

Printed at » Chennai » Coimbatore » Bengaluru » Hyderabad » Madurai » Noida » Visakhapatnam » Thiruvananthapuram » Kochi » Vijayawada » Mangaluru » Tiruchirapalli » Kolkata » Hubballi » Mohali » Malappuram » Mumbai » Lucknow » Cuttack » Patna

PHOTO STORY

Surviving climate threats

High in India's Himalayan mountains, yak herders are struggling to survive the warming world



1. Carrying her 1-year-old son on her back, Tsering Dolma herds a dozen yaks into a stone-walled corral as evening approaches in the desolate mountains of India's remote Ladakh region. A few herders tending livestock are the only people visible for miles on the wind-swept plains where patchy grass gives way to gravelly foothills and stony peaks. For generations, herders such as Dolma have relied on snowmelt that trickled down the mountain folds to sustain the high-altitude pastures where their herds graze. But now, herders say, the snow and rain are less predictable, and there is less grass for yaks to eat.



3. Experts warn that the decline in yak herding has consequences for Ladakh and its fragile Himalayan ecosystem, because pastoralists manage grazing lands, keep invasive plants in check and help maintain the area's biodiversity. The sparsely populated region, most of which is above 3,000 metres, is also home to wildlife including the snow leopard, red fox and blue sheep.



2. The herding way of life of this population is threatened as climate change makes Ladakh less hospitable to yaks, and many in the younger generation seek other jobs. Rising temperatures and erratic rainfall in the area have made it harder for yaks, which are related to bison and cattle, to find nourishing vegetation and have also exposed the shaggy, cold-loving animals' bodies to more stress. Researchers have found that the average temperature in the Ladakh region has increased by 3°C in the last four decades, while heat waves have become more extreme and rains have become more unpredictable. While it's hard to precisely quantify climate change's impact on yak numbers in the area, scientists say it appears to be a factor in their decline. The government estimates the yak population in Ladakh has fallen from nearly 34,000 in 2012 to fewer than 20,000 in 2019, the most recent year for which the data is available. Globally, the yak population remains in the millions, but scientists say the ecosystem in this part of the Himalayas is particularly vulnerable to global warming.



4. As weather patterns change, native vegetation is being crowded out by less nourishing shrubs and weeds, according to researchers. Thering Norphel, a 70-year-old former yak herder, remembers when pastures had more vegetation and life with yaks was easier. He remembered how earlier, the mountains were filled with snow and how now it's just rock. As there is no snow or ice, there is less water. This affects the growth of grass that yaks feed on. REPORT/PHOTOS: AP



5. Ladakh, famous for its Buddhist monasteries and hiking trails, has experienced a significant increase in tourism in recent years as transportation infrastructure has made the area easier to reach, which has created new jobs. Thus, jobs in tourism and other industries, along with educational opportunities, also draw people away from herding. Herders say younger Ladakhis prefer less arduous work with potentially better pay than tending to yaks.

“If the herders disappear, the landscape changes; unpalatable shrubs take over, wildlife loses food sources and the ecosystem starts to collapse. This is not just about animals — it's about a way of life and the health of the land.

TASHI DORJI, LIVESTOCK AND RANGELANDS SPECIALIST WITH THE INTERNATIONAL CENTRE FOR INTEGRATED MOUNTAIN DEVELOPMENT



WORLD AGENDA

AUGUST 2025

1 Aug 1, U.S.: President Donald Trump to impose severe tariffs on imports from many global trading partners unless they cut retaliatory taxes. This policy covers a range of goods from pharmaceuticals to copper and technology components

2

3

4

5

6

7

8

2 Late Aug, Iran: The U.S. and its allies set a deadline for Tehran to agree a comprehensive nuclear deal or risk renewed UN sanctions

3

4

5

6

7

8

3 Aug 14, Japan: The Allies mark the 80th anniversary of VJ Day when Japan surrendered after the U.S. dropped two atomic bombs on the cities of Hiroshima and Nagasaki

4

5

6

7

8

4 Aug 17, Bolivia: Voters elect President, Vice President and members of the legislative chambers. Infighting within the ruling Movement for Socialism (MAS) party has overshadowed the vote

5

6

7

8

5 Aug 3-4, West Philippine Sea: India and Philippines conduct their first-ever bilateral naval exercise near the Scarborough Shoal, a maritime flashpoint contested by Manila and Beijing

6

7

8

6 Aug 27, Italy: The Venice International Film Festival opens with German filmmaker Werner Herzog and American actress Kim Novak receiving Lifetime Achievement awards

7

8

7 Aug 31, U.S.: Royal Caribbean's Star of the Seas is set for its maiden voyage from Port Canaveral, Florida, and will be the world's largest cruise ship, alongside its sister vessel, Icon of the Seas

8

8 Aug 22, England: Women's Rugby World Cup kicks off with current holders New Zealand bidding for a 6th title

Sources: NewsAhead, Emma Luck Pictures: Newscom, Getty Images, Royal Caribbean

© GRAPHIC NEWS

Google to invest \$6 billion in Visakhapatnam data centre

Google will invest \$6 billion to develop a 1-gigawatt data centre and its power infrastructure in the southern Indian state of Andhra Pradesh in the Alphabet units' first such investment in India, said government sources. Due to be built in the port city of Visakhapatnam, the data centre investment includes \$2 billion in renewable energy capacity that will be used to power the facility. The search giant's data centre will be the largest in capacity and investment size in Asia and is part of a multi-billion-dollar expansion of its data centre portfolio across the region in countries including Singapore, Malaysia and Thailand. REUTERS

Attention school principals and teachers:

We deeply appreciate the insightful contributions you share with us every week through the Leaderboard column. As part of our special coverage, we now invite you to participate in our Independence Day special edition dated August 14, 2025. This year, we wish to explore the evolving meaning of freedom in today's context. While the struggle for independence is well documented in textbooks, we believe that the ideals of liberty, equality, and justice need to be lived and practised in school spaces as well.

