



THE TIMES OF INDIA

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STUDENT EDITION

THURSDAY, JULY 23, 2020



WEB EDITION

UNVEILED

The biggest-ever 3-D MAP OF THE UNIVERSE

Four million galaxies and quasars, more than two decades of collaboration, five years of continuous observations, hundreds of scientists from 30 institutions. And voila! We have the largest-ever 3-D map of the Universe! The map provides an accurate look at the scale and expansion of the Universe, from after the Big Bang onwards...

1 The map relied on the latest observations of the Sloan Digital Sky Survey (SDSS), with data collected from an optical telescope in New Mexico over six years

2 The map also revealed that the Universe's expansion began to accelerate at some point, and has since continuing

3 The researchers said that this seems to be due to the presence of dark energy, an invisible element that fits into Albert Einstein's general theory of relativity, but whose origin is not yet understood

WHAT IS A GALAXY?

A galaxy is a huge collection of gas, dust and billions of stars and their solar systems, all held together by gravity. A study in 2016 estimated that the observable Universe contains two trillion galaxies

TYPES OF GALAXIES

Some galaxies are spiral-shaped. They have curved arms that make it look like a pinwheel. Other galaxies are smooth and oval-shaped. They're called elliptical galaxies. There are also galaxies that aren't spirals or ovals. They have irregular shapes and look like blobs. The light that we see from each of these galaxies come from the stars inside it

ORIGIN OF THE GALAXIES
Astronomers believe that nearly all the galaxies—with possible exceptions—are embedded in huge halos of dark matter

WHAT ARE QUASARS

Quasars are super-bright galaxies lit up by material falling onto a central super-massive black hole

WHAT IS GENERAL RELATIVITY?

Coined by Albert Einstein, it's essentially a theory of gravity. According to it, gravity is a curving or warping of space. The more massive an object, the more it warps the space around it. For example, the sun is massive enough to warp space across our solar system – a bit like the way, a heavy ball resting on a rubber sheet warps the sheet. As a result, the Earth and the other planets move in curved paths (orbits) around it (SOURCE: NASA, NGC)

1) The word "galaxy" comes from the Greek word for milk.
a) True b) False

2) Our galaxy is a _____ galaxy
a) Irregular
b) Spiral c) Twirl

3) The galaxy where few new stars are formed because of lack of free gas is.....

a) An irregular galaxy
b) A spiral galaxy
c) An elliptical galaxy

ANSWERS: 1) B 2) B 3) C



CBSE tele-counselling window open for students till July 27

Class X and XII students can now avail post-result tele-counselling facility till July 27, the CBSE has said. The CBSE Board has opened the window of helpline numbers for results-related issues, common psychological and general queries of students and parents. The Board has also put up frequently-asked questions about results and compartment related queries on the website, which can be beneficial for the students.

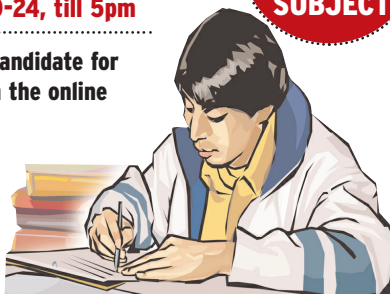


HELPLINE NUMBER:
1800118004

FOR VERIFICATION OF MARKS:
Apply online from July 20-24, till 5pm

■ Only one application per candidate for each step will be accepted in the online process

■ Any incomplete or offline applications will be rejected without any correspondence with the candidate



FEE:
₹500 PER SUBJECT

EDUCATION

NEWS IN BRIEF

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Don't let social media play with your mind: Shilpa Shetty

Actress Shilpa Shetty has shared tips on how to deal with social media and posts that might affect us. Sharing her post on Instagram, the actress said, "there's so much on social media that is shared purely as a façade to cover the lives we lead. The hardships, the struggles, the low days, the heartbreaks, the insecurities, and much more, are easily concealed behind a mask of filters... one that we've been wearing since time immemorial." Maintaining positivity while on social media, is necessary for our mental health, she added.

