



# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ With Board exams round the corner, check out our tips on how to prepare for the BIG day  
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➤ Educators and students talk about their role model  
➤ Experts tell us about the benefits of yoga  
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➤ Five takeaways from India's emphatic 3-1 series win over England  
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**STUDENT EDITION**

TUESDAY, MARCH 9, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

**FACTOID**

**4,000**



Exoplanets have been discovered in the past 25 years, and some have been found to have an atmosphere, scientists claimed, after a new exoplanet, which is rocky in nature like that of the Earth, was discovered recently

➤ Named Gliese 486b, the newly-discovered exoplanet is 26 light years away

➤ It is about 30 per cent larger than the Earth but with a mass 2.8 times that of our planet. It is located in what is called a habitable zone around a star

➤ Since Gliese 486b is very near its star Gliese 486, it takes slightly less than 1.5 days to complete an orbit around it

➤ However, Gliese 486b is not habitable, as it has temperatures ranging around 430 degrees Celsius

## CBSE REVISES BOARD EXAM DATES FOR FEW CLASS X, XII SUBJECTS



The Central Board of Secondary Education (CBSE) has issued a revised board exam date sheet for a few subjects, including mathematics, commerce and physics, for classes X and XII...

- For class X, the science exam has been deferred to May 21. Earlier, it was scheduled for May 15. The mathematics exam, which was scheduled for May 21, will now be held on June 2, according to the latest date sheet
- The CBSE said that for class XII science stream, the May 13 physics exam will now be held on June 8
- Exams for mathematics and applied mathematics, which were earlier scheduled for June 1, will now be conducted on May 31 for class XII science and commerce streams, it said in the revised date sheet
- The Board has revised the date for the June 2 geography exam of the arts stream, and it will now be held on June 3

**The exams for classes X and XII will begin from May 4 and conclude on June 10**

## QS WORLD UNIVERSITY RANKING 2021

# 12 Indian colleges among TOP 100 INSTITUTES

Twelve leading Indian universities and higher education institutions, along with 25 programmes, mostly in engineering, have managed to get into the top 100 colleges list released by the QS World University Ranking (QSWUR). IIT, Madras, Bombay, and Kharagpur, find place in the top 50 category...



- While IIT, Madras, has been ranked 30th in the world for petroleum engineering, IIT, Bombay, has been ranked 41st and IIT, Kharagpur, is placed at the 44th position for minerals and mining engineering
- The University of Delhi has been ranked 50th in the world for development studies
- The four new universities/ institutes in the top 100 subject rankings are: IIT, Guwahati (petroleum engineering), Jawaharlal Nehru University (anthropology), Anna University (petroleum engineering), and O P Jindal Global University (law)

The QS World University Rankings by subject calculate performance based on four parameters – academic reputation, employer reputation, research impact (citations per paper) and the productivity of an institution's research faculty

Over the last few years, the government's continuous focus on improvement and reform in Indian higher education has resulted in significant improvement in the representation of Indian institutions in globally-acclaimed and reputed rankings such as the QS. India's higher education system plays a vital role in driving the nation's competitiveness. Today, India is a leading nation with highest number of higher education institutions across the globe. It has made significant progress in the last few years in terms of enrolment in higher education, which now stands at 37.4 million

**Ramesh Pokhriyal, Union education minister**

## Billie Jean King's memoir 'All In' to be published in August

Former tennis star Billie Jean King is all set to release her memoir soon, which she calls a journey to her "authentic self"...

**BOOK**

■ Titled 'All In: An Autobiography', the memoir, will highlight her celebrated and groundbreaking tennis career, including her 39 Grand Slam titles, and her defeat against Bobby Riggs in the famous 'Battle of the



Sexes' match in 1973. ■ King, 77, will also write about her activism on behalf of women in tennis and beyond, and other struggles such as eating disorder and her sexual identity



## Novak Djokovic World No 1, now longest-reigning number one

Novak Djokovic, on Monday, set a new landmark – retaining the number one title for 311 weeks, surpassing Roger Federer (310). The 33-year-old Djokovic, winner of 18 majors, has now set his eyes on surpassing Fedex, who has 20 titles under his name.