Topic:

As educators, how can schools nurture a spirit of independent thinking while also instilling a sense of responsibility toward the nation? Please send your 300 word responses to school@thehindu.co.in by August 6.

QUIZ TIME

Have you been following the news headlines?

- 1 Which country is Cilo Glaciers situated in?
- 2 Killer whales are also known as _____.
- 3 What is heat energy stored within the Earth's crust called?
- 4 The world's first heat-tolerant pigeonpea is being tested in which Indian state?
- 5 Which country is colloquially referred to as 'Down Under'?

Answers on page 3

CM
YK

A ND-X



20-MINUTE ACTIVITY FOR CHILDREN - 1303



A woman in a purple shirt is working at a stall, possibly preparing food or crafts. She is surrounded by various items, including a large blue statue on the left and a large white mask on the right. The stall is covered by a simple structure.

In a lively Asian capital, giant doll-like figures called Ondel-Ondel once led the way in festivals, swaying side to side to the beat of traditional music. Dressed in bright costumes with large painted faces, these puppets were part of a centuries-old tradition meant to ward off evil spirits. Originally sacred and respected, Ondel-Ondel is now often seen being sold as souvenirs or performing on busy streets, sparking debate on how fast-growing cities treat their cultural symbols. Which city, known for its rich Betawi culture, is home to this unique tradition of Ondel-Ondel puppets? PHOTO: AFP

Ans: Jakarta

Read the paragraphs below and answer the questions

Top officials of India and Brazil held a key defence meeting in Brazil, aiming to enhance military cooperation and defence industry ties, besides bolstering regional security in the Indo-Pacific and Latin America.

The 8th Joint Defence Committee meeting was held in Brasília on July 30, the Indian Defence Ministry said on Thursday.

"Led by Shri Vishwesh Negi, Joint Secretary (IC) and Maj Gen Willain Koji Kamei, Deputy Chief of Policy and Strategy, talks focused on boosting military cooperation, training, defence industry ties and regional security in Indo-Pacific and Latin America," the ministry said in a post on X.

The post also contained photographs from the meeting.

"Joint Secretary (IC) Shri Vishwesh Negi called on Chief of the Joint Staff of the Brazilian Armed Forces, Fleet Admiral Renato Rodrigues de Aguiar Freire, on the sidelines of the 8th Joint Defence Committee meeting in Brasília. Dr Dinesh Bhatia, Ambassador of India to Brazil, was also present," the ministry said in another post on X.

- 1) Where was the 8th Joint Defence Committee meeting held?
.....
- 2) Who is the Deputy Chief of Policy and Strategy mentioned in the paragraph?
.....
- 3) What was the aim of the defence meeting held on July 30?
.....
- 4) Who is the Chief of the Joint Staff of the Brazilian Armed Forces?

M	N	T	I	U	M	Y

A noun, the word means a condition of being able to resist a particular disease

Ans: Immunity

Given below are two characters from different fictional worlds. How would a conversation between them go? Continue the conversation provided.

The image shows a two-page spread from a book. The left page is titled 'Description' and features a photograph of Mary Poppins. Below the photo, there is a handwritten description of her character. The right page is also titled 'Description' and features a cartoon illustration of Greg Heffley. Below the illustration, there is a handwritten description of his character. Both pages have lined space for additional notes.

PHOTOS: AP

- 2 minutes

ALLEVIATE

Pronounced as: uh-lee-vee-ayt

Meaning: A verb, the word *alleviate* means to make something, such as pain or suffering more bearable

Origin: The word *alleviate* has its origins in Late Latin "alleviatus", past participle of "alleviare". Its first known usage was in the 15th Century.

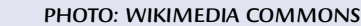
Usage: The programme helped *alleviate* poverty from the state.

Activity: Now use the word in a sentence or two of your own.

Today's quiz is all about plastic.

- 1) Leo Baekeland invented the first synthetic plastic called _____.
- 2) True or False: Less than 400 million metric tons of plastic waste is produced globally each year?
- 3) Out of all the plastic made, what percentage have we recycled up till now?
- 4) What are fragments of plastic less than five millimetres called?
- 5) Name the synthetic fibre and a kind of plastic that is usually derived from petroleum.

QUIZ CREATED BY AMI JOHN



Answers: 1) Bakelite, 2) False, around 460 million metric tons is produced, 3) 9%, 4) Micro-plastics, 5) Polyester

In how many minutes did you complete today's activities?