CELEB TALK

THE TIPS

➤ Always remember, nobody's life is perfect. Most are dealing with their own issues... So, don't let social media trick you into believing what you see, and don't allow it to play with your mind and emotions

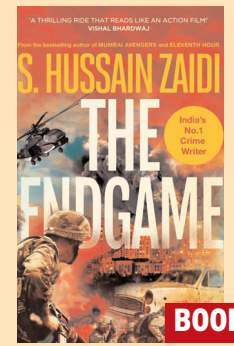
➤ Life isn't a bed of roses for any of us, but we're all in this together. Let's try and make this medium a positive one with constructive criticism and care, to make us a healthier community, less negative and more positive 'grams' on this 'gram'

➤ Stay strong, my instafam, let's make a happy and healthy community, and reassure ourselves that..... This too shall pass



Hussain Zaidi pens new novel 'The Endgame'

Crime writer S Hussain Zaidi has come out with a new novel, which talks of politics, betrayal and unimaginable terror. 'The Endgame' gives the readers a close-up of complex political machinery at work, including state security, defence services and intelligence agencies. The novel explores the challenges that the security of a country faces from within and without at the same time.



It takes the mentor-protege team of Shahwaz Ali Mirza and Vikrant Singh onwards from their earlier mission, and places them in a situation, where the stakes are even higher than before. Apart from a threat looming over the nation, they must also contend with the enemies from within, as well as a conflict between themselves. "It is, essentially, a story of the human beings behind the uniforms, with all their strengths and flaws, showing how they are required to make sacrifices at a personal level, because the job demands it," says the former journalist, whose several books have been adapted into films

MESSI TOPS SEASON FOR THE RECORD SEVENTH TIME

IN THE NEWS

Lionel Messi finished as the top scorer in La Liga for a record seventh time as dethroned champions Barcelona ended their disappointing campaign on a high with a resounding 5-0 win at Alaves recently. Barca finished the season with the second position in the standings on 82 points, five points behind the newly-crowned champions, Real Madrid

For the record
Messi has top-scored in: 2019-20, 2018-19, 2017-18, 2016-17, 2012-13, 2011-12, and 2009-10. That's seven times in 12 seasons! He has scored **444 goals** in the league, since his debut as a 16-year-old in the 2003-04 season. Cristiano Ronaldo, now with Juventus, with 311 goals, ranks second



Climate change indicates polar bear wipeout by 2100



ENVIRONMENT

Climate change is starving polar bears into extinction, according to a research that predicts that the apex carnivores could all but disappear within the span of a human lifetime. In some regions, they are already caught in a vicious downward spiral, with shrinking sea ice cutting short the time the bears have for hunting seals, scientists have reported. Their dwindling body weight undermines their chances of surviving Arctic winters without food, they added.

On the current trends, the study concluded that the polar bears, in 12 of 13 sub-populations analysed, will be decimated within 80 years by the galloping pace of change in the Arctic, which is warming twice as fast as the planet as a whole.

■ By 2100, new births will be severely compromised or impossible everywhere, except perhaps in the Queen Elizabeth Island sub-population in Canada's Arctic Archipelago, scientists have warned

■ That scenario foresees Earth's average surface temperature rising 3.3 degrees Celsius above the pre-industrial benchmark, they added

■ One degree of warming so far has triggered a crescendo of heatwaves, droughts and superstorms

■ But even if humanity were able to cap global warming at 2.4C -- about half-a-degree above the Paris Agreement targets, but hugely ambitious all the same -- it would probably only delay the polar bears' collapse

■ Half of the Earth's land-based megafauna are classified as threatened with extinction, but only polar bears are endangered primarily by climate change, researchers claimed

SPORTS

Ballon d'Or will not be awarded this year due to Covid-19 pandemic

The prestigious Ballon d'Or will not be awarded this year because the coronavirus pandemic has disrupted the football season. "It's such a strange year that we couldn't treat it as an ordinary one. Let's say that we started talking about



(making the decision) at least two months ago," France Football editor Pascal Ferré said. Because the game's rules have been modified during the pandemic, the award itself was impacted, he added.