■ Djokovic reclaimed the top ranking from Nadal in February 2020 and finished as year-end number one for the sixth time, tying the mark set by Pete Sampras. ■ He is currently in his fifth different spell atop the rankings. ■ Nadal, currently at number two, has been at the top for 'only' 209 weeks in total, although the 13-time Roland Garros champion can boast of being in top 10 since April 2005

## Digital memorabilia take the next plunge, as Jack Dorsey auctions his first-ever tweet

Just setting up my twtr — the first-ever tweet on the platform is up for sale after Twitter boss Jack Dorsey listed his famous post as a unique digital signature on a website for selling tweets as non-fungible tokens (NFTs). The post, sent from Dorsey's account in March 2006, received offers on Friday that went as high as \$88,888.88 within minutes of the Twitter co-founder tweeting a link to the listing on 'Valuables by Cent' — a tweets' marketplace. A tweet's buyer will get an autographed digital certificate, signed using cryptography, which will include metadata of the original tweet, according to the Valuables website. The tweet will continue to be available on the Twitter website.

Dorsey's 15-year old tweet is one of the most-famous tweets ever on the platform, and could attract bidders to pay a high price for the digital memorabilia. The highest bid for the tweet stood at \$100,000 on Saturday



## Mobile use can change how kids SEE THE WORLD

Did you know digital devices play a significant role in how children perceive the world? Well, a new study has found that preschoolers, who frequently use mobile devices, often tend to miss the forest for the trees...

1 The researchers claimed that since the brain of children is like plastic, which could be moulded easily, early exposure to mobile devices may have a significant long-term effect on them

■ According to researchers, the general tendency among people is to focus on the whole, before getting into the details, which include children as well. However, the new study shows that children using mobile devices differ in this skill, as they tend to focus more on details and less on the big picture, thus overlooking forests for trees



2 In fact, according to them, though people

who pay attention to details are more skillful at analytic thinking, they are less creative, and have weaker social skills

3 Therefore, they said, it is possible that if children continue to use gadgets at a young age, they may turn out to be sci-

entific thinkers but lose out on artistic or social skills, and this will probably change the world we live in, they added

## Twitter explores 'undo send' button for paying users

Twitter Inc is all set to test an 'undo send' function that would give users a short time to withdraw a tweet before it is posted, the company confirmed recently. App researcher Jane Manchun Wong, who discovers unannounced social media features by looking at the sites' code, recently tweeted an animation showing a tweet with a spelling error where a Twitter 'undo' button was available before a short timer ran out.

**TECH BUZZ**



■ A Twitter spokeswoman said, the feature was being tested as part of the company's exploration of how subscriptions could work on the platform

■ Twitter has said that it is working on paid subscription

models, which would reduce its dependence on ad revenue, including a "super follow" feature to let users charge their followers for access to exclusive content, which will launch this year

NFTs are digital files that serve as digital signatures to certify, who owns photos, videos and other online media



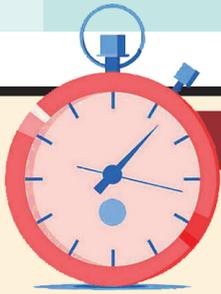
# Better LATE THAN NEVER

## PREPARING FOR BOARD EXAMS IN TWO MONTHS

There is always a group of us who is inclined to doing things in the last minute. We wake up in the 11th hour and realise that there is a lot of catching up to do. Last minute or not, one has to take the challenge of the class X Board exam, there is no escape.

Let us consider the reasons for all the hype surrounding the class X Board exam. First and foremost, it is the first Nationalised Exam that a student takes. Second, results act as the primary parameter in deciding a particular stream in collegiate education.

Third, results play a key factor in admissions to desired colleges and universities. Fourth, any scholarship programme will rely mainly on exam scores. Fifth, it helps students face the stress and anxiety related to any kind of mass testing. Sixth, it is an excellent barometer of a student's aptitude. Last but not the least; it positions a student vis-a-vis the rest of the student population - in a class, school, district, state, etc.



## HERE IS A RECIPE FOR SUCCESS - EVEN IN THE LAST MINUTE

**WEEK 2 & 3** - Do a 'Quick Reading' of the 'Easy' Lessons across all subjects. This will boost your confidence as you will establish the volume of content that you are already comfortable with. Mark out the 'Tough' sections that you would like to come back to later.

**WEEK 1** - Pull out your NCERT textbooks only. Keep an 'All-In-One' guide handy.

**1** Organise, keep a set of 10 question papers for each subject. Segregate the lessons into 'Easy' and 'Tough' for each subject. If you find certain lessons or sections of lessons particularly tough, mark them out. Do not learn them as they cause you unnecessary anxiety. Next, prepare a daily time table for 8 to 10 hours of study.

