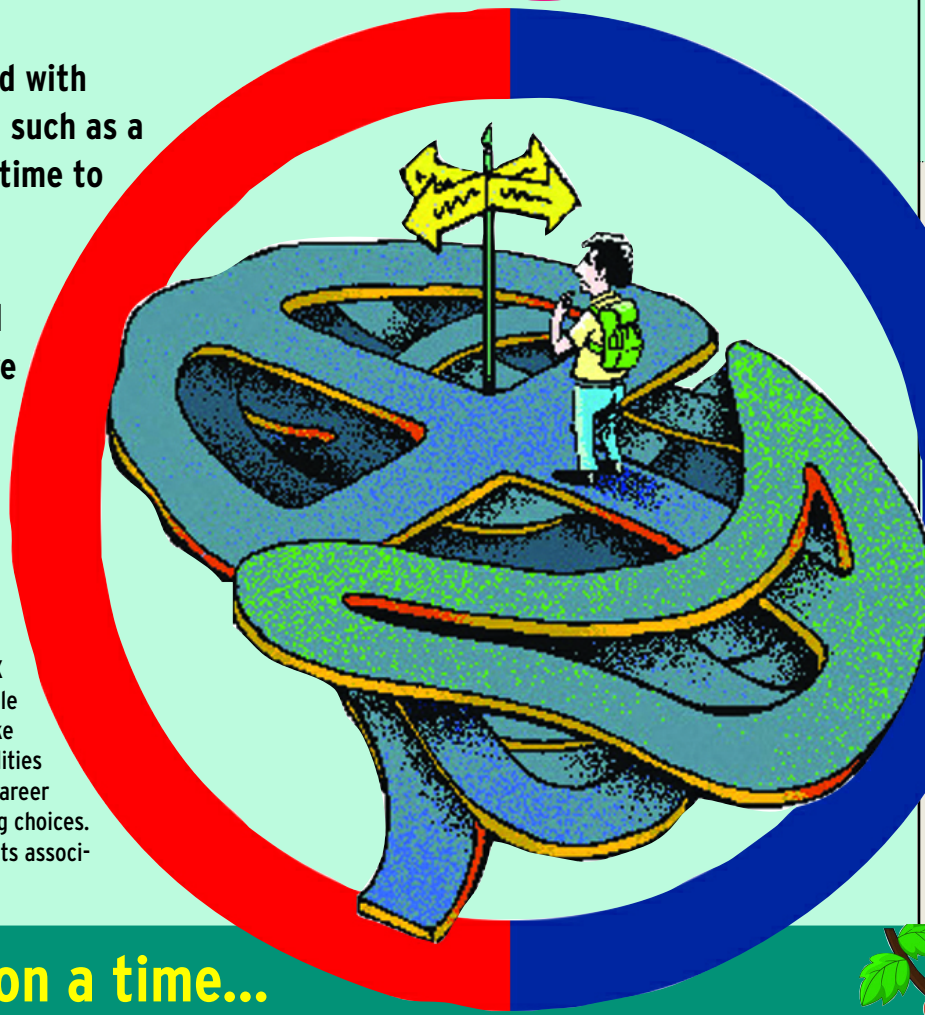
SUMITA CHAVARE, Psychologist, Air Force School 9BRD, Chandan Nagar, Pune

Class X and Class XII students are often bombarded with questions on their career choice. There is no thing such as a perfect career. The important thing is to take out time to analyse your personality, your innate abilities and consider your interests as well as ask yourself questions like what kind of work will you enjoy and what kind of lifestyle, job-setting you will like. Here are some tips that may help you in this path...

**I**n ways similar to the fish in the story (see box below), many students make wrong career choices after school without considering their capacities and abilities they possess. And, despite putting in their best efforts, these students experience failure and disappointment.

Class X students are bombarded with questions on their career choices. Many elders give their pieces of advice about the best career options. There are attractive advertisements about the opportunities and benefits of specific career options. And then, there are opinions of friends.