Awarded by the France Football magazine, the Ballon d'Or has been given out every year, since Stanley Matthews won the first one in 1956. Lionel Messi has won it a record six times – one more than longtime rival, Cristiano Ronaldo

ICC announces postponement of 2020 T20 World Cup

Having dilly-dallied over the last couple of months, the International Cricket Council (ICC) has finally announced that the 2020 edition of the T20 World Cup to be held in Australia, has been postponed due to the coronavirus pandemic.

The windows for the Men's events are: ICC Men's T20 World Cup 2021 will now be held in October- November 2021, with the final on November 14, 2021. ICC Men's T20 World Cup 2022 will be held in October - November 2022, with the final on November 13, 2022. ICC Men's Cricket World Cup 2023 will be held in India in October - November 2023, with the final on November 26, 2023 (Agencies)



Neil Gaiman shares update on his 'The Sandman' series at Netflix

Author Neil Gaiman has said that the production on the much-awaited Netflix series on his critically-acclaimed novel, 'The Sandman' will start in 2021. Netflix has struck a huge financial deal with Warner Bros Television to adapt the bestseller into a live-action TV series. In an interview with Digital Spy, Gaiman said the series was scheduled to start production in May this year, but got pushed due to the coronavirus pandemic.



ENTERTAINMENT

'The Sandman' follows a tale of horror, dark fantasy, and mythology—Morpheus, the Lord of Dreams and the Endless, the powerful group of siblings that include destiny, death, destruction, despair, desire and delirium (as well as dream). Gaiman said the Netflix series would be set in 2021



Asian International School

June 21 has been celebrated as the International Day of Yoga since 2014. With the aim of settling our busy and wandering minds the principal of Asian International School, Vijayalakshmi Kumar, had set up an early morning Google Meet along with her sports team. The virtual meet saw the exhibition of certain yoga postures for those who had logged in from across the city in need of mental and physical succour.

Asian International School used the day to connect with the inner self through the journey of self searching amidst the battlefield of cure and ailments. The class XI and XII students were among the viewers along with the educators of the school.

The theme of Yoga Day 2020 was "Yoga at Home and Yoga with Family". Its objectives included: Connecting people to nature and to themselves; Meditating and bring in emotional stability; Reducing the rate of health challenging diseases; Committing to peace hence preach peace and to remove toxins from body and find relief from stress.

Kirandeep Kaur and Samiran Mondol, the flag

bearers of the school, conducted and hosted the event with grit and mettle, while the sports teacher, Tirth Thapa along with the yoga teacher, Rajarshi Majhi showed us how to do the yoga postures, step by step.

The meet started with the principal's inspiring speech that lead us to the warm up exercises tying up with asanas like Tadasana, Trikanasana, Ardha Kurmasana, Janushirsasana, thus winding up with chanting Om which helped us in meditating and rejuvenating ourselves.

This event not only brought a healing touch to the children and teachers for a better tomorrow but also preached to all of us the mantra of good health and spirit.



DPS Ruby Park

Yoga is a range of techniques including asanas and meditation to bring about a general well being in a person. It has come to mean a form of posture based fitness regimen, stress relief and relaxation technique. It is an ancient practice deeply rooted in India. The importance of yoga goes unchallenged today and is now acknowledged worldwide.

On June 21, Delhi Public School Ruby Park, celebrated the 6th International Yoga Day. Every year the students of DPS Ruby Park participate actively and with great enthusiasm.

This year was no different. However, owing to the global pandemic, the celebration was conducted on a virtual platform. This made the day even more special as many students and teachers of DPS Ruby Park participated online. There were two sessions; one for the students and the other for the teachers. The students demonstrated various asanas which were explained simultaneously. It was indeed a pleasure to watch the children perform with such aplomb.



International Yoga Day celebrations

BHS Junior Section

This year it was International Digital Yoga Day and the theme was "Yoga at Home, Yoga with Family". Birla High School Junior Section introduces its young children to yoga at an early age. Yoga helps them inculcate healthy lifestyle habits and sets the foundation for a fit future. Students practiced child-friendly yoga poses and enjoyed themselves thoroughly. Yoga boosts immunity and gives us inner strength to combat struggles during difficult times. It is the journey of the self through the self to the self. All our little ones practised yoga at home to stay safe and healthy.