**WEEK 4** - Move on to the 'Tough' Lessons in math and science. Pull out the Question Papers and mark

**3** the questions in your 'All-in-One' Guide. Practice math problems 4 to 5 times each. In science learn the answers by-heart by repeating several times following a set pattern for each chapter - definition, properties, processes, application, diagrams and experiments. You have an excellent memory; make good use of it now.

**WEEK 5** - Focus on English and Social Science. Pull out the question papers and practice writing long answers that carry maximum marks. Prepare to get full marks

**4**

Prepare to get full marks



STEP  
08

STEP  
07

STEP  
06

STEP  
05

STEP  
04

STEP  
03

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02

STEP  
01

**WEEK 6** - Take up II Language - Solve 6-8 question papers by focusing on long answers.

**5** First learn the answers by-heart and next practice by writing. Prepare in such a way that you get maximum marks

**WEEK 7** - Solve 1 question paper in Math and 1 question paper in science every alternate day. Similarly Solve 1 QP in English and 1 QP in Social Science on other alternate days. Solve 2 language papers on Sunday. TIME YOURSELF.

**WEEK 9** - Prepare to score the maximum in Languages and Social Science; this will pull up your total marks even if you did not do well in math and science, the latter being considered as tough subjects by most students.

**6**

**7**

**8**

## THINGS TO BE STRICTLY FOLLOWED DURING THESE LAST WEEKS

**1** Do not call friends and compare progress in practice, stay focused on your own schedule

**2** Consider watching neutral TV shows such as National Geographic, in other words, those that do not distract you. Watch them only during break time.

**3** Set up a Study-Sleep, Practice-Sleep routine -

sleeping immediately after reading or practice helps in retention. Studying immediately after waking up also helps in remembering.

**4** After learning things, take time to recollect. Remember our brains can store 2.5 pet bytes of information - the size of 3 million hours of video recording.

**5** Write down the remembered answers in short form on small pieces of paper - data crunching. This will help you remember the answers well.

**6** Give yourself a small treat after completing short goals successfully.

GOOD LUCK STUDENTS, SUCCESS ALWAYS FOLLOWS HARD WORK.



Leena Pascal,  
Principal, Nurture  
International  
School, Bengaluru

## TIPS TO ACE BIOLOGY

**HAVE A POSITIVE ATTITUDE TOWARDS THE SUBJECT**  
Having the right attitude can make studying Biology fun. It helps to connect biological concepts to real-world situations like how your body works or how your brain communicates with other organs.

**Break down the complex words to their roots**  
For example, GLUCOSE can be separated into GLUC - sweet, OSE - sugar; ENDOPLASMIC RETICULUM into ENDO - within, PLASMIC - cytoplasm, RETICULUM - net, it depicts net like structure in cytoplasm.

**Make flashcards for tough words**  
Make flashcards of difficult words from all the lessons and read it aloud several times so as to understand that word.

**Draw and label the diagrams**  
Diagrams will help you relate the concept you learn in Biology to the theory. For example, the diagram of Krebs's cycle helps us to know about the products formed and enzymes used.

**Read the textbook before class**  
Biology is not a subject that can be easily understood. Reading a lesson a couple of times will help you get used to the concept. Take notes in the class so that you can understand the concept even better.

**Learn the concept from general to specific**  
Biology requires one to understand the basic concepts before going into the detail. For instance, proteins are made from the blueprints of DNA, so you can understand that DNA is made of a simpler units, proteins. Follow these tricks and make Biology an easy subject to learn and understand.

P Thamarakani, Teacher, Trinity Matriculation Higher Secondary School, Coimbatore

## QUICK REVISION/CLASS X

### Applications of Trigonometry

#### QUESTION:

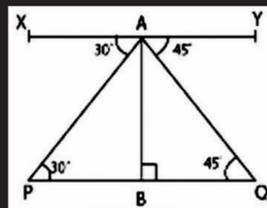
An aeroplane is flying at a height of 300 m above the ground. Flying at this height, the angles of depression from the aeroplane of two points on both banks of a river in opposite directions are  $45^\circ$  and  $30^\circ$  respectively. Find the width of the river. (Use  $\sqrt{3}=1.732$ )

#### SOLUTION:

Let the say the aeroplane is flying at point A. The angles of depression formed are  $45^\circ$  and  $30^\circ$ .