The flood of suggestions, advice by significant people, and attractive advertisements create massive confusion and chaos in the minds of these teenagers about which career option to choose after classes X and XII. In the midst of this whole chaos, most students do not take time to analyse their innate abilities and potential before making a career choice and end up making wrong choices. There are certain myths and facts associated with career choice.



## MYTHS & FACTS

**1 MYTH:** There is scope only in specific streams /fields.

**FACT:** There is ample scope in careers in all three streams and elsewhere too: Humanities, Science and Commerce for those who are at their best.

**2 MYTH:** Deciding a career is very simple.

**FACT:** It is very important to choose a career thoughtfully because it has significant impact on our future and on our mental health.

**3 MYTH:** Some careers are the best.

**FACT:** There is no such thing as the 'best career'. But there are suitable careers for every one of us, at any age.

An informed career choice is not a hasty decision but a process. To understand suitable career options, you need to consider a few factors...

## Once upon a time...

**T**here was a little fish and monkey who were good friends. This little fish always admired the way the monkey climbed trees to get a panoramic view of nature.

One day, the fish decided to learn to reach the top of the tree. The fish practiced very hard to jump high but no matter how hard the fish made efforts to reach the top, the fish was

not able to jump high.

Looking at its misery, an old fish said, "Why are you making efforts to become what you were not born for? You are born to swim in big oceans and explore the beauty beneath the water. Your friend monkey is born with the



ability to climb big trees. The monkey cannot stay in water for more than a few minutes. In the same way, no matter how hard you work, you cannot jump and reach the treetop." The little fish realized that it should make efforts to learn to swim in big oceans rather than trying to jump high to reach the treetop.



## Things to do

Take the standardized aptitude and personality tests under the guidance of qualified psychologists and counsellors.

Find out different types of career options.

Find out the information about shortlisted career options through websites, by reading books, etc.

Conduct informational interviews of people who are already working in those fields and understand job profile, potential

challenges in those careers.

Take first-hand experience in the desired career options through internships.

Having healthy discussions between parents and children about their career options.

Take professional help from a qualified counsellors and psychologists.

It is very important to choose career options wisely by considering all the above given factors since the consequences of making the wrong career choice can be disastrous - like repeated failures in academics, lack of interest and motivation in studies, low confidence, feeling confused, losing precious years of life and even depression.

# Of Equations & Reactions

QUESTIONS SET BY A. HARIKIRAN, SISTER NIVEDITA SCHOOL, HYDERABAD



**TOPIC:**  
1. Chemical reactions and equations  
2. Acids, bases and salts

**Q1.** A white solid when dropped in water produces a hissing sound. What the solid may be? Give the chemical reaction for the above. Name the product formed.

**ANSWER:**

White solid is quicklime  $\text{CaO}$   
Chemical reaction involved with the name of products is  
 $\text{CaO} + \text{H}_2\text{O} \rightarrow \text{Ca(OH)}_2(\text{aq}) + \text{Heat}(\text{aq})$   
Quick lime Slaked lime

**Q2.** Write the balanced chemical equation to represent the following reaction: Carbon monoxide reacts with hydrogen gas at 340 atm. to form methyl alcohol.

**ANS:**

$\text{CO}(\text{g}) + 2\text{H}_2(\text{g}) \xrightarrow{340 \text{ atm}} \text{CH}_3\text{OH}(\text{l})$

**Q3.** What is observed when carbon dioxide gas is passed through lime water.  
(i) For a short duration

**EXAMS R fun**  
**MOCK PAPER**  
**SUBJECT:**  
**CHEMISTRY,**  
**CBSE CLASS X**

(ii) For long duration? Also, write the chemical equations for the reaction involved.

**ANS:**

(i) For short duration :  
Lime water turns milky due to the formation of  $\text{CaCO}_3$ .  
 $\text{CaCO}_3$  is insoluble in water.  
 $\text{Ca(OH)}_2(\text{aq}) + \text{CO}_2(\text{g}) \rightarrow \text{CaCO}_3(\text{s}) + \text{H}_2\text{O}(\text{l})$   
Lime Water White ppt.