KAZIRANGA RANKS 3RD IN TIGER DENSITY IN INDIA

Assam's Kaziranga Tiger Reserve now has India's third-highest tiger density at 18.65 tigers per 100 sq. km, following Bandipur and Corbett, as per the 2024 report released on Global Tiger Day. The reserve recorded 148 tigers in 2024, up from 104 in 2022, thanks to expanded habitats and better protection. The survey used camera traps across 242 locations over 103 days. Key contributors to the rise include the first-ever sampling of Biswanath Division and the addition of 200 sq. km of habitat. PHOTO: AP

FACTS AND FRAMES

Around the country in 7 days

From tiger conservation milestones to robotic sewer cleaning and kayaking champions let's take a quick look at some key developments from this week.



CHENNAI METROWATER TESTS ROBOTS FOR SAFER SEWER CLEANING

Chennai Metrowater is piloting robotic cleaning at the Thiruvannmiyur sewage pumping station to boost efficiency and reduce manual work. The robot, Wilboar, developed by Kerala-based Genrobotics, uses cameras, grinders, and water jets to clean sewage wells up to 10 metres deep. This follows the earlier deployment of the Bandicoot robot to clear clogged sewer lines in parts of the city. If successful, the new system may be expanded to the city's 375 sewage pumping stations. Officials and labour unions welcome the move, highlighting improved safety for Chennai's 2,850 sewer and water workers. PHOTO: SPECIAL ARRANGEMENT

VISAKHAPATNAM BEGINS 'OPERATION LUNGS' TO RECLAIM GREEN SPACES

The Greater Visakhapatnam Municipal Corporation (GVMC) has launched 'Operation Lungs', a city-wide drive to clear encroachments from reserved urban green spaces. On the first day, 15 open spaces across areas like Sangivalasa, Kommadi, Marripalem, and Shivaji Nagar were cleared by the Town Planning wing, led by Chief City Planner A. Prabhakar Rao, with help from local officials and police. The initiative aims to protect green zones and preserve them for public use and environmental balance. The drive will continue across the city in the coming days. PHOTO: THE HINDU



NEW ZEALANDERS DOMINATE MALABAR RIVER FESTIVAL FINALE

At the 11th Malabar River Festival held near Pulloorampara on July 27, New Zealand kayakers Ryan O'Conner and Rata Lowell-Smith stole the spotlight, winning the Rapid Raja and Rapid Rani titles in the Downriver Race. Originally planned at Pulloorampara, the event was shifted to Pulikkayam due to high water levels. The top international finishers received ₹1.2 lakh, ₹60,000, and ₹30,000. Special awards of ₹10,000 each were given to seven top performers from Kerala, and under-18 talents also received recognition. PHOTO: SPECIAL ARRANGEMENT



GOLDEN JACKALS THRIVE OUTSIDE FORESTS IN KERALA

A citizen science study estimates 20,000-30,000 Golden Jackals in Kerala, mostly in human-dominated landscapes like coconut groves, paddy fields, and rural settlements. Only 2% of sightings came from protected forests. The study, led by Aranyakam Nature Foundation, recorded over 5,000 jackal sightings across 874 villages. While not seen as a nuisance by most locals, concerns include poultry predation, rabies, and dependence on organic waste. Hybridisation with stray dogs also poses a threat. The study urges conservation efforts beyond forests to protect open habitats amid rapid urbanisation. PHOTO: THE HINDU

Uncelebrated wanderers

■ Kerala jackal population estimated at 20,000-30,000, based on wide citizen-science surveys across nearly 900 villages.

■ Distribution is largely in open lowlands below 200m, with very few sightings in protected forest zones.

Habitat breakdown

Coconut groves	24%
Rural settlements	10%
Paddy fields	8%
Rubber plantations	6%

■ Frequent sightings Kannur, Kozhikode, Thrissur, Ernakulam and Thiruvananthapuram.

■ Conflict and ecological concerns Poultry predation, rabies incidents, hybridisation with dogs, and reliance on organic waste.

■ Isolated populations were reported from Munnar and Eravikulam National Park, reflecting ecological adaptability.

Jackals are absent along the Alappuzha coast, sparse in Attappady, and rarely seen in the Western Ghats' dense forests.



Conservationists' fight to protect 'Perfect Unanimity', the British-era building on the Marina

The episode of the campaign to save the DGP office complex was recalled by many, while mourning the passing of veteran architect-conservationist Tara Murali in Chennai last week

The DGP office on the Marina, known as 'Perfect Unanimity', became the centre of a major conservation campaign nearly 30 years ago, recalled recently after the passing of veteran architect Tara Murali in Chennai. In the early 1990s, the AIADMK (All India Anna Dravida Munnetra Kazhagam) government planned to demolish the 19th-Century building and construct a 10-storey police complex. Tara Murali and other prominent citizens successfully opposed the move.

The proposal was first mentioned by Chief Minister Jayalalitha in April 1993, with more details emerging after her visit to the DGP office. A July 1993 report in The Hindu described the plan for a new ₹15-crore landmark building on the Marina, promising harmony with the surroundings.

Historical records show that the Police department initially leased the building from the Freemasons in 1865 and later purchased it in 1874. Alterations were made over the years to accommodate the growing department.

