



# THE TIMES OF INDIA

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STUDENT EDITION

MONDAY, JULY 13, 2020



WEB EDITION

I RECOMMEND

NEW LAUNCH

## Ruskin Bond's 'A Song of India'

A new book by writer Ruskin Bond will shed light on his lesser known life before he became a successful author, publishers Puffin Books has announced.



The illustrated book, 'A Song of India', scheduled to hit the stands on July 20, will mark the 70th year of Bond's literary career

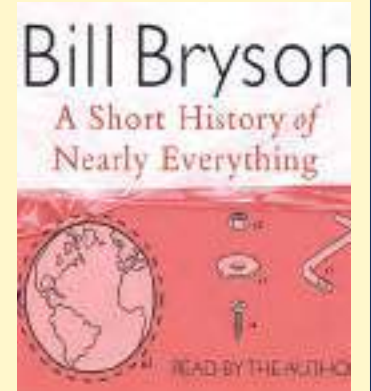
## WORD WATCH

### BROMIDE:

means a binary compound of bromine with another element or a radical including some (such as potassium bromide) used as sedatives; a commonplace or tiresome person; bore

## A SHORT HISTORY of NEARLY EVERYTHING

by Bill Bryson



This book covers some of the most complex and mind-boggling theories in science, written in Bryson's trademark humour and wit. From the tiny, yet powerful protons, which contributed to the creation of our mighty universe, to the current world scenario, where human civilisation has made huge strides in all spheres of life, the book packs a tremendous amount of information. Science had never been one of my interests, until I encountered this author. This book will spark your curiosity, and inspire you to delve into the theoretical and practical aspects of science.

URMILA JITHESH, class XI, Bhavan's Vidya Mandir, Elamakkara, Ernakulam

## CBSE REDUCES CLASS IX-XII SYLLABUS FOR 2020-21 ACADEMIC SESSION

### IS IT A GOOD MOVE?



The Central Board of Secondary Education (CBSE) has rationalised the syllabus for classes IX to XII for the academic year 2020-21 by up to 30 per cent to make up for the academic loss caused due to Covid-19, Union HRD minister Ramesh Pokhriyal said recently. In the process, the Board has dropped chapters on democracy, demonetisation, nationalism, secularism, among others, as per the updated syllabus. What does it mean for the students and how will it impact them?

### The BIG DEBATE

The Council for the Indian School Certificate Examinations (CISCE) has also announced a reduction of up to 25 per cent in syllabus for classes X and XII Board exams in 2021

### STUDENTS REACT

As online classes are new to all of us, it would have been tough to cover the entire syllabus. It is a good decision; now, all the students will be able to prepare this limited syllabus thoroughly. Moreover, it will reduce the pressure of the students. Besides, it will also help the government school students in catching up with the private schools, as they joined virtual classes concept late.

BHAVYA GULATI, class XII, Bhavan Vidyalaya, Panchkula

This is a good move by the CBSE. Instead of rushing to complete an extended syllabus and feeling unnecessary pressure, students will now have more bandwidth to focus and learn on what they are being taught.

It's a welcome move, but will this reduced syllabus extend to the entrance examinations for admission into the colleges next academic year? The Board should clarify.

### HOW DOES A 30% CUT IN CBSE'S SYLLABUS LOOK LIKE?

In physics, both Newton's 'laws of motion' and Kepler's 'laws of planetary motion' will be chucked out of the course; in biology, topics, such as 'living world' and 'plant kingdom' have been deleted for class XI, while for class XII, 'reproduction in organism' have been excluded. Some of the cuts have generated a political controversy, such as demonetisation, nationalism, citizenship and democratic rights. Even the number of classes have been reduced.

### EDUCATORS ON DELETED CHAPTERS

The reduced syllabus will give more time to ensure that children understand the concept, as now we use videos and PowerPoint presentations to facilitate learning.

The deleted chapters, which contain concepts that teachers feel are essential for the students to learn, can be taught, but they will not be included for internal evaluation or Boards.

### HOW SCHOOLS PLAN TO COVER THE DELETED PORTIONS

Topics like secularism can be taught while teaching Right to Freedom of Religion.

If the lesson that has already been taught is deleted, then it is not an issue, as every context has its own specific and general objectives.

The portions have been removed in such a way that it does not affect the flow of learning, when children are promoted to the next class.

Be a part of this debate; share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com) or [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

### BLACK LIVES MATTER

## Until we educate the entire human race, racism will not stop: Holding

Former cricketer, Michael Holding, didn't hold back as he delivered a powerful message against racism recently, asserting that the black race has been dehumanised and its accomplishments wiped off from a history, "written by people, who do the harm." Holding, who will retire from commentary at the end of next year, talked about racism at the global level.



History is written by the conqueror not by those who are conquered, history is written by people who do the harm, not by those who get harmed... We are being brainwashed; not just black people, white people are being brainwashed in different ways. Everything should be taught. I was never taught anything good about the black people; you cannot have a society that is brought up teaching what is convenient for them.

MICHAEL HOLDING, commentator and former cricketer

### INSTAGRAM INTRODUCES 'REELS' IN INDIA

A little over a week after ByteDance-owned short video app TikTok was banned in India, Facebook's photo sharing app Instagram has announced the extension of testing of its short video format Reels in India. Reels has already been tested in Brazil, Germany and France, before India.

The company said Reels will enable people to record and edit 15 seconds multi-clip videos with audio effects, and users could share Reels content on their feed, or through a new space on the explore section.

### TECH BUZZ

### GOOGLE TO PROVIDE QUICK FACTS ABOUT IMAGES YOU SEARCH



Google has announced a new feature that will make it easy to find quick facts about what people see on Google images in the form of a Knowledge Graph. The feature would include people, places or things related to the image from the Knowledge Graph's database of billions of facts, helping users explore the topic more. "To generate these links to relevant Knowledge Graph entities, we take what we understand about the image through learning, which evaluates an image's visual and text signals, and combine it with Google's understanding of the text on the image's web page," the company said.

### NEWS IN BRIEF

#### SATYARTH NAYAK'S NEXT BOOK IS ON INDIAN MYTHOLOGY

After penning a thriller and then a biography about late Bollywood actress Sridevi, author-screenwriter Satyarth Nayak will now write a book on Indian mythology. Titled, '100 Tales from the Puranas' the book has been inspired from the Puranas. It is expected to be released in 2021.



The Puranas of Hinduism are an ancient source of wisdom, which are relevant even today. Out of the 18 Puranas, Nayak will select 100 greatest stories for his upcoming book, which will not only entertain but also enlighten the new age readers.

#### U-17 WOMEN'S WC PROBABLE SAI SANKHE SCORES 96.2% IN CLASS X ICSE EXAMS

India's SAFF Under-15 Women's Championship-winning player Sai Sankhe has set an example for others as she scored 96.2 per cent in her ICSE class X examinations.



ON THE PRESSURE TO PERFORM: "The pressure was there, as I really wanted to do very well in my boards and ace them. With the result I secured, I am very happy. If you love football and consider education to be as important, you can do both together - hands down. After the evening training, I would study again. Basically, whatever time I could get, I used it to study and prepare, Sai said."

#### CURB CLIMATE CHANGE, PROTECT ENVIRONMENT TO PREVENT FUTURE PANDEMICS, COUNTRIES TOLD

Land degradation, wildlife exploitation, intensive farming, and climate change are driving the rise in diseases, which like

### ENVIRONMENT

the coronavirus are passed on from animals to humans, the UN experts have warned...

The UN Environment Programme (UNEP) and International Livestock Research Institute (ILRI) have jointly identified seven trends responsible for such diseases, calling on governments to take steps to stop future pandemics. Known as zoonotic, these trends, include demand for animal protein, extraction of natural resources and urbanisation, intensive and unsustainable farming, exploitation of wildlife, increased travel and



transportation, food supply changes, and climate change. "The science is clear; if we keep on exploiting wildlife and our ecosystems, then we can expect to see a steady stream of diseases, jumping from animals to humans in the future," said UNEP executive director Inger Andersen.

### VIEWPOINT

## We have asked every state to adopt one sport: Riju

Union sports minister Kiren Rijju has said that the government has asked every state to adopt one sport each and focus on its development, in a bid to achieve more medals at the Olympics. Rijju, who was speaking at a webinar on the 'Role of Corporate India for Fit India' organised by Assocham, said the corporate sector will also be told to do the same.



### THE PROPOSAL

- "We have written to the states to choose (a sport). For example, if Manipur chooses boxing and sepak takraw, it also can do football or archery, but it has to focus on the discipline it has selected, Rijju said.
- "We have made certain policy changes, like each corporate will be advised to adopt a certain discipline and focus on it. It won't stop you from supporting other sports," he added.
- "A country the size of India won't be playing just one or two disciplines. We have identified 14 disciplines as priority sports, like archery, wrestling, boxing, hockey, shooting etc. I have kept the option open for more as well," he announced.
- Rijju said 14 sports have been identified as priority disciplines, which will be developed as medal prospects for the Olympics.

Q Is it a good move? Will it usher in a bright future for sports in our country?

Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com) You can also post your comments at [toistudent.com](http://toistudent.com)

### FACTOID

₹ 67.4 CRORE (\$8MN)

Price of the Chinese encyclopedia volumes that was sold at an auction recently. Dating back to the 15th century, the encyclopedia, known as the Yongle Dadian, was commissioned by a ruler of the Ming Dynasty, who reigned from 1402 to 1424. The Yongle Dadian consisted of 22,877 chapters originally. It was the largest encyclopedia in the world. The original was used to make two copies. Unfortunately, the first draft was lost due to wars, theft and fires, which occurred under the Ming Dynasty. It measures 20 inches by 12 inches, and was written in red and black ink on paper, at a time when printing technology was already developed in China.

# TRAVELING AS A MEANS OF EDUCATION

Traveling is a great source of getting knowledge. It widens outlook, broadens the mind, and also changes the way of observing things. It introduces us to new places, people, cultures, and cuisine. Travelling has a concept of 'seeing and hearing'. When we see a thing practically rather than just reading about it, it fits in our mind and is easier to remember!

Be it beaches, seas, mountains, deserts, plains, countryside, etc. To sum it all, nature is full of new things to explore and know about!

People travel for different purposes-pleasure, joy, pain, education, work, rest, change of routine, spend family time together and so much more...and so in a way it would not be wrong to say that 'Travelling is a great means of education.' It helps us to develop thoughts and views about the place. Not only do we get to know more about new places but also get an equal chance of meeting new people, interacting with them



and in a way get a glimpse of their lifestyles! Schools often organize tours for children, as a part of education as traveling educates us that

efforts and struggles should be made to achieve success.

The best part of traveling is that we can capture memories that would

always stay with us; and when we open that set of fascinating memories, it would make us go down memory lane basking about its beauty and cherishing it forever!... We often read about the majesty of the Himalayas, the vastness of the oceans and the beauty of the Taj Mahal, but it's a whole different experience to see and admire those with our own eyes- to feel like you are in it, experiencing it and enjoying every bit of it!

It is therefore necessary to understand that education is a continuous process-a never-ending one. Travelling is one of those parts of education which should not be left unexplored! Nothing is limited to the four walls, we need to understand this and not confine ourselves to it! We need to introduce ourselves to the whole lot outside awaiting us and should never stop exploring and traveling!

KAAYYA DELIWALA, Class IX, Mount Carmel School, Ahmedabad

# LOCKDOWN DIARY Just REMEMBER

**REASSURANCE :** Stick to the facts. Remember people are recovering from it.

**EMPATHY :** Digital Empathy -write gratitude (thank You) notes to front line healthcare workers or let them make calls to their family. Remember they are working day and night.

**MAINTAIN YOUR CALM :** Self -Care is of the utmost importance. Manage your stress - stay calm. Remember to smile and laugh.

**ENGAGE YOURSELF :** Make lemonade out of lemons. Remember to spend some quality time with your loved ones playing board games, watching movies, or cook meals together.

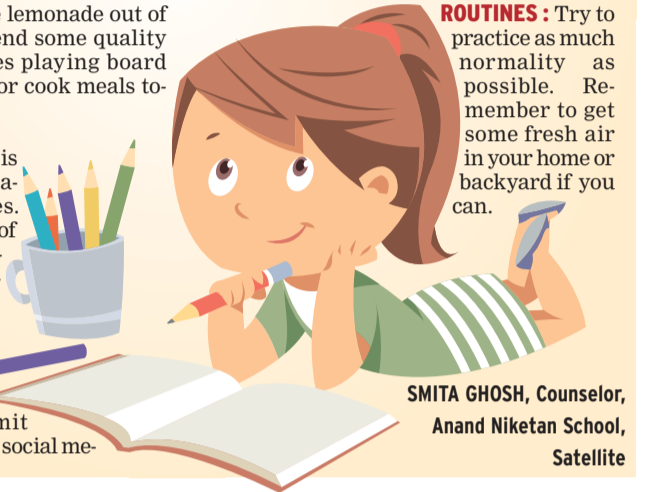
**MINDING OUR MIND :** This is the best time to try a few basic meditation techniques. Remember to do a session of guided or self-paced meditation and breathing techniques every day.

**BEWARE :** Media exposure can be overwhelming for some. Remember to Filter & Limit spending excessive time on social me-

dia (WhatsApp University) and the internet regarding the virus.

**EDUCATE FOR A BETTER WORLD :** This is a perfect time to re-educate ourselves and others with few good habits like hand washing, covering one's cough, respecting others, changing mindsets, inspire positive change. Remember education is not merely an acquisition of information or skills but transformations of information into knowledge and knowledge into wisdom.

**ROUTINES :** Try to practice as much normality as possible. Remember to get some fresh air in your home or backyard if you can.



SMITA GHOSH, Counselor, Anand Niketan School, Satellite

## ICSE and ISC results out, No merit lists

Students were colossally relieved on Friday when the CISCE (Council for Indian School Certificate Examinations) announced the results for Classes X and XII. Owing to the COVID pandemic, the CISCE did not publish merit lists for either the ICSE (Indian Certificate of Secondary Education) Class X test or the ISC (Indian School Certificate) Class XII exam.

In all, 3,396 students took the ICSE exam from 36 schools across the state, of whom 3,374 passed. The ISC exam was taken by 1,822 students from 22 schools of whom 1,748 passed.

As for some of the city's schools, in the ICSE exam, at Zyodus, 50% of the students scored 90% and above. Diya Shah was the topper with 98%. In the ISC science stream exam, Manaswini

### TOPPER'S SPEAK

I am delighted with my results particularly because when I was preparing for the boards, the COVID scare was mounting.

AARADHANA VAGHELA, Class XII, Science

I am on cloud nine! The COVID situation worked well for me. I used it to motivate myself to work hard.

DIYA SHAH, Class X

Joshi and Vishakh Garg stood first with 93.2%. In the commerce stream, the first position was taken by Shree Pandya with 95.2%, while in the humanities, Susan Jacob topped with 86.6%.

At Anand Niketan (Satellite), 96 took the ICSE exam and Vishwam Patel was the topper with 99%. In the ISC exam, Acharaj Kaur Tuteja stood first with 99% in the humanities. Aaradhana Vaghela aced the science stream exam scoring 97.5%. Dwisha Patel scored 97.5% to be the commerce topper.

At JG International, in the ICSE exam, Shiven Patel topped with 96.5%. In the ISC science exam, Krish Patel was the topper, scoring 95.8%. In the commerce stream, Prince Patel took the first spot with 89.8%. In the humanities, Yashi Parmar topped with 96%.

## MAGICAL MAGAZINE



Students of grade VII at Anand Niketan Satellite published a Chemistry magazine a term-2 project. Information on metals, non-metals, metalloids, alloys, and compounds is compiled together to create a teaching aid or resource.

Publishing of magazine was an exciting experience for the students as they formed the editorial team and took ownership which

developed a sense of responsibility in them. This project came out as a great experience as it was an integration of Science and Technology.

This fun involved learning gives students immense pleasure and confidence in subjects like chemistry which otherwise is considered tricky. This happens to be a magical way of creating interest in the subject.

## Yoga is a way of life!

Owing to the recent COVID pandemic scare, the Yoga day was celebrated virtually with the participation of students and teachers in large numbers. The secondary section of Podar International School, Ahmedabad along with the Yoga instructors decided on a series of well-planned activities to mark the occasion. The need of the hour is to be with the family and looking after the mental & physical health of the family members the students of class VI to X were asked to practice yoga poses at home with their families and send the photographs. Students of class VIII expressed their views on 'How to deal with the stress created by the pandemic through Yoga'. Avdesh, the director of Yoga Studio had sent his congratulatory message to the students of PIS, Ahmedabad for their efforts to make Yoga popular



in daily life. School principal, Sreenarayanan expressed his happiness over the planning and execution of establishing connections between mind and body; He congratulated the students and teachers for their enthusiasm n zeal.

In these trying times, the school remains the guiding light for all.

## ODE TO THE PEN

### Happy Doctor's day

You are similar to God,  
You gift life by cutting the umbilical cord.  
Some of you can fix the fractures,  
That can help students to miss some lectures.  
You can keep patience,  
Against some talkative patients.  
Most of you own hospitals,  
Where patients are nursed and taken care of.  
Some kids are scared of your injections,  
They say it is better to have infections.  
You treat toothaches,  
By requesting people to avoid cakes.



I want to give you some humble advice,  
Please improve your handwriting,  
Now that would be so nice.  
Stop making bitter medicines,  
Try and put in some cocoa beans.  
One more request, I want to express it.

Please allow children in the campus and canteen,  
They will not disturb you it's my guarantee.  
I am born in a doctor's family,  
I have seen their dedication and emotions.  
You don't have time even on Sundays,  
You work in lockdown without any complaints.  
No Sunday's! No holidays!  
You say, an apple a day keeps the doctor away, A salute to all doctors,  
You are brave corona warriors.  
We thank you for your hope and the care,  
For this help, I wish you a very happy doctor's day.  
NITI PATEL, Class VIII, St. Mary School, Dahod

## Young minds go the creative way!



Udayan Upadhyay, Class VI, DPS Gandhinagar



Ayushi Parmar, Class II, Mother Teresa World School, Vadsar



Het Kariya, Class VI, S N Kansagra School, Rajkot



Binandita Das, Class I, Podar International School, Kudsan

## Painters' Gallery

Patel Dhyan, Class VI, SGVP



Jaival Trivedi, Class IV, Zyodus School Of Excellence



Aaryav Patel, Class V, St. Xavier's High School, Loyala Hall

Ananya Pisharody, Class VI, Siddharth's Miracles School

Vani Joshi, Class VIII, Udgam School for Children



Aastha Kejriwal, Class IX, DPS, Bopal



Jisha Nagoria, Class I, Euro School



Rudransh Seth, Class V, Delhi Public School, Rajkot



Arham Shah, Class V, St Kabir School



Nishka Lavsi, Class VII, Shanti Asiatic School



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FRIDAY, JULY 10, 2020



WEB EDITION

## CORONA IS AIRBORNE.

### What it means



The WHO has acknowledged scientists' claim that corona is airborne, meaning that it can stay aloft for hours in tiny droplets in stagnant air, infecting people as they inhale...

#### For how long can a virus remain in the air?

An airborne virus can be carried through air in a viable form. Airborne diseases, such as measles can survive in the air for up to two hours. For the coronavirus, while experts agree that the virus does not travel long distances or remain viable outdoors, evidence suggests that it can traverse the length of a room and, in one set of experimental conditions, remain viable, for perhaps three hours.

#### Are aerosols diff from droplets?

In simple terms, aerosols are liquid or solid particles suspended in air. Though they can be visible like fog, most often, they are invisible, like dust or pollen. They are often divided into small droplets. So, aerosols are droplets, droplets are aerosols — they do not differ except in size. Scientists sometimes refer to droplets less than five microns in diameter as aerosols. According to scientists, large droplets, before evaporating, drop to the ground, causing local contamination.

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#### How is corona related to aerosols and droplets?

From the start of the pandemic, the WHO and other public health organisations have focused on the

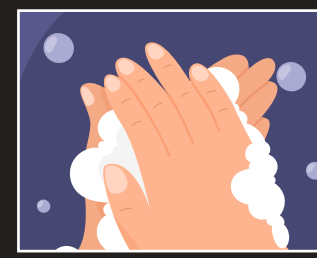
sneeze. More important, they expel aerosols even when they breathe, talk or sing, especially with some exertion. They say, as aerosols are lighter, they can linger in the air for hours, especially in the absence of fresh air.

#### Which are the vulnerable places?

Experts feel in a crowded indoor space, a single infected person can release enough aerosolised virus over time to infect many people, perhaps seeding a superspreader event.

#### WHAT ABOUT SOCIAL DISTANCING AND WASHING HANDS?

Scientists say physical distancing is still very important. The closer you are to an infected person, the more aerosols and droplets you may be exposed to. Washing your hands often is still a good idea. What's new is that those two things may not be enough. We should be placing as much emphasis on masks and ventilation as we do with hand washing, they add.



**HOW CAN WE MINIMISE THE RISKS?** When indoors, keep your windows and doors open, whenever possible, say experts. Upgrade the filters in your home air-conditioning systems, or adjust the settings to use more outdoor air rather than recirculated air, they add.

### CLIMATE CHANGE TURNING CLEAR MOUNTAIN LAKES GREEN WITH ALGAE

Global warming is turning clear mountain lakes green in the western United States because of an increase in algae blooms "without historical precedent", researchers have said. The concentration of algae in two remote mountain lakes more than doubled in the past 70 years, they added. The results highlight the potentially harmful effects of climate change on pristine and remote ecosystems.



#### ENVIRONMENT

Rapid warming of high elevation environment has resulted in the rapid acceleration and dominance of green algae, which until recently were found in low abundance in the remote lakes. The study points to climate change as driving the excess accumulation of nutrients, such as phosphorus and nitrogen that cause algal blooms. If ingested, algae blooms can sicken wildlife in lakes and oceans, and destabilise aquatic environments by blocking out sunlight. Freshwater and marine algae blooms can have a huge negative economic impact, affecting fisheries, tourism and human health.

### BRAD PITT TO STAR IN DAVID LEITCH'S 'BULLET TRAIN'

Hollywood star Brad Pitt is set to feature in the big screen adaptation of 'Bullet Train', based on the Japanese novel, 'Maria Beetle' by Isaka Kotaro. The film will be helmed by David Leitch, known for blockbusters, like 'Deadpool 2' and 'Fast & Furious Presents: Hobbs & Shaw'.



#### ENTERTAINMENT

In the novel, five assassins find themselves on a fast-moving bullet train from Tokyo to Morioka, with only a few stops, in between. They discover that their missions are related to one another. The question they face is: who will make it off the train alive, and what awaits them at the terminal station?

### NEWS IN BRIEF

CLICK HERE FOR MORE

#### I'M HOPING FOR RACIAL JUSTICE: DANAI GURIRA

Black Panther star Danai Gurira said, she is "daring to hope for racial justice", and is determined to fight for it. In an interview to the Women's Health magazine, the actress said, she is "inspired" to "keep going" by remembering the "labour of those who have come before". Elaborating further, she said, "it is a fight towards which many have devoted their



#### BLACK LIVES MATTER

lives for over so many years, a fight that has stubbornly refused to be won, I'm daring to hope. This is a moment that could bring about some real change."

### SCIENTISTS DEVELOP STAMP-SIZED, WEARABLE DEVICE TO MONITOR COVID-19



#### BREAKTHROUGH

Researchers have developed a stamp-sized device, comprising a suite of sensors, an advance that can be used to catch early signs and symptoms of Covid-19, and help monitor patients as the illness progresses.

The sticker-like medical device is soft, flexible, and sits just below the suprasternal notch — the visible dip at the base of the throat. According to scientists, this part of the throat is an ideal location for monitoring respiratory health using the device, which is wireless and streams symptom data to physicians. As you cough and breathe, it counts coughs, monitors the intensity of cough and senses laboured breathing.

#### CLIMATE CHANGE, PANDEMIC TEACH US TO WORK TOGETHER: DALAI LAMA

The Tibetan spiritual leader, The Dalai Lama, has said that climate change and the Covid-19 pandemic are challenges, which teach us to work together to create a peaceful world. "Nations are no longer isolated and self-sufficient as they once were," he added.

We have all become much more interdependent; therefore, there is a need to be even more aware of the oneness of humanity. The interests of others are our own. Climate change and the current pandemic, which threaten us all, are challenges that teach us that we must work together and make a concerted effort to reach our common goal of a more caring and a more peaceful world.

The DALAI LAMA



#### CELEB TALK

## 'Kindness makes us healthier and happier'

Yes, you heard it right. Acts of kindness may not be that random after all. Science says being kind pays off. Research shows that acts of kindness make us feel better and healthier. That's not all. Scientists say, kindness is also key to how we evolved and survived as a species. We are hard-wired to be kind.



Photo: Getty Images

### TENETS OF KINDNESS

Kindness is much older than religion. It does seem to be universal. The basic reason why people are kind is that we are social animals. OLIVER CURRY, anthropologist

Kindness is as bred in our bones as our anger, or our lust, or our grief, or as our desire for revenge. It's also the main feature that we take for granted.