(ii) For Long duration :  
A clear solution is obtained due to the formation of calcium bicarbonate.  
 $\text{Ca(HCO}_3)_2$  which is soluble in water  
 $\text{CaCO}_3(\text{s}) + \text{H}_2\text{O}(\text{l}) \rightarrow \text{Ca(HCO}_3)_2(\text{aq})$

**Q4.** Classify each of the following substance as a weak acid, strong acid, weak base, strong base, both a weak acid and a weak base, or neither an acid nor a base :

$\text{H}_2\text{CO}_3$   
 $\text{HClO}_4$   
 $\text{NaClO}_4$   
 $\text{CH}_3\text{OH}$

**ANS:**

$\text{H}_2\text{CO}_3$ : Weak Acid  
 $\text{HClO}_4$ : Strong Acid  
 $\text{NaClO}_4$ : neither  
 $\text{CH}_3\text{OH}$ : neither

**Q5.** Write the formulas of the acid and the base that formed the following salts.

$\text{CH}_3\text{COONa}$   
 $\text{CuSO}_4$   
 $\text{KClO}_3$   
 $\text{Al}_2(\text{SO}_4)_3$   
 $\text{NH}_4\text{Cl}$   
 $\text{Ba(NO}_3)_2$   
 $\text{NH}_4\text{NO}_3$

**ANS:**

$\text{CH}_3\text{COONa}$ :  $\text{CH}_3\text{COOH}$  and  $\text{NaOH}$   
 $\text{CuSO}_4$ :  $\text{H}_2\text{SO}_4$  and  $\text{Cu(OH)}_2$   
 $\text{KClO}_3$ :  $\text{HClO}_3$  and  $\text{KOH}$   
 $\text{Al}_2(\text{SO}_4)_3$ :  $\text{Al(OH)}_3$  and  $\text{H}_2\text{SO}_4$   
 $\text{NH}_4\text{Cl}$ :  $\text{NH}_4\text{OH}$  and  $\text{HCl}$   
 $\text{Ba(NO}_3)_2$ :  $\text{Ba(OH)}_2$  and  $\text{HNO}_3$   
 $\text{NH}_4\text{NO}_3$ :  $\text{NH}_3$  and  $\text{HNO}_3$

**Q6.** (a) Why does acidic solution conduct electricity?  
(b) Can basic solution conduct electricity?  
(c) Can separation of  $\text{H}^+$  ions in acids take place when  $\text{HCl}$  is added to a non-aqueous solution?

**ANS:**

Both acidic and basic solutions in water conduct electricity. Acids, when dissolved in water release the  $\text{H}^+$  and bases when dissolved in water release the  $\text{OH}^-$  ions. These ions are charged species and so act as charge carriers. In other words the conductivity of these solutions is due to the movement of these ions.

**Q7.** Write one equation each for decomposition reactions where energy is supplied in the form of heat, light or electricity.

**ANS:**

When Calcium Carbonate is heated, it decomposes to give calcium oxide and carbon dioxide :  
 $\text{CaCO}_3(\text{s}) \xrightarrow{\text{Heat}} \text{CaO}(\text{s}) + \text{CO}_2(\text{g})$   
When electric current is passed through  $\text{H}_2\text{O}$ , it decomposes to give  $\text{H}_2$  and  $\text{O}_2$  :  
 $2\text{H}_2\text{O}(\text{l}) \xrightarrow{\text{Electricity}} 2\text{H}_2(\text{g}) + \text{O}_2(\text{g})$

When silver chloride is exposed to light, it decomposes to form silver metal and chlorine gas :  
 $2\text{AgCl}(\text{s}) \xrightarrow{\text{Light}} 2\text{Ag}(\text{s}) + \text{Cl}_2(\text{g})$

**Q8.** Write the balanced molecular equations showing the complete neutralizations of the following.  
 $\text{HNO}_3$  by  $\text{NaOH}$   
 $\text{Ca(OH)}_2$  by  $\text{HI}$   
 $\text{HNO}_3$  by  $\text{KOH}$