Therefore,  $AB = 300$  m. Also,  $XY \parallel PQ$ , hence  $\angle APB = 30^\circ$  and  $\angle AQB = 45^\circ$  (Alternate interior angles).

In  $\triangle APB$ ,  
 $\tan 30^\circ = \frac{AB}{PB}$   
 $\Rightarrow \frac{1}{\sqrt{3}} = \frac{300}{PB}$   
 $\Rightarrow PB = 300\sqrt{3}$  m



$$\begin{aligned} \text{In } \triangle AQB, \\ \tan 45^\circ &= \frac{AB}{BQ} \\ \Rightarrow 1 &= \frac{300}{BQ} \\ \Rightarrow BQ &= 300 \text{ m} \end{aligned}$$

$$\begin{aligned} \text{Hence, width of the river} &= PB + BQ = 300\sqrt{3} + 300 \\ &= 300(\sqrt{3} + 1) \\ &= 300(1.732 + 1) \\ &= 819.6 \text{ metres} \end{aligned}$$

Ruchika, Teacher, DPS Whitefield, Bengaluru

## SENIOR SHOWS THE WAY

### STUDY FOR YOURSELF

I appreciate the juniors for enduring an extraordinarily unpredictable year. If you were able to go through that, I'm sure you'll sail through the Boards. Studying feels less stressful when you do it for yourself rather than for others who want to see you study. When you do something for yourself, you get more out of it. Identify the kind of preparation and schedule that suits you the best. Take one step at a time and measure your progress. Try being better than the last time. Sample papers are a great way to do that. Do what you love and take up the extra curriculums you're passionate about. Remember to take breaks and indulge in recreation. I hope you all come out with satisfaction of having performed your best. All the best and good luck!

Sharmila Pentapalli, former student of Silver Oaks International School, Hyderabad



## MY SCHOOL PROJECT

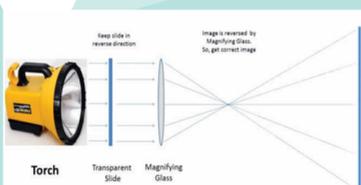
### Homemade Projector

#### WHAT IS IT

- A projector is an output device that can take images generated by a computer or Blu-ray player and reproduce them by projecting onto a screen or wall.
- In most cases, the surface projected onto is large, flat and white or any light colour. You can use a projector to show a presentation on a large screen so that everyone in the room can see it.

#### HOW DOES A PROJECTOR WORK?

- The light from the torch passes through the slide kept in the reverse direction and then through the magnifying glass.



#### HOW WE WENT ABOUT IT

- We started by making the screen of the projector using a cardboard.
- We then placed the torch in a way where the light passes through a slide and through the magnifying glass on to another screen which enlarges the picture on the slide.
- The picture on the slide was made in the reverse direction so that the picture on the screen appeared in the proper direction.

- As the magnifying glass reverses the image, the image appearing on the screen appears correctly.
- The human eye has a lens similar to the magnifying glass that's attached to the projector. It's the brain which flips the inverted image in the right direction.

#### WHY DOES THE IMAGE GET REVERSED?

- Magnifying glasses are made of convex lenses.
- A convex lens makes objects look larger because it disperses light.
- For magnifying glasses, the focus is normally a few inches away from the lens.
- The image appears inverted and smaller when the light is focused at a point beyond the lens' focal length.

Radhika Chopra and team, class IX C, Fr. Agnel Multipurpose School, Vashi, Navi Mumbai

# Future - proofing educational institutions

**F**uture-proofing literally means the process of anticipating the future and developing methods of minimising the effects of shocks and stresses.

Schools are no exception to the process of future-proofing. As schools evolve to the changing conditions, they are faced with issues about how to sustain and strengthen their resources, their community and the environment. This process encompasses planning for the future that helps institutions protect, and support the resiliency of the latter.

We are facing very turbulent times of widespread change and so the need for educators and educational systems to be future fit cannot be overlooked.

Schools need to rework their school network to not only support the devices and learning styles of today, but also plan ahead for future initiatives. The 'digital-native' generation has developed unique modes of assimilating and comprehending information.