When it comes to a species' survival, kindness pays, friendliness pays. Kindness and cooperation work for many species, whether it's bacteria, flowers or our fellow primate bonobos. The more friends you have, the more individuals you help, the more successful you are. BRIAN HARE, anthropologist

#### LET'S BE KIND TO ONE ANOTHER

Have you indulged in any act of kindness to anyone? How does it feel? Please share your experiences at [toinie175@gmail.com](mailto:toinie175@gmail.com) or [timesnie175@gmail.com](mailto:timesnie175@gmail.com).

## Pet dogs may improve socio-emotional skills in kids

Young children from dog-owning households have better social and emotional well-being compared to those who do not own a dog, say researchers. The researchers found that children from dog-owning households were 23 per cent less likely to have overall difficulties with their emotions and social interactions than children who did not own a dog. Children from dog-owning households were 30 per cent less likely to engage in antisocial behaviours, 40 per cent less likely to have problems interacting with other children.



#### FAMILY TIME

# MOTHER KNOWS BEST



## Things our parents did that we should bring back



### HANGING CLOTHES OUT TO DRY

1 There's nothing better than the smell of fresh sheets off the clothesline. Houses in the past didn't have an electric dryer and so hanging clothes in the sun was out of necessity. Drying clothes outside like our grandmothers did can help save energy and money.

### REUSING GIFT BOXES FOR YEARS & YEARS

2 Christmas and birthdays LOOKED similar at our grandmother's because she would reuse the gift boxes and gift bags over and over again! Why not? They work perfectly and serve their purpose. It seems silly and wasteful to buy new ones every time.



### CANNING AND PRESERVING

3 Can you remember your grandparent's kitchen - stacked full of different sized mason jars filled with pickles, canned fruit and various jams/jellies. They would use things from their gardens to make their preserves. This way they would have the freshness of their garden.



Ever wondered if we rewound the world to 30 or 40 years ago, what would happen? In the time of our parents, they said: "Life was much simpler, people were more approachable and there were less complexities around in the world." We have made so much progress and have attained so many impossible achievements, not only in science and technology, but in everyday aspects of our lives. That still makes it difficult to say whether we have made life more simple or complex. We do need to progress, as all civilisations before us have. However, we cannot move ahead at the cost of our environment and we are paying a heavy price for climate change now.

We have compiled a list of endearing memories of few things that our parents and grandparents used to do which would earn them a gold star in the new #zerowaste trend. This is a tribute to them... the pioneers of reducing and reusing. Thank you for all that you taught us!



### NEVER WASTING FOOD

4 Food is a valuable resource. It requires plenty of land and water to make and therefore food waste is exactly that, wasteful. Our parents are very careful to avoid any and all food waste. The freezer is full of soups, and food that is ready to be made into soup. When vegetables are close to spoiling and there isn't time to eat them, freeze them until you have enough to make a large pot of soup.

### GIFTING MONEY ON SPECIAL DAYS

8 Instead of giving us material things for our birthdays or during holidays, our parents, would prefer giving us money to save for our future. We didn't need MORE things and the money came in handy for experiences later on. Don't you think it's a good idea?



### MEAL PLANNING

6 Our parents are big planners. They always plan out every meal for the week and know exactly which ingredients



they would need from the store. Our parents could anticipate which meal will provide leftovers and managed accordingly. So, start planning.

### MAKING USE OF FABRIC SCRAPS

7 The amount of fabric wasted in the clothing industry during production is alarming. Scraps never went to waste at our grandma's house. She used all leftover end pieces, cuts and old clothing to make quilts. They were beautiful and useful for keeping us warm and cozy.



### MAKING OWN CLOTHING

5 There is something special about hand-made items. If everyone's clothes were made by their grandmother or mother, do you think we may think differently about fashion and the NEED for more or newer pieces? Try learning this skill for your own good.

### HOME MAKEOVER

## 3 creative ways to use wallpaper

Want to give a makeover to your home in quarantine time without getting help from outside? After all, it's risky to call people for painting purpose. So, get creative with wallpapers and brighten up your place. Here are three super ideas to get going.



**REVAMP OLD TRAYS:** Most of us throw away old plastic trays but here's something you can do to make them look new. Layer them up with a water-proof wallpaper sheet. Voila, you have brand new trays at home.

**INSIDE CLOSET LOOK:** Closets usually have a plain white or a wooden background at the back. But if you deck it up with a trendy wallpaper, it makes the wardrobe look chic.

**BRIGHTEN UP YOUR WASHROOM WALLS:** If you want to pep up the walls of your bathroom, cut out 2 to 4 big rectangular pieces of wallpaper and paste them at equal distance - creating a pattern. Now your restroom will start exuding happy vibes.

### IMMUNITY BOOSTER

## Jamun Masala Lemonade



Jamun juice is a healthy and delicious summer drink. This summer, add a twist to this juice, by blending it with your regular lemonade. Here's the recipe.

**HOW TO MAKE:** Take 10-15 fresh jamuns and de-seed them. Place deseeded jamuns in a blender and squeeze one whole lemon in it. Add 1/4 cup sugar, 1 teaspoon black salt, 1 teaspoon chaat masala (optional) and 1 1/2 cup water. Blend all the ingredients for 2-3 minutes or until it has a smooth, frothy consistency. Take serving glasses, add crushed ice, pour in the drink, and crush some mint leaves in it. Serve fresh and chilled.

## Actor Recommends



Actor Kalki Koechlin joined an online reading campaign for kids in June 2020. Kalki read 'Go Away Coronavirus!', a picture book - written by Divya Thomas. The book is about safety during Covid-19, discusses kid's fears and gives hope to the readers for a better future. Many actors have in the lockdown period shared their book list with fans. Here, Koechlin talks about her favourite book and that one novel which everyone should definitely read.



### TAKE 3 WITH KALKI:

Which is your favourite fairy tale or folk story?

'The little Prince' by Saint-Exupéry.

What kind of reader were you as a child?

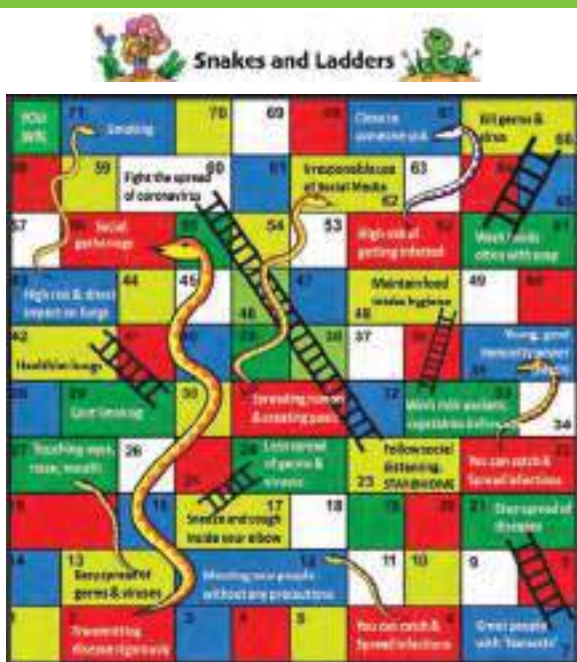
Which stories have stayed with you?

All the classic fairy tales my dad used to narrate to me when I was very young, 'The Frog Prince' was my favourite and I liked 'Thumbelina' very much. Later, I would read fantasy. I particularly remember Magdalene L'Eagle's books like 'A Wrinkle in Time'.

Which book do you think everyone should read at least once?

'The Catcher in the Rye' by JD Salinger.

## MORE ACTIVITIES



\*The usual snakes and ladders with a twist to fight CORONAVIRUS (COVID-19). 72 'Doshas' that we need to be careful about and pass through.



### KNOWLEDGE BANK

#### Sustainable clothing

It's about fabrics derived from eco-friendly resources, such as sustainably grown fibre crops or recycled materials and how they are made. Earlier, being environmentally apparel-conscious meant buying clothes from thrift stores or shops selling second-hand clothing or donating used clothes to such shops for reuse or resale. Today, sustainable clothing means to reuse discarded clothing in landfills, and reduce environmental impact of agro-chemicals in producing conventional fibre crops such as cotton, jute, etc.

#### HOW TO PLAY:

> Each player puts their token next to the "1" to start the game.  
> Roll a single dice on your turn and move your token towards the number of spaces shown on the dice.  
> If your token lands to the bottom of a ladder, move up to the top of

the ladder.

> If your token lands to the head of the snake, slide down to the bottom of the tail of snake. The first player to cross 71, wins.

RISHABH JOSHI, class VI D,  
Zebur School for Children,  
Ahmedabad

### Quiz time

#### CURRENT AFFAIRS

Q.1) Carrie Lam is a politician from which of the following countries?

A. Indonesia B. Hong Kong  
C. Japan D. South Korea

Q.2) Which animal's fingerprints are almost indistinguishable from a human?

A. Ape B. Dog C. Koala  
D. Orangutan

Q.3) Which of the following men's hockey team qualified for the

2020 Tokyo Olympics after thrashing Russia 7-1?

A. Spain B. India  
C. Germany D. Canada



#### ANSWERS

1. B) Hong Kong 2. C) Koala  
3. B) India

### COMMON GRAMMATICAL MISTAKES

#### 1. CONNOTATION/DENOTATION

##### THE RULES:

- 'Connotation' is the feeling a word invokes.
- 'Denotation' is what the word literally says.

##### HOW NOT TO DO IT:

- I hate that word 'collector' because it has such a financial investment denotation.
- The 'Parks and Recreation' alumnus said he didn't know the word's medical connotation.

##### HOW TO DO IT PROPERLY:

- I hate that word 'collector' because it has such a financial investment connotation.
- The 'Parks and Recreation' alumnus said he didn't know the word's medical denotation.



# THE TIMES OF INDIA

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STUDENT EDITION

THURSDAY, JULY 9, 2020



WEB EDITION

DID YOU KNOW?



## Earth's magnetic field can change 10 TIMES FASTER THAN THOUGHT

Using simulations in the laboratory, scientists have revealed that changes in the direction of the Earth's magnetic field may take place 10 times faster than previously thought. The study gives new insight into the swirling flow of iron, 2,800 kms below the planet's surface, and how it has influenced the movement of the magnetic field during the past 100,000 years...



### IMPACT OF REVERSING MAGNETIC FIELD

**1** One of the biggest impacts of reversing magnetic field, according to scientists, will be on animals that use the magnetic field for navigation, especially, turtles and birds



**3** It will affect human beings too. The biggest risk depends on how weak the field gets during its transition. If it gets too weak, more radiation will get to the Earth's surface and could cause cancer

**2** Importantly, the direction of compass will also change—North on the compass will point to Antarctica rather than Canada

**4** It could also cause havoc for aviation and navigation systems, including smartphone apps that use GPS

#### What is Earth's magnetic field?

Earth's magnetic field is the magnetic field that extends from the Earth's interior into the space, where it interacts with the solar wind, a stream of charged particles emanating from the sun

It is created by the movement of liquid iron in the Earth's outer core, some 2,896 km below our feet

**How does it work?** The iron is super hot (over 3,000 degrees Celsius) and like water flows very easily. While flowing, it drags the magnetic field with it, and its corresponding North and South poles.

#### Are magnetic poles the same as geographical poles?

No. These magnetic North and South Poles are different from the geographic North and South poles. The geographic North and South poles are in a fixed position; they are diametrically opposite to each other

However, the magnetic North and South Poles are constantly moving. Over time, they become misaligned with their geographic equivalents

**How often does the Earth flip poles?** According to scientists, the Earth's magnetic field regularly flips poles in every few 100,000 years. The latest World Magnetic Model, which tracks the movement of the Earth's magnetic field, revealed last year that the magnetic North pole is moving on its own

Last year, researchers reported that the Earth's magnetic North Pole is travelling at a rate of 48km per year. This is the fastest recorded shift of the Earth's north, since the mid-16th century, they say

**Why do these changes happen?** Scientists say these rapid changes are due to the local weakening of the magnetic field. This means that these changes have generally occurred around times, when the field has reversed polarity or during, what are known as, 'geomagnetic excursions'

### CELEB TALK

#### 'I have accepted vegetarianism to reduce carbon footprint'

Actress Shilpa Shetty, known as a fitness freak, has said that she is ready to make major lifestyle changes to contribute towards the cause of climate change. In an Instagram post, the actress revealed that she has turned into a complete vegetarian to reduce carbon footprint.

Over the years, I've realised that cultivating livestock for food, has not only destroyed forests, but also been the largest source of carbon dioxide, methane, and nitrous oxide emissions. These are majorly responsible for the climate change, our planet is experiencing. Following a vegetarian diet is not only beneficial for animals, but also can actually protect us from lifestyle diseases



Shilpa Shetty



LET'S START A CAMPAIGN ON THE BENEFITS OF VEGANISM

PLEASE SHARE SLOGANS, POSTERS, CARTOONS AND ARTICLES TO DRIVE THIS CAMPAIGN AT

toinie175@gmail.com/timesnie175@gmail.com

Top entries will be featured in TIMES NIE!!!

## Mona Lisa charms visitors as Paris' LOUVRE reopens



Louvre Museum, which houses the world's most famous portrait, welcomed limited number of visitors, as it reopened on Monday, after a four-month coronavirus lockdown

### WHAT DO YOU KNOW ABOUT MONA LISA

**1** Which person is believed to be the subject of the Mona Lisa?  
a) Mona Giocondo b) Lisa Simpson c) Lisa Gherardini

**2** In which year did the Mona Lisa become part of the collection at the Louvre?  
a) 1593 b) 1693 c) 1797

**3** In which year the Mona Lisa was stolen from the Louvre museum?  
a) 1901 b) 1911 c) 1927

**4** Why was the Mona Lisa removed from the Louvre in 1939?  
a) The painting was loaned to Italy b) It needed to be cleaned c) To protect it from damage or theft during WW-II

ANSWERS: 1) C 2) C 3) B 4) C

## CBSE REVISES CLASS IX-XII SYLLABUS FOR 2020-21 academic session

The Central Board of Secondary Education (CBSE) has rationalised the syllabus by up to 30% for classes IX to XII for the academic year 2020-21 to reduce course load of students amid the Covid-19 crises, Union HRD minister Ramesh Pokhriyal announced on Tuesday. The curriculum has been rationalised, while retaining the core

elements. The Union minister said the changes made in the syllabi have been finalised by the respective course committees with the approval of the curriculum committee and the Governing Body of the Board. According to the updated curriculum, among the chapters deleted from class X syllabus are— democracy and diversity, gender, religion and caste.

The heads of schools and teachers have been advised by the Board to ensure that the topics that have been reduced are also explained to the students to the extent required to connect different topics. However, the reduced syllabus will not be part of the topics for internal assessment, and year-end board examination.

For classes I to VIII, the National Council of Education Research and Training (NCERT) has already notified an alternative calendar and learning outcomes



### EDUCATION

## WASH SALAD GREENS THE RIGHT WAY

A bowl of salad is an excellent source of natural fibre; it helps in weight management too. For instance, Lettuce, an important salad green, is rich in Vitamin C, K, A, calcium, folate and potassium. So is spinach that is high in folate, calcium and other nutrients

However, leafy greens carry a lot of dust and dirt with them, so it is very important to clean them thoroughly before consuming. Here are some tips to wash them in the best possible way...



STAY SAFE

- Wash salad greens as soon as you get them from the store, or your veggie vendor
- Take a large bowl and fill it with cool water. Then place the greens in them, after separating them from their stems
- Swirl the water so that it reaches every corner of the greens
- Soak the leafy greens in the water for at least 10 minutes. This helps all the dirt particles to settle down at the bottom
- Take them out of the water and dry them thoroughly. Make sure you dry them properly before storing them in the fridge, because if you keep water-soaked greens in containers, they run the risk of becoming soggy and can rot



### CORONA UPDATE

## Scientists say coronavirus is airborne; WHO acknowledge their claim

More than 200 scientists from 32 nations had written to the WHO, saying there is evidence that the coronavirus is airborne and even smaller particles can infect people, a significant departure from the UN health agency's claims so far that Covid-19 spread primarily through coughs and sneezes. A report in The New York Times said that clusters of infections are rising globally as people go back to restaurants, offices, markets and casinos, a trend that increasingly confirms that the virus lingers in the air indoors, infecting those nearby. In an open letter to the WHO, around 239 scientists outlined the evidence showing that smaller particles can infect people. They had also urged the agency to revise its recommendations.

The World Health Organisation (WHO) had long held that the coronavirus is spread primarily by large respiratory droplets, when an infected person coughs or sneezes

In its latest update dated June 29 on the coronavirus, the WHO said airborne transmission of the virus was possible only after medical procedures that produce aerosols or droplets, smaller than 5 microns

However, the WHO, on Tuesday, acknowledged scientists' claim on the basis of "evidence emerging" of the airborne spread of the novel coronavirus



# School rejoices in foundation day celebration

**B**APS SVM Raysan celebrated its 15th Foundation Day on June 27 with great cheers and excitement. The program was conducted on the digital platform due to the global corona pandemic.

It was a day of honouring, a day to celebrate what has been achieved over the past 14 years and a day to look forward to what is yet to come. The celebration started with dhun and Prarthana.

Pujya Brahmavihari Swamiji --- the visionary leader blessed the occasion by his thought-provoking and motivational speech. He reminded all the students and the educators to remember the main objective of the school. He congratulated the school management, teachers, parents, and all the students for their outstanding performance in the SSC and HSC board examination. He stated that the evaluation of any school depends on the all-round development of the child.

Swamiji also suggested that in time of the global corona pandemic there should be proper coordination between the parents and the teachers so that the study of the child continues smoothly.



His speech was followed by a video presentation highlighting the school's progressive journey. The ex-students of the school had shared their experience. The students of primary and secondary had taken part in the elocution which dealt with the current topic of 'COVID 19 and the role of newspapers and electronic media during corona pandemic.' Prayag Vaghela from class I chanted the 'Shanti Path'. Educator Hetal Dave had composed the school song in Hindi.

Principal Monalisa Das thanked saints for their blessings. She asked the students to remember four D's to become successful in life namely- dedication, determination, do honestly the job and discipline.

## YOGA DAY CELEBRATED

**B**APS SVM Raysan celebrated this year "International Yoga Day" in a unique way on a virtual platform due to the 'Corona Pandemic'. The Grand session was conducted wherein the students from Grade 1 to XII have taken part. The session was divided into two parts having different timings grade-wise.

The celebration started with the information shared by one of the students of Grade XII Nevil Bhatt. He had explained the effectiveness of Yoga to increase self-awareness and concentration. Thereafter Pranayam and Surya Namaskar were done. Asanas like Tadasana, Chakrasana, Sarvangasana, Trikonasana among others were performed by the students under the guidance of the Sports teacher. The warm-up exercise was performed by the students and the importance of each asana was explained simultaneously. The yoga teacher had encouraged the students to practice regular yoga to remain fit and healthy.

## IMPORTANCE OF EXERCISE

- Try doing meditation for 10 to 15 minutes in the morning. You will feel positive and fresh for the whole day.
- Try doing planks for 5 to 6 minutes. This will surely strengthen your spine.
- Watch exercise videos. This can give you an easy workout every day.

**ISHITA PATIL, class VI, Siddharth's Miracles School, Gandhinagar**

**Exercise is very good for our health. It is performed to lose weight, improve strength, prevent aging, etc. We should at least devote 15 to 20 minutes for exercise or yoga daily. Due to the corona pandemic, we can't go to the gym, etc but we can exercise at home. Exercise also improves brain function. Here are some tips to exercise at home:**

- You can do some easy exercise at your home
- Like running, jumping, etc

# INDIA GOES THE DIGITAL WAY!

**D**igital India initiative is a meaningful program introduced by the government to improve digital connectivity and make governance more transparent. It is transforming India and bringing a revolution in the life of the people.

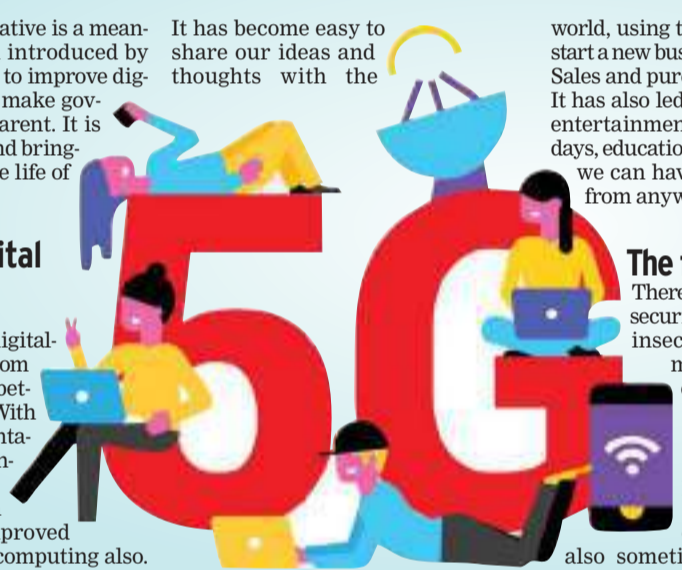
It has become easy to share our ideas and thoughts with the

world, using technology, one can also start a new business in just a few hours. Sales and purchases are now simpler. It has also led to digitalization in the entertainment industry. Even nowadays, education is provided online and we can have access to knowledge from anywhere.

threats and with that arises the problem of leaked account numbers, credit cards, and leaking of other forms of personal identification proofs and personal passwords. Digitalization has spread laziness among people and they now prefer to communicate digitally rather than communicating face-to-face. People now are not as physically fit as they were earlier.

### Benefits of Digital India

People have become digitally literate and people from rural areas have got better job opportunities. With the effective implementation of e-governance, information technology has reached a common man. It has led to improved communication and computing also.



### The flip side

There are problems of data insecurity, privacy concerns, job insecurities and so many more! Anyone can now easily edit any type of photos, videos and can post them anywhere. Privacy is the main issue as people are constantly stalking and hacking accounts. Online purchase also sometimes leads to amount

### Balance

Though information has become accessible at just the click of the button, while working digitally we need to be efficient and secure and be aware of how we manage our things digitally! We need to stop digital technology control us and instead control our digital belongings!!

**KAAYVA DELIWALA, Class IX, Mount Carmel School**

## ODE TO THE PEN

### Optimistic legs



Never be jealous of someone who is ahead of you, The way your legs do. When one leg is ahead, another is left behind, The leg ahead doesn't celebrate instead uses his mind.

He doesn't underestimate the rear leg, Nor does he give him a loser tag. Because he knows very well, How a person can rise or fall. Neither the rear loses the hope, He wants to come up, how steep maybe the slope. The rear leg does all that's in its range, And eventually, the positions change. Now the leg is behind, which was ahead, But he keeps cool, doesn't loses his head. And in front is the leg which was behind, And he is telling the rear leg, "Oh! never mind." Both the legs are trying to be always successful, But the change of positions is the world's rule. Initially, you may fell, eventually you may rise,

Only if you give your best without any compromise.

**DHHEY MEHTA, Class IX, Sheth CN English Medium School**

### Beauty is on the inside



**Sucharita Karmakar, Class IX, Delhi Public School, Gandhinagar**

She is so beautiful, she looks like a flower, As her skin is as white as flour. Well I know now that this is the truth Because that white powder is what makes us full And not the chapatti. Why? Of Course, because it is brown, It causes us to frown. White as snow and hence, She glows; Her skin is so dark, So she doesn't have that spark. But let us all face it A starry night is under which we all sit, Under a dark shade is where we hide, When the light won't let us smile.

**HARDI PATEL, Class XII, Prakash Higher Secondary**

## Observations of solar eclipse

**A**n activity was conducted at Air-force school Bhuj by Jyoti Srivastava TGT Science on June 21. She provided the solar filters to the students and teachers who were living on the campus. Students of class also performed the activity at their home as they were the part of astronomy club.

The first solar eclipse of 2020 during which the Moon was not able to cover the Sun completely, and led to a ring of fire to appear in the sky. The Solar eclipse started at 9:15 AM IST and ended at 3:03 PM IST.



### Observation

All the students were excited about the solar eclipse. They performed the activity with the

help of solar filters. It was a great opportunity for them to explore this astronomical event. After an hour of observation, the ring of fire was not visible.

but that was the experiential learning for all of us.