**ANS:**

$\text{HNO}_3 + \text{NaOH} \rightarrow \text{NaNO}_3 + \text{H}_2\text{O}$   
 $\text{Ca(OH)}_2 + 2\text{HI} \rightarrow \text{CaI}_2 + 2\text{H}_2\text{O}$   
 $\text{HNO}_3 + \text{KOH} \rightarrow \text{KNO}_3 + \text{H}_2\text{O}$

**Q9.** How the following substances will dissociate to produce ions in their solution?

(a) Hydrochloric acid  
(b) Nitric acid  
(c) Sulphuric acid  
(d) Sodium hydroxide  
(e) Potassium hydroxide  
(f) Magnesium hydroxide

**ANS:**

$\text{HCl}(\text{aq}) \rightleftharpoons \text{H}^+ + \text{Cl}^-$   
 $\text{HNO}_3(\text{aq}) \rightleftharpoons \text{H}^+ + \text{NO}_3^-$

$\text{H}_2\text{SO}_4(\text{aq}) \rightleftharpoons 2\text{H}^+ + \text{SO}_4^{2-}$

$\text{NaOH}(\text{aq}) \rightleftharpoons \text{Na}^+ + \text{OH}^-$   
 $\text{KOH}(\text{aq}) \rightleftharpoons \text{K}^+ + \text{OH}^-$   
 $\text{Mg(OH)}_2(\text{aq}) \rightleftharpoons \text{Mg}^{2+} + 2\text{OH}^-$

**Q10.** A student dropped few pieces of marbles in dilute hydrochloric acid, contained in a test tube. The evolved gas was then passed through lime water. What change would be observed in lime water? What will happen if excess of gas is passed through lime water? Write balanced chemical equations for all the changes observed.

**ANS:**

Marble is not reacting but calcium carbonate  $\text{CaCO}_3 + \text{HCl} \rightarrow \text{CaCl}_2 + \text{H}_2\text{O} + \text{CO}_2$   
When  $\text{CO}_2$  is passed through lime water, the first reaction produces  $\text{CaCO}_3$  which is insoluble in water and hence the solution turns milky.  
 $\text{Ca(OH)}_2[\text{lime water}] + \text{CO}_2 \rightarrow \text{CaCO}_3 + \text{H}_2\text{O}$   
If furthermore  $\text{CO}_2$  is passed, the  $\text{CaCO}_3$  reacts with the  $\text{CO}_2$  to form  $\text{Ca(HCO}_3)_2$  which is soluble in water and hence the solution becomes colourless.



## Covid-19 has adversely impacted student's emotional wellness

In an exclusive interview with media, Om Pathak, the chairman of **DPSG Society**, shared his views on education, the effect of the Covid-19 pandemic on it and practical strategies to stay upbeat as it continues to rage on. Sharing his thoughts on student wellness, he said that the pandemic has adversely impacted children's physical and emotional wellness. He noted that when children come to school, they interact with their teachers and friends, and thus their emotions get a healthy outlet. However, due to the covid crisis, children became confined to their homes, which deprived them of physical activities and socialisation, which affected their health.



OM PATHAK, Chairman, DPSG Society, Ghaziabad

Undoubtedly, the pandemic hindered the children's learning globally, but we took it in our stride and employed the latest technology to ensure hassle-free and meaningful learning engagements. As a result, we managed to sail through the crisis and took a

giant leap in the innovation of pedagogy and curriculum. More than 700 teachers across all DPSG Schools walked an extra mile and created the 'Curriculum Design 2020', a path-breaking innovation in the field of education. This 'Curriculum Design 2020' is in tan-

dem with NEP-2020, but it is more effective in execution than the former.

He also shared how DPSG schools are ready to re-open in compliance with DDMA guidelines and SOP and are expected to bounce back to normalcy shortly. When asked how DPSG Schools are different in curriculum transaction than other schools in the country, Om Pathak said, "DPSG Schools do not simply transfer knowledge given in the books. Instead, they promote student-led, inquiry-based learning wherein the student is pilot, and the teachers co-pilot the learning process. The teachers ignite the learner's curiosity, and they research and reformulate their understanding."