Opposition peaked in March 1994, when personalities like C. Subramaniam, R.K. Narayan, Semmangudi Srinivasa Iyer, and Kamal Hassan signed a petition against the demolition. Tara



Building of the Director General of Police's office situated in Rajaji Salai, Madras was built in 1831 as a Masonic temple and home of the Lodge of Perfect Unanimity. PHOTO: THE HINDU

Murali, representing CAG (Citizen consumer and civic Action Group), suggested converting the structure into a police museum if not retained for official use. Architect P.T. Krishnan confirmed the building had no structural issues.

Despite this, Jayalalithaa announced ₹3 crore for a new building, laid its foundation in October 1994, and called it a "magnificent landmark." However, public protests and a legal case filed by INTACH (Indian National Trust for Art and Cultural Heritage) led to a High Court stay.

In 1996, the DMK returned to power and scrapped the demolition plan. Two years later, Chief Minister Karunanidhi inaugurated the renovated DGP office. An annex was added later.

In 2003, Jayalalithaa proposed a new DGP office in Taramani and converting the Marina structure into a museum. But the plan was not pursued.

Today, 'Perfect Unanimity' remains the police headquarters, thanks to the conservation efforts led by Tara Murali and fellow campaigners.

TODAY'S QUIZ: ANSWERS

- 1) Turkey
- 2) Orca
- 3) Geothermal energy
- 4) Karnataka
- 5) Australia



The Art of the Beginning: A Story from Your Young Hornbill Friend Greetings, Dear friends!

I am your young hornbill and am back again!

This time I'm excited to share the secrets of storytelling with you! Shhh...I am sharing this with you as I want all of you to enter the National Storytelling Championship - NSC India 2025, organized by ACEnovation with The Hindu in school as their Media Partners!

I would be happy to see you craft your tales and capture the crown! Heard the Grand Prize giving ceremony is going to happen at the big & beautiful University that is called Vellore Institute of Technology, Chennai Campus. The other organising partners are Amar Chitra Katha & MCC Boyd Tandon School of Business.



Big place. Big people. Big prizes. Lovely Certificates. Cash Prize. Conferring of the big title 'National Storytelling Champion - India 2025!'



Heard there are going to be amazing storytellers to entertain you too!

I want you to win big time! So listen up...

I flew here to give you a few tips on storytelling!

Let's start with something magical: The hook!

Just like how a delicious fruit catches my eye from afar, a strong opening line grabs your attention and pulls you in.

Imagine a storyteller beginning their tale with, "Once upon a time, in a forest where the sun kissed the leaves every morning..." Instantly, you're curious to know more. That's the magic of a strong opening!

Now, let's talk about setting the scene

Picture this: lush, green forests, filled with chirping birds and rustling leaves. Or, think of vibrant skies, painted with shades of orange and pink at sunset.

Capture hearts with a delightful hook, paint enchanting scenes that inspire wonder, & stir emotions with your words. The journey is full of surprises, waiting for you to explore!

How You Can Join the Storytelling Championship

www.nationalstorytellingchampionship.com

Can read & download the rules & regulations

6 Age Categories: Age 3 to 4, Age 5 to 7, Age 8 to 12, Age 13 to 15, Age 15 to 18, Age 19 & Above

Join a free online workshop, pick a story, get your props ready, record a 2 min story in any language & upload it on our website



Media Partner



LEADERBOARD

Many students hesitate to express their personal emotions, be it with friends, siblings, or parents. What steps can schools take to nurture emotional openness and improve students' emotional quotient?



Building resilient minds
In an increasingly competitive world, young minds are often weighed down by unspoken fears and silent anxieties. Many students struggle to articulate their feelings, even to their closest friends or family. This tendency to bottle up emotions, driven by fear of judgment and the pressure to perform, has become one of the most overlooked challenges of modern schooling. The consequences — stress, anxiety, withdrawal and low self-esteem — are visible in classrooms today.

Schools, as second homes, hold a vital responsibility to create an environment where emotional well-being is valued as highly as academic achievement. Research worldwide has consistently shown that Social and Emotional Learning (SEL) is integral to a child's growth. Schools can take inspiration from these findings by introducing structured SEL programmes through guided discussions, storytelling and journaling, and by setting up wellness centres and peer-support groups that provide safe spaces for students to speak freely.

Equally important is equipping teachers to recognize early signs of distress and respond with sensitivity. Creative avenues—art, music, theatre and mindfulness—allow children to express themselves beyond words, while regular workshops on empathy, kindness and mental health can normalize these vital conversations.

True education extends far beyond marks and grades. Schools that listen to emotions nurture not just bright students, but resilient, compassionate human beings. Emotional learning is no longer optional; it is an essential pillar of modern education. By adopting these approaches, schools can prepare a generation capable of facing life with confidence, balance and understanding.

MRS. R. MEENA MEHTA, PRINCIPAL, KOLA SARASWATHI VAISHNAV SENIOR SECONDARY SCHOOL, KILPAUK, CHENNAI

Emotional learning inclusive to academics

Schools, as consistent and influential spaces in students' lives, are uniquely positioned to bridge this emotional gap and nurture openness. One powerful approach is the integration of Social-Emotional Learning (SEL) into the curriculum, which equips students with the skills to identify, understand, and express their emotions constructively. Activities such as storytelling, journaling, role play, and art therapy not only enhance emotional literacy but also promote empathy and self-awareness.