**The changing scenario is further initiating a shift in our educational system as well. Educators and this system are embracing the mandate of transformation and adopting new and varied paradigms for pedagogy which can be enumerated as...**

**STRESS ON CAPACITY BUILDING:** For decades educators have been living stress on 'content delivery mode'. They have been good at delivering training, imparting information and com-



DR NEETA KOHLI, Principal, Delhi City School

municating knowledge and this system has been efficient and tidy. But it is totally outdated. These methods tended to revolve around students listening intently, remembering well and writing quickly. In preparing for exams rote learning and memory reigned supreme.

**SHIFT FROM SYSTEM-FOCUS TO STUDENT-FOCUS:** Today the crux is on the concept of 'Personalising learning'. There is a renewed commitment to personalising classroom learning according to individual needs of the students. It is aptly said 'IF STUDENTS DON'T LEARN THE WAY WE TEACH, IT'S OUR JOB TO TEACH THE WAY THEY LEARN.'

**STRESS ON EXPERIENTIAL LEARNING:** The traditional structured and analytical approach was the dominant learning style, a generation ago. But today, the scenario has changed. Today students are comparatively less au-

ditory and this necessitates that teachers balance the heavy curriculum with learning by practice and experience.

**To achieve the above, following suggestions need to be kept in mind...**

**MAKE LEARNING REAL:** The more the outside world is brought to the class, the better it is. Many digital platforms are doing this. They feature collaborative lessons, games, virtual field trips, sports days, various celebrations, webinars, workshops, video-conferencing, etc.

**MAKE LEARNING VISCERAL:** There have been new breakthroughs in virtual reality and augmented reality which have totally changed the face of real classroom learning. Increased surveys, interviews, investigations physically

by students outside the schools brings better results.

**MAKE LEARNING PROJECT BASED:** Project based learning is a very forward looking approach. It should become a standard practice and followed in true spirit by the schools.

**Besides the above important points, there are some other avenues to be explored as well**

**COLLABORATIONS AND PARTNERSHIPS:** Developing deliberate ways to collaborate between disciplines and constituents, has become increasingly imperative.

**SUSTAINABLE CAMPUSES:** Campuses should be sustainable in all dimensions-Physical, Social, Economic for long term vibrancy and resiliency. Fluid environment where pedagogy, technology and new ideas are evolving continually should be designed.

**DEDICATED STAFF TO SUPPORT TECHNOLOGY:** Teaching and non-teaching staff needs to be dedicated and new technology oriented for the smooth induction and circulation of modern technological innovations.

**FUTURE INFRASTRUCTURE:** To support more student-centred instruction, the concept of teacher focussed classroom designs need to be changed. School interiors need to be flexible. Students need to be offered quiet and distraction-free work area.

Educators need to develop and deliver an agenda for future training-empowering students, teachers and all professionals to work collaboratively.

# Vision of global leadership

**G**anga International School, Hiran Kudna, New Delhi strengthened its pre-existing bond of 'Educational and Cultural Exchange' with South Korea by signing MOU with Korean Cultural Centre, the Embassy of the Republic of Korea. Mira Kwak, Head of Education Team, Korean Cultural Centre, India along with Shiny Simon, PR and Communication Senior Assistant, visited the school.



Mira Kwak shared that she has been actively working with universities and schools in India for strengthening cultural bonds between Korea and India. She also highlighted that the Korean Centre is organising training sessions for Korean art, dance, drama and Student Exchange Programs as well as various other school level competitions to promote the study of Korean culture.

The Korean delegates were given a cordial welcome at the school reception. After that they were escorted to the conference room where a short movie on Ganga International School was presented, showcasing the school's achievements and its inter-

national ties especially with South Korea. Delegates of South Korea took a round of the school and were highly impressed to see the art, infrastructure and education system which meet all the parameters of a global school.

Swati Joshi, the Principal of Ganga International School, Hiran Kudna, New Delhi signed a Memorandum of Understanding with Mira Kwak. The function concluded with a tree plantation as a mark of unity and progression among both the countries.

# Dreams don't work unless you do!

**T**he ardent player, Ashwani Chhibber

of Class IX, Bosco Public School, Paschim Vihar, scored second position and won a Silver Medal in U-18, 75 Kg weight category of Sub Junior class in Benchpress Powerlifting



16, Girls Category at the Delhi State Athletics Championship- 2021. Principal, Rajiv Duggal and Vice Principal Priya

Handa, congratulated her and the mentors for their overwhelming success and relentless efforts. The school appreciates the hard work of our zealous student

Championship. She bagged third position in the 80 metre hurdles, U-

and wishes her all the best for her future endeavours.