In his parting message, he urged the parents not to pressurise the children for higher academic scores only. According to him, each child is different, his talent is different, and the parents need to discover their innate talent and ensure their growth.

## St Mark's organises 'Ideologue 2021'

St Mark's Sr Sec Public School, Janakpuri, organised its fifth annual inter-school English Debate Competition- 'Ideologue' on September 3. The competition received enthusiastic participation from venerated schools pan India that participated in the preliminary round held on August 21. In the final round, the participants put forth their views on the trending topic 'Unrestrained freedom of speech and expression is the pillar of a progressive society' and competed for the rolling trophy.



The participants were judged by Dr Rana Sami, associate professor, Zakir Hussain College, Delhi University and Abdul Hameed, assistant professor, Zakir Hussain

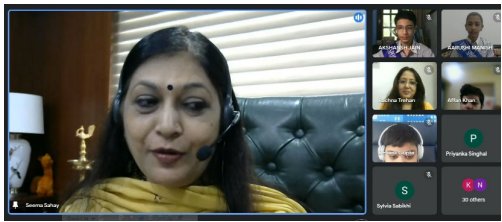
College, Delhi University.

Indraprastha International School, Dwarka was awarded the rolling trophy.

School chairman T P Aggarwal, director Anjali Aggarwal and manager Rahul Aggarwal graced the occasion with their virtual presence. A warm and congenial welcome was extended to all by the school principal, Inderpreet Kaur Ahluwalia. Educational supervisor Jyotsna Vishwakarma concluded the event by proposing a vote of thanks.

## GD Goenka organises sports webinar

GD Goenka Public School, Sarita Vihar organised 'Khel- Ek Vikaspedia', a unique sports webinar to commemorate National Sports Day on August 28. The Goenka fraternity extended a cordial welcome to Manpreet Singh, captain Indian Men's Hockey team and saluted their valiant effort at Tokyo Olympics. Sharing his experi-



ences about the teams' valour, he emphasised how schools build tomorrow's champions. He congratulated principal Seema Sahay for her undeterred spirit to sustain the essence of sports.

Adding to sports fervour, stu-

dents presented a dizzying array of martial arts. Young, jubilant skating divas unleashed their artistic skills with freestyle moves.

Students explored facts about sports with 'Sports Trivia' and 'Quizit'. They mastered modus-operandi to synchronise art with sports for good mental health. Headmistress Rachna Trehan inspired students to adopt habits for being happier, healthier and more productive.

## PRACTICE YOGA TO LEAD A STRESS-FREE LIFE

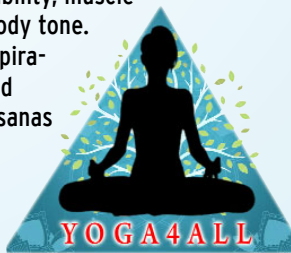


During this ongoing pandemic, we all are bound to live a restricted life under the constant fear of infection risks. It is important to understand that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones, and practice yoga at home. To live through this lockdown and pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. The meditative asanas like Padmasana, Vajrasana, Sasangasana, Gomuhāsana helps to reduce our stress and keeps our mind calm. Yoga



SUMANRAJ S, Physical Education Teacher, Shri Natesan Vidyasala MHSS, Mannivakkam

in nature connects us to the sky, the air element, and to the sun's life giving energy. Sun energy is a major component of yoga practice because it's regarded as a major source of prana. It brings together physical and mental disciplines to achieve a peaceful body and mind. It helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Yoga asanas build strength, flexibility and confidence.



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.

## Student Corner



SUBHAM MISHRA, class VII A, The Air Force School, Subroto Park

### SHOWING THE RIGHT PATH

Teachers are strange creatures. You guide us and set us on the right track, you give so much and never expect anything back. The world hands you its future, with love, affection, and tenderness you nurture. You equip us with the wings of knowledge although, you are never praised, nor acknowledged. Here is a poem filled with gratitude to apologise for our pranks, perversity, and deplorable

attitude. You will be remembered in our stories when we are in our forties. "Remember old friends! The terror of Sanjay sir's scoldings! Math always seemed so revolting. Shonali ma'am, ever ready for a debate. Even studying biology with Swati ma'am was great! Meera ma'am, invariably equipped with her anecdotes and morals, never making us cram notes

for exams and orals." Oh! How wrong we were about school, all our past fears and worries seem so minuscule. Only if I could turn back time, I would proclaim my thankfulness in rhyme. Hence, this is a poem so I don't regret showing my teachers that I am forever in debt, for all your reprimands and chides, made us live better lives. Shubhangi Malviya, class X, Salwan Public School, Gurugram