Establishing safe spaces like peer mentoring systems, confidential counselling support, or teacher-led listening circles can encourage students to share freely without fear of judgment. Teachers must be trained to detect signs of emotional distress and respond with sensitivity, fostering a culture of trust and emotional safety. Informal teacher check-ins and modelling emotional honesty help normalise vulnerability and validate student experiences. Moreover, organising workshops for parents helps align support strategies at school and home, ensuring a consistent emotional support system. Creative outlets, from music and drama to visual arts, can offer alternative pathways for emotional expression. Celebrating emotional honesty within the school community reinforces acceptance and belonging.

K.K.GANESH, PRINCIPAL, SBIOA PUBLIC SR.SEC SCHOOL , COIMBATORE



Working together, emotionally

I strongly believe that a school should be a place where children feel safe to express themselves. When they do, they develop confidence, empathy, and resilience.

A school must provide spaces where children can exhibit emotional openness. Simple practices like circle time, reflection journals, and mindfulness sessions give students the chance to pause, connect, and express themselves. A supportive school environment helps children recognise, name, and manage their emotions, thereby enabling them to build and maintain healthy relationships with the world around them.

Peer interactions also shape emotional growth. Group projects, debates, talk shows, and conflict resolution activities help students support one another and learn empathy. Since emotional learning should continue at home as well, involving parents in the school community is crucial.

MALARVIZHI J. L., PRINCIPAL, THE RAJAS INTERNATIONAL SCHOOL, NAGERCOIL, TAMIL NADU

Respect personal space

Children are growing as introverts due to various reasons. Increase in nuclear families, decrease in number of children in a family, working parents, less outdoor activities , more screen time, lacking nothing that there is no necessity to share or borrow and so on. Their hesitance to express their emotions is that they don't find ears to listen or a shoulder to lean when they need; then locking emotions becomes a practice.

This is not physically and psychologically a healthy habit, because the compressed emotions may burst one day.

Children should be given spaces to open up in the way they are comfortable in. Shout-out spaces can be organized in schools in various forms. Secured blogs can be organized for children to write out. Counsellors or resource persons can be invited for interactive sessions so that children will feel comfortable to voice out. Sometimes children arrive at solutions by themselves, just by listening to their peers.

T.SOFIA ANBUCHIZIAN, PRINCIPAL, BLESSINGS MAT. HR. SEC. SCHOOL, KEERAPAKKAM, THIRUKALUKUNDRAM, CHENGALPATTU DISTRICT.



Safe counselling space a must

"Emotional intelligence is not the opposite of intelligence... it is the unique intersection of both." – Daniel Goleman

In today's ever-evolving world, education must go beyond academics to nurture emotional resilience in students. Recognising this need, a dedicated initiative focused on Emotional Quotient (EQ) has been launched to develop emotionally strong and self-aware learners.

The first step is the establishment of safe and supportive counselling spaces within schools. These allow students to openly share their concerns with trained professionals, promoting emotional security and healthy coping strategies.

Second, EQ is being seamlessly integrated into the Co-Curricular Activities (CCA) framework, with activities designed to strengthen empathy, self-awareness, and emotional regulation. These reflective sessions target the affective domain, helping students grow not just intellectually, but emotionally.

Lastly, peer support groups are being encouraged to foster a sense of connection and belonging. These small circles —comprising classmates, friends, or siblings—create a nurturing environment where students feel heard and supported.

By embedding emotional intelligence into the heart of education, we are shaping a generation that excels not only in academics but in compassion, leadership, and self-understanding — equipping them to thrive with both head and heart.

Dr K Muhammed Ashraf Wafy, Principal, FULLBRIGHT INTEGRATED CREATIVE SCHOOL, Peruvallur, Malappuram



Compassion does magic

Classrooms play an important role in moulding the young minds. In the recent past, it has become a challenge to handle children be it at home or at school.

Creating a trust in students is very important to make them feel at home and giving them the feel-good factor will create a bond between the teacher and student relationship.

Approaching Students with a preconceived notion is another factor which creates a gap between the teacher and the taught. Often circle times in our school fill those gaps.

Democratic approach in the school paves the way for children to give vent to their emotions. Cultivating students' reading habit can bring a big change in them. We do provide them from grade V to XII The Hindu, The Hindu Tamil Thisai and The Hindu In School newspaper daily and allot 30 minutes during lunch interval for reading. We also encourage students have reading with the parents and grand parents at home. It has resulted in less screen time and has brought some parents a little closer to their children.

Giving importance to Physical education and Value education in its true spirit can also have greater impact in improving students' emotional quotient. Maintaining students' Physical and mental health is the need of the hour than glorifying the act of scoring marks.

Training the teachers on class room Management and in particular how to handle the students, when they come with problems will help maintaining a good rapport between the teacher and student relationship. Ultimately, understanding the children in the context of their home, school and social environment make sense. Compassion is a magic word which can do miracles in the world of emotions.

MURUGADASAN P, PRINCIPAL, SRV SENIOR SECONDARY PUBLIC SCHOOL, PIRATYUR, THIRUCHIRAPPALLI

Man Ki Baat Corner- Helping children open up

In every classroom, there are children who silently carry their thoughts and emotions. They may hesitate to speak, unsure if their words will be understood or accepted. As educators, we often focus on academic growth, but equally important is a child's emotional development. Emotional openness doesn't come naturally to all — it needs a safe space, a caring listener, and a warm environment.