# Education of the future

**L**ast few centuries, particularly the nineteenth and twentieth, have seen giant strides in the development of science and technology with corresponding changes in economic, industrial, social and political atmosphere.

There is turmoil, violence, conflict and disharmony all around. Forces of fundamentalism and unreason are fighting a grim battle against the forces of liberalism and reason.

This contemporary crisis of humanity has arisen because spiritual progression has not been able to keep pace with material advancement resulting in a psychological imbalance within.

As at social so at individual level too there are inner stresses and strains resulting in a rise in cases of anxiety, mental depression, fam-



PARUL SAXENA, Member of Faculty, G D Goenka Public School, Dwarka

ily break ups and suicides. Education has to play a pivotal role at this juncture.

Man is a multidimensional being endowed with physical, cognitive, vital, psychic and spiritual aspects all interactive but

fused as one. Education to be complete and integral must cover all these dimensions to make him a well-defined conscious entity. The way of knowledge, emotion and action combined harmoniously in him have a powerful effect. He must be aware of, and discover his inner self, understand true motive of his existence and purpose of life on this Earth.

Man is a product of continuing evolution. He is a middle term, a transitional being evolving towards a higher state of consciousness. Education system has to be synchronised with the pressures and pulls of this process of evolution towards a better and higher conscious humanity.

"We do not belong to the past dawn, but to the noons of the future", says Sri Aurobindo.

# Learnings beyond classrooms

**N**GFS, Alaknanda participated in Delhi Police Week observed by the Delhi Police.

Keeping in mind that 'Children are the future', a Self Defence Programme for girls was conducted in partnership with the Delhi Police.

The team of the female trainers under the able guidance of Neeru Bhakuni, ATO, (SHO), CR Park, emphasised on the necessity for girls to learn self-defence so as to prepare and protect themselves whenever the need arises.

The team demonstrated different techniques to help girls defend themselves if they sense the danger. The most effective moves for various situations and how our



own body parts can be used to hit the most vulnerable spots of the opponent to disorient him.

Important women help line numbers were shared so that girls can dial in moment of distress. Girls were also informed about the app named 'Himmat Plus' launched by Delhi Police for any emergency. Users can scan the QR code from the card placed in the

cab/taxi/TSR/Rickshaw to check the driver details and can use report journey, Delhi Police team tracks the trip by providing notifications to the user.

In addition to the defence mechanism, the training also proves to be successful in boosting confidence, improving physical condition and awakening street awareness among girls.

# Cyber Security is no more a choice, it is a necessity

**I**n order to sensitise students of Classes VI-XII regarding the lurking dangers online like cyber bullying, data breaching and phishing, a webinar was organised in Shaheed Rajpal DAV Public School Dayanand Vihar by Rakshit Tandon, Cyber Safety Evangelist. Looking at the dark side, there is an equal risk to every information. It is thus necessary to avert ourselves from cyber bullying and risks



related to it. He strived to create awareness on pertinent issues like Impact of Covid on Cyber Crime,

Cyber bullying and its types. Cyber-inappropriate behaviour by teenagers; Legal and academic consequences of indulging in cyber bullying; Safety on social media; Netiquettes to be followed were also the focus of the discussion. The resource person laid emphasis on how staying virtually safe during the pandemic has become imperative to safeguard ourselves from falling prey to malicious intruders prying into the crucial online data.

Renu Laroia, Principal, in her address stressed that cyber safety is interlinked with the safety of everyone; not just one person/system but a digitally connected community in this globally connected world.

# USHTRASANA CAMEL POSE

## INSTRUCTIONS

1. Kneel on the floor with thighs and feet together, toes pointing back.
2. While exhaling, slowly arch back, placing the right palm over the right heel and the left palm over the left heel.
3. Press the feet with the palms, push the hips forward keeping the thighs vertical. Bend the head and spine backwards as far as comfortable.
4. Relax the whole body and hold the position at least for 30 seconds with normal breathing.
5. Release the hands one by one. Relax in Vajrasana.