**■ This was the first solar eclipse of 2020 and coincides with the summer solstice and the longest day of the year.**

**■ According to NASA, the next solar eclipse will be visible from the Pacific, South America, and Antarctica for 2 minutes 10 seconds.**

**DID YOU KNOW?**

## Young minds go the creative way!



**Himanshu Parmar, Class III, Sakar English School**



**Prit Patel, Class III, Mother Teresa World School, Vadsar**



**Tirth Pandya, Class III, Podar World School, SHERKHI**



**Hetanshi Dalal, Class VI, C N Eng. Medium**

## Painters' Gallery

**Harsh Maheshwari, Class IV, Zydus School for Excellence**



**Pankhuri Gupta, Class IV, Podar International School, Gandhinagar**



**Rishit Savaliya, Class V, DPS, Rajkot**

**Kotadiya Mitsy, Class VI, SGVP International School**

**Ananya Saini, Class VII, Shanti Asiatic School**



**Sanket Gandhi, Class VIII, Tripada English School**



**Ishani Basu, Class VII, DAV International School**



**Amarlal Kukreja, Class VII, Zebar School For Children**



**Uday Khandhediya, Class X, S N Kansagra School, Rajkot**



**Diya Parikh, Class VII, Udgam School for Children**



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STUDENT EDITION

WEDNESDAY, JULY 8, 2020



WEB EDITION

## EXPERTS DEBATE COVID-INDUCED ONLINE LEARNING

### GOOD SCREEN TIME VS BAD SCREEN TIME

Parental guidance in digital learning, clear distinction between productive and unproductive screen time, and interactive sessions rather than one-sided video lectures are some of the measures suggested by experts to ensure the success of online learning mandated by the Covid-19 pandemic. The experts shared their views in a webinar organised by FICCI ARISE (Alliance for Reimagining School Education) on 'Good Screen Time vs Bad Screen Time' for a fair assessment of the nature and need of online learning.



Photo: Getty Images

#### SAFETY TIPS

- ▶ Eyes are sturdy and can take all kinds of radiations, however, what matters the most is, when the blinking rate goes down, or if the exposure to a screen is at a close distance
- ▶ Size of the screen matters—laptop and computer at an arm's length is intermediate, and are therefore, more suitable as against a tablet, book or the mobile phone, held close to the eye
- ▶ The best way to deal with the harmful effects is by taking enough breaks. For instance, a 10-10 rule or a 20-20 rule, wherein after every 10 minutes, one must practise shutting the eyes for 10 seconds. Same for the 20 minutes rule. One could also download applications to set reminders about these healthy practices

PARUL SHARMA,  
Ophthalmologist

#### PRODUCTIVITY IS THE KEY

It is not the screen time that matters but the content that is consumed, and the context of it that affects one's well-being. It is imperative to make a distinction between productive and unproductive screen time. Screen time, where an adult is on the other side, engaging children in the process of learning, cannot be viewed as harmful. Teachers ought to be trained to ensure that these are not one-sided lectures, and there is a certain level of interactivity, and also

tasks integrated into the lesson that allows the child to work independently. In other words, it is the quality of the interaction and the content that matters, not the time

VISHNU KARTIK, alumnus, Harvard University

It is not a good idea to expose children to screens below the age of two. However, for children above three years, 2-3 hours of time engaged in active learning is a good enough screen time

RAVINDRAN, education psychologist

#### CYBER HYGIENE SHOULD BE FOLLOWED

Parents and children need to understand that we are digital citizens. It is time to give children the values of digital citizenship—responsibility, respect, compassion, resilience, integrity and creating positive digital footprints. Two words should be added to the curriculum—netiquettes and digital wellness, which should compliment with the word, cyber hygiene

RAKSHIT TANDON, cyber security expert

With online becoming the new normal, parents and educators, we invite your suggestions on how to make good use of screen time for kids. Please send your entries@toinie175@gmail.com/timeenie175@gmail.com

YOUR VIEWS MATTER

### LEARN TO PLAY AN INSTRUMENT WITH THESE FREE ONLINE MUSIC LESSONS

#### DRUMS: Drumeo

DrumLessons.com, run by Drumeo, contains dozens of drum lessons that are rated by level, making it easy to pick and choose the beginner, intermediate, and advanced lessons, you'd like to learn. It includes, stick technique, setting up your kit, drum rudiments, basic beats and fills, among others



#### GUITAR: JustinGuitar.com

Justin Sandercoe, a Tasmanian guitarist and songwriter, has been offering free guitar lessons on his website since 2003. In the past 12 years, the site has exploded in popularity, racking up over 140 million views on YouTube and getting over 25,000 visitors each day. JustinGuitar.com will walk you through the basic principles of playing guitar



#### SAXOPHONE: DANCHRISTIAN.NET

A three-instrument music tutor, Dan Christian is a great teacher, and his website, focused on sax lessons, will help you get started, down the path towards jazz (or blues, or rock, or hip-hop) stardom. The selection is good; it will help you learn the basics



#### PIANO: Hoffman Academy

For people who wish to learn to play the piano; Hoffman Academy is a great place to start. Joseph Hoffman is a lifelong pianist, and has experience in conducting, composing, and music teaching. His venerable experience helps make Hoffman Academy, one of the best places to learn piano online



### The South Pole may become a watery hole



A new study has revealed that the South Pole is warming thrice as fast as the global average in the last three decades and seven times as fast as the rest of Antarctica, raising serious concerns about the longevity of the icy continent.

#### DEEP INROADS

- The findings of the study are all the more startling, as scientists previously thought that since the South Pole was located deep in the interior of Antarctica, it was relatively immune from the effects of global warming
- Antarctica has enough ice, which if fully-melted, can raise global sea levels by 60 metres. That would drown not only cities, like Mumbai and New York, which are along the coastline of their respective countries – India and the US – but also cities, like Kolkata, which lie deeper inside the coastline

ern tropical Pacific Ocean near the equator – a region lying between Australia and Papua New Guinea, 'merely' 10,000 km away!

#### ALERT

**LONG SHOT:** The research team also found that till the 1980s, the South Pole was actually cooling by more than one degree Celsius every decade, thanks to its natural climate patterns that followed a 20 or 30 year cycle. However, at the turn of the century, it gave way to a 1.8 degrees Celsius warming, a rise of almost 3 degrees Celsius, courtesy warming in the west-

#### NEWS IN BRIEF

##### HALSEY ANNOUNCES HER DEBUT POETRY BOOK

American singer Halsey is all set to come out with her debut poetry book, 'I Would Leave Me If I Could'. To be published by Simon & Schuster, the poetry collection, will be out on November 10 this year.

#### BOOK

The poems delve into the highs and lows of doomed relationships, family ties, sexuality, and mental illness. These autobiographical poems explore and dismantle conventional notions of what it means to be a feminist, in search of power

##### MEET EXOTIC BIRDS IN LIVE SESSION SERIES

For all you bird enthusiasts out there, Mumbai's interactive bird park is offering a series of four live sessions with their ex-



#### ENVIRONMENT

otic celebrity birds. Termed 'celebirdies', the EsselWorld Bird Park's 'Celebirdy LIVE', which starts on July 14, will see bird handlers doing a walkthrough of the Park, while introducing it and spotting some of the free flying birds at the premises. 'Kick', the Green-winged Macaw will be the first celebrity that will go live with the bird handlers, who will talk about the bird and discuss interesting facts on it.

#### YOUR CORNER

What is your favourite hobby? Please share your views on how hobbies can become meaningful at toinie175@gmail.com/timeenie175@gmail.com

BEST ENTRIES WILL BE FEATURED IN TIMES NIE

#### EDUCATION

##### CBSE, FACEBOOK TO TRAIN STUDENTS AND TEACHERS ON DIGITAL SAFETY



The Central Board of Secondary Education (CBSE) has announced a partnership with Facebook to provide training on digital safety, online well-being and training on augmented reality (AR) to students and teachers. The training modules are for the secondary school students. The curriculum is now available on the CBSE website.

- ▶ The curriculum on digital safety and online well-being covers aspects, such as safety, privacy, mental health, and Instagram's guide for building healthy digital habits
- ▶ The module has been designed to guide students to become responsible digital users, identify and report threats and harassment, as well as report misinformation
- ▶ At least 10,000 students will be covered in the training, which will be imparted by the Centre for Social Research (CSR)

##### INSTAGRAM TO LAUNCH A HUGE REDESIGN FOR STORIES

Facebook-owned Instagram is preparing to launch a huge redesign that would make easier to watch



#### TECH BUZZ

favourite Stories in one place. Julian Gamboa, the marketing and social media manager at Adweek, recently posted screenshots of the new layout on Twitter and wrote: "You have heard of two rows of Instagram Stories...Now prepare for SEE ALL STORIES."

▶ The screenshots indicate that the main feed may soon include two rows of Stories at the top of the screen

▶ Additionally, there will be a new 'See All Stories' bar at the top of the screen and once tapped, a user will be taken to a new tab, in which all friends' stories are laid out in a grid

▶ Instagram is also working on a new feature called video note for its standalone messaging app threads that help users stay connected to close friends. The new feature will automatically turn audio in videos to live captions

##### WHATSAPP ROLLS OUT FIRST-EVER GLOBAL BRAND CAMPAIGN IN INDIA

WhatsApp has launched its first brand campaign in India that narrates real stories about how Indians communicate daily on



#### NEW LAUNCH

WhatsApp with their closest relationships. Called, 'It's Between You', the campaign gives thrust on WhatsApp's commitment to privacy. "With WhatsApp's end-to-end encryption, we come closest to replicating real-life interactions, and that's when we can truly be ourselves. The conversations you have, the jokes you tell, and the memories you relive belong to you, and deserve to stay between you," said Avinash Pant, director, marketing, FB, India.

▶ WhatsApp collaborated with filmmaker Gauri Shinde, along with BBDO India, to create two 60-seconds ads, each highlighting how WhatsApp's features, like texts, video calls or even a voice message, help replicate in-person conversations and bring people closer. ▶ One ad is based on a true story about an elderly woman and her caregiver, who are now separated from each other. The second story is a light and fun film about a younger sister, giving courage to her elder one through a WhatsApp video call, when the latter feels vulnerable and hesitant to give her a haircut at home

### Elton John to be honoured with commemorative coin by Royal Mint



Elton John has become the second artiste to be honoured by Britain's Royal Mint, with a commemorative coin paying tribute to the decorated British singer-songwriter

- ▶ The coin, designed by artist Bradley Morgan Johnson, depicts John's distinctive straw boater's hat, and fashions his trademark glasses out of a pair of musical notes
- ▶ John, who was knighted in 1998, is the second artiste to be commemorated under the Royal Mint's Music Legends series, after rock band, 'Queen'
- ▶ He has sold more than 250 million records, with hits, like 'Candle in the Wind', 'Your Song' and 'Bennie and the Jets'



TIPS TO BECOME  
INDEPENDENTLife skills  
you need to know

## HOW TO MANAGE TIME

Children have a strict schedule at school. However, they do not have a set timetable to follow when they are at home. So, this is the perfect time for teens to learn how to prioritise and manage their time. Parents should let their kids make their own schedule for when they are at home. A review can help them understand what they can change to make the day more productive.

HOW TO HANDLE  
DISAPPOINTMENT

Disappointments are at a high during times like these. With plans being cancelled and the uncertainty of life ahead, teens might take a lot of things to heart. This is when you need some intervention to help in a positive manner. Tell yourself - that almost every time alternatives to your disappointments are available at an arm's length, only if you look for them with an open mind.

HOW TO TAKE CARE  
OF A VEHICLE

Teens should know what to do if they get a flat tyre and the ways in which you manage wear and tear of a vehicle. They should also know how to spot potential problems that can occur when they begin driving. Look at YouTube videos or ask elders to help you discover and explore all about vehicle care (car, bike).

HOW TO MANAGE  
MONEY

Managing money is undoubtedly one of the most important skills teens will need when they start learning. They should know how to budget expenses and also know the average cost of essential expenditures like electricity, rent and maintenance. They should also be aware that their academic performance can get them entry in a college and job that will be able to support their dreams.



# 9 STEPS To become self-reliant

Atmanirbhar Bharat (self-reliant India) is the vision of PM Narendra Modi of making India a self-reliant nation. Is self-reliance a good quality to possess? Experts say, this should be taught from a very young age. It is important for us to be self-reliant because it helps to handle tasks efficiently, grow as an individual, and know how to tackle things independently!

LEARN HOW TO BE  
MORE PATIENT

**1** A media organisation shares how French children, as young as 2 or 3 years old, are learning how to bake. Pamela Druckerman in 'Let Them Eat Cake' explains how "with practice, they get better at coping with a bit of frustration and boredom. They don't expect to get what they want instantly. They can patiently proceed through a simple recipe." This is important because you should know that things take time, and that you may not always get what you want.

MAKE SURE YOU  
TALK ABOUT  
SITUATIONSTAKE SOME DECISIONS  
ON YOUR OWN

**6** Choosing what to do, what type of food to eat, what colour to wear - these things will help you in learning how to make decisions.

ALWAYS KNOW  
THAT YOUR  
EFFORTS ARE  
NOTICED

**8** You are being taught how to become more self-reliant, but you must always know how loved you are. Let this serve as an inspiration for you to work harder.

## REALITY CHECK

**9** Have you thought about the reality of everyday situations? Did you know that YOU can tell the difference between right and wrong sometimes better than adults can. So, get a reality check on things that you had assumed to be so.

DO TASKS  
INDEPENDENTLY

**2** It's time you pick up your own bag and collect your own stationary items. When you do your own tasks, you will learn much quicker and better. Whether it is with making food, getting your things together, or learning everyday things like tying shoe laces. Set yourself a target and make sure you complete daily tasks on your own.

## HOUSEHOLD CHORES.

## WHY NOT!

**3** You can help vacuum the house or help in washing/mopping and so on. These tasks may seem too boring, but by singing along or creating a fun dance, you can enjoy it and learn how to be more self-reliant and also know to multitask. See below for some chores you can start with right away!

## CLEAN UP TIME!

**4** Learn to clean up your own mess. After playing with toys, you should put them away back in place neatly. This will help you learn the skill of organising things better.

READ WITH  
YOUR PARENTS,  
BUT ALSO  
LEARN TO  
READ ALONE

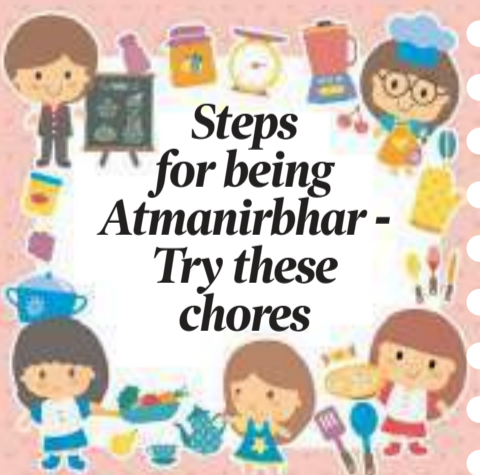
**7** When reading with parents, delve deeper into the story, ask them questions about what is going to happen to your favourite character etc. to know more. This is called being actively engaged. It will help you pay more attention and aid your thought processes. You should also read alone as it will help in feeding your imagination, and thinking.

## #atmanirbhar



**#1 Making Beds** This is one household chore that you need to learn at a young age and eventually do it yourself - with little or no adult supervision. All children should be made responsible for looking after their beds and making sure it is done properly once they wake up in the morning. As you grow up, you should know how to change bed sheets and pillow covers as well.

**#2 Setting the Table** Don't you love seeing a table that has been perfectly set up with table mats, crockery and cutlery, and centre pieces - all in place? While the end result is appealing and inviting, there is a lot of effort that goes into setting the table and a few extra pair of hands to help would be great. For your younger siblings; help them place mats and arrange their own plates and bowls on mats.



Avoid handing them sharp objects like knives, forks and spiky utensils.

**#3 Watering Plants** Boring for some, relaxing for others, watering plants is a simple household chore that you can take responsibility for. It can also be a teaching moment where you learn about planting seeds and keeping them healthy, how plants breathe and their significant role in sustaining life on earth. Once the habit has been built, you will start enjoying this wonderful activity and find joy in seeing the flowers bloom and the plant bearing fruits.

**#4 Doing Laundry** One of the things to do during this lockdown is doing laundry. Start with something small and simple like sorting out the clothes between light and dark ones.

## MATH-E-MAGIC

## RULES OF THE GAME

The zombie board game is a fun game for teachers and students. There are traps, pitfalls and escapes in this game. It is called zombie board game because the zombie represents the biggest single threat to the players. Landing on a zombie space sends a player back to start.

- Roll the dice and count ahead according to the number that shows up.
- When a player lands on a space, he/she pulls out a card, solves the problem and finds the answer within a given time. (N.B. print out a deck of at least 24 cards from the website and laminate them).
- The instructions on the other spaces are pretty straightforward.
- Lose a turn:** the player loses a turn to play.
- Go forward** →
- Go backward** ←
- The **zombie** is the space no one wants to land on. It is a killer. Landing on the zombie sends the player back to start. Restarting is no fun when your opponent is advancing.
- Trade Places:** This can be good or bad. The player who lands on this space swaps with the opponent. Trading places with an opponent who is ahead in the game is good. Trading places with an opponent who is behind is no fun.
- Finally the last pitfall is towards the end of the game. To finish the game, the player must get the exact number on the dice to END. If the player has more, the player has to count forward and backwards. For example if a player is at space 26, the player needs to roll and get 3 to finish. If the player has 6 for example, the player counts forward to END and then 3 backwards to space 26 once again.



**Making Maths Fun:** In this series, we will be sharing fun facts, puzzles and games that will help you in practising Maths! **HERE ARE A FEW GAMES TO GET YOU STARTED.**  
**A Fun Maths Fact:** Dice can be used in different ways. Whether you're practising multiplication or fractions, try creating your own Math problems with roll of the dice.

## CHECK YOUR APTITUDE

**1)** A train can travel 50% faster than a car. Both start from point A at the same time and reach point B 75 km away from A at the

same time. On the way, however, the train lost about 12.5 minutes while stopping at the stations. The speed of the car is:

- A. 100 kmph  
B. 110 kmph  
C. 120 kmph  
D. 130 kmph

**2)** A man completes a journey in 10 hours. He travels first half of the journey at

the rate of 21 km/hr and second half at the rate of 24 km/hr. Find the total journey in km.

- A. 220 km  
B. 224 km  
C. 230 km  
D. 234 km

**3)** Two numbers are respectively 20% and 50% more than a third number. The ratio of the two numbers is:

- A. 2 : 5 B. 3 : 5 C. 4 : 5 D. 6 : 7

## ANSWERS:

1. 120 kmph 2. 224 km, 3. 4:5





# THE TIMES OF INDIA

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STUDENT EDITION

MONDAY, JULY 6, 2020



WEB EDITION

## Enforcing the BAN on CHINESE APPS

**WHAT:** The Centre has banned 59 Chinese apps, including TikTok, CamScanner and others, in retaliation to the border skirmish in Ladakh, which took place in June.  
**WHY:** The government invoked its power under section 69A of the IT Act and rules to block access to any information sourced through any computer resource.

### THE RULES

➤ Apps on gaming, education and infotainment don't need any local government body's permission for its launch. However, they are required to meet the guidelines of the play stores to place their apps. Some apps, like e-commerce or payment apps, need permission from the RBI, National Payments Corporation of India, and other authorities to start operations ➤ The present ban ordered by the govt will not only be applicable on the new downloads, but also on the already downloaded apps. Those who have already downloaded these apps will not be able to use them

**HOW THE GOVT CAN ENFORCE THE BAN:** The government needs the help of Internet Service Providers (ISPs) to block data transmission, and app stores, to prevent fresh downloads and updates, to enforce the ban.



### THE CHALLENGES

- While apps, like TikTok and UC News, which require a live feed, will become non-functional, apps that can be used offline may continue to be used, unless requiring an update.
- If an app is removed from the Google Play Store or an Apple App Store, these can't be downloaded. However, app stores can't do anything about the app already downloaded. Users can see old videos, even create new ones and share them, but won't get further upgrades and notifications on the app
- Also, it would require Google and Apple to remove these apps from their play stores, which could expose users to the unofficial versions of these apps

**THE IMPACT:** TikTok, the video sharing platform, which had over 100 million users in India, is the biggest loser. It brought content production to the grassroots of the subcontinent, and was the source of income for many social media 'influencers'

## 7 yrs after launch, Mars orbiter still active, captures image of Red planet's biggest moon



In another spatial breakthrough, the Mars colour camera on board the Mars Orbiter Mission (MOM) of the Indian Space Research Organisation (ISRO) has captured the image of Phobos, the closest and biggest moon of the Red planet. The space agency released the image that was taken on July 1, when the orbiter was about 7,200 km from Mars, and 4,200 km from Phobos. The photo generated is a composite image generated from six camera frames, and has been colour-corrected. Surprisingly, MOM is still active years after its launch on November 5, 2013.

Phobos is largely believed to be made up of carbonaceous chondrites

ISRO had successfully placed the ₹450-crore MOM in the Red planet's orbit on September 24, 2014, making India, the first Asian country to reach the Martian orbit, and the first nation in the world to do so on its maiden attempt

## JEE (MAIN & ADVANCED), NEET EXAMS POSTPONED

The Joint Entrance Examination (main and advanced) and the National Eligibility-cum-Entrance Test (undergraduate) have been postponed to September 2020. A decision to this effect was taken on Friday



The computer-based multi-session, JEE (main) examinations will be held from September 1 to September 6, while the JEE (advanced) will be held on September 27, 2020. The pen-paper mode entrance for medical colleges, NEET-UG will be conducted on September 13, 2020

Around 9 lakh aspirants have registered for the JEE (main) exam, while 16 lakhs have registered for the NEET-UG exams. Raising concern over the worsening of the pandemic, candidates across the country has been demanding the postponement of the exams

The delay in the entrance exams will have a cascading effect on the new academic session. The new academic session for the first year students, as per present planning, is expected to commence from November

The IITs take around a month to complete its joint counselling process. It will take around a week to announce the results from the date of the exam, which is September 27. Therefore, the IITs are likely to start their 2020-21 session from the first week of December

### ON SALE

## Scientific breakthroughs of past century head to auction

The Nobel Prize Medal awarded to British Scientist Sir Robert Edwards in 2010 for the development of human in vitro fertilisation (IVF) therapy, estimated to sell for ₹500,000-800,000, is part of an online auction, highlighting the scientific and technological breakthroughs that have formed the modern world. Titled, 'Eureka!', the online auction by Christie's is open for bidding till July 16.

Photo: Getty Images



➤ From Thomas Edison's pioneering design for the lightbulb to Crick, and Watson's celebrated discovery of the structure of DNA, from a Second World War Enigma Machine to the invention of in vitro fertilisation, from Albert Einstein to Stephen Hawking, it offers slices of history as collectibles.

➤ Items from the late physicist, Stephen Hawking's estate are also on sale, including a rare Hawking portrait by Anton Corbijn, and a Simpsons figurine of him made by Playmates Toys. These rare items provide a remarkable insight into the cultural interests, personality and sense of fun of this extraordinary man, the auction house said.

➤ The sale also offers seven autographed and annotated design drawings by American inventor Thomas Edison for his lightbulb and related innovations. Each sketch testifies to Edison's continued work on the electric lamp throughout the 1880s, as well as offering an example of the related inventions that filled his design notebooks.

➤ 'Eureka!' will also feature a rare surviving Enigma Machine, a four-rotor used by the German Navy's U-boat fleet to send encrypted messages during the second World War.

## NOW, SAVE CONTACTS ON WHATSAPP USING QR CODES

WhatsApp, the Facebook-owned messaging service, has announced new features that are expected to roll out over the next few weeks.

### TECH BUZZ

- To make the lives of its users simpler, WhatsApp has announced new contact-saving QR Codes. This new update ensures that people can add their contacts to their phones with the use of QR codes
- The smartphone users can make their messaging even more effective with new Animated Stickers
- Stickers are one of the most-common way of communicating on WhatsApp, with billions of stickers sent every day
- With video-calling becoming the most pertinent way of communicating, WhatsApp has made improvements to group video calling feature. It has added a special feature that will allow the user to focus on whoever s/he wants just by letting him/her press and hold to maximise a participant's video to full screen
- The messaging platform also plans to roll out the Status feature that disappear after 24 hours, to KaiOS users



## NEWS IN BRIEF

CLICK HERE FOR MORE

### SHILPA SHETTY CO-AUTHORS DIGITAL BOOK ON EMOTIONAL WELLNESS

Actress Shilpa Shetty Kundra has co-authored a digital book titled, "The Magic Immunity Pill: Lifestyle" with Luke Coutinho, a holistic lifestyle coach associated with integrative medicine. The book focusses on emotional wellness, quality sleep, balanced nutrition and adequate exercise to build a strong immune system.

### BOOK



It's been such a rich and learning experience working on this book with Luke Coutinho. Today, when we are hit by this global health calamity, we are trying our best to stay healthy. For that, I believe it's prerequisite to have a really strong immune system. While all want it, many don't know or are apathetic towards achieving it. Hence this book is timely

SHILPA SHETTY, actress

### KOALAS MAY BE EXTINCT IN AUSTRALIA'S NEW SOUTH WALES BY 2050

Koalas in the Australian state of New South Wales (NSW) could become extinct by 2050 unless the government immediately intervenes to protect them and their habitat, a parliamentary inquiry determined after a year-long inquiry.