## Her attitude towards challenges inspires me

"So, how do you do it?" must have been the most cliché question she heard all her life. She replied with a swanky smile, "Did you find out how I do it?"



KATHERINE OLIVIA, Class XI, Bethel MHSS, Chennai

This genius was born in Bangalore with a fixed calculator in her brain! Sadly, it took us a 25 crores-budgeted movie, a famous star and an OTT subscription to recognise her. Our textbooks failed to portray her astounding computation skills and her shortcuts to calculate huge numbers.

Shakuntala Devi is truly an inspiration. What I like the most about her is her attitude towards challenges. She is cool and calm whenever someone gives her a calculation. Imagine someone giving you a 13 \* 13-digit number! Maybe arithmophobia was not at all there in her dictionary. She went to

many schools, colleges, and conferences and challenged everyone to test her bag of tricks. I'm sure this was due to her self-confidence. She stunned them with great aplomb. Maybe the question had an error but never her answer. (In fact, she used to spot the mistake and tell the questioner what was wrong).

She outwitted the computer and clocked the fastest to calculate the 23rd root of a 201-digit number in 50 seconds. She had principles of doing things the way she wanted to. There's so much more to learn from her skills and attributes, especially for people who have mathematical anxiety.

"Nobody challenges me. I challenge myself" - Shakuntala Devi

### INSPIRING ICONS

## Dance, a hidden language of soul

Ryan International School, Sector 40 Gurgaon believes not only in education but in value and activity-based education; an education that imbibes integrity and morality in the students.

Myra Chaudhary of class III participated in the 'Online International Classical Dance Festival and Competition' organised by Nrityanjali (New Delhi) on July 24-25. She brought laurels to the school by exhibiting her abilities. Her graceful performance was awarded third prize in Kathak solo. She also received a certificate and a trophy from Nrityanjali. Heartiest congratulations to her for this remarkable achievement, as it was possible only because of her strenuous efforts.

School head Shivali Sharma congratulated and motivated her for this achievement on the virtual platform. She emphasised that dance allows us to express various emotions; it helps us relieve stress and entirely centre ourselves in the present moment.



## Sapna Charha gets State Teachers' award

Sapna Charha from Modern Public School, Shalimar Bagh was conferred the prestigious State Teachers' Award for the year 2020-21 by the Directorate of Education in recognition of her outstanding contribution towards the cause of education. The award was bestowed on her by Manish Sisodia, Delhi's deputy chief minister on September 5.

She contributed immensely to the develop-



ment of the school into an outstanding institution with special focus on inculcation of discipline and professionalism in academic training of students. Well equipped with managerial skills and leadership qualities, her

dynamic persona has been inspirational in creating a vibrant teaching and learning environment. During the precarious times of Covid also, she catered to the interest of the school at large and emerged as a true Covid warrior.

## Mad Ad Challenge

Grab an opportunity to show your creativity and work on it with experts.

Choose your favorite toy or book or gadget and advertise it in your own creative way!

Judgment Criteria: Creativity, Originality, Presentation and Speaking skills.

Free Entry & Win Prizes





# TEARFUL DJOKOVIC COPE WITH HEARTBREAK

**Touched by crowd support and energy, relieved it is over, but admits his game was not at par**

**A** tearful Novak Djokovic felt relief and sadness after his Grand Slam dream died with a US Open final defeat, overcome by loss but winning heartfelt support from New York fans. World number one Djokovic missed the first calendar-year Slam since 1969 at the final hurdle Sunday, losing to Russia's second-ranked Daniil Medvedev 6-4, 6-4, 6-4 in Arthur Ashe Stadium.