Keeping this in mind, we started a small but meaningful initiative in our school called "Man Ki Baat Corner". This space is set up in our activity room, where children are encouraged to express themselves freely. It's not just a corner—it's a world of colours, puppets, soft toys, dolls, drawing materials, and story prompts. Some children draw their feelings, some talk through puppets, while others express through role play or simply spending time in the comforting space.



At first, many children are hesitant. They sit quietly, unsure of what to do. But after a few visits, a transformation begins. They start opening up—sharing their fears, their little joys, and their confusions. Sometimes it's about a fight with a friend, sometimes a worry from home, or just the need to be heard. Teachers gently engage with them, helping them name their emotions and cope with them in a healthy way.

This corner has become more than just an activity—it's a mirror of the children's inner world. It reminds us that children need emotional support just as much as they need textbooks and tests. When we listen with patience and care, children learn to trust, to talk, and to heal.

The "Man Ki Baat Corner" is our way of telling every child—your feelings matter, and we're here to listen.

SANJAY KUMAR PATIL, HEAD MASTER, PM SHRI KENDRIYA VIDYALAYA, NO. 2 AFS PUNE

Emotion as strength

In every classroom, behind bright eyes and raised hands, some hearts remain quiet. At IES, we believe a student's emotional world is just as important as their academic one.

That's why we've created safe, judgment-free spaces — daily sharing circles where students speak without fear, and "Speak Your Heart" zones for silent reflections, letters, or drawings. Here, emotions aren't hidden — they're respected.

We go further — with Students & Parents TEDx Talks on Emotional Hygiene, bridges are built through honest conversations, helping families listen not just with ears, but with hearts.

Our teachers are trained to see beyond marks. Peer buddy systems and life skill sessions cultivate compassion. And each week, we honour one Emotion Hero — a student who shows courage not just in words, but in feeling.

Every day begins with emotional check-ins and 10 minutes of quiet mindfulness—helping children return to themselves before they face the world. Because success without self-awareness is hollow. And emotions, when acknowledged and valued, don't distract from learning—they deepen it.

At IES, we're not just preparing students to answer questions. We're teaching them to ask the most important one: "How do I feel — and why does it matter?"

MR.MUHAMMED SHAFI MK, PRINCIPAL, IES ENGLISH HIGHER SECONDARY SCHOOL, THIRITHALA , PALAKKAD , KERALA



Understanding emotional literacy

To nurture emotional openness and enhance emotional quotient (EQ), schools must create a supportive and inclusive environment. Fostering a safe and validating classroom environment is crucial. Mindfulness exercises and relaxation techniques can reduce stress and promote emotional regulation. Introduction of structured emotional literacy programs can help students identify, understand, and express emotions in healthy ways. Integrating social-emotional learning (SEL) into the curriculum helps students manage emotions, set positive goals, and develop meaningful relationships.

Encouraging active listening and respectful dialogue among peers build trust and encourage vulnerability.

Parental involvement is crucial — schools can conduct workshops to educate families about the importance of emotional intelligence and how to support their children at home.

PRIYA MADHU, PRINCIPAL, SREENARAYANA VIDYANIKETHAN CENTRAL SCHOOL,THIRUVATHRA, CHAVAKKAD



A regular practice

Improving Emotional Intelligence among students in school is crucial to foster better relationships, empathy, self-awareness, and overall mental health. Integrating Social-Emotional Learning (SEL) into the curriculum can be achieved through daily sessions of 15-20 minutes, focusing on

activities like mindfulness, gratitude journaling, or emotion-naming exercises. Storytelling and reflection can also be used to discuss emotions, choices, and consequences, while art and music can encourage emotional expression through creative media.

Training teachers in EQ practices is essential, enabling them to model emotional intelligence and provide regular training in active listening, conflict resolution, and emotion regulation strategies.

Developing conflict resolution skills through peer mediation programs and teaching "I" statements can promote peaceful disagreement and empathy. Parental involvement is also crucial, with EQ workshops and newsletters providing tips for reinforcing EQ development at home. Technology can be used mindfully, leveraging apps that support EQ while limiting screen time that encourages emotional detachment.

Celebrating emotional growth by recognizing students who demonstrate empathy, kindness, or emotional resilience can foster a positive environment. By implementing these strategies, schools can create an environment where students feel comfortable expressing their emotions and develop strong emotional intelligence.

Using tools like the "Feelings Wheel" and journaling prompts can help students identify and express their emotions.

FR.REJI KOLANICKAL, PRINCIPAL, ST .MARYS JNANODAYA ENGLISH SCHOOL MAICAVU KOZHIKODE, KERALA



Additional responses to the same question will be published next week.

Q W I K I P E D I A :
A DAILY SEARCH-AN D-LEARN ACTIVITY

Ever been on Wikipedia to search for something? More often than not we start with one topic, click a few links and within no time, are eagerly reading something else. Qwikipedia is a game that tries to quench our curiosity to learn something new. Start with one search from a specific article in this newspaper, and get started on a journey of learning with multiple clicks. Surprise yourself by finding new routes each time!