### ENVIRONMENT



- Land clearing for agriculture, urban development, mining and forestry had been the biggest factor in the fragmentation and loss of habitat for the animals in NSW, the country's most populous state, over several decades
- A prolonged, drought-fuelled bushfire season that ended early this year was also devastating for the animals, destroying their habitat across the state

### FACTOID 53.6MN TONS

E-WASTE was dumped across the world last year, says The Global E-waste Monitor 2020 report. Just 17.4% was recycled. China, with 10.1 million tons, was the biggest contributor to e-waste and the United States was second, with 6.9 million tons. India, with 3.2 million tons, was third. Together, these three countries accounted for nearly 38% of the world's e-waste last year. Global warming is just one of the issues cited by the report as it noted that 98 million tons of carbon dioxide equivalents were released into the atmosphere, as a result of inadequate recycling of "undocumented" refrigerators and air conditioners.

This year's coronavirus lockdowns have exacerbated the e-waste problem. People stuck at home are de-cluttering, and because of the lockdowns, there are few workers collecting and recycling the junk, the report added.

## Vidya Balan-starrer, 'Shakuntala Devi' gets a release date

Shakuntala Devi, the math genius, which will be helmed by actress Vidya Balan, will premiere digitally on July 31. Ditching the traditional theatrical release, the film will premiere directly on the streaming platform, Amazon Prime. The streamer announced the release date of the film on Thursday through a fun video featuring Vidya. Taking a note from the storyline, Vidya reveals the release date first in a complex mathematical way, and then simplifies it to share the date.

### ENTERTAINMENT

Written by Anu Menon, the film is based on the life of Shakuntala Devi, who is revered as the human computer, for her innate ability to make incredibly complex calculations within seconds



## Eau de Space: This October, smell space on Earth

Sounds unreal? Well, not really. We can actually know how outer space smells like! Come October, Eau de Space, an outer space-scented

### SPACE

fragrance, will be available commercially. Created by Steve Pearce, a chemist and the founder of Omega Ingredients, it is one-of-the-kind fragrance.



The scent of space is "independently verified by actual astronauts, down to earth". According to the makers, the smell of the space is like that of "seared steak, raspberries and rum"

## Pen Vibes - Season 2

The enthusiasm and zeal of the students participating in the Open-Mic event held by Delhi Public School, Bopal could not be suppressed on June 27. 'Pen Vibes', conducted by the Literary Club successfully had its second season (virtually!) with 15 students in each category. Young authors and poets poured their souls into their words and left a deep impact on their audience.

The gutsy tweens from classes VI to VIII spoke on the topic: "Patriotism..... United we stand divided we fall." Patriotism refers to the passionate love one has for their country. This virtue pushes citizens to work for their country selflessly and make it better. A sense of belonging and unity is a significant element that must be preserved in our hearts and minds forever. The gutsy teens of classes IX to XII spoke on the topic: "Earth Story.... We have not inherited Earth's resources from our ancestors but borrowed them from our children." To say that saving the earth and its resources is the need of the hour would be an understatement. However, immensely talked and hyped up a topic it may seem to some though it just cannot be denied that there is little we have done for it and it is more so relevant in the current time of the global pandemic.

An Open Mic competition



judged by Dr. Ratna Rao and Dr. Minu Jasdandwala. In the first category Navya Koppar of Zekar School, Siddhi Mangala of DPS-Bopal, and Sambhav Maloo of COIS came first, second and third respectively. In the second category, the prizes were bagged by Rini Mehta (DPS-Bopal) first, Jayaditya (DPS-Bopal) and Vanisha Krishnani (Apple Global) second, Yogini (St.Kabir) third. Rimil Chattopadhyay of DPS-Bopal and Poornima Suthar of CPS Ghatlodia were awarded under the category of 'Special Mention' by Judges.

is an excellent way that brings out the inner poet in you. 'Pen Vibes' provided a platform to budding poets and gave them a chance to voice out their ideas and feelings in front of everyone. 234 students across schools in Ahmedabad had registered for this event. It was

The school couldn't have even imagined that we would be hosting a competition in front of our laptop screens. But indeed this competition though held virtual was one which will linger in our hearts for a long time!

### PRINCIPAL'S DESK

My Dear Students

Part from academics, which is very essential, it is important to amelioate your essential life skills:

- Begin your day with a prayer followed by listening to some good music.
- Learn to cook a simple meal. Share that with your family. Look at their surprised and happy faces. That feeling is priceless.
- Help in household chores. It can be as simple as making your bed in the morning, folding clothes, filling the water bottles in the kitchen, watering the plants, arranging the table for meals, helping to carry the dirty plates to the sink. They may sound simple but they are really a great help especially in this crisis time.
- Play indoor games with your siblings, parents and grandparents.
- Talk to your family members rather than remaining glued to the phone. That is

definitely going to strengthen your bond with them.

- Do some exercise regularly.
- Inculcate the habit of reading something every day. Times NIE's web edition is a must read and is uploaded daily on the school facebook page for your convenience.
- Make a quarantine diary. Record your daily activities, feelings and special moments with family.

It is good to watch news regularly but there is no need to continuously discuss the pandemic. THIS TOO SHALL PASS.

*I pray to God for your well-being and safety.*

*I will end with the lines of Emily Dickinson-*

*Hope is the thing with feathers-*

*That perches in the soul-*

*And sings the tune without the words-*

*And never stops - at all-*

*So let us hope and pray that this crisis ends soon and we all come back to our good old days.*

*Stay healthy, stay safe!*

Thanks and Regards,

SHARMISTHA SINHA, Principal, Zekar School For Children

### Webinar on constitutional duties



Due to Covid-19 pandemic the world outside-facing challenges almost in each and every field. This pandemic has affected the education field as well and put hurdles on the normal routine of school education. But Cadets and staff of Sainik School Balachadi are always ready to face any challenges and now they overcome this hurdle with strong determination

Apart from regular online classes the school also being conducted various other events through online mode. The webinar is one such event that is being conducted regularly in this academic session. Recently a webinar on the topic 'Effective implementation of Fundamental duties by Cadets to manage the COVID pandemic when they return to Sainik School Balachadi' was conducted by class XII Cadets of Garuda House. The participants presented their thoughts and make the other Cadets realized their fundamental duties as a student in this pandemic scenario.



Gp Capt Ravinder Singh, Principal, Sainik School Balachadi congratulated the participants for presenting the informative webinar and appreciated their efforts.

## Young minds go the creative way!



Dhruv Gaur, Class V, Podar International School, Gandhinagar



Jiya Patel, Class VII, Zydsu School for Excellence



Kiana Patel, Class III, LML School



Himanshu Parmar, Class III, Sakar English School

### ODE TO THE PEN

#### The Brighter Side



Dishita Patel, Class IV, St. Xavier's Loyala Hall

The days are gone... We played on the ground We shared our tiffin's, We lived in School. We learned and learned, Without any vacation Our fun and fight. Teachers' scolds and Then smiles brightly, Those days are gone ..... Now we are locked in, But animals are on the ground Birds are chirping in full sound. The sky was never so blue, The wind was never so cool The Ganga was never so pure, Nature was never so free. So human free..... Traffic, pollution, global warming Are also locked down, Hope forever.... Nature is smiling now, Hope forever.... I see the brighter side now, It's just a virus It will go away, But it has taught me To enjoy home-cooked food, Mom's crazy moods Papa's company all time, And my new way's divine These are also the happy days....

AYAAN SHAH, Class VI, SGVP International School

#### An ode to a Rose



Thee bloom like a flower of beauty and delight With no timidity of death; Thy blossom so translucent having Omnifarious humility and thee fill The air with thy odorous breath. Though thy life is so short but full of mirth Like a noble idol of beauty thee beautify this earth Far away from the world of perplexity and gloom In the solitude of ecstasy thee bloom. Thee act like a modest fairy with thy delightful pile And lend every eye boundless smile Bless me with thy gift of content And trance that thee have; Give me half thy gladness That my mind can save...

RUBY DHAR

## Grand celebrations for Father's Day

I was very excited to celebrate Father's Day. I want to make this very special as he makes me special every day. I sang a song for him. I expressed my feelings by writing a poem for him. We all played one-minute games. Had a wonderful and thrilling experience watching Solar eclipse. Papa brought Solar filter spectacles which were just WOW!! for me. My papa understands me very well. He is my life. I love him so much.

HIRVA GANDHI, Class V, Siddharth's Miracles School, Gandhinagar

Father's Day is a special day to thank our father for everything he has given to us. He brings me whatever I need. He is a superhero for me. We often spend time with each other; we play, read, and draw etc together. He even helps me with my homework and teaches new things. He tells me when I am wrong and shows me the right way. He even teaches me how to behave with elders. This Father's Day, I made cake pops for him. My father was surprised to see what I



Zoya Modan, Siddharth's Miracles School,

did. He really liked the surprise. When he tasted them, he found them yummy! ISHITA PATIL, Class VI, Siddharth's Miracles School, Gandhinagar

#### DAD - The man of my heart

He is my loving Dad, Who always makes me feel glad. When I get sick, his charming face turns sad. He is my loving Dad! I am his little boy, with me he loves to play, Sometimes he hides my things, just to annoy me. Every single day, he makes me feel special, And advises me to focus on how to become social. On my birthday he gave me surprises, He is my pillar of strength and support In my crisis, he never waits to make any sacrifice. He always tells me to be so strong, And guides me on life's path if I am wrong. He is the man of my heart. Because he is brave, he is fast, He is strong and he is smart. My dad is the best, He is an exception among the rest. He is my loving Dad! SAI SASWAT DAS, Class II, Siddharth's Miracles School

## Painters' Gallery

Rishit Savaliya, Class V, Delhi Public School, Rajkot



Amarlal Kukreja, Class VII, Zekar School For Children



Manasvi Jaiswal, Class V, Anand Niketan

Aayushi Vora, Class X, Delhi Public School, Gandhinagar

Aashka Sanghavi, Class VII, Sheth C N English Medium School



Ditty Akbari, Class XI, S N Kansagra School, Rajkot



Kshitija Kamble, Class VII, Podar World School, Sherghi



Dhyan, Class III, Zydsu School for Excellence



Hirva Nagar, Class VII, DAV International School



Ria Shah, Class VIII, Delhi Public School, Bopal



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## Family TIME

STUDENT EDITION

FRIDAY, JULY 3, 2020



WEB EDITION

## 5 LEARNINGS GRANDPARENTS CAN IMPART TO THEIR GRANDKIDS

**pallavi.shankar@timesgroup.com** The PM's message comes at a time when both the senior citizens and kids are forced to stay indoors, courtesy the coronavirus pandemic. So, what better time to bond with them and learn from their experiences... Here's what kids can learn from them to become better individuals.



Photo: Getty Images

### THE ART OF WRITING HANDWRITTEN LETTERS

**4** This generation is tech savvy, true. But isn't it special to send a handwritten note or letter than a text message to a friend or relative? Teach your grandkids the lost art of letter writing. You could begin by making them write small letters to each other on weekends.

### THE WISDOM THAT WE CAN'T HAVE IT ALL

**5** Today's children live in a high pressure world, where they are expected to know it all and have it all— from best school bags to shining sports trophies. However, it's not possible to win all the time, and sometimes people have to live with what they get. "Do explain your grandkids that they may have to hear 'No', or face failures as they grow up," says Nagpal. That's alright, because it's crucial to know that life is about success and failures, winning moments and heart-breaks, he stresses.

How do you bond with your grandparents? Share your views, videos of not less than 2 minutes at [toinie175@gmail.com](mailto:toinie175@gmail.com) / [timesnie175@gmail.com](mailto:timesnie175@gmail.com) We will feature you.

### COPING WITH CRISIS AND ADVERSITY

**1** "This generation has seen a prosperous world; they haven't seen a world without glitzy malls and fancy outings. Grandparents and elders should narrate stories about their childhood and youth to kids (not in a preachy way) to make them understand how they connected with loved ones without any gadgets, and over simple meals, as it was a world devoid of malls, coffee houses and designer brands," advises child psychiatrist Dr Jitendra Nagpal. This will make our kids understand how they can live and laugh, despite the uncertainties of life, he adds.

### CONNECTING WITH EXTENDED FAMILY MEMBERS

**2** When grandpas and grandmas talk about the family tree, it's a fun experience for kids. Tell youngsters all about your extended family members; their personal anecdotes and other details. Teaching kids about family relations will make their emotional life richer. Research shows that when children hear interesting stories of different family members—their trials and tribulations — it equips them to handle hardships later in life. It also ignites in them a desire to connect with their family living. apart.

### SKILLS TO BECOME SELF SUFFICIENT

**3** Simple everyday skills, like sewing a button or learning a family recipe, empowers children. It makes them more independent. So, besides pampering grandkids, do teach them skills you know, like growing potatoes in the backyard, fixing their own meal, etc. "Kids are more receptive to elders, if they teach them in a fun way rather than making the learning exercise a 'task'," suggests Nagpal. So, laugh together and have fun, while the kids learn.

### ENVIRONMENT

## Ecosystem destruction may increase risk of pandemics: Study

Environmental degradation, including deforestation, land use change and agricultural intensification, may make pandemics more likely and less manageable, according to a study. The study presents the hypothesis that disease risks are "ultimately interlinked" with biodiversity and natural processes, such as the water cycle.



► The researchers used a framework designed to analyse and communicate complex relationships between society and the environment

► They concluded that maintaining intact and fully functioning ecosystems, and their associated environmental and health benefits is key to preventing the emergence of new pandemics

► Ecosystems naturally restrain the transfer of diseases from animals to humans, but this service declines as ecosystems become degraded

► The researchers said, the lesson from the Covid-19 pandemic is that societies need to "build back better" globally, including protecting and restoring damaged ecosystems, keeping the many values of nature and human rights at the very forefront of environmental, and economic policy-making

### FACTOID \$84 MN

Price of a triptych by Francis Bacon that was auctioned at the Sotheby's recently. The British artist's work, inspired by Greek playwright, Aeschylus', 'Oresteia', is one of the 28 large-scale triptychs — a painting in three parts — created by Bacon between 1962 and 1991. It previously belonged to a Norwegian art collector, and had an estimated value of \$60-\$80 million

### FACEBOOK LAUNCHES AVATARS IN INDIA

Facebook has announced the launch of Avatars in India. The company said, Avatars will allow users to create a digital persona that's 'uniquely representative' of them, and will enable them to share a range of emotions and expressions in a fun and personalised way.

### TECH BUZZ



► Facebook said, people can now make an Avatar, a cartoon-like version of themselves by choosing from a variety of faces, hairstyles and outfits that have been specially customised for India. They will also be able to use their Avatar in Facebook comments, stories, profile picture and Facebook Messenger chat windows and can even share it on WhatsApp chats. ► Avatar creator can be accessed from bookmarks in the Facebook app as well as from the comment composer.

► To create their avatar, go to the mobile device's Facebook or Messenger comment composer; click on the "smiley" button, and then the sticker tab ► Click "Create Your Avatar"! Or find the avatar creator in the Bookmarks section in the Facebook app ► Avatar creation from Messenger is currently available on Android, but will be rolled on iOS soon, Facebook said.

### NEWS IN BRIEF

CLICK HERE FOR MORE

### RAVINDRA JADEJA, THE 'MOST VALUABLE' PLAYER OF 21ST CENTURY: WISDEN

Team India's all-rounder Ravindra Jadeja has been named as the country's 'Most Valuable Player' of the 21st century by Wisden India. Jadeja's rating was an astounding 97.3, second only to Sri Lanka's former spinner, Muttiah Muralitharan.

### SPORTS

Jadeja, who made his debut at the international level in 2009, has been an integral part of the national side in all three forms of the game. He remains a vital contributor in all departments of the game, and was last seen in action during India's two-match Test series versus the Kiwis



### ALLOW RETESTS IN CLASSES IX & XI: CBSE TO SCHOOLS



The Central Board of Secondary Education (CBSE) has again written to its affiliated schools to allow students who have failed in classes IX and XI to reappear for the examination. The schools have been asked to conduct online/off-line/innovative tests for such students and decide on their promotion based on the tests. In its first letter on May 13, the

### EDUCATION

board had said that this was a one-time measure adopted in view of the Covid-19 situation. The CBSE had been receiving queries from the students and parents, following which it decided to allow retests.

### GEAR UP FOR POST-PANDEMIC RELEASES! 'SOORYAVANSHI' TO HIT THEATRES ON DIWALI, '83' ON CHRISTMAS

Akshay Kumar's much-awaited cop drama, 'Sooryavanshi' will hit the theatres on Diwali, while Ranveer Singh-starrer, '83' will release on Christmas this year, Reliance Entertainment has announced.

### ENTERTAINMENT

'Sooryavanshi', directed by Rohit Shetty, was scheduled to release on March 24 and Kabir Khan-helmed '83' was set to hit the screens on April 10.



► Both the movies were indefinitely postponed due to the coronavirus pandemic, which led to theatres shutdown across the country and in other parts of the world  
► 'Sooryavanshi' is the third film in Shetty's cop universe, after Ajay Devgn's, 'Singham' and Ranveer-starrer, 'Simmba'  
► '83 chronicles India's first World Cup win under the captaincy of Kapil Dev in 1983

## WHAT TO DO BEFORE OPENING ONLINE ORDERS



Photo: Getty Images

Online shopping has become the norm in the pandemic life. While there are conflicting versions with some study saying that packets are safe to open right away, and others saying it may carry some risk of infection, it's better to be cautious than letting your guard down. So, follow these steps and continue with your online shopping spree...

### Online payment only

Try to opt for 'no-contact delivery' and pay for your orders online. Though you can always wash your hands after handling cash, it's best to go for digital payments in the current situation. It's hassle free too.

### Limit contact with delivery personnel

It is advisable to keep a stool or a bench near your entrance gate (either outside or inside, depending on the layout of your home), where delivery people can leave the packets.

### STAY SAFE

This is to ensure that you limit the contact with any outside person. If you cannot leave it outside your house, keep it in a place inside your house, where no one touches it immediately.

### Sanitising the packet

If it's an essential commodity, like grocery and medicines, spray sani-

tiser on the packet, keep it aside for at least two hours. This will ensure that any kind of contamination, if any, is reduced, and not spread on any other possible surfaces in the house.

### Leave non-essentials untouched for 24 hours

For non-essential commodities, such as clothes, accessories and decor items, it is advisable to follow the 24-hour rule. Keep the packet untouched for one complete day in a secure place (away from small kids and pets). There is usually a seven-day return policy that comes with every item, so you have enough time to try it and return if you don't like it after seeing it.



JULY 3

HARBHAJAN SINGH

Born on July 3, 1980, Harbhajan is one of India's greatest off-spinners. Affectionately referred as Bhajji by his teammates, Harbhajan made his Test and One Day International debuts in early 1998. His career was initially affected by investigations into the legality of his bowling action. However, in 2001, Harbhajan's career was resuscitated, after Indian captain Sourav Ganguly called for his inclusion in the Border-Gavaskar Trophy team. In that series victory over Australia, Harbhajan took 32 wickets. He also became the first Indian bowler to take a hat-trick in Test cricket.

### COMPETITION

## World's largest logic and coding championship

The World's first Logic and Coding Championship for kids organised by EdTech startup WhiteHat Jr, kick-started on June 30 in India and the US. The championship, open to all students, will conclude on July 4. Kids aged 5-14 years can participate in the championship; four winners across different age groups will receive a lifetime scholarship (\$20,000 per year) for their education till grade XII.

## WORD WATCH

### FARRAGO:

Means a confused mixture; hodgepodge

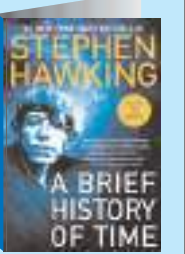
### BOOK REVIEW

A BRIEF HISTORY OF TIME: FROM THE BIG BANG TO BLACK HOLES by Stephen Hawking

Written by Stephen Hawking,

— arguably the best-known and most brilliant theoretical physicist of modern times, — the book, using simple language, explains basic concepts of space-time, quantum physics and the theory of relativity—the two major aspects of modern physics, with great simplicity.

UDISHA TIWARI, class X, City Montessori School, Gomti Nagar Extension, Lucknow



# The TINTIN Adventure Trail



**IN THE NEWS FOR:** Tintin cover that mocked Hitler's Germany to be auctioned.

**WHAT:** A Tintin story cover that mocked Hitler's German expansionism could be sold for more than 350,000 euros (\$395,000) when it is put up for auction in Paris this month. **Belgian cartoonist Hergé who created the boy detective was taking a dig at the Nazi leader through 'King Ottakar's Sceptre' after Hitler's annexation of Austria in 1938.** Tintin and Snowy find them-



selves trying to thwart a plot by spies to overthrow the king of Syldavia, a fictional Balkan land. On the cover, it is shown that Tintin trips as he is getting out of the plane in Prague and has to grab his new friend Professor Alembick's beard to steady himself.

**THE DRAWING:** Is one of the classic cartoon images that were to be a part of a major sale at Artcurial auction house in the French capi-

**Did you know?** Franquin was one of the most influential post-war comic book artists and Marsupilami often appeared alongside the characters Spirou and Fantasio, which he drew from 1949 to 1969

tal. The event was postponed in March due to the covid-19 pandemic. According to reports by AFP, a painting of Asterix and Obelix by their creator Albert Uderzo for a 1966 colouring book is also going under the hammer and is expected to sell for up to 25,000 euros.

**Are You A TINTIN FAN? Let us know what is your favourite book from the series and why. We will be celebrating a Tintin (and Snowy) day soon! To participate send us your email at timesnie175@gmail.com. Subject: Tintin**



# Tips for parents navigating online learning with their children...



## 1. Distraction free

A 'digital quarantine' might be necessary to keep your child's attention focused on their school work. You should limit their use of their devices, other than what is needed to complete their work, until

their assignment is done. If you choose, you can allow your child to play on a device during a designated break, but make them aware that they only have a limited amount of time, and then it is back to work.

## 2. A designated space

Many adults have a specific area of the home in which they do their work; it's important that you create a similar space for your child. Your children will achieve their best work in a quiet, comfortable, and dedicated space that is strictly devoted to learning. This space should be a different set-up than where they normally play games or watch television.



## 3. Maintain breaks such as snack time

Routines and schedules are extremely important for children at school, and this is no different in their at-home school. Children will function best if they maintain their routine as close to normal as possible. Setting alarms similar to those they would encounter at school can be helpful for keeping them on a schedule. Around lunch time, encourage them to get up, get some fresh air, go for a walk or bike ride, or have a snack so that they are not sedentary for the entire day.



## 4. Mix screen time with old school learning mediums

Excessive screen time can have adverse impact on young brains, so it's important to mix learning styles. It's likely that children will want to continue to use a screen of some sort during their breaks from school activity, so it's important to limit screen time by mixing in old school mediums as well. Hopefully, teachers have sent home hard copy packets that they are able to work from. If not, print out anything you can for your child. As much as possible, parents should encourage print and book reading and, if possible, request textbooks from your child's school.

## 5. Keep in touch with other parents

Social distancing is important during this time, but staying in touch with others via virtual communication is crucial. Each parent that has a child home is going to be going through a new experience. Check in with other parents to see what they've found effective, and ask if they need help as well.



## 6. Allow them to interact with friends via video chats

Your children are used to lots of social contact at school, so they will definitely feel the effects of being distanced from them even after a few days. While it might not be safe for your kids to see their friends in person, you should allow them to interact with them online, beyond social media or text messaging. Video chats are often the closest thing to seeing someone in person, and are a great way to get in social time without endangering yourself or others. If your child does not regularly video chat with their friends, you can speak with other parents to set up a video chat playdate.

## 7. Don't underestimate the power of a schedule

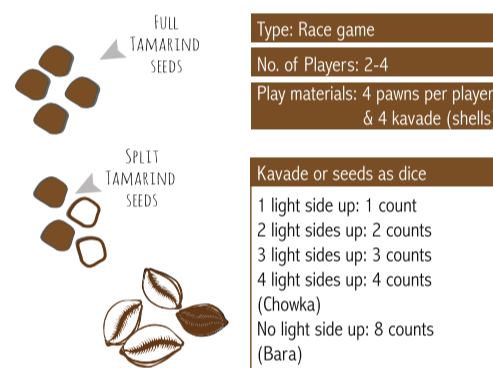
If you and your children are all doing work from your home, it's likely that this is the first time that has ever happened. A schedule, for your work and your child's work, is extremely important. To start, experts recommend keeping them on the same or similar sleeping schedule that they have when they are going into school. If a schedule was not provided by their teachers, help them write one for not only each day, but each week, as well. Having a clear vision of what is expected of your child will help them see that just because they are home does not mean they don't have work to do. Experts recommend helping them prioritise and learn to create goals, tasks, and deadlines, just like adults do when they go to work.

# CHOWKABARA: PLAY AND LEARN ABOUT THIS GAME



Chowkabara is a very popular race game played using cowrie shells, which are also called kavade in kannada. A game that is enjoyable by young & old, it is a perfect game for the entire family to play together.

Do you know that in the early days pottery pieces, bones, tamarind seeds, dung pieces, nuts, pulses and stones were used as playing material? You could do something similar for your game now! Collect 4 different kinds of seeds or stones or dals as pawns & get ready to play. Dont have kavade? Split any seed - tamarind, parijatha, asoka and they work the same way as kavade.