"Relief. I was glad it was over," Djokovic said about his feelings in the moments after the defeat. "The buildup for this tournament and everything that mentally, emotionally I had to deal with throughout the tournament in the last couple of weeks was just a lot. It was a lot to handle," Djokovic said. "I was just glad that finally the run is over. At the same time I felt sadness, disappointment, and also gratitude for the crowd and for that special moment that they created for me on the court."

Djokovic also missed out on a fourth US Open title and 21st career Grand Slam, leaving him deadlocked on the men's record 20 Slam trophies with Rafael Nadal and Roger Federer. "So many different emotions," he said. "Part of me is very sad. It's a tough one to swallow, this loss, considering everything that was on the line."

## Overcome by emotion

"But on the other hand I felt something I never felt in my life here in New York. The crowd made me very special. They pleasantly surprised me." Down two sets and two breaks, US Open fans cheered for a Djokovic fightback with a spirit he said will stay with him as long as a Grand Slam might have. "The amount of support and energy and love I got from the crowd was something I'll remember forever," Djokovic said. "That's the reason on

the changeover I just teared up. The emotion, the energy was so strong. "It's as strong as winning 21 Grand Slams. That's how I felt, very special. They touched my heart. These are the kind of moments that you cherish. It was just wonderful."

Djokovic admitted he didn't have the game to stay with a determined Medvedev from the start. "I was just below par with my game," Djokovic said. "My legs were not there. I was trying. I did my best. I made a lot of unforced errors. I didn't have no serve really. "Just one of these days where unfortunately wasn't

meant to be. "I know I could have and should have done better. It's a very tough loss."

Djokovic took the first look back at a year that brought Australian and French Open titles and a Wimbledon crown but heartache at New York and no medal at the Tokyo Olympics. "Was also emotionally very demanding period for me in the last five, six months," he said. "Unfortunately I didn't make it in the final step. But when you draw a line, you have to be very satisfied with the year. Three wins, three slams and a final. I have to be proud of everything I've achieved."

"In tennis we learn very quickly how to turn the next page. Very soon there are more challenges, more things coming up. I've learned to overcome these kind of tough losses in the finals of Slams, the ones that hurt the most. "I'll try to draw some lessons from them, learn, be stronger, and keep going. As long as there is motivation and that flair, I'll keep riding."

## Challenge from rising stars

Djokovic has to face a new set of rising 20-something stars, including Medvedev and Germany's Alexander Zverev, who beat him in the Olympic semi-finals and took him to five sets in the US Open semi-finals. And there's the inevitable time when legends like Federer, Nadal and Djokovic must step aside. "The older guys are still hanging on. We're still trying to shine the light on the tennis world as much as we possibly can," he said.

"I still want to keep going, try to win more Slams, play for my country. Those are the things that motivate me the most I think at this point. "But the new generation is not anyone new. It's already current. Established. Of course, they are going to take over. I think tennis is in good hands." **AFP**



Novak Djokovic of Serbia reacts as he plays against Daniil Medvedev of Russia during their Men's Singles final match

Photo: AFP

## Returning **ZLATAN** helps Milan go top in Lazio win

**Z**latan Ibrahimovic marked his return to action after four months out with a goal as AC Milan moved top of Serie with a 2-0 win over Lazio after champions Inter Milan drew 2-2 at Sampdoria. Stefano Pioli's side are level on a perfect nine points with second-placed Napoli, who beat Juventus on Saturday, thanks to Rafael Leao's neat strike just before the break and a tap-in from forward Ibrahimovic seven minutes after making his comeback as a second-half substitute.

The Swedish star, who turns 40 in three weeks time, rolled home the simplest of finishes from Ante Rebic's low cross in the 67th minute to banish a knee injury he suffered at the back of last season, ensuring his team went two points ahead of city rivals Inter and Udinese, who won 1-0 at Spezia earlier on Sunday.

"It's been four months since he last played, I'm happy he started well out there, that he's doing well," Pioli told DAZN.