FRIDAY’S FREERIDER: FLAT WHITE → CARL JUNG

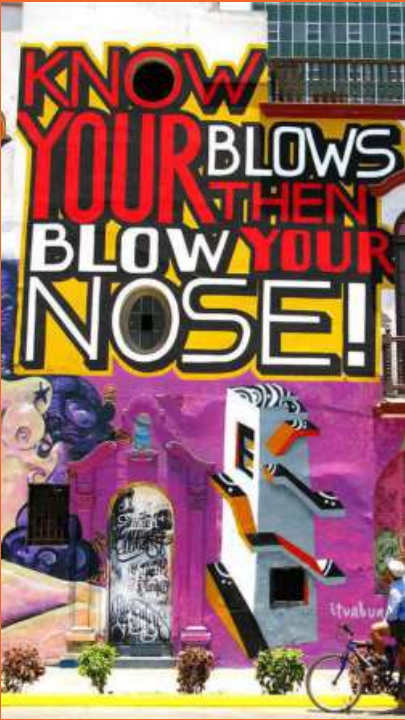
FLAT WHITE

Flat White is a coffee drink that is made of espresso and steamed milk. It has a higher espresso proportion to milk than a latte, and lacks the milk foam on top like in a cappuccino. Its roots of origin likely lie in Australia or New Zealand. The way it is made varies across regions and cafés. For example, in Australia, a flat white is served in a ceramic cup with a handle of a similar volume in which a latte is served in a glass. But it is light on the **microfoam** (the thin foam used for making latte art) and milk. The beverage is very popular across the U.K. and the U.S., with one in three consumers across the U.K. choosing a flat white, as per *The Economist*.



THE ECONOMIST

The Economist is a British news and current affairs journal published in the weekly magazine both on print and daily digital platforms. It publishes stories regarding economics, business, geopolitics, technology, and culture. Mostly written and edited in London, U.K., it also has offices in the U.S., Asia, Europe and the Middle East. Founded in 1843, it was first circulated by Scottish economist James Wilson to muster support to abolish the British Corn Laws (1815–1846), a system of import tariffs. It is in support of economic liberalism, particularly free markets, free trade, free immigration, deregulation, and globalisation. It is also known for its use of **word play**.



WORD PLAY

Word play or wordplay is a literary technique and a form of wit in which words become the main subject of the work, primarily for the purpose of an intended effect or just pure amusement. Word play can be shown through puns, phonetic mix-ups, obscure word meanings, oddly formed sentences, and obscure words and meanings. One notable example is seen in the James Joyce's novel *Finnegans Wake*, Joyce's phrase "they were yung and easily freudened" clearly implies the more conventional "they were young and easily frightened", but it is a clever wordplay on the names of two psychoanalysts, Sigmund Freud and Carl Jung.

CARL JUNG

Carl Jung was a Swiss psychiatrist, psychotherapist, and psychologist who is the founding father of the school of analytical psychology. He was best known for his concept of archetypes, which refer to a universal, inherited idea, pattern of thought, or image that is present in the collective unconscious of all human beings. Alongside his contemporaries Freud and Adler, Jung is considered one of the most influential psychologists of the early 20th Century and has fostered not only scholarship, but also popular interest. Many of his works were not published until after his death, and some remain unpublished.



PHOTOS: AFP, FLICKR, WIKIMEDIA COMMONS

So, the path we have travelled today is Flat White → *The Economist* → Word Play → Carl Jung
Three clicks! Hop over! It's time for the next question.
Monday's Marauder
Pygmy marmoset → Perlite
Send in your paths for the above to school@thehindu.co.in with the subject: Qwikipedia

IN SCHOOL INBOX

Showcase your creativity

A couple of artivity entries sent in by students.

ARTIVITY

Read the newspaper and create an original artwork based on a news item that interests you and send your entry in JPEG format (not as PDF) to school@thehindu.co.in with the subject - Artivity. ONLY artworks based on current news or issues relating to Science, Space, Environment, Wildlife and Sports will be considered for publication. Please AVOID mailing other works. Mention your name, class, school and city in the same mail (not in separate mails).



Name: Nimra Mahmood
Class: VIII
School: Focus High School,
Darul Shifa, Hyderabad
Telangana



Name: Sriprajwala
Class: IX
School: Dr Kakarla's
International School,
Hyderabad, Telangana

WOMEN OF STEEL



Local women participate in a 'kushti' (wrestling) match called 'Hapa', a 200-year-old tradition in Ahmamau village in Lucknow, where women of all ages, including sari-clad housewives, compete in the 'akhara' (arena) to win a bout. PHOTO: PTI

GUESS WHO?



He is an Indian theoretical physicist and chair professor at the International Centre for Theoretical Sciences (ICTS), Bengaluru. He is also an honorary fellow of the National Institute of Science Education and Research (NISER), India. He is a visiting professor at the Massachusetts Institute of Technology (MIT), and a Distinguished Professor at the Korea Institute for Advanced Study. He specialises in string theory.

Answer: Ashoke Sen

SUDOKU

							9	6
4					7	1	2	
	8	6			4			
	6				3	2		4
7		1		9		8		
			3			9	8	
	9	5	7					2
8	7							

DIFFICULTY RATING: ★★☆☆☆

A mind game and a puzzle that you solve with reasoning and logic. Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1 to 9, without repeating any. The solution to yesterday's puzzle is at right.