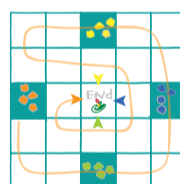
WORKS JUST LIKE KAVADE

**OBJECTIVE:**

Race your four pawns to the winning end square, before your opponents.

**GAME PLAY:**

1. Start by placing all 4 pawns in your home square.  
2. Movement of pawns is anti-clockwise starting from the home square, and is based on the kavade count. Direction of movement is shown below, for Player 1



3. A pawn is cut when an opponent pawn lands in the same square. The cut pawn is returned to the home square. Home squares are safe squares.  
4. Before your pawns can enter the inner squares, you must cut at least one opponent pawn.  
5. You get an extra turn when you throw a 4 or 8, or when a pawn is cut. The same pawn or any other pawn can be played in the extra turn.  
6. You have to get the exact number to enter the winning square.

**Note:**

If you throw either a 4 or 8 three times consecutively, you lose that turn.

Ask your grandparents how they used to play this game. Along with variations in the game rules, you will surely hear some lovely stories! Tell us all about it :)

Courtesy: www.kavade.org - a store in Bengaluru that helps families & friends to come together, over simple pastime pleasures, like Ancient Board Games.

## Quiz time

### CURRENT AFFAIRS

**Q.1) India and France explore 3rd country projects in which of the following regions?**

- A. Western Indian Ocean region  
B. Central Indian region  
C. Northeast Indian region  
D. South Central region

**Q.2) Who has become the most expensive bowler in T20 International cricket?**

- A. Pat Cummins  
B. Kasun Rajitha  
C. Kagiso Rabada  
D. Jasprit Bumrah

**Q.3) The unmanned X-37B space plane which landed in Florida recently has made a record of how many days in orbit?**

- A. 780 B. 440 C. 980 D. 180



The US Air Force's secretive X-37B Orbital Test Vehicle landed on Nov 2, 2019, after more than two years in orbit

### ANSWERS

1. A) Western Indian Ocean region 2. B) Kasun Rajitha 3. A) 780

## CHECK YOUR APTITUDE

1) A sum of money is to be distributed among A, B, C, D in the proportion of 5 : 2 : 4 : 3. If C gets ₹1000 more than D, what is B's share?

- A. ₹500  
B. ₹1500  
C. ₹2000  
D. None of these

2) In a mixture of 60 litres, the ratio of milk and water

2 : 1. If this ratio is to be 1 : 2, then the quantity of water to be further added is:

- A. 20 litres  
B. 30 litres  
C. 40 litres  
D. 60 litres

3) If 6 men and 8 boys can do a piece of work in 10 days while 26 men and 48 boys can do the same in 2 days, the time taken by 15 men and 20 boys in doing the same

type of work will be:

- A. 4 days  
B. 5 days  
C. 6 days  
D. 7 days

**ANSWER:**  
1. ₹2000  
2. 60 litres  
3. 4 days



BIRDS

## Vogelkop Superb Bird of Paradise

Also known as Lophorina Niedda, this is a new species with low female population. The

## KNOWLEDGE BANK

male is black with an iridescent green crown, blue-green breast cover and a long velvety black cape covering its back. It is known for its bouncy 'smiley face' and distinctive dance. The female is a reddish-brown bird with a brownish barred buff.

This is the most bizarre and elaborate courtship displays in the avian world. They can be found across the rain forests of New Guinea and Indonesia. The average female rejects 15-20 potential suitors before consenting.

## JUMBLED WORDS

- 1) Goanride 2) Lteretucd  
A: Divergent A: Tattered  
B: Grandiose B: Reduction  
C: Sidekick C: Cluttered  
D: Organised D: Littered

### ANSWERS

1) D: Organised  
2) C: Cluttered

## COMMON GRAMMATICAL MISTAKES

### 1. CAPITAL/CAPITOL

#### THE RULES:

- "Capital" is a stash of money or the government headquarters of a state.
- "Capitol" is a building.

#### HOW NOT TO DO IT:

- Park Police found an abandoned vehicle, with an assault rifle inside it, near a bridge leading out of the nation's **capitol** to Virginia.

#### HOW TO DO IT PROPERLY:

- Park Police found an abandoned vehicle, with an assault rifle inside it, near a bridge leading out of the nation's **capital** to Virginia.



# THE TIMES OF INDIA

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STUDENT EDITION

WEDNESDAY, JULY 1, 2020



WEB EDITION

“We should present the traditional indoor games of India in a new and attractive avatar. We have to remember that our Indian sports are also local, and we have already pledged to be vocal for local —Narendra Modi, PM, on the need to promote traditional indoor games

## FROM VIRTUAL TO REAL GAMES!



**T**he rise in online gaming, coupled with the lockdown, courtesy the coronavirus pandemic has forced children to stay indoors. So, in order to encourage youngsters to go back to our traditional indoor games, PM Narendra Modi in his recent 'Maan ki Baat' urged local game makers and start-ups to rethink and repack traditional Indian indoor games, and make them interesting for the youth. Here's why we need to re-visit our traditional indoor games...

**Reduce the screen time**  
“It is imperative for us to innovate and provide options to unwind off-line, as children are glued to their mobile or laptop screen for multiple reasons, including shopping, playing games, surfing the net or chatting with friends, points out Padma Kumar, principal, SGVP, Ahmedabad. Moreover, “online games that children play today are addictive. They not only harm eyesight but also lead to obesity,” adds Sandeep Rathore, a physical education teacher.

**G**ame makers need to evolve and package the traditional games to compete with the virtual games, while still retaining their originality,” feels Avani Pandit, a class IX student of Apeejay School, Navi Mumbai. This can be done by fusing the traditional games with some of the modern ones, she adds. In fact, Mana Shah, a

class IX student of St Xaviers, Gandhinagar says, games like, “Snakes and Ladders can be made more relevant by adding learning skills to it.” Subjects on freedom struggle from our history books can be converted into a Snakes and Ladders game— a positive incident will take you up the ladder; a negative one will pull you down, she adds.

### THE BIG Q: HOW CAN WE MAKE IT COMPETITIVE & RELEVANT

#### TRADITIONAL INDOOR GAMES

**THATTANGAL-EZHAKMAL:** Played by two or more with seven stones, this game is about throwing one stone in the air and picking up the rest from the ground, and catching one in the air. The rule is that stones cannot be dropped

**PAGADAI:** Played by 2-4 persons, the goal of the game is to bring all the six coins home before the opponent does. Cowries (dice) are used to move the six coins along the board; players can cut each other during the game

**AADU PULI AATTAM:** Played by two people, in this game, one controls the tigers and the other the goats. The goats aim to prevent the tigers from moving into their territory

**LAKHOTI:** In this game, the players are supposed to hit the selected target 'kancha', using their marble ball

#### BENEFITS OF TRADITIONAL GAMES

► Improves hand-eye coordination and motor skills, develop sensory skills

► Helps in logical thinking, building strategy, concentration, basic mathematics and setting goals

► Environment-friendly, impart knowledge about our culture and history

► Suitable for all ages, so work as a bridge between generations  
(Inputs by senior citizens V P Bharadwaj, Mansukhlal Parikh, and Sivan Rao)



**DID YOU KNOW?**

Moksha Patam (Snakes and Ladders) was used as a part of moral instruction to children. Each ladder square was supposed to stand for virtue, and those of a snake denoted vice

### COVID IS CLIMATE LESSON: GRETA

**T**eenage activist Greta Thunberg says the world needs to learn the lessons of the coronavirus crisis, and treat climate change with similar urgency. The Swedish campaigner, 17, said this would mean leaders acting “with necessary force”. Any “green recovery plan” will not solve the crisis. We have to act fast,” she added. Speaking on a Swedish radio show, Thunberg also dwelled on other

#### ACTIVIST SPEAKS

issues, such as racial equality, as championed by the Black Lives Matter movement. “People are starting to realise that we cannot keep looking away from these things. We cannot keep sweeping these injustices under the carpet,” she asserted.

### FACEBOOK TO CENSOR HATE SPEECH

**I**n a major shift, Facebook has announced measures to address controversial comments on its site, including taking down posts that violate its hateful conduct policy. The social media giant will also “label” some less problematic speeches. The move came amid backlash from advertisers as well as its own staff over its failure to regulate provocative content on the platform. Coca-Cola, a major force in global advertising, was the latest to join brands that said they will cease buying advertising on Facebook.

#### TECH BUZZ

Facebook said it would expand its policies around hate speech and prohibit a wider category of hateful language. Even if a politician or a government official says it, if we determine that the content may lead to violence or deprive people of their right to vote, we will take it down,” Facebook CEO Mark Zuckerberg said.

### NEWS IN BRIEF

CLICK HERE FOR MORE



#### BLACKPINK 'HOW YOU LIKE THAT' ROCKETS TO NEW YOUTUBE RECORD

**S**outh Korean girls group, Blackpink's newly-released, 'How You Like That' music video has blasted into the YouTube record books. The K-pop powerhouse group's new single had 82.4 million views in the first 24 hours

#### IN THE RECORD BOOK

of release on YouTube. It was the No 1 trending video on the platform as well. The view count topped the previous record-holders: BTS' 'Boy With Luv', featuring Halsey, which amassed 74.6 million views in the initial one-day period in April 2019.

► The 'How You Like That' video featuring Blackpink's Jisoo, Jennie, Rose and Lisa, is also on its way to become the fastest video in YouTube history to hit 100 million views, it had 94 million in the first 30 hours

► The 3-minute track, crafted for the group's global fanbase, combines lyrics in both Korean and English

#### FACTOID 2.5MN

People have downloaded the Chingari app, at the time of going to print. Touted as the 'idesi' choice to Tiktok, it has been developed by Bengaluru-based developers, Biswatma Nayak and Siddharth Gautam. Interestingly, Chingari has become a household name in less than 15 days of its launch. The app, which also took to the top of the trending charts on the Google Play Store, is available in nine languages—Hindi, Bengali, Gujarati, Marathi, Kannada, Punjabi, Malayalam, Tamil and Telugu, other than English

### MARGOT TO STAR IN FEMALE-CENTRIC VERSION OF 'PIRATES OF THE CARIBBEAN'

**T**he 'Pirates of the Caribbean' are getting ready to set sail in a whole new direction, with Australian actress Margot Robbie geared up to star in a new version of one of Disney's biggest film franchises. Robbie, the star of 'Suicide Squad' will head a female-driven 'Pirates' movie, which is in the early stages of development, said sources.

It marks the latest bid by Hollywood to reimagine classic movies by casting women in the lead roles, including the 2016 reboot of 'Ghostbusters', starring Melissa McCarthy and 2018 comedy heist, 'Ocean's 8' that starred Sandra Bullock and Cate Blanchett

Based on a ride at the Disney's theme parks, the five 'Pirates of the Caribbean' movies, starring Johnny Depp as Jack Sparrow, have taken some \$4.5 billion at the global box office since 2003

### INDIA BANS 59 CHINESE APPS OVER NATIONAL SECURITY CONCERNS

**T**he Centre has banned nearly 59 Chinese apps, including Tik Tok, WeChat and UC Browser over national security concerns as India-China bilateral relations remain strained after the death of 20 Indian soldiers in the Galwan Valley clash with Chinese PLA troops in eastern Ladakh. The ministry of electronics and information Technology (MeitY) has issued a list of 59 Chinese apps that are now banned in the country.



#### SECURITY

The ministry received complaints from various sources, including several reports about misuse of some mobile apps available on Android and iOS platforms for stealing users' data in an unauthorised manner to servers, which have locations outside India

## US varsities start rolling out plans for international students

**H**igher education in the US is in a state of flux, courtesy Covid-19. Most of the colleges are not sure what their campuses would look like when they re-open in August. According to Dhi-

#### EDUCATION

man Chattopadhyay, an asst professor at Shippensburg University of Pennsylvania. “Fall 2020” may be entirely online, or at best, hybrid”. This uncertainty is problematic for 1.1 mn intl students, including 250,000-plus Indians, currently enrolled in US varsities, he adds.

### HOW UNIVERSITIES ARE GEARING UP

► Chattopadhyay says most of the highly-ranked universities (where Indian students usually land up) are going all out to ensure that their international students feel welcome and safe. ► The Ivy League giants, such as Harvard and public universities, like the Universities of Kentucky, Texas, Pennsylvania and the New York (SUNY) System, are providing housing, meals and other help to the students stuck on campus. ► The University of



California System, University of Pennsylvania, etc, have said that international students will be allowed to take all courses remotely for Fall 2020.

## Diet tips for kids taking online classes

**C**elebrity nutritionist Rujuta Diwekar recently shared a list of food that should be given to kids and teens schooling from home. Here are some of them...

**SEASONAL FRUITS FOR NOURISHING BODY:** Have a banana, mango and other seasonal fruits everyday. You can also have fruits in the form of fruit shakes, such as mango milkshake, fruit smoothie,

etc. Fruit is a great filler to be enjoyed during class breaks.

**RICE-DAL FOR LUNCH:** Eat rice and dal with veggies for lunch or combos, such as rajma-rice, choley-rice, kadhi-chawal, and so on. Legumes are loaded with protein and are great for growing up kids to meet the nutritional demands of their body and mind.

**ROTI SABZI FOR DINNER:** Dinner can consist of roti-sabzi, paratha and stir-fried seasonal veggies, jowar and veggies with dal, and so on. Wholesome meals are good for everyone, but more so for children as they are working hard completing their home work and juggling online classes that stresses their brain. It is also advisable to have early dinner - by 7 to 7.30 pm.



**VITAMIN B12 PUNCH WITH CURD AND RAISINS:** Eating home-made curd with black raisins as a snack at any time of the day is a great idea. This combination is rich in Vitamin B12 and is also a great source of iron.

**HALDI-DOODH FOR SOUND SLEEP:** It is ideal for children to have a cup of haldi-doodh or gulkand milk before bedtime. Don't opt for a packet of chips or fizzy drinks, if you feel hungry.

## Contest Alert!

## Win, Win, Win!

5 STUDENTS GET COPIES OF THE BOOK

**WHAT YOU COULD DO** Draw your monster. It could be a really spooky creature, an alien or just an idea that is disturbing you.

**WHAT YOU GET** 5 winners will get a copy of this book delivered to their doorstep! And 15 drawings will be displayed here!

**HOW** Send us your drawing/sketch at [timesnie175@gmail.com](mailto:timesnie175@gmail.com) along with your address. Subject: Karma Contest



## ABOUT THE STORY: KARMA MEETS A ZOMBIE BY EVAN PURCELL

**KARMA TANDIN IS A MONSTER HUNTER:** All his life, Karma has defended his village from monsters and creatures and forces of darkness. He's not the bravest or the smartest kid, but he always tries to do what's right. When one of his classmates shows up to school as a zombie, Karma knows that he must stop him. After all, no one else can. But is this zombie really bad? Is he dangerous, or is he just under the thrall of some horrible spell? Karma and his friends must work together to solve this mystery, discover the magical secrets of their town, and hope they find the answers before they too become victims of the undead.

Prize courtesy: PENGUIN RANDOM HOUSE INDIA

## MENTAL HEALTH

## Three yoga practices to calm your mind



## Pranayama

It refers to controlled breathing exercises like Kapalabhati, Anulom Vilom, Bhastrika, etc. Pranayama exercises help stimulate lungs and other organs, declutters mind, and induces calmness and restful sleep.

Yoga is more than a fitness regimen. It is a philosophy and a way of life that is beneficial for mental health, too, and keeps conditions like depression, anxiety and other such problems at bay. Just be consistent with these practices and you will be able to beat negativity and stress

## Hatha Yoga Kriyas

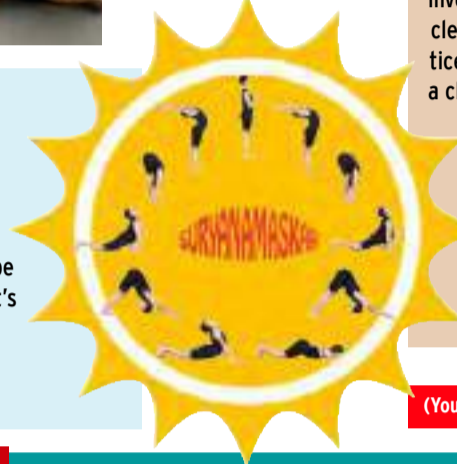
This form of yoga involves many cleansing practices that leads to a clean body and mind. These

kriyas include Neti (cleansing of the nose), Dhauti (purification of the oesophagus and stomach), Trataka (concentrating on a candle/point). All of these practices lead to better focus and concentration and more productivity - physically and mentally.



## Surya Namaskar

From Ashtanga to Iyengar, there is not just one but many variations of surya namaskar. While surya namaskar is considered to be a great full body workout, it's also good for mental well-being as it eliminates negative thoughts.



(You can find online videos of these popular yoga practices)

## FUN WITH MATHS

Credit: www.mathematicshed.com

**ADD UP TILES**

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

**ADD UP TILES**  
All tiles are placed face down beside the board. Players take turns to choose a tile and cover two spaces on the board that add to the total on the tile. The tile can be laid vertically or horizontally. A tile card cannot be placed on top of another tile. When a player picks up a tile and can't find a place to lay the tile, the other player is the winner.

A game for 2 players

Add Up Tiles - Cut along the dotted lines.

8	4	10
11	14	5
10	6	14
17	11	9
7	12	9
3	10	10
10	15	6
16	11	7

**RACING CARS**

a game for 2-4 players

Spread out the chosen cards face down beside the Game Board. Each player chooses a car and puts a marker on it. Decide who has the biggest number. Roll the dice and move the marker to the nearest space. Return the cards and mix them up. Repeat until one player reaches the FINISH.

Choose the set of cards for the skill that you want the children to practice.

26	81	30	64
56	47	72	17
33	91	27	55
63	71	97	38
84	49	13	77
21	68	41	52

**Making Maths Fun:** In this series, we will be sharing fun facts, puzzles and games that will help you practise your Maths! **HERE ARE A FEW GAMES TO GET YOU STARTED.**

**A Fun Maths Fact:** Dice can be used in so many different ways when it comes to math. Whether you're practicing multiplication facts or fractions, try creating your own math problems with the roll of the dice. You can create fractions, simple multiplication problems or even word problems using dice. This can also be a fun way to put together a homework assignment...

## LET'S TALK

## 5 Animated Versions of Popular Movies That You Could Watch...

Animated movies have been becoming more and more realistic. From storyline to character personality, they provide us with things both kids and adults can relate to. An average animated movie has more screenwriters than a live-action film. However, there are some animation series that have been inspired by popular films. Here are few of the animation spin-offs.

Indian animated shows such as 'Golmaal Junior', 'Fukrey Boyz', 'Kid Krishh' and 'Little Singham' are a huge hit. Can you give us three reasons why animation is so popular.



## Goodzilla!

'Godzilla: King of the Monsters' the series was a sequel to the 1998 Godzilla film, focusing on the OG G's offspring, and was accepted by Godzilla fans with more warmth than the movie. The makers had to take their inspirations from previous TOHO films, which worked in its favour.

## Adventure all right

'Bill and Ted's Excellent Adventure' series based on the movie of the same name, was a hit from the very start! Why? Keanu Reeves, Alex Winter, Bernie Casey, and George Carlin each lent their vocal talents to the show.

## Law and behold

'Police Academy', the movie about bumbling law enforcement cadets was popular enough to spawn off 7 sequels, a live-action TV show, and this animated series called 'Police Academy the Cartoon Series'. Must watch.

## Busted!

Despite a few barriers, the 'Real Ghostbusters' series in 1988 was a success, with animation lending itself incredibly well to the universe. It ran for seven seasons and even had a sequel/spin-off series with 'Extreme Ghostbusters'.

## Krrish to the rescue...

The animated 'Krrish' franchise are fun films that are guaranteed to be a visual treat. The animated version begins with the childhood adventures of Krishna, who discovers that he can help people save the world.



List your favourite animated version of a film. Write to us at [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

## Grammar mistakes it is okay to make

## 1. 'SINCE' OR 'BECAUSE'

'Since' no more only refers to time; it is also used to indicate a cause, just the way 'because' is used. So, use it if that's the word you prefer. Another way to keep things clear is by putting a comma before you introduce your cause that starts with a 'since'. Take, for example, "I could not attend your wedding reception, since I had to go to my brother's anniversary celebration."

## 2. 'WHILE' OR 'ALTHOUGH'

Though these two words mean different things, they are being used interchangeably. Let's take example for both cases, when you cannot swap the two and when you can. Take, for example, "While I was always good at badminton, my brother wasn't." In this case, 'while' can easily be

replaced with an 'although' to become, "Although I was always good at badminton, my brother wasn't." Let's take another example, "While I was busy with my work, he entered through the door." In this case, if you use 'although' instead of 'while', it will change the meaning.

## 3. 'OVER' OR 'MORE THAN'

Historically, the usage of 'over' has been meant to indicate distance. However, recently, 'over' has come to be used to indicate numerical comparisons as well, just the way 'more than' is used. Take, for example, "I waited for over three hours for her to finish her work."

## 4. 'LIKE' OR 'AS'

Today, many are replacing 'like' with 'as'. Take, for example, "I did like you said." It can be easily written as, "I did as you said." Though traditional usage may

advice against it, it is being done today and is acceptable.

## 5. ENDING A SENTENCE WITH PREPOSITIONS

Prepositions mean 'to place before'. So, experts argue that words like 'off', 'on', and 'with' cannot be placed at the end of a sentence. However, grammarian Charles Allen Lloyd has called it a "groundless notion" which is not supported by textbooks. Take, for example, "Who are you going with?" It still makes as much sense as, "With whom are you going?"

## Quiz time

## MIXED BAG

**Q.1) Which temples are well known for their Nagara style of symbolism and erotic figures and sculptures?**

- A. Aksardham B. Khajuraho C. Hampi D. Ajanta

**Q.2) Which railway station was built by**

- A. Mountain Railways of India B. Chhatrapati Shivaji Terminus C. Delhi railway station D. None

Frederick William Stevens with inspiration from Victorian Italianate Gothic Revival architecture and traditional Mughal buildings?

- A. Buland Darwaza B. Rani Ki Vav C. Pattadakal D. Sun Temple

**Q.3) Where are the Elephanta Caves situated in India?**

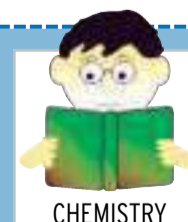
- A. West Bengal B. Sikkim C. Maharashtra D. Madhya Pradesh

**Q.4) Which heritage site is famous for its Chalukya style of architecture?**

- A. Buland Darwaza B. Rani Ki Vav C. Pattadakal D. Sun Temple

## ANSWERS

1. B) Khajuraho 2. B) Chhatrapati Shivaji Terminus 3. C) Maharashtra 4. C) Pattadakal



## KNOWLEDGE BANK

## CHEMISTRY

## PETN

Pentaerythritol tetranitrate (PETN), also known as PENT, PENTA, TEN, corpent, or penthrite is an explosive material. It is the

nitrate ester of pentaerythritol and is structurally very similar to nitroglycerin. Penta refers to the five carbon atoms of the neopentane skeleton. PETN is a powerful explosive material with a relative effectiveness factor of 1.66. When mixed with a plasticiser, it forms a plastic explosive. It is also used as a vasodilator drug to treat certain heart conditions.





# THE TIMES OF INDIA

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STUDENT EDITION



TUESDAY, JUNE 30, 2020

WEB EDITION

## NEWS IN BRIEF

CLICK HERE FOR MORE

### EDUCATION

#### CLASS X STUDENTS MAY OPT FOR TAKING EXAM IF NOT SATISFIED WITH RESULT: HRD MINISTER

Union HRD minister Ramesh Pokhriyal has said that CBSE students of class X may opt for taking the exam, if they are not satisfied by the result. Pokhriyal said, "As the remaining class X and XII CBSE exams, which were earlier rescheduled to be held between July 1 to July 15 have been cancelled, the CBSE has decided to declare the results on July 15." The result will be calculated on the exams which have already been given, but the students who think they could have done better if they had taken the remaining exams, may opt for giving exams again. This option will, however, be open for students who have not taken exams for all the subjects," he added.



■ The CBSE and ICSE on June 25 told the apex court that the remaining class X and XII CBSE exams, which were earlier rescheduled to be held between July 1 to July 15, in view of the Covid-19 pandemic, have been cancelled. ■ ICSE, on the other hand, told the top court that they might give an option to the class X students to write the exams at a later stage

### ENVIRONMENT

#### MELTING OF ANTARCTIC SEA ICE HAS MADE PENGUINS HAPPIER: STUDY



While human beings are anxious about the decreasing level of ice in the Antarctica, there is one species in particular that has been thriving on global warming. According to a latest research, Antarctica-based Adélie penguin is expected to see a population boom in the coming years, thanks to the decrease in sea ice level that has made it easier for these small birds to survive.