- ▶ **SEQUENCE:** It is important to practice forward bending asana after Ushtrasana.
- ▶ **BENEFITS:** This asana is beneficial for improving lungs capacity, good for the digestive and reproductive system.
- ▶ The backwards bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, hunched back and drooping shoulders.
- ▶ The throat is fully stretched, thus toning and regulating the thyroid glands.



SANTOSHINI KALERU, TGT-Yoga dept in-charge, The Hyderabad Public School, Begumpet, Hyderabad

"The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it."

# Into the fascinating unknown

**I** don't have a particular individual as my idol. Instead, a whole agency has inspired me by leaps and bounds. That's the phenomenal National Aeronautics and Space Administration or NASA!



## INSPIRING ICONS

Being passionate about learning more about the universe and the unknown, I had heard about NASA but came to know what it actually does only years later. I think space scientists are a boon to humankind.

If it weren't for them, we would still be questioning our existence! NASA's advanced technologies are hard not to get hooked on to.



the betterment of the future and crack a few space theories along the way too!

AVANI VASISTHA, class VIII, Delhi Public School, Secunderabad

# LONELY JOE, RAMPANT RISHABH



## FIVE TALKING POINTS FROM INDIA vs ENGLAND

India crushed England inside three days of the fourth Test to clinch the series 3-1 and book their meeting with New Zealand in the World Test Championship final. Here's a look at five talking points from the high-profile contest

- ### 1 BREATHLESS PANT LEADS NEW HEROES

Rishabh Pant left everyone gasping in awe when he reverse flicked veteran fast bowler James Anderson for a four over the slips on his way to a match-winning 101 in the final Test, a shot dubbed "brave" by Root. The wicketkeeper-batsman emerged as one of India's new Test heroes along with all-rounder Washington Sundar, who scored 96 in the same innings, and left-arm spinner Axar Patel, who took four hauls of five or more wickets in his debut series. "Absolutely enjoyed the way each player contributed in every department throughout the series, especially Pant, Sundar, Patel, Ashwin and Rohit Sharma," said batting great Sachin Tendulkar of India's rich depth of talent.
- ### 2 TRIAL BY SPIN

The pitch debate dominated the series after England's batting collapse in the second Test in Chennai. But it was the day-night game that prompted former England cricketers Michael Vaughan and David Lloyd to term the Ahmedabad track as "poor" as Indian spinners wreaked havoc to skittle out England for 112 and 81. England's players refused to blame the pitch and maintained they were outplayed by a better opposition, while India's veteran off-spinner Ravichandran Ashwin, who led the attack with 32 wickets, noted that no one blames the pitch when seamers take all the wickets on green pitches overseas.
- ### 3 MOEEN EXITS, BUBBLE BURSTS

Moeen Ali's exit from the England team bio-secure "bubble" after the second Test left many confused after England captain Joe Root said the all-rounder had opted to go home. Top players, including Jos Buttler and Jonny Bairstow, were given breaks as players were rotated in and out of the squad during the team's six-Test sub-continent tour that included two Sri Lanka Tests. Coach Chris Silverwood later apologised for the messy way the departure was handled, saying it had been England's decision. Moeen had contracted coronavirus on landing in Sri Lanka, and only played one Test. It highlighted England's controversial, pre-ordered rest plans during the pandemic, which was criticised back home, with Root never seeming to have his strongest eleven at his disposal at the same time.
- ### 4 TOO MUCH FOR ROOT

He batted, bowled and led by example, but Root was often left fighting a lone battle against an inspired Indian side on home turf. Root scored 218 in his 100th Test as England won the opening game convincingly. But the remaining matches were a struggle for the touring side. Off-spinner Root even turned up with the ball to claim his maiden five-wicket haul in the day-night third Test but England went down inside two days. He topped the series batting chart with 368 runs but said: "I can get better."
- ### 5 ROHIT STEPS UP AS KOHLI FALTERS

Rohit Sharma welcomed the crowds back to the grounds with a fluent 161 in the second Test to lead his team's comeback win. The opener pulled and swept with élan as he hit 18 boundaries and two sixes and continued his good run in the pink-ball game with 66 and 25 not out. Sharma, known for his limited-overs exploits, stood tall in a series that saw captain Virat Kohli fall twice without scoring. "Rohit's knock was the most defining moment in our come back," said Kohli.