Adamas World School

Adamas World School has, right from its inception, actively advocated the importance of yoga in the life of the students for a holistic development of the mind, spirit and the body. So this year too, when the theme for the International Yoga Day was decided to be 'Yoga at Home and Yoga with Family', keeping in mind the present scenario of the Covid 19 pandemic, our school adopted a unique method to celebrate the day in its true spirit.

Students from classes III to XII came together, virtually, via social media, and performed various asanas starting with Suryanamaskara to Pranayama, Tadasana, Vrikshasana, Trikonasana and Naukasana, to name a few, under the careful guidance of their Yoga instructor.

The teachers joined too, to inspire the students and to raise awareness about the multitudinous benefits of this ancient spiritual, mental and physical practice that has its roots in India. It was followed by an informative discussion and powerpoint presentations on the origin of yoga, the boons of yogic practices, the spiritual teachings of famous yoga gurus and last but not the least, how yoga enhances the quality

of our lives. Special emphasis was laid on asanas that could help to boost immunity to fight Corona better.

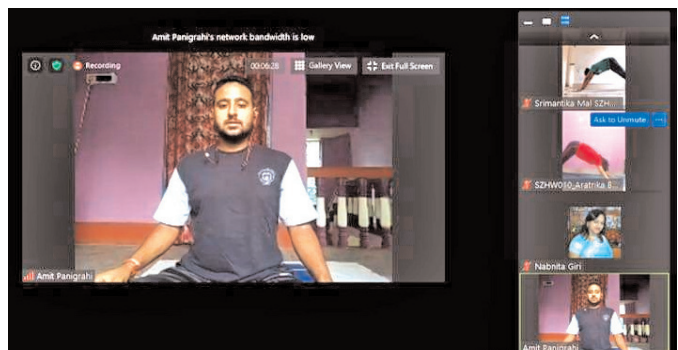
With schools closed and activities restricted, yoga has become the need of the hour, to maintain physical and mental well being for both children and adults. Aimed at making yoga a part and parcel of our daily lives - to ensure an uninterrupted harnessing of the true power of the mind and the body and in the words of B K S Iyengar, one of the foremost yoga teachers in the world, "Cultivating the ways of maintaining a balanced attitude in day-to-day life" - the dedication and enthusiastic participation of the teachers and the students of Adamas World School, made the celebration of the International Yoga Day a grand success.



Mount Litera Zee School Howrah

The 6th International Yoga Day was observed in MLZS Howrah on June 21 under the guidance and cooperation of our principal, Nabnita Giri; guest of honour; Soma Debnath, CEO, Saini Educational Trust; chief guest, Swami Kaleshananda Maharaj, examination controller of Ramakrishna Mission Vivekananda Educational Research Institute; Prosenjit Adak, renowned yoga expert and our physical education teachers. There is no doubt that august presence of Swami ji added a special touch to the celebration. Students from classes I to XII, teachers, the principal and all participated whole heartedly by performing different asanas and pranayamas.

Once more the day gave the message that in this pandemic situation it is yoga that can rejuvenate us.



Silver Point School

On the occasion of International Yoga Day, Silver Point School organised an inter-house yoga competition where all the students of the middle school and the senior school participated. The students shared their videos and photographs with the judges. It was a medium to encourage the students during the pandemic situation. Away from school and away from friends it is essential to look after the students physical and mental well-being.

Objectives :

- To help people in the drastic situation of pandemic to refresh their mind body or soul.
- To get relief from stress.
- To strengthen the global coordination among people through yoga.
- To make people aware about physical and mental diseases and its solution through practicing yoga.



Scope:
The yoga therapy is the process of empowering individuals to progress towards improved health and wellbeing. The scope of yoga therapy includes eliminating reducing and managing symptoms that cause sufferings improving functions, helping to prevent various causes of illness and moving towards improved health and well being.

CONCLUSION:

Not only one day yoga day should be a part



of daily life. Daily practice of yoga will keep all the students self-motivated and focus. This Yoga Day all our students of Silver Point School have taken an oath to practice yoga everyday. Yoga is the best solution for