1 The researchers, who studied the penguins for four seasons, in a different sea ice conditions during each season, concluded that the result of sea ice melting can have different effects on different species, highlighting the complexity of climate change effects on wildlife

2 It turns out that Adélie penguins are happier with less sea ice, said researchers, as the increase in sea ice can make it difficult for penguins to walk. Less seawater let them dive as and when they wish, making them happier, they added

### SAY NO TO RACISM

#### NO WHITE ACTORS TO VOICE CHARACTERS OF COLOUR: THE SIMPSONS



The Simpsons' will no longer use white actors to dub the ethnic minority characters, the producers of the long-running animated series said. The decision includes a recurring character from the series launched in 1989—Apu Nahasapeemapetilon, a grocer of Indian origin, voiced in the American version of the show by white actor Hank Azaria. The character has long been seen as problematic, conveying racist stereotypes. The announcement came as Mike Henry, the white actor, who voices the black character of Cleveland Brown in Family Guy, another animated series produced by Fox, announced on Twitter that he was giving up the role.

Americans are in the midst of a reckoning on systemic racism and discrimination, ignited by the killing of George Floyd, an African-American man, by a white police officer in Minneapolis on May 25

## RISE IN CYBERATTACKS FROM CHINA. OVER 40,000 CASES IN 5 DAYS

# Is India prepared to cope with such threats?

Hackers based in China have attempted over 40,000 cyberattacks on India's Information Technology infrastructure and banking sector in the last five days, a top police official in Maharashtra said. The spurt in online attacks from across the border was noticed after tensions rose between the two countries in eastern Ladakh, said Yashasvi Yadav, Special Inspector General of Police, cyber wing. Fraudulent email ID, such as 'ncov2019@gov.in' was found, which sent bogus information about free Covid-19 testing for residents of Delhi, Mumbai, Hyderabad, Chennai and Ahmedabad, officials said.

### X-PLAINED: CYBERATTACK

**WHAT** In simple terms, a cyberattack is a type of attack that is launched from one or more than one computer against each other. There are broadly two types of cyberattacks: attacks where the goal is to disable the target computer and knock it offline, or attacks, where the goal is to get access to the target's computer data, and perhaps gain admin privileges on it.

**WHERE** A cyberattack can be employed by sovereign states, individuals, groups, society or organisations; it may originate from an anonymous source as well. Depending on the context, cyberattacks can also be a part of a cyberwarfare or cyberterrorism. A product that facilitates a cyberattack is sometimes called a cyberweapon.

**WHY** In recent years, countries have resorted to cyberwarfare to attack against one other. While conventional weapons are only allowed to be deployed by a country's military, in the realm of cyberwarfare, governments usually deny their association with the hacker outfits. The Chinese government, for instance, has on numerous occasions, denied its role in hacking operations emerging from the mainland.

### INDIA AND CYBERWARFARE

■ According to some analysts, India remains highly vulnerable to cyberattacks, made worse by an inability to conduct any counter-offensive operations  
 ■ While China has ramped up investment into cyberwarfare and cybersecurity over the years, India has lagged behind. In fact, the country still does not have any dedicated laws around data protection and security. In fact, the Defence Cyber Agency was constituted last year ■ Given India's lack of preparedness, some experts have suggested that bolstering defence part-



### CYBER WORLD TERMINOLOGIES

**MALWARE:** According to Microsoft, malware, short for malicious software, refers to any kind of software that "is designed to cause damage to a single computer, server, or computer network." Worms, viruses and trojans are all varieties of malware. They are distinguished from one another by the means by which they reproduce and spread. These attacks may render the computer and network inoperable, or

grant the attacker root access so that they can control the system remotely  
**PHISHING:** Phishing is a technique by which cybercriminals craft emails to fool a target into taking some harmful action. The recipient might be tricked into downloading malware that's disguised as an important document  
**RANSOMWARE:** Ransomware is a form of malware that encrypts a victim's files. The attacker then demands a ransom from the victim to restore access to the data upon payment

nerships with technologically superior allies, like Japan or the United States, or the setup of a defence coalition, may be India's best bet at protecting itself from cyber threats.  
 ■ This would allow the country to benefit from real-time information sharing and improved training

### ASTRONAUT ACCIDENTALLY LOSES MIRROR DURING SPACEWALK

USpacewalking astronaut added to the millions of pieces of junk orbiting the Earth, losing a small mirror, as soon as he stepped out of the International Space Station for battery work. Commander Chris Cassidy said the mirror floated away at about a foot per second. Mission Control said the mirror detached from Cassidy's spacesuit. The lost item posed no risk to either the spacewalk or the station, NASA said. Spacewalking astronauts wear a wrist mirror on each sleeve to get better views while working. The mirror is just 5 inches by 3 inches, and together with its band has a mass of barely one-tenth of a pound.

While millions of pieces of space debris orbit the Earth, more than 20,000 items, including old rocket parts and busted satellites are big enough to be tracked to safeguard the space station and functional satellites



### Out-of-the-box lunar loos

Proper positioning and precision landings are not only the crux of lunar landings, it is very important for lunar loos as well. A small deviation this way or that can cause anything—from an embarrassment to a catastrophe. NASA has, therefore, intensified its activity on astronauts' excretions. After developing a \$23 million 'Universal Waste Management System'—a hi-tech porta-potty—to be tested on the International Space Station, the premier space agency has now announced a contest for a lunar loo. Given that the first lot of astronauts had to make do with little more than plastic bags taped on their posteriors, this effort being made to ease their ablations now is truly commendable.

The \$35,000 in prize money for the open contest is apparently to tap ideas beyond traditional aerospace engineering concepts, as the toilet will have to function in the microgravity of space as well as lunar gravity, which is one-sixth of what we experience on Earth



## Now, a humanoid is a part of a sci-fi movie

Yes, you heard it right. An artificially-intelligent humanoid robot has grabbed the leading role for an upcoming Hollywood sci-fi movie. Titled, 'b', the \$70 million movie will have 'Erica', the eerily human-like android actress, who will play the role of a genetically-modified superhuman, who goes on the run with the scientists who created her....

➤ Erica, who made her public debut back in 2015, is the brainchild of roboticist Hiroshi Ishiguro of Japan's Osaka University, who calls his creation the world's 'most beautiful and human-like android'  
 ➤ The AI-powered android resembles a 23-year-old woman. While she can't move around by herself, she can tilt her head and blink, sports a sophisticated speech synthesiser, and can use her array of infrared sensors to recognise people  
 ➤ According to 'Daily Mail', her first appearance on the silver screen is the result of a deal with Los Angeles-based Life Productions, a firm that specialises in AI artistes



## THIS DAY THAT YEAR

### JUNE 30

**1908:** Tunguska Fireball. A giant fireball, most likely caused by the air burst of a large meteoroid or comet, flattens 80 million trees near the Stony Tunguska River in Yeniseysk Governorate, Russia, in the largest impact event in recorded history

**1936:** Margaret Mitchell's novel, 'Gone with the Wind' published

**2019:** President Donald Trump becomes the first sitting US president to set foot in North Korea in the Korean Demilitarised Zone meeting Kim Jong Un

## WORD WATCH

**Incontrovertible:** Means not open to question; indisputable. It is derived from a Latin adjective, controversus, which literally means, 'turned against.'

### WOULD YOU TRY

#### Chyawanprash/Haldi ice cream?



Karnataka-based popular dairy brand has got everyone talking online after launching two new ice-cream flavours, however, not for the reasons they would like. Keeping in mind the health quotient in food products, Dairy Day has launched two new range of ice-cream flavours – Haldi and Chyawanprash – to help boost immunity. The two new ice-cream flavours, which also have the goodness of amla, honey and dates, haven't really whetted people's appetite, at least not on social media.



### Facebook will prompt users when they try to share links

Facebook is tweaking its platform with subtle changes, in response to the public outcry over its decision to not moderate content. One such update will feature prompts that will pop up to let users know if they're about to share the link to an article that was published a while ago.

### TECH BUZZ

■ The pop-up will be triggered, if the article shared was originally published more than 90 days ago, prompting users to rethink whether the content will be relevant to their friends before it appears on their news feeds ■ The issue of old news had given headaches to online publishers

### FUN-ZONE

#### NEW ON THE WEB!

Have you tried the MCQ section of [www.toistudent.com](http://www.toistudent.com) yet? Log in now for



QUIZ



MIND TEASERS



FUN WITH RIDDLES



JUMBLD WORDS...

Find out who tops the chart every day! It could be YOU!!!!

#### ACTIVITY OF THE DAY

### History Mystery

**1** In January 1962, on the occasion of Swami Vivekananda's birth centenary, a group of people formed the Kanyakumari Committee whose objective was to put up a memorial on the rock and a pedestrian bridge leading to the rock.

**Vivekananda Rock Memorial, Kanyakumari**



Christians that it was St Xavier's Rock. It decreed that although the rock was Vivekananda Rock, there would be no memorial constructed on it. The then Chief Minister of Tamil Nadu, M

Bhaktavatsalam, said that only a tablet declaring that the rock was associated with Swami Vivekananda could be put up, and nothing else. With government permission, the tablet was installed on the Rock on 17 January 1963.

Vivekananda Rock Memorial was inaugurated in 1970 in honour of Swami Vivekananda who is said to have attained enlightenment on the rock.

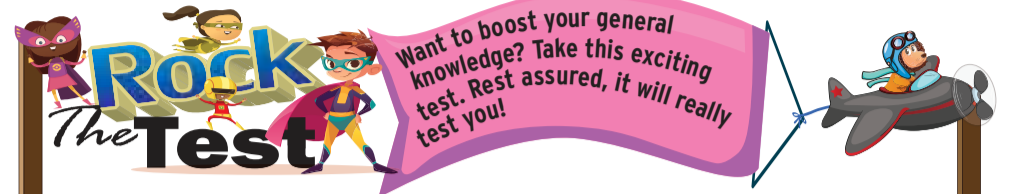
**2** The biggest monastery of Buddhists in Spiti Valley, Key Monastery is over 1000-year-old. It is the oldest training center for Lamas. It was founded by Dromton, a famous disciple of teacher Atisha in the 11th century. Key Monastery was destroyed by invaders and rebuilt several times. In 1840 it caught fire and in 1975, it suffered extensive damage due to an earthquake. The monastery appears like a fortress. It is famous for its architecture and is known for its ancient murals, rare thangkas (Tibetan Buddhist painting on cotton, silk, usually depicting a Buddhist deity, scene, or mandala), and ancient weapons.

**Key Monastery, Spiti Valley**



Photo: Milind Kudapa

Content and pics by 'History Diaries'. Co-founded by IIT-Delhi alumni, it is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools



Want to boost your general knowledge? Take this exciting test. Rest assured, it will really test you!

**Q1.** From which city did Mangal Pandey lead the revolt of 1857?  
A: Delhi   
B: Jhansi   
C: Barrackpore   
D: Kanpur

**Q2.** Who was the governor-general during the Revolt of 1857?  
A: Lord Canning   
B: Lord Irwin   
C: Lord Lytton   
D: Lord Wellington

**Q3.** Who was a prominent leader in Lucknow during the Revolt of 1857?  
A: Begum Hazrat Mahal   
B: Rani Laxmibai   
C: Kuar Singh   
D: Bahadur Shah Zafar

**Q4.** Name the poet who wrote the famous poem 'Jhansi Ki Rani' about Rani Laxmibai.  
A: Subhadra Kumari Chauhan   
B: Sarojini Naidu



#### HISTORY

Theme: First War of Independence

C: Maithili Sharan Gupta   
D: Toru Dutt

**Q5.** Who among the following British officials suppressed the Revolt of Jhansi?  
A: Henry Lawrence   
B: Henry Havelock   
C: Colin Campbell   
D: Hugh Rose

**Q6.** In which city did Rani Laxmibai die during the revolt?  
A: Jhansi   
B: Gwalior

C: Indore   
D: Meerut

**Q7.** Which city marked the beginning of the Revolt of 1857?  
A: Jhansi   
B: Barrackpore   
C: Gwalior   
D: Meerut

**Q8.** One of the effects of the Indian Revolt of 1857 on the East India Company was that...  
A: It was strengthened with more administrators   
B: Crown of England recognised it   
C: British Crown surrendered   
D: It was dissolved

ANSWERS: 1. C, 2. A, 3. A, 4. A, 5. D, 6. B, 7. D, 8. D

#### Quiz time

CURRENT AFFAIRS



**Q.1)** Eastern Bridge-V is a joint bilateral exercise between India and which country?

- A. Bhutan
- B. Japan
- C. Burma
- D. Oman

**Q.2)** Which of the following states



Buddha Nullah is a seasonal water stream, which runs through the Malwa region of Punjab and after passing through the highly populated Ludhiana district, drains into Sutlej river. Today it has also become a major source of pollution in the region.

**celebrates Shirui Lily Festival?**

- A. Assam
- B. Manipur
- C. Andhra Pradesh
- D. Kerala

**Q.3)** What is the Buddha Nullah?

- A. An ancient Buddhist site
- B. Statue of Lord Buddha
- C. A water stream
- D. Image of Buddha

ANSWERS

1. D) Oman 2. B) Manipur 3. C) A water stream

#### KNOWLEDGE BANK



GEOGRAPHY

#### The White Lady

Mont Blanc or the White Mountain is the highest mountain in the Alps and the European Union. This mountain rises 15,781 ft above sea level. Its other names are La Dame Blanche (in French 'the White Lady') or Il Bianco (Italian for 'the White One'). The mountain lies in a range between Italy and France.

#### IDIOM OF THE DAY

**EVERYTHING BUT THE KITCHEN SINK**  
Meaning: Almost everything and anything has been included.

#### WORD WISE



**Rambunctious (adjective):** difficult to control or handle; wildly boisterous

Synonyms: Unruly, turbulent, boisterous, raucous, noisy, tumultuous, energetic, unrestrained, etc

**Examples:**  
The unruly behaviour of the young boys was too much for the old guard to handle.  
The boat tossed and tumbled uncontrollably in the turbulent waters.

The boisterous bunch of children brought the whole place alive.  
The disagreement over the result of the match led to a raucous debate between the officials of the two teams.

#### COMMON GRAMMATICAL MISTAKES

##### 1. ABHORRENT/ABERRANT

###### THE RULES:

- "Abhorrent" describes something truly horrible
- "Aberrant" is just abnormal.

###### HOW NOT TO DO IT:

- She said sanitary conditions in the emergency room were **aberrant**.
- Weeks ago the nation witnessed the culmination of **abhorrent** fan behaviour.

###### HOW TO DO IT PROPERLY:

- She said sanitary conditions in the emergency room were **abhorrent**.
- Weeks ago the nation witnessed the culmination of **aberrant** fan behaviour.

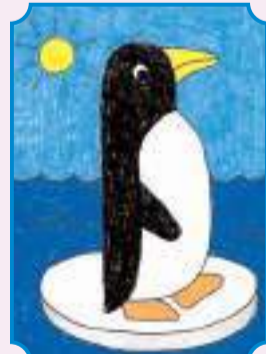
### Painters' Gallery



Viha Kotak, Class X, S N Kansagra School, Rajkot



Rishit Savaliya, Class V, DPS, Rajkot



Ayushman Bairathi, Class III, PIS, Gandhinagar



Dharna Gulabani, Class VII, St. Kabir School

### SCHOOL IS COOL

#### Students make their school proud

Five students of Sainik School Balachadi Jamnagar brought laurels to school after they got commissioned from Indian Military Academy (IMA) Dehradun and Indian Naval Academy (INA) Ezhimala.

Lt Abhay Kumar Singh, Lt Hiren Bhesaniya and Lt Sanidhya Shivam are one of the 333 Young Officers who took part in passing out parade and graduated from IMA recently. While Sub Lt Sunil Kumar Yadav and Sub Lt Amar Prem got commissioned from INA. These Cadets are the proud alumnus of Sainik School Balachadi, Jamnagar.

Gp Capt Ravinder Singh, Principal, Sainik School Balachadi congratulated these young officers and their proud family members on this occasion. He wished that success of



these Cadets will definitely motivate the other students to work hard to join Defence Services to serve the nation.

On this occasion, Lt Cdr Manu Arora, Vice Principal, Sq Ldr Mahesh Kumar, Adm Officer and Staff of the school extended their warm wishes to these proud cadets.

#### TECHNOLOGY WITH A DIFFERENCE

In this ever-changing, fast-paced world, technology plays an irreplaceable role. Humanity as a whole is dependent on technology in all aspects of life. In the current scenario, it is necessary to utilize technology effectively and make the most of the resources we have.

Various methods of doing this include using technology for online learning, communication, and entertainment. This ensures that daily life and work are not completely disrupted and we can manage to stay productive while staying at home.

It also provides a source of entertainment and leisure and drives boredom and monotony away. Technology has made our lives immensely convenient, however, we must ensure that we take adequate precautions online and not reveal too much personal information online. This ensures our safety and security is not compromised.

ADITI KAPOOR, class X

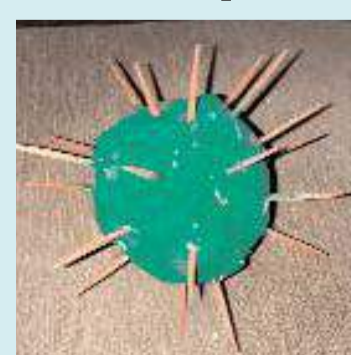
#### Young minds go the creative way!



Kaschit & Kathan Bhavsar, Class III, LML



Tirth Pandya, Class III, PIS, Sherkhi



Dhariya Patel, Class V, SGVP

#### ODE TO THE PEN

We shall win



Rudra Chudasama, Class IV, Mother Teresa School

Although we are in a condition now, Someday, COVID-19 shall say 'ciao' The dove will be set free once more, No more will people be scared from a throat sore. Again, I shall go to school Again, we shall be unafraid of a pandemic cruel. Life will go back to how it used to be, From the clutches of COVID-19, we shall be free The trees will dance at night I will be very proud of the sight. The stars will shine as bright as ever, Humanity shall thrive always and forever, The world is getting clean On our fabulous achievements, we shall once again preen This day is not far away, All we must do is fight and pray. God is always with those who seek help, Those patients shall not cry and yelp. This is not over yet. The battle must be fought. And Humanity shall win.

AASHNA ANADKAT, class VII, SNK School, Rajkot.

#### Rose - a beautiful flower

I am a beautiful flower, I am of red colour I make the air clean, I give out a sweet fragrance Honey Bees drink my nectar I am used to make necklaces, perfume, and for decoration. PRANEEL TARAPARA, class II, SGVP International School





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STUDENT EDITION

MONDAY, JUNE 29, 2020



WEB EDITION

## VIEWPOINT

**F**MCG major Hindustan Unilever has said that it will remove the word, 'fair' from its popular skincare brand, 'Fair & Lovely', as part of a global rebranding exercise by its parent company, Unilever. While the move has come at a time when there are growing voices against racial stereotyping, the company insisted that its step has got nothing to do with the current anti-racism movements in the West, saying it has been working on the evolution of the ₹2,000-crore brand for many years. As part of the re-branding, the company will also be announcing the new name for the 'Fair & Lovely' Foundation, set up in 2003 to offer scholarships to women to help them pursue their education.

The company said its other skincare portfolio will also adopt a new holistic vision towards beauty that cares for everyone and celebrates all skin colours

### PRESSURE WORKED

- In the past two weeks, at least three change.org petitions came up globally, asking Unilever to drop the cream from markets in Asia
- In recent years, campaigns, such as 'Dark is Beautiful' and #unfairandlovely have questioned Indian's obsession with fair skin
- Bollywood stars and popular beauty pageants have been criticised for promoting colourism

## Now, 'Fair' is no longer 'lovely'



### OTHERS FOLLOW

■ Several FMCG companies are concerned about their brands after 'Black Lives Matter' protests across the globe  
 ■ Recently, the US healthcare giant Johnson & Johnson stopped the sale of its skin-whitening creams globally, including India. ■ Similarly, the French cosmetics giant L'Oréal has also decided to drop the words, 'white', 'fair' and 'light' from all its skin products

'Colourism' is perhaps the most visible form of racism in the subcontinent

### REACTIONS GALORE

Though I am all for creative freedom, racism is not freedom. Dropping a word will not change the way we look at dark people. Think of what the West Indian cricketers feel when we 'endearingly' call them "kaalu". **PRITISH NANDY**, poet-writer



This wrong dream that only fair is lovely and beautiful, is a deep-rooted stigma, when the majority of the country is brown-skinned. It's a mammoth step from the brand; other brands should follow suit **BIPASHA BASU**, actor



It's a step in the right direction. When a leading company that has managed to make their brand synonymous to what is considered beautiful, decides to re-brand, re-strategise and remove the word fair from their brand, it is significant. It will generate the debate on colourism. **NANDITA DAS**, actor

We have a long way to go in breaking our conditioning of what constitutes beauty, but this is a small step in the right direction. What a beautiful beginning! #nomorefairandlovely #peoplepower **ABHAY DEOL**, actor



**The BIG Q:** Can renaming a fairness cream stop colourism? Have you faced any discrimination because of your skin colour?

Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com)/ [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

## MANN KI BAAT



### Learn from the experiences of your grandparents, PM tells children

**ON PROMOTING TRADITIONAL INDOOR GAMES:** We need to promote the traditional indoor games of India in a new and attractive avatar. We need to help startups, which will promote India's indoor games, and step aside slightly from playing other online games as we try to be vocal about local in these fields as well. Now, that it has

Interview your grandparents and other elderly relatives - ask them about their lifestyle when they were of your age, what sports they played, etc. Save these interviews on your devices. These video interviews can help us prepare for a better future as the experiences of the elders in any household is necessary for the growth of a young individual

come to studying online, to get rid of online gaming, we must do so for the sake of our children.

**ON THE ROLE OF GRANDPARENTS:** The grandparents and the elders of the house should hand over traditional games, like Pachisi, Moksha Patam and Gutta to the new generation. In order to strike a balance with the advent of online gaming, elders must do so for the sake of the children

**ON GAMES LIKE GUTTA:** Gutta is popular with elders and the children alike, and involves simply getting hold of five small stones of the same size and Behold! - you are ready to play Gutta! You've to throw one stone into the air and while that stone is in the air, you have to grab the remaining stones on the ground.

How about bonding with your grandparents and elders over our traditional indoor games or taking interviews on their experiences? Please share a video under 2 minutes at [timesnie175@gmail.com](mailto:timesnie175@gmail.com) and we will feature you!

## DOODLING SCHOOLBOY LANDS LUCRATIVE GLOBAL BOOK DEAL

**A** schoolboy told to stop doodling in class has landed a deal to illustrate three books for children. **Joe Whale**, 10, received fame after going to an after-school arts club and putting his work online. According to reports, Joe Whale was sent to an after-school arts club by his parents, after he got into trouble for drawing during class, as he was feeling bored. However, his art teacher was so impressed with his fun sketches that she asked his parents if she could put them on Instagram, to which they agreed.

### YOUNG ACHIEVER

His creations attracted an army of fans around the world, leading him to be affectionately nicknamed, 'The Doodle Boy'. He was hired to create a mural in a restaurant and a US TV show. But the big ticket came when a US publisher asked him to illustrate a series of three children's books, with the first to be published globally next year

## BEAR GRYLLS SET TO BRING 'WORLD'S TOUGHEST RACE' TO OTT WORLD

**P**opular host and adventurer Bear Grylls will be hosting a new reality competition series, 'World's Toughest Race: Eco-Challenge Fiji'. The 10-episode adventure series is about the expedition race, in which 66 teams from 30 countries



### ADVENTURE

race non-stop for 11 days, 24 hours a day, across hundreds of miles of rugged Fijian terrain complete with mountains, jungles and oceans. The show was filmed in Fiji last year. The 330 competitors form teams of five, including four racers and an assistant crew member, and go on an adventure race.

Team Khukuri Warriors is the first team from India to join the Eco-Challenge. Led by twins, Tashi Malik and Nungshi Malik, the team will be joined by a mountain climbing, skiing and rafting expert, doctor and their father, who was a former Colonel in the Indian Army. The show will premiere on Amazon Prime on August 14

## NEWS IN BRIEF

CLICK HERE FOR MORE

### ARCTIC SEA ICE WITNESSED MASSIVE DECLINE IN 2019: SCIENTISTS

**T**he National Centre of Polar and Ocean Research (NCPOR) has found a dramatic decline in the Arctic sea ice due to global warming. The largest decline took place in July 2019, they said. The study has also pointed out that the decrease of the

### ENVIRONMENT

Arctic sea ice area and the increase in the duration of summer and autumn seasons have affected the local weather and climate over the Arctic Ocean and its marginal seas.

- The decline of sea ice has led to a localised increase in evaporation, air humidity, cloud cover and rainfall
- The Arctic sea ice is a sensitive indicator of climate change, and has strong retaliatory effects on other components of the climate system.
- Between 1979 and 2018, the sea ice has been declining at a rate of -4.7 per cent per decade, while its rate was found to be -13 per cent in July 2019.



### SPACE AGENCIES UNVEIL SITE SHOWING LOCKDOWN CHANGES TO EARTH

**Y**ou can now see how coronavirus lockdowns have changed air pollution, hospital lights and even white asparagus harvests. Using data from 17 satellites, three space agencies have created a website that serves as a global dashboard for temporary changes observed from the orbit. The European Space Agency, Japan Aerospace Exploration Agency and NASA on Thursday unveiled the Earth Observing Dashboard at [eodashboard.org](http://eodashboard.org).

### SPACE DASHBOARD

- The data, which will be expanded in the future, monitors 30 environmental indicators, 17 economic signals and three agricultural indices.
- The dashboard reflects some signs of a return to normal in parts of the world.

### VACCINE AGAINST COVID-19 NOT CERTAIN, SAYS WORLD HEALTH ORGANISATION

**I**t is not certain that scientists will be able to create an effective vaccine against the coronavirus that has caused the Covid-



### CORONA UPDATE

19 pandemic, but it could take a year before one were to be invented, the head of the World Health Organisation said. Speaking to deputies from the European Parliament's health committee via video conferencing, Tedros Adhanom Ghebreyesus said that if such a vaccine became a reality, it should become a public good available to all. He said the WHO had already more than a 100 candidates for a vaccine, of which one was at an advanced stage of development.

## BOLLYWOOD RESUMES SHOOTING, STRICT VIRUS RULES BAN 'ELABORATE & EXTRAVAGANT' SCENES



**B**ollywood will resume film shoots immediately, industry representatives have said, but strict virus rules banning "elaborate or extravagant" scenes threaten to strip the world's biggest movie-making machine of its trademark dazzle. The decision by three major industry bodies end three-months-long hiatus that was imposed following a nationwide coronavirus lockdown in India in late March.

- Filmmakers will not be allowed to film wedding scenes or fight sequences that have long been Bollywood staples. ■ Furthermore, actors over the age of 65 are banned from being on set - a rule that would see some of India's most revered stars, such as 77-year-old Amitabh Bachchan, forced to stay home instead.
- Social distancing norms will put a stop to scenes showing actors kissing or embracing, spelling a return to the 1980s, when songs often cut to images of flowers brushing against each other, then a shorthand for romance.
- Producers will also be required to have a doctor, nurse and an ambulance on set. The 16-page set of guidelines, framed by the Producers Guild of India, also includes a request for actors to do their hair and makeup at home, and urges casting directors to locate real-life relatives for family sequences to limit interactions with strangers

## Bayern Munich lift Bundesliga title after demolishing Wolfsburg 4-0



**B**ayern Munich, already crowned Bundesliga champions last week, lifted the league trophy in an empty stadium on Saturday after crushing hosts VfL Wolfsburg 4-0 on the final matchday. The Bavarians, who have matched a club record of 25 matches in all competitions without defeat and are unbeaten in the Bundesliga in 2020, went ahead in the fourth minute with Kingsley Coman netting from Thomas Müller's 21st assist, a league record. Bayern can win more silverware next week with the

The bizarre trophy ceremony in the empty Wolfsburg stadium was a reflection of the season that was interrupted for more than two months in March due to the Covid-19 pandemic

German Cup final against Bayer Leverkusen. They are also still in the Champions League. (REUTERS)

## FUN-ZONE

**NEW ON THE WEB!**

Have you tried the MCQ section of [www.toistudent.com](http://www.toistudent.com) yet? Log in now for



QUIZ



MIND TEASERS



FUN WITH RIDDLES



JUMBLD WORDS...

Find out who tops the chart every day! It could be **YOU!!!!**



SNAKE

**KNOWLEDGE BANK**

**African Black Mamba**

This is a highly venomous snake species native to Sub-Saharan Africa. It is the second longest venomous snake species in the world and fastest moving land



snake, moving at 4.32 to 5.4 m per second. It often mimics a cobra by spreading a neck-flap, exposing its black mouth, raising its body off the ground, and hissing. When warding off a threat, it delivers multiple strikes, injecting large amounts of virulently toxic venom with each strike.



**Word Wise**

**submerge:** To cover or overflow with water; immerse. To sink or plunge under water or beneath the surface of any enveloping medium.

Synonymous words: **drown, engulf, drench, flood, sink, inundate, overflow, overwhelm,**

subside, plunge, etc

Examples: ■ **Submerge** the apple slices in the syrup and allow them to "rest" for a few hours

■ The students **immersed** themselves in Spanish culture.

■ The submarine was **submerged** in the accident, which set off the explosion.

**Rock The Test!** Want to boost your general knowledge? Take this exciting test. Rest assured, it will really test you!

**GRAMMAR**  
Theme: Synonym vs Antonyms

**Q1: What is a synonym for generosity?**  
A: Stinginess   
B: Unselfishness   
C: Happiness   
D: Consistent

**Q2: What is a synonym for discomfort?**  
A: Litigate   
B: Conflict   
C: Embarrass   
D: Frustrate

**Q3: What is an antonym for abundant?**  
A: Overflowing   
B: Rich   
C: Meagre   
D: Sufficient

**Q4: Which of these is a synonym for timid?**  
A: Meek   
B: Mean   
C: Mead   
D: Meet

**Q5: Which of these is not a synonym for taciturn?**  
A: Modest   
B: Silent   
C: Laconic   
D: Talkative

**Q6: What is an antonym for obloquy?**  
A: Disrepute   
B: Ignominy   
C: Condemnation   
D: Honour

**Q7: Which of these is a synonym for facilitate?**  
A: Worsen   
B: Expedite

**Q8: Which of these is not a synonym for supercilious?**  
A: Arrogant   
B: Superior   
C: Imperious   
D: Modest

**Q9: Which of these is a synonym for lackadaisical?**  
A: Enthusiastic   
B: Casual   
C: Absence   
D: Dearth

**ANSWERS: 1. B, 2. C, 3. C, 4. A, 5. D, 6. D, 7. B, 8. D, 9. B**

**CHECK YOUR APTITUDE**

1) The last day of a century cannot be  
A. Monday B. Wednesday  
C. Tuesday D. Friday

2) Three times the first of three consecutive odd integers is 3 more than twice the third. The third integer is:  
A. 3.5 B. 4.5  
C. 5.6 D. 6.5

3) Gita purchased 20 dozens of toys at the rate of ₹375 per dozen. She sold each one at the rate of ₹33. What was her percentage profit?  
A. 3.5 B. 4.5  
C. 5.6 D. 6.5

4) In a game of 100 points, A can give  
A. 9 B. 11 C. 13 D. 15

B 20 points and C 28 points. Then, B can give C:  
A. 8 points B. 10 points  
C. 14 points D. 40 points

**ANSWER:**  
1. Tuesday 3. 5.6  
2. 15 4. 10 points

**Quiz time**

**SCIENCE**

**Q.1) Which advanced digital imaging solution has secured the Guinness World Record for developing the smallest commercially available image sensor?**  
A. Omni Vision  
B. Mini Vision  
C. Ultra Vision  
D. xTra Vision

**Q.2) What is the name of a robot created by India and the UK to encourage children to wash their hands?**  
A. Handyman B. Handa

**Q.3) Who among the following persons invented 'Phenakistoscope' (moving media) and Google celebrated his 218th birthday with a Doodle?**  
A. John Plateau  
B. Joseph Antoine Ferdinand Plateau  
C. Dracker Ontario  
D. Richard Brown Williamson

**ANSWERS**  
1. A) Omni Vision 2. C) Pepe 3. B) Joseph Antoine Ferdinand Plateau

**COMMON GRAMMATICAL MISTAKES**

**1. ALLUDE/ELUDE**

**THE RULES:**  
■ "Allude" is to refer to something in an indirect manner.  
■ "Elude" is to avoid or escape authority, etc.

**HOW NOT TO DO IT:**  
■ In fact, McCarthy **eluded** Williams as being an afterthought in Green Bay's game plan.

**HOW TO DO IT PROPERLY:**  
■ In fact, McCarthy **alluded** to Williams as being an afterthought in Green Bay's game plan.  
■ Gregory was arrested at the scene after allegedly attempting to **elude** the police.

**WORD WATCH**

**1) garrulous (GARE uh luh) adj.**  
■ combative ■ brash  
■ bitter ■ talkative

**2) pittance (PITT ns) n.**  
■ small amount

**3) ossify (OSS ih fy) v.**  
■ to diminish ■ make dull  
■ fall apart ■ harden

**4) portray v.**  
■ to describe ■ perceive

**5) staples n.**  
■ life-giving forces  
■ qualities to depend upon  
■ raw materials  
■ medical supplies

**ANSWERS**  
1) Talkative; as, Garrulous people chatter on about trivial matters. Latin garrulus. 2) Very small amount; as, The pay was a mere pittance. Old French pittance (portion of food allowed a monk). 3) To harden or become bone-like. Also, to become inflexible in attitude or habits; as, tribes whose traditions became ossified centuries ago. Latin ossis (bone). 4) To describe verbally, or represent in painting. Latin protrahere (to draw forth, reveal). 5) Raw materials; chief products in constant demand. Middle Dutch stapel (emporium).

**IDIOM OF THE DAY**  
**> NO DICE**  
Meaning: To not agree. To not accept a proposition.

**JUMBLD WORDS**  
**1) otpentia**  
A: potential B: perfection  
C: glorious D: query

**2) ertiytar**  
A: depend B: tertiary  
C: confidence

**ANSWERS**  
1) A: potential 2) B: tertiary

**Painters' Gallery**

**Amarlal Kukreja, Class VII, Zekar School For Children**

**Pujan Kardani, Class XII, S N Kansagra School, Rajkot**

**Dilshan Shah, Class I, Zydu School For Excellence**

**Sanskriti Kamble, Class IX, PIS, Sherkhi**

**SCHOOL IS COOL**

**Yoga At Home, Yoga With Family!**

Schools across the state celebrated international yoga day 2020 online...

**Delhi Public School (Bopal)**  
asanas and breathing exercises. The short yoga session was conducted by keeping proper distance under the guidance of Nish Rawal and Nipa.

**Air Force School Bhuj**  
Celebrations at Air Force School Bhuj resorted to virtual yoga due to COVID-19 by following campaign "Yoga at Home, Yoga with Family" started by the Ministry of Ayush. The school has organized a virtual meet for conducting Yoga sessions and the link to join the meet was shared with all the teachers and students. As the session began, Shalini Kaistha, welcomed the Yoga Instructor Pawan Kanwar, teachers, students, and parents. She briefed the participants about the sequence of events planned for the session. Sports Teacher Vanitha conducted warm-up exercises. Subsequently, Yoga Instructor continued the session with different yoga postures including Vrikshasana, Uttanaasana, Trikonaasana, Bhadrasana, Bhujan-

**St Kabir School**  
The young Kabirians celebrated Yoga day in a different way this time. They performed various yoga asanas with their family while staying inside their homes. To encourage students, the school management uploaded videos and photographs of students performing the poses of yoga asanas on their schools' social media pages & school's website. As Father's Day coincided with International Yoga day, some fathers even joined their children and performed yoga asanas in order to keep their spirits high. It was indeed celebrated in a

**Sainik School (Balachadi)**  
Sainik School Balachadi, Jamnagar, celebrated this international mega event through online mode. Cadets participated in Yoga session from their home town as per theme 'Yoga for Health - Yoga at Home'. Officers, Staff and their families performed Yoga in school by maintaining proper social distancing. Cadets and staff performed Yoga under the guidance of school Yoga Instructor Bhavesh Chandegra and PTI Kumar. On this great occasion, Gp Capt Ravinder Singh, the Principal, highlighted the importance of Yoga in day-to-day life of human being and said Yoga changes the lifestyle of a person and it helps to increase the immune system.



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STUDENT EDITION

FRIDAY, JUNE 26, 2020



WEB EDITION

THIS DAY  
THAT YEAR

JUNE 26

**1997:** 'Harry Potter and the Philosopher's Stone', the first book in JK Rowling's best-selling series, is published

**1979:** 'Moonraker', the 11th James Bond film starring, Roger Moore, premieres in London

**1977:** Elvis Presley sings in Indianapolis, the last performance of his career

**1975:** PM Indira Gandhi declares a state of emergency

**1945:** United Nations Charter signed by 50 nations in San Francisco

WORD  
WATCH

FRATERNISE:

Means to associate or mingle as brothers or on fraternal terms; to associate on close terms with members of a hostile group, especially when contrary to military orders; to be friendly or amiable. Both fraternise and fraternal (meaning 'of, relating to, or involving brothers') is derived from a Latin word, frater, meaning 'brother.'

IRECOMMEND

Humanoid robot makes music video debut



A new humanoid robot has made its first public appearance after starring in a new music video by Italian conceptual artist Alex Braga. You can watch it at <https://reut.rs/3ealbKx>

## EDUCATION UPDATES

### CBSE cancels class X exams, class XII optional

The Central Board of Secondary Education (CBSE) on Thursday told the Supreme Court that class X and XII board exams, scheduled for July 1-15, have been cancelled. The results for both would be declared by July 15 based on internal exams. In its report to the SC, the Centre said, class XII students would have the option to appear for the exams at a later date.

### Revisit exam guidelines: HRD to UGC

With the rising cases of Covid-19 across the country, Union human resource development (HRD) minister Ramesh Pokhriyal Nishank has asked the University Grants Commission (UGC) to revisit its guidelines on conducting exams for the next academic calendar.

### IIT, Bombay scraps face-to-face lectures

In a first, IIT, Bombay, has become the first major educational institution in the country to let go of all face-to-face lectures in 2020. According to Subhasis Chaudhuri, director, IIT, Bombay, the teaching for the next semester will be "purely in the online mode". The details of the "extensive" online class details will be given to students in due time, Chaudhuri said in a Facebook post.

## 'INEQUALITY GAP IN INDIA TO NARROW DOWN POST COVID-19'



In a peculiar trend, the inequality gap in India is expected to narrow after the Covid-19 pandemic, even as per capita income (PCI) is projected to decline by 5.4% during the ongoing fiscal to ₹ 1.43 lakh, according to a State Bank of India (SBI) research report. This was attributed to the likely higher PCI decline of around 10-12% in rich states, like Maharashtra and Tamil Nadu compared to a less than 8% decline for relatively poorer states, like Uttar Pradesh and Bihar, the report said.

According to the report, it takes an economy longer to recover in PCI terms to normal levels after a crisis, as compared to an average of four years to reach pre-crisis gross domestic product (GDP) levels

**WHAT IS PCI:** Per capita income is a measure of the amount of money earned per person in a nation or a geographic region. It can be used to determine the average per-person income for an area or to evaluate the standard of living and quality of life of the population.

#### HOW IS IT CALCULATED?

PCI for a nation is calculated by dividing the country's national income by its population. It counts each man, woman and child, even new-born babies as a member of the population.

**ITS SIGNIFICANCE:** The PCI of an economy is an important metric, as it indicates the standard of living and the development status of a country. It is used by most global institutions and rating agencies in their forecasts.

**WHAT IS GDP?** It is the monetary value of all finished goods and services made within a country during a specific period. GDP provides an economic snapshot of a country that is used to estimate the size of an economy and growth rate.

#### WHAT IS GDP PER CAPITA?

The Gross Domestic Product per capita is a measure of a country's economic output that accounts for its number of people. It divides the country's gross domestic product by its total population.

#### HOW THE GDP PER CAPITA WORKS?

A country's GDP is divided among a given country's population to calculate its GDP per capita. It is a measurement of a country's standard of living.



### LIGHT POLLUTION FROM CITIES POSES SERIOUS THREAT TO COASTAL SPECIES

The presence of artificial light, also known as artificial skyglow, originating from cities, could be having an impact on species that rely on the moon and stars to find food, a new research suggests.

#### THE IMPACT

► Creatures, such as the sand hopper orientate their nightly migrations based on the



#### ENVIRONMENT

moon's position and brightness of the natural night sky. However, a study shows that artificial lights disrupt the lunar compass they use, when covering long distances. ► In some cases, this can lead them to travel towards the sea and away from food; while in others, it reduces the chance of them venturing out on forays for food ► Researchers say this could pose a threat not just to the health of sand hopper populations but also the wider ecosystem, as they play an important role in breaking down and recycling algae, washed up on strandlines

### DISNEY+ TO DEBUT IN EIGHT MORE COUNTRIES IN EUROPE

Walt Disney Co has said that it would launch Disney+ in eight more countries in Europe, as millions of people stuck at home due to coronavirus-induced restrictions turn to streaming services for entertainment.

#### ENTERTAINMENT

► Disney+ will debut in Portugal, Norway, Denmark, Sweden, Finland, Iceland, Belgium and Luxembourg on Sept 15, the home of Mickey Mouse said

► The streaming service that featured the popular series, 'The Mandalorian' is live in eight countries in Europe, including the United Kingdom

► Disney+, which made its debut in November in the United States, attracted more than 50 million paid users, Disney said in April

## NEWS IN BRIEF

CLICK HERE FOR MORE

### GOOGLE ADDS FACT-CHECK LABELS TO IMAGES

Google has added fact-check labels to images as part of its efforts to stem visually-misleading information. The new labels will be attached to the underlying web pages of photos and videos, which appear in a Google search. The new labels will be based on the ClaimReview database established by independent fact-checkers.

#### TECH BUZZ



#### HOW IT WORKS

- Now, when you search on Google Images, you may see a 'Fact Check' label under the thumbnail image results
- When you tap one of these results to view the image in a larger format, you'll see a summary of the fact check that appears on the underlying web page. These labels may appear both for fact check articles about specific images and for fact check articles that include an image in the story

### PADMA LAKSHMI'S FIRST PICTURE BOOK FOR CHILDREN TO RELEASE IN 2021

Model, host and best-selling author Padma Lakshmi is currently working on her first picture book for children.



#### BOOK

Titled, 'Tomatoes for Neela', the book is an intergenerational story about a little girl who likes to cook, and helps prepare her family's savoury tomato sauce. The book is being written by Lakshmi in collaboration with illustrator Juana Martinez-Neal.

### FIFA U-17 WOMEN'S WC INDIA 2021 TO BE HELD FROM FEB 17-MAR 7

FIFA U-17 Women's World Cup India 2021 will now take place from February 17 to March 7, after the new

#### SPORTS

full schedule was released by the Local Organising Committee (LOC) and AIFF. The tournament, which was earlier supposed to take place in November 2020, was pushed ahead due to the coronavirus pandemic.

- This is the second time India is hosting a FIFA tournament, with U-17 Men's World Cup 2017 being the first. However, this is the first big-ticket women's tournament being hosted by India
- The tournament will kickstart at the Indira Gandhi Athletic Stadium in Guwahati and the Kalinga Stadium in Bhubaneswar by Group A and B, respectively

### WORLD'S FIRST YOGA UNIVERSITY OUTSIDE INDIA LAUNCHED IN US

As part of the 6th International Yoga Day commemorations, the world's first yoga university outside India has been launched in Los Angeles, offering programmes

#### EAST MEETS WEST

that combine scientific principles and modern research approaches to the ancient Indian practice. The Vivekananda Yoga University (VaYU) will offer online graduate programmes based on scientific principles and modern research approaches to yoga. It will facilitate collaborative research, credit transfers and joint programmes with multiple premier universities across the world. The university will offer online master's programme in yoga.



## Royal Mail postage stamps to HONOUR QUEEN



To celebrate legendary rock band, Queen's golden anniversary, Britain's Royal Mail has issued 13 special postage stamps to honour the group

► The collection is inspired by the group's most popular album covers as well as live performances

► Eight of the stamps will feature images of Queen's most iconic album covers, including 1974 LP, 'Queen II', 'Sheer Heart Attack' (1974), 'A Night At The Opera' (1975), 'News Of The World' (1977), 'The Game' (1980), 'Greatest Hits' (1981), 'The Works' (1984) and the band's final studio album to be released during Freddie's lifetime, 'Innuendo' (1991).

► The special collection also has live shots of each of the four band members: Freddie at Wembley Stadium in 1986, Roger at Hyde Park in 1976, John at Hammersmith Odeon in 1975 and Brian in Budapest in 1986

► The stamps are available to pre-order from Royal Mail's website in a number of different collections, including the complete Presentation Pack for 16 pounds.

► Formed in 1970, the band, made up of Brian May, Roger Taylor, John Deacon and the late Freddie Mercury, completes 50 years in the music industry this year.

► Queen is only the third music group to have a dedicated stamp issue, following the Beatles in 2007 and Pink Floyd in 2016

## Virat Kohli bats exactly like Viv Richards: Sunil Gavaskar



Former Indian captain Sunil Gavaskar feels that the current Indian skipper Virat Kohli and former West Indies batsman Vivian Richards have similar batting styles that make them stand above their contemporaries.

#### CELEB TALK

While chatting on a talk show, 'Winning the Cup — 1983', 'The Little Master' recalled what it was like to play against Richards and stated that Kohli also bats like the way the former West Indies batsman used to do.

It was very difficult to keep Viv quiet when he was at the crease. Similarly, if you look at Kohli's batting today, in the same ball and same line, he will use his top hand and score a boundary towards the extra cover region; will use the bottom hand and score a boundary towards the mid-wicket region

SUNIL GAVASKAR

# Thriving together

How families can make the most of the extended stay-at-home

By SONALI KHAN

It's been a hundred days since schools closed. Young children who ran down to the park or laughed excitedly while zooming past on bicycles have been indoors for an unimaginably long spell. As anxiety and workload build up and patience wears thin, families across the

board are struggling to keep their chin up. Perhaps this is a good time to pause. Put aside the daily chores for a moment, reassess your resource and energy levels and draw up a fresh plan to bring some sunshine into your home while thunderstorms begin to rage outside.



## TRY SOMETHING YOU'VE NEVER TRIED BEFORE

**7** As Sunday blurs into Monday you may find yourself succumbing to the Sameness Syndrome. Similarly, your children may recoil from yet another online Zumba class. Think of ways you can break this up for your family and plan a few boredom busters. A good way to do this is to think of your five senses. Try rearranging the layout of a room or moving a few plants, pictures or cushions for a visual change. Switch to a different soap. Ask your children to pick an ingredient from the kitchen and then Google a new recipe. **As Cookie Monster says, not all cookies have chocolate chips. Our minds perceive through our senses. Use your imagination to create new sensory environments for your family.** This will also go a long way in helping your children build their observation, creativity and problem-solving skills.



## TALK ABOUT THE WAY YOU FEEL



**6** The blues can get to anyone, even little children. A good way to keep stress and anxiety out of your home is to openly talk about the way you feel and to encourage your children to share. **Don't judge, just listen to their words when they talk and reassure them that this too shall pass.**

## EASE UP ON YOURSELF

**1** Give yourself a pat on the back. It's a tough time and you're trying your best. So is everyone else. Acknowledging this can also help you de-stress as you continue to care for your little bundles of energy. When you find that an interaction is draining you, step back. Take ten deep breaths. Walk to a quieter room and stretch your body to release the tension. Go up to the window and look at something beautiful. Borrow some calm from the big, blue sky. As you relax, so will your child.

**Knowing that children mirror your energy and absorb your anxieties can remind you to take a mini-break for everyone's sanity.** It also allows you to help your child calm down. **A hug, a gentle shoulder rub or back massage or a little burst of silliness can bring back the smiles all round.**



## THROW OUT A FEW RULES



**2** Yes, this is a time to create routines that bring order and structure to the day, but that doesn't mean you have to be rigid about it. The dishes or clothes won't mind if they are picked up a little later, but your children will certainly pull back from an angry parent. There is wisdom in lowering expectations from 'perfect' to 'good enough' right now. Being flexible will help your family manage this tough time.

## RETHINK THE POWER OF PLAY

**3** Psychologist Dr Shelja Sen says that "fun and joy are non-negotiable". She often advises parents to raise their playfulness quotient to build a stronger connect with children. Children learn best when they are playing under the guidance of



an attentive, caring adult. **While they may find following a math class on Zoom immensely boring, they will be delighted to add and subtract clothes while you dry the laundry or sort vegetables by shape and colour while you cook.** The 'play-way' of learning doesn't need a lot of tools or toys and can be worked around your busy work schedule as well.

## INVEST IN WHAT'S REALLY IMPORTANT

**5** With a little courage, laughter and smart thinking, you can turn this time at home to the most fun your kids have ever had. **For the togetherness it brought, for the life-skills and resilience it inspired, let this lockdown be a period your children remember with fondness in the years to come.** Use the opportunity to build your bond and build it strong.



## FLEXERCISE

**4** Exercise is important, especially right now, but you can make indoor movement fun and beneficial by applying the flexibility principle here as well. While you may or may not choose to alternate between yoga, spot-running and weights, your kids will love a variety of movement activities. From tumbling or a spoon-and-lemon run to an obstacle



course or making up funny dance moves, tiny muscles, minds and funny bones can all be given a workout at the same time.

The writer is MD of Sesame Workshop in India

## A trick to master a new language

...according to Duolingo CEO LUIS VON AHN

There's one thing that separates the success stories from the failures when it comes to learning a new language. That's good old consistency.

People who practice their language for 15 minutes before bed have a major edge on other Duolingo users, according to founder and CEO of the language learning app - Luis Von Ahn. "Those people we know are going to stick around for a really long



time," von Ahn says. "We see them doing that for a week, we say, 'This person is going to be here for a while.'"

Meanwhile, users who binge - spending hours on the site, cramming in French or German or Chinese language lessons - tend to disappear fast.

That's because, learning a language is a marathon, not a sprint. You cannot hope to master a language in weeks - or even months. So people who start out of the gate at full speed tend to burn out fast.

"If you are able to make it a part of your routine and space it out, that's much better than going nuts and cramming," von Ahn says. "It is not a sprint. If you sprint, you will forget everything." Von Ahn says that he's currently learning Portuguese, and applying the principle of consistent, daily practice to his learning.

## GROOMING GYAN

### Fight acne with tomato mask



Tomato is good for health but it has more benefits than what meets the eye. Those prone to acne or dealing with post acne marks can put a ripe tomato to great use by making a face mask with it. Here's the recipe.

**INGREDIENTS:** ● 1 tsp fresh lemon juice ● 1 tbsp tomato pulp ● 2 tbsp oatmeal flour

**HOW TO MAKE:** Whisk the tomato pulp and lemon juice well. Add oatmeal to the pulp and lemon mix and make a paste. Apply



this mask on your face and neck and let it sit for 15 minutes. Wash off with cool water. This mask will help unclog pores and fade acne scars over a period of time. Try this mask 2-3 times a week for best results. But those with sensitive skin should do a patch test on their hand before using this on the face. Tomato is mildly acidic and may lead to itching in those suffering from rosacea or hyper sensitive skin.

## LOCKDOWN DIY

### Try these 15-minute meals

**W**ith children busy in online classes and parents working from home, it's tough to always make elaborate meals. It's best on busy days to keep it simple by making quick recipes in which children can also help their parents. Here are three 15-minute recipes that are delicious, healthy and fuss-free.



#### CORN CAPSICUM

Heat oil in a pan, add chopped onions and saute for 2 minutes. Add chopped capsicum, mix well. Saute for 2 more minutes. Add ginger-garlic paste, turmeric powder, chilli powder, grated tomato, dried fenugreek and mix well. Add corn, cook for a few minutes, and garnish with fresh coriander leaves.



#### VEGETABLE FRIED RICE

In a pan add some oil, garlic, chilli and saute for 2 minutes. Add carrots, baby corn, green beans and cabbage, and mix well. Add cooked rice (leftover from last night or lunch time). Season with salt, pepper and soy sauce. Cook for a minute and serve hot with chopped spring onion greens.



#### PANEER BHURJEE

Saute cumin seeds, chopped onion, heeng, green chillies and curry leaves in oil, and add crumbled paneer. Add salt to taste. Keep stirring on low-flame for 7-8 minutes or until it's brown. Season with fresh coriander leaves.

## Quiz time

### CURRENT AFFAIRS

**Q.1) Which airlines used TaxiBot on an Airbus A320 aircraft?**

- A. Air India B. Jet airways  
C. Spice Jet D. Indigo

**Q.2) Conference on 'One Nation One Tag - FASTag' was held in which of the following cities?**

- A. New Delhi B. Tokyo  
C. Mumbai D. Jakarta

**Q.3) What is India's rank in Global Hunger Index?**

- A. 111 B. 333 C. 102 D. 34



**Q.4) Which city has been declared as the most polluted one in the world recently?**

- A. Bhopal B. Gurugram  
C. New Delhi D. Kolkata



## ANSWERS

1. A) Air India 2. A) New Delhi 3. C) 102 4. B) Gurugram

## CHECK YOUR APTITUDE

**1)** Usha's father was 36 years of age when she was born whereas her mother was 32-year-old when her brother,

four years younger to her was born. What is the difference in the age of her parents?

- A. 8 years  
B. 6 years  
C. 10 years  
D. 12 years

**2)** If you are running a race and you overtake a person in second place. What position would you

- be in?  
A. Second  
B. First  
C. Third  
**3)** If a month starts and ends on a Monday, the number of days in a month will

- ANSWER:**  
1) 6 years  
2) Second  
3) 29



## BIRDS

## KNOWLEDGE BANK

### Alor Myzomela

The Alor Myzomela (Myzomela prawiradilagae) is a new species in the Meliphagidae family.

Myzomela is the largest genus in the honeyeater family Meliphagidae. It is a colourful, nectar-eating bird living in Eucalyptus woodlands, Australia. Endemic to the Indonesian island of Alor, it is named after Dewi Malia Prawiradilaga, one of the first leading female Indonesian ornithologists. It closely resembles the crimson-hooded myzomela. It has been proposed that the species be classified as Endangered on the IUCN Red List.



## Word Wise

**stupefaction:** (n) the state of being stupefied; stupor. **Overwhelming amazement.**

Synonymous words: amazement, bewilderment, perplexity, stupor, surprise, wonder, etc. **Examples:** ■ The

reaction to her selection for the tournament ranged from stupefaction to scorn in the neighbourhood. ■ There was no end to the surprise gifts Angela got from her family when she came first in class. ■ David's bewilderment knew no bounds when his friends stopped talking to him all of a sudden.



# THE TIMES OF INDIA

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STUDENT EDITION



THURSDAY, JUNE 25, 2020

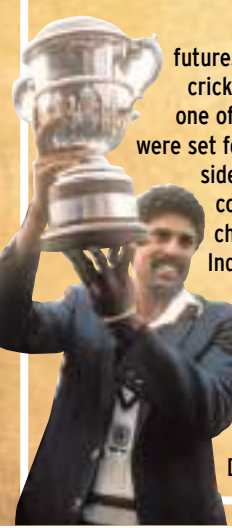
WEB EDITION

THIS DAY THAT YEAR JUNE 25, 1983



## WHEN INDIA CONQUERED THE WORLD!

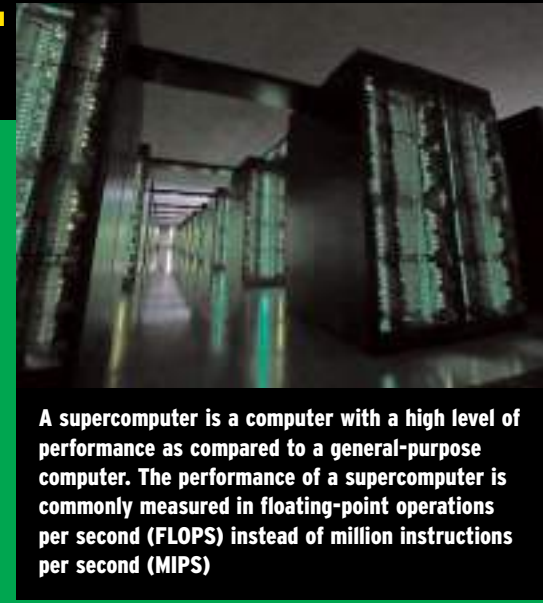
Yes, it was the day when Indian cricket came of age; a match that changed the course of the game's future. The venue was Lord's, the Mecca of cricket, where a packed house witnessed one of sport's biggest upsets— West Indies were set for a third straight title. Clive Lloyd's side had superstars, who, on their day, could just blow away the challenge of chasing 184. But it wasn't their day. West Indies were bowled out for 140. Their World Cup-winning streak was broken. Cricket had its new world champions! Kapil's Devils won it in style.



## Japanese supercomputer is crowned WORLD'S SPEEDIEST

A supercomputer developed by Japan's state-backed Riken research institute has emerged as **THE WORLD'S FASTEST FOR COMPUTING SPEED**, according to a twice-yearly ranking by the US-European TOP500 project. It is the first time in nine years that a Japanese supercomputer has captured the top position. The supercomputer, named Fugaku, after Mt Fuji, also took the top spot in three other categories that measured performance in computational methods for industrial use, artificial intelligence applications and big data analytics.

The Japanese supercomputer, jointly developed with Fujitsu Ltd, forms a key foundation for powerful simulations used in scientific research and the development of industrial and military technologies. Another supercomputer developed by the US ranked No 3, while China held both the fourth and fifth spots. Currently being operated on a trial basis for research on potential medicines to fight corona, Fugaku is expected to be fully operational in April 2021.



A supercomputer is a computer with a high level of performance as compared to a general-purpose computer. The performance of a supercomputer is commonly measured in floating-point operations per second (FLOPS) instead of million instructions per second (MIPS)

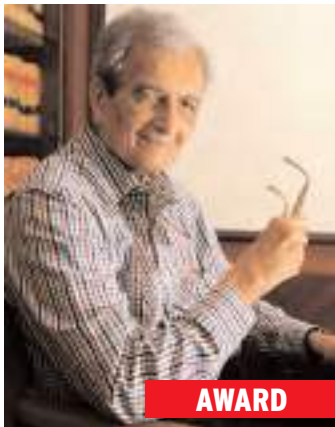
## Pluto has a vast ocean beneath its frozen crust!

A latest study has revealed that Pluto harbours a vast ocean beneath its frozen crust, which has been there for 4.5 billion years—500 million years, longer than Earth's seas. According to scientists, though Pluto is known today as a ball of frozen ice and rock orbiting the sun at a distance of 3.7 billion miles, it may have been hot when it first formed, allowing liquid water to form on its surface, and potentially provided the conditions needed to support alien life. The new study differs from the traditional view that Pluto originated as a ball of frozen ice and rock, which gradually melted enough to form a sub-surface ocean, due to heat released by the decay of radioactive elements in the rock.

The scientists compared thermal model simulations of the evolution of its interior to pictures of its surface taken by NASA's New Horizons' spacecraft. They identified ridges and troughs more than a mile deep on the dwarf planet, suggesting stresses from movements inside its shell caused by water expanding, when it freezes. The study suggests other planets and dwarf planets in the Kuiper Belt — like Haumea and Make — may have also once been warm, and capable of harbouring alien life.



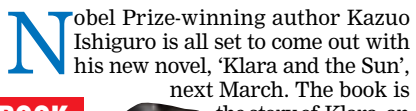
## NOBEL LAUREATE AMARTYA SEN WINS 2020 PEACE PRIZE OF THE GERMAN BOOK TRADE



Nobel laureate Indian economist Amartya Sen has won the prestigious Peace Prize of the German Book Trade for his decades-long work on "questions of global justice". Börsenverein, the German Publishers and Booksellers Association, chose the 86-year-old economist and philosopher as the recipient of the body's 2020 Peace Prize for his pioneering work addressing issues of global justice, social inequality in education and healthcare.

AWARD

## KAZUO ISHIGURO TO COME OUT WITH NEW NOVEL 'KLARA AND THE SUN' NEXT YEAR



KLARA AND THE SUN  
KAZUO ISHIGURO

Nobel Prize-winning author Kazuo Ishiguro is all set to come out with his new novel, 'Klara and the Sun', next March. The book is the story of Klara, an "Artificial Friend" with "outstanding observational qualities", who watches browsers from her place in a shop, hopeful that one will eventually choose her.



This is the first novel by Ishiguro since he was awarded the Nobel Prize in Literature, and will be published by Faber & Faber in the UK, Alfred A Knopf in the US and Knopf in Canada on March 2, 2021.

## NEWS IN BRIEF

CLICK HERE FOR MORE

### THE STONEHENGE MYSTERY UNRAVELS: Scientists find huge ring of ancient shafts near the monument

UNRAVELLED

Archaeologists have discovered a major pre-historic monument under the earth near Stonehenge that could shed new light on the origins of the mystical stone circle in southwestern England. Experts say the site consists of at least 20 huge shafts, more than 32 feet in diameter and 16 feet deep, forming a circle more than 2 kilometres in diameter. The new find is at Durrington Walls, the site of a Neolithic village about 2 kilometres from Stonehenge. Researchers say the shafts appear to have been dug around 4,500 years ago, and could mark the boundary of a sacred area around a circular monument, known as the Durrington Walls henge.



Stonehenge, a huge monument built between 3,000 B C and 1,600 B C, is one of Britain's most popular tourist attractions. It's also a spiritual home for thousands of druids and mystics, who visit at the summer and winter solstices

### AFTER OSCARS, GOLDEN GLOBES DELAYED TO FEBRUARY 2021

The Golden Globes is refusing to let the pandemic get in the way of its party. The ceremony will now be held on February 28, 2021, in Beverly Hills, with previously announced hosts— Tina Fey and Amy Poehler, the Hollywood Foreign Press Association said. The date, as with that of other awards, had been delayed amid the coronavirus disruption. The Golden Globe Awards recognise excellence in film, both American and International, and American television

ENTERTAINMENT

### TWITTER LAUNCHES 'PROMPT' TO HELP PEOPLE COMBAT DOMESTIC VIOLENCE

Twitter has launched a dedicated search 'prompt' for Indian users that will direct people looking for domestic violence-related keywords towards relevant information from the ministry of women and child development and national commission for women. The search prompt will be available on iOS, Android and on mobile in English and Hindi languages.

TECH BUZZ

"Every time someone (in India) searches for certain keywords associated with the issue of domestic violence, a prompt will direct them to the relevant information and sources of help available on Twitter," the company said. This is an expansion of Twitter's #ThereIsHelp prompt, which was specifically put in place for the public to find clear, credible information on critical issues. Some of these terms, include crime against women, domestic violence, dowry, dowry death, gender violence, gender-based violence, lockdown violence, marital rape and POSH (prevention of sexual harassment)



### WORLD IN A 'NEW AND DANGEROUS PHASE' OF PANDEMIC: WHO

The World Health Organisation has warned of a "new and dangerous phase" of the coronavirus pandemic, with people tiring of lockdowns, despite the disease's accelerating spread. The warning came as it emerged that the virus was present in Italy in December, months before its first confirmed cases, about the same time when the disease was first reported in China.



The virus, which has now killed more than 454,000 people and infected 8.4 million people worldwide, is surging in the Americas and parts of Asia, even as Europe starts to ease restrictive measures. Lockdowns have caused economic damage, but the WHO said the pandemic still posed a major threat

# REMARKABLE MOVIES SET IN A SINGLE LOCATION

With the coronavirus pandemic halting the shooting of films that are dependent on outdoor shoots, here are some movies that were shot in a single location. These films demonstrate how filmmakers can think outside the box, an experiment that can be tried in these lockdown times...

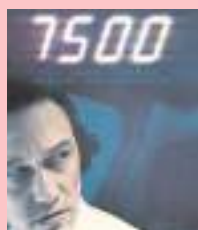
## 7500

### The location: A plane's cockpit

**THE PROBLEM:** When terrorists hijack a Berlin-to-Paris flight, it's up to a young American co-pilot, Tobias (Joseph Gordon-Levitt), to direct the aircraft to safety, and in the process, make some distressing split-second decisions.

**THE RESULTS:** For his debut feature, director Patrick Vollrath creates a close-quarters nail-biter that keeps you exactly where he wants you: in the pilot's seat. To experience the film from Tobias' point of view, Vollrath makes clever use of a surveillance monitor in the locked cockpit. The screen displays impersonal glimpses of passengers as the flight attendants pass through the service curtain. Hostages held in the cabin are also only visible on the screen.

(Where to watch: Stream on Amazon Prime Video)



## GRAVITY

### The location: 600 km above Earth

**THE PROBLEM:** A medical engineer, Dr Ryan Stone (Sandra Bullock) is faced with finding a way back to Earth, after her space shuttle is damaged by debris from a destroyed satellite.

**THE RESULTS:** This 2013 science-fiction drama is so utterly immersive that it makes you feel like Stone. We are centered in the action, even pulled inside her astronaut's helmet; we can sense the panic of free-falling into an ocean of emptiness alone. Rather than relying on flashbacks to illustrate her back story, the screenwriters, Alfonso Cuarón (who also directed) and his son Jonás reveal Stone's grief through her achingly tragic soliloquy, delivered in space as she floats against a backdrop of star-speckled darkness.

(Where to watch: Rent on YouTube, Amazon Prime Video, iTunes and other platforms)



## BURIED

### The location: A wooden coffin

**THE PROBLEM:** An Iraq-based American civilian truck driver, Paul Conroy (Ryan Reynolds), is buried alive. His air supply is diminishing, and he has nothing but a few tools to help him escape.

**THE RESULTS:** Ninety-five minutes is a long time to be stuffed in a coffin. But director Rodrigo Cortés' 2010 thriller makes a bone-chilling case for setting an entire movie in a big box with a single on-screen character. The film's use of frantic camerawork and close-ups, paired with Reynolds' strong, desperate-to-escape performance establish an environment that is so wincingly claustrophobic, you might try to look for a way out too.

(Where to watch: Rent on YouTube, Amazon Prime Video, iTunes and other platforms)



FUN-ZONE

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MIND TEASERS



FUN WITH RIDDLES



JUMBLED WORDS...

Find out who tops the chart every day! It could be **YOU!!!!**

FROM THE COUNSELOR'S DESK

**How much is too much**

By **SMITA GHOSH**, counselor, **ANAND NIKETAN**, Ahmedabad



**1. 'LET'S TALK' - STAY AWAY**

**Parents:** You think 'Let's Talk' is a natural way to begin a conversation. **Teens:** Alarm bell goes off in their brains and shutters come down. The end of the conversation before it begins. **Solution:** Spend some non-demanding time with them like reading a book in their room or working in the kitchen with your child before you begin the conversation.

**2. STOP PREACHING**

**Parents:** Throughout the day we are only 'Telling' (preaching) our teens. **Teens:** When you tell them to do something they will usually 'Push Back'. **Solution:** Instead of 'you need to study' ask 'how is preparation for your exams going?' Instead of telling, ask them in a calm and curious way.

**3. KEEP CALM**

**Parents:** Don't get shocked or react and show your anxiety. **Teens:** They will think twice thrice before telling you anything. **Solution:** What your teen needs is the need for you to empathise, empathise with your heart. When you empathise, they will not feel shamed or judged and they might open to you. **Try:** I can understand "This is difficult for you; this isn't easy for you?"

**4. FOLLOWING YOU-I-WE APPROACH**

The family should have You-I-We approach to avoid any sort of conflicts:   
➤ I Listen to YOU (Even if I don't agree)   
➤ I share my views (Even if you don't agree)   
➤ WE solve this out together

**5. LEARN TO SAY SORRY**

As parents, we can make mistakes, especially with teens. Simply apologise and say 'I am sorry for messing up. What can I do to make it better?' Believe it teens are far more forgiving when you are upfront with them.



KNOWLEDGE BANK

**Teacup Poodles**

Known for their intelligence, energy, and sweet personality, Teacup Poodles make amazing family dogs.

They usually weigh between two and four pounds, and measure eight inches or shorter when fully grown. Their standardized counterparts typically weigh between 45 and 70 pounds. Their small size makes it difficult for teacup dogs to effectively regulate their body temperature.



CONCEPT OF THE DAY

**➤ GET OVER IT**  
Meaning: To move beyond something that is bothering you.

Quiz time CURRENT AFFAIRS

**Q.1) Which state government organised KHON Ramliia?**

- A. UP B. Punjab
- C. Delhi D. Tamil Nadu

**Q.2) 'Shinyuu Maitri' is a joint military exercise between which countries?**

- A. India-Nepal B. India-Japan
- C. India-China D. India-Korea

**Q.3) To boost digital payments in India, which player along with Master Card**

has launched 'Team Cashless India'?

- A. Sachin Tendulkar B. Virat Kohli
- C. Rohit Sharma D. M S Dhoni

**Q.4) Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), has crossed which of the following milestones?**

- A. 50 lakh mark
- B. 30 lakh mark
- C. 44 lakh mark
- D. 100 lakh mark

ANSWERS

- 1. A) UP 2. B) India-Japan 3. D) M S Dhoni 4. A) 50 lakh mark

**Rock The Test** Want to boost your general knowledge? Take this exciting test. Rest assured, it will really test you!

**GRAMMAR**  
A, An or (Nothing)

**Q1:** There were many dogs in the park. One dog was \_\_\_ Dalmatian.  
A: A  B: An  C: Nothing

**Q2:** Pandas and \_\_\_ tigers are both endangered animals.  
A: A  B: An  C: Nothing

**Q3:** She is wearing \_\_\_ blue dress with red earrings  
A: A  B: An  C: Nothing

**Q4:** Hawaii is \_\_\_ island in the Pacific Ocean.  
A: A  B: An  C: Nothing

**Q5:** Christmas comes once \_\_\_ year.  
A: A  B: An  C: Nothing

**Q6:** \_\_\_ ant is \_\_\_ insect.  
A: A, An  B: An, An  C: Nothing

**Q7:** The Nile is \_\_\_ river.  
A: A  B: An  C: Nothing

**Q8:** I went to the shop to get \_\_\_ bread.  
A: A  B: An  C: Nothing

**Q9:** He broke \_\_\_ glass washing dishes.  
A: A  B: An  C: Nothing

**Q10:** You should take \_\_\_ umbrella.  
A: A  B: An  C: Nothing

**ANSWERS:** 1. A, 2. C, 3. A, 4. B, 5. A, 6. B, 7. A, 8. C, 9. A, 10. B

WORD WISE

**immaculate:** (adj) free from spot or stain; spotlessly clean. Free from moral blemish or impurity; pure; undefiled. Free from fault or flaw; free from errors.

Synonymous words: flawless, impeccable, neat, spotless, clean, errorless, faultless, pure, spruce, trim, unsoiled, etc

Examples:   
■ The bride was looking like a dream coming down the church aisle dressed in immaculate white.   
■ The farmhouse set in the midst of the immaculate garden looked splendid.

■ Sarah's house was immaculate with not a single speck of dust anywhere.

COMMON GRAMMATICAL MISTAKES

**1. HEALTHFUL/HEALTHY**

**THE RULES:**   
■ "Healthful" describes something that will create good health.   
■ "Healthy" describes someone fit, etc.

**HOW NOT TO DO IT:**   
■ Choosing the most healthy foods for your family is no easy task.

**HOW TO DO IT PROPERLY:**   
■ Choosing the most healthful foods for your family is no easy task.   
■ Healthy forests are built to withstand severe natural disturbances.

Painters' Gallery



Aaradhya Rajput, Class V, PIS, Kudasan



Swancy Kabra, Class IX, Ananda Global School



Nidhi Dhamsania, Class IV, TGS Wadi, Rajkot



Venisha Shah, Class VII, Udgam School for Children

SCHOOL IS COOL

**My beautiful planet -Earth**

About 4.54 billion years ago this beautiful planet, Earth was formed. Homo-sapiens were the first modern humans, who evolved from their early hominid between 200,000 and 300,000 years ago.

Unfortunately, we humans have destroyed this incredible and life-giving place, it has turned into a hot and blind territory. Our unreasonable actions have led to global warming, deforestation, and disrupting the natural habitat of the animals and depriving them of their shelter. So much of heat and warmth and our unending requirement for wood has turned out to be devastating and all this is not worth it. Mother Earth is incomplete without our cohabitants, clean air, water which are the real precious gems.

Pollution hasn't left excess to clean air and water. There is an immense amount of carbon dioxide instead of oxygen. For human survival, clean air and water are a must. Maybe one-day humans will be extinct like the other animals. Probably, the up-

This Earth was made for all beings



Devarshi Chavda, Class V, PIS, Gandhinagar

coming generations may not even know what trees, plants, and animals are. So, difficult to imagine. The only way to overcome this crisis is to plant more trees and use the 3R's - Reduce, Reuse, and Recycle, spread awareness, motivate others to do the same, and conserve water.

HIMANI CHITTORA, Class VII, Anand Niketan School

**Charm of Rubik Cube**

Rubik cube was made by Erno Rubik's. He was a Hungarian sculptor and a professor of architecture. He needed a working model to demonstrate three-dimensional geometry. The Rubik's cube was named after the surname of Erno. It consists of twelve edges and each layer consists of four edges. The total number of corners is eight. The cube has six colours and centerpieces. These six colours are white, yellow, green, blue, orange, and red. Cube construction is interesting and complicated. There are several different algorithms for every case. The method presented here divides the cube into layers and you can solve each layer applying a given algorithm not messing up the pieces already in place. The current record for the fastest solution of the Rubik's Cube is currently 3.47 seconds by Yusheng Du.



YASH SINGH, class VII, SGVP

Young minds go the creative way!



Gautami Kulkarni, Class V, SAS



Purav Singhal, Class VII, SGVP



Ansh Agarwal, Sr. Kg, St. Kabir

ODE TO THE PEN

World After Corona Virus



Ananya Mandal, Class IV, DAV

One day, this Coronavirus will be no more, And everything will go back to normal as it was before, One day, the school lectures won't be virtual anymore, The students will go to school as they did before. One day, the things we touch won't have Coronavirus any more They will be the same as they were before. One day, the shops won't be closed anymore, They will be open as they were before. One day, this lockdown will not be extended anymore, We will be free as we were before. Let's hope that this 'one day' comes very soon For us, making a boon.

MRINAL PARMAR, class IX, Sheth CN English Medium School

Going Down The Lane

Jack and Jill went down the lane To mend their relative's windowpane They met a dog who barked so loud It attracted quite a crowd They met a woman who was carrying a bag The bag was quite a bit of rag They met a man who had a phone, He seemed quite a bit alone They met a boy who had lost his hat It was hiding behind a baseball bat They met a girl who slipped and fell A few groceries she had to sell They finally reached their relative's house And saw that he was chasing a mouse They mended his windowpane, And again, went down the lane They reached their home, And started building a Lego dome RIA GOGRI, class V, Euro School, Ahmedabad



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