## Could new Barcelona president persuade Lionel Messi to stay?



Barcelona members elected Joan Laporta as club president, turning to the man who oversaw one of their most successful periods to lead them out of an institutional and financial crisis

Laporta, 58, succeeds Josep Maria Bartomeu, who resigned as president in October to avoid facing a vote of no confidence from members who turned on him after Lionel Messi tried to leave the club last August and the team were beaten 8-2 by Bayern Munich in the Champions League. Laporta takes over a club with huge financial problems due to the COVID-19 pandemic eliminating ticket revenue and badly hitting merchandising income. Barca's last accounts showed a gross debt of more than 1.4 billion euros (\$1.67 billion) with a net debt of 488 million euros. The club agreed to a temporary player pay-cut last year while it had to delay payments to players in December. REUTERS

Twenty years ago a little boy called Leo Messi made his debut with Barca's youth team. Seeing the best player in the world come out to vote today is a clear sign of what we keep saying. Leo loves Barca. The best player in the world loves Barca and I hope that is a sign that he will stay at Barcelona, which is what we all want. JOAN LAPORTA

## EPL: Liverpool suffer sixth straight Anfield loss as Fulham win 1-0



Fulham match winner Mario Lemina

## Harry Kane, Gareth Bale shine as Tottenham Hotspur thrash Crystal Palace



Two goals apiece from Harry Kane and Gareth Bale helped a resurgent Tottenham Hotspur to beat Crystal Palace 4-1 and move into sixth spot in the Premier League. The on-loan Bale provided further evidence that he has rediscovered his former spark by scoring Tottenham's first and second goals either side of Christian Benteke's equaliser on the stroke of half-time. But despite taking his tally to six goals in his last six appearances, Bale was outshone by the magnificent Kane, who ended with two goals and two assists. Tottenham's third successive league win lifted them above Liverpool and West Ham with 45 points from 27 games, two points behind fourth-placed Chelsea, who play Everton on Monday. REUTERS

Harry Kane and Gareth Bale celebrating after scoring a goal

## QUIZ TIME!

**Q1:** In the 2006 Philippines Open, which badminton player did Saina Nehwal defeat in the quarter-final?

- a) Ratchanok Intanon  b) Sung Ji Hyun   
c) Wang Yihan  d) Xu Huaiwen

**Q2:** Rafael Nadal lost the 2017 Australian Open against which player?

- a) Stan Wawrinka  b) Novak Djokovic   
c) Andy Murray  d) Roger Federer

**Q3:** Which of the following players have taken the

fastest 250 wickets in Test cricket?

- a) Allan Donald  b) Dennis Lillee   
c) Ravichandran Ashwin  d) Dale Steyn

**Q4:** Andy Murray won the 2016 Wimbledon. Who was the runner-up?

- a) Milos Raonic  b) Novak Djokovic   
c) Kei Nishikori  d) Stan Wawrinka

**Q5:** Who received the Arjuna Award in 1972 and dominated the national badminton championships by winning it nine times in a row?

- a) Pullela Gopichand  b) Prakash Padukone   
c) Nandu Natekar  d) Anup Sridhar

**Q6:** In which year did Naomi Osaka win her maiden Australian Open title?

- a) 2020  b) 2019  c) 2021  d) 2018



**Q7:** Who was India's sole women representative at the Olympic Games in Barcelona 1992?

- a) Madhumita Bisht  b) Aparna Balan   
c) Ameeta Singh  d) Parul Parmar

**Q8:** The Badminton Association of India (BAI) was established in which year?

- a) 1898  b) 1934  c) 1900  d) 1901

**Q9:** Who holds the record of most fifties in career in Women's T20 Internationals?

- a) Suzie Bates  b) Sarah Taylor   
c) Mithali Raj  d) Stafanie Taylor

**Q10:** Who is the current chief national badminton coach of India?

- a) Pullela Gopichand  b) Prakash Padukone   
c) Nandu Natekar  d) Anup Sridhar

**Q11:** Which footballer became Barcelona player with 34 trophies after winning the league title in 2019?

- a) Carles Puyol  b) Andrés Iniesta   
c) Ronaldinho  d) Lionel Messi

**ANSWERS:** 1- d) Xu Huaiwen 2- d) Roger Federer 3- c) Ravichandran Ashwin 4- a) Milos Raonic 5- b) Prakash Padukone 6- b) 2019 7- a) Madhumita Bisht 8- b) 1934 9- a) Suzie Bates 10- a) Pullela Gopichand 11- d) Lionel Messi