"He's got this passion, I believe that

apart from his evident talent it's the passion, the fire that he has inside him that makes training for him a pleasure... When you're like that you don't feel the advancing years."

Milan were the better team and would have won even more convincingly had Franck Kessie not hit the bar from the penalty spot in first half stoppage time.

They are three points ahead of Lazio, who sit sixth, and Roma who host Sassuolo on Sunday. Milan meanwhile turn their attentions to Wednesday's opening Champions League clash with Liverpool. **AFP**



Zlatan Ibrahimovic

## Madrid makes winning return to Bernabeu with **BENZEMA** hat trick

**V**inicius Júnior sent his low shot into the net and rushed to the sideline, jumping over the barrier and going into the stands to be quickly engulfed by Real Madrid fans. It was a scene that wouldn't have been possible during the last 18 months.

With goals by Vinicius Júnior and debutant Eduardo Camavinga and a hat trick by Karim Benzema, Madrid twice came from behind before comfortably beating Celta Vigo 5-2 in the Spanish league on Sunday. The game marked Madrid's return to the Santiago Bernabéu Stadium more than 18 months after it was closed because of the coronavirus pandemic and a massive renovation project.

"It was a special night for us," Benzema said. "I always say that we need the support of the fans and today they gave all they had to help us again."

Celta opened the scoring with Santi Mina finding the net from inside the area after a defensive mistake by Madrid four minutes in. Benzema equalized with a shot from inside the area after a pass by Federico Valverde, but Celta retook the lead in a breakaway in the 31st with Franco Cervi finding the net from close range. Benzema had a goal disallowed for offside in the 39th but equalized with a header at start of second half. Vinicius Júnior scored the go-ahead goal in a breakaway in the 54th and was shown a yellow card for his celebration with the fans. Camavinga, making his debut off the bench after being signed at the transfer deadline, added to the lead from close range in the 72nd. Benzema, already the league's leading scorer with five goals, closed the scoring with a late penalty kick.

The victory left Madrid at the top of the standings with 10 points from four matches, tied with Valencia and Atlético. **AP**



Karim Benzema

## QUIZ TIME!

**Q1:** As of 2017, which of these bowlers has the fastest recorded bowling speed of all time?

- a. Brett Lee
- b. Dale Steyn
- c. Andy Roberts
- d. Shoaib Akhtar

**Q2:** What are the annual All-England Championships in lawn tennis better known as?

- a. Wightman Cup
- b. Wimbledon championships
- c. Davis Cup
- d. Fed Cup

**Q3:** Which seven-time Tour de France winner was later stripped of his titles?

- a. Jeannine Longo
- b. Greg LeMond
- c. Lance Armstrong
- d. Jacques Anquetil

**Q4:** Who was the first pole-vaulter to clear 20 feet (6.1 metres)?

- a. Sergey Bubka
- b. Cornelius Warmerdam
- c. Bob Richards
- d. Don Bragg

**Q5:** Before specializing in sprinting, which other

sport did Usain Bolt excel in?

- a. Basketball
- b. Swimming
- c. Cricket
- d. Rugby



Usain Bolt

Photo: GETTY IMAGES

**Q6:** In 1970, which football team won its third WC championship to claim ownership of Jules Rimet Trophy?

- a. Germany
- b. Italy
- c. England
- d. Brazil

**Q7:** Who was the first Indian to win a T20 International Man of the Match award?

- a. Rohit Sharma
- b. Dinesh Karthik
- c. Irfan Pathan
- d. Yuvraj Singh

**Q8:** Which of these players won 9 Womens' Singles titles at

Wimbledon?

- a. Maria Sharapova
- b. Serena Williams
- c. Martina Navratilova
- d. Amelie Mauresmo

**Q9:** Which of these is a surfing move?

- a. left reverse
- b. left turn
- c. left slide
- d. left pitch

**ANSWERS:** 1. d. Shoaib Akhtar  
 2. b. Wimbledon championships  
 3. c. Lance Armstrong 4. a. Sergey Bubka  
 5. c. Cricket 6. d. Brazil 7. b. Dinesh Karthik  
 8. c. Martina Navratilova 9. c. left slide