1	9	5	6	2	4	7	8	3
2	8	3	1	8	7	9	6	9
7	4	6	9	8	5	3	2	1
6	5	9	8	1	4	2	8	7
8	7	8	9	6	2	1	4	5
4	1	4	2	8	7	5	9	8
5	3	7	1	4	7	6	9	8
8	2	1	7	6	9	6	5	4
9	6	4	5	2	4	7	8	3

Bouchard bids adieu

Swiatek cruises, Osaka battles through in Montreal

MONTREAL, CANADA: Wimbledon champion Iga Swiatek cruised, Naomi Osaka battled through and Canadian Eugenie Bouchard called time on her WTA career with a gutsy second-round loss in Montreal on Wednesday.

Switzerland's Belinda Bencic sent Bouchard into retirement with a 6-2, 3-6, 6-4 victory – but not before the Canadian thrilled her home-town fans by seizing an early break in the third set.

Spectators were on their feet, trying to will Bouchard to another victory on the heels of her first-round triumph on Monday – her first WTA win since 2023.

But Bencic won five of the last six games to **vanquish** (defeat thoroughly) Bouchard, who had announced earlier in July she would retire after a final appearance in her home tournament.

"I think it's so special to play my last match here in Montreal on this court in front of you guys," a teary

Bouchard said as she was honoured on court after the match.

"I remember being a little kid sitting in these stands, hoping and dreaming that I would play on this court one day.

"I grew up playing on these courts and courts all around Montreal and near here, so it feels like such a full circle moment to finish my career here."

Bouchard, who rose as high as fifth in the world rankings, shot to prominence in 2014 when she reached the Wimbledon final and made semi-final runs at the Australian and French Opens.

But her career was hindered by injuries, including a concussion suffered in a locker room slip at the 2015 US Open and a shoulder injury that



required surgery in 2021.

Swiatek sails through

There was no drama for Poland's Swiatek, who breezed past Chinese qualifier Guo Hanyu 6-3, 6-1 in her first match since her crushing victory over Amanda Anisimova in the Wimbledon final.

It was much harder going for Japan's four-time Grand Slam champion Osaka, who saved two match points in a 4-6, 7-6 (8/6) 6-3 triumph over Людмила Самсонова.

"She definitely came out really hard and, for me, I was definitely overwhelmed and I didn't know if I should also be hitting winners," Osaka said. "After a while I just tried to keep the ball in court."

Jessica Pegula, the two-time defending champion and third seed, saved five set points in the opening set on the way to a 7-5, 6-4 victory over Maria Sakkari of Greece.

Australian Open champion Madison Keys, the sixth seed, opened her campaign with a 6-2, 6-1 victory over Laura Siegemund, avenging a third-round loss to the German at Wimbledon.

AFP

Eugenie Bouchard.
PHOTO: REUTERS



“I remember being a little kid sitting in these stands, hoping and dreaming that I would play on this court one day. I grew up playing on these courts, and courts all around Montreal and near here, so it feels like such a full circle moment to finish my career here.”

TOO MUCH TOO YOUNG?

Swimming's dilemma over 12-year-old schoolgirl

SINGAPORE: Swimming is a sport well used to talented teenagers, but Yu Zidi's participation aged 12 at the world championships has sparked debate about how young is too young. The prodigious Chinese schoolgirl is not just making up the numbers at the event in Singapore this week.

Yu qualified for Monday's final of the 200m individual medley and came fourth, missing out on a remarkable medal by just 0.06sec in what is not considered her strongest event.

The Chinese prodigy, who discovered swimming aged six as a way to cool off in China's **roasting summers** (very hot and scorching summer weather), has drawn historical comparisons to Inge Sorensen. At 12, the Dane was the youngest-ever winner of an Olympic swimming medal after her bronze at the Berlin Games of 1936.



Oscar Piastrì. PHOTO: AFP

advantage.

Second in Belgium where Piastrì passed him following a rolling start on a drying rain-affected track, Norris has been less consistent than the metronomic Melbournian.

His slightest errors have been highlighted while the measured Piastrì rarely makes mistakes. A similar scenario is not impossible this weekend with McLaren dominant after taking 10 wins and targeting their 200th win before Formula One takes its summer break.

This weekend's contest will be Aston Martin's Fernando Alonso's record 22nd in Hungary. AFP



While 12-year-old Yu Zidi has wowed everyone with her performances, concerns have also been raised as to whether it is too early to be competing at the elite level. PHOTO: AFP

“Too early”
While Yu's performances have been impressive and could well yield a medal, not everyone thinks she should be competing in Singapore. Some in the sport have raised questions about the impact on Yu mentally and physically of high-level training and competing at an age when she is still developing as a person.

Under current World Aquatics rules, the minimum age is 14 but

younger swimmers can compete at the championships if – like Yu – they are fast enough.

Christian Hansmann, sports director of German swimming, called her participation in Singapore "questionable".

"Putting a girl of 12 in front of a world championship crowd of 5,000 spectators, with the high pressure from the media and the coaches, is far too early in my opinion," said Hansmann, who

CM A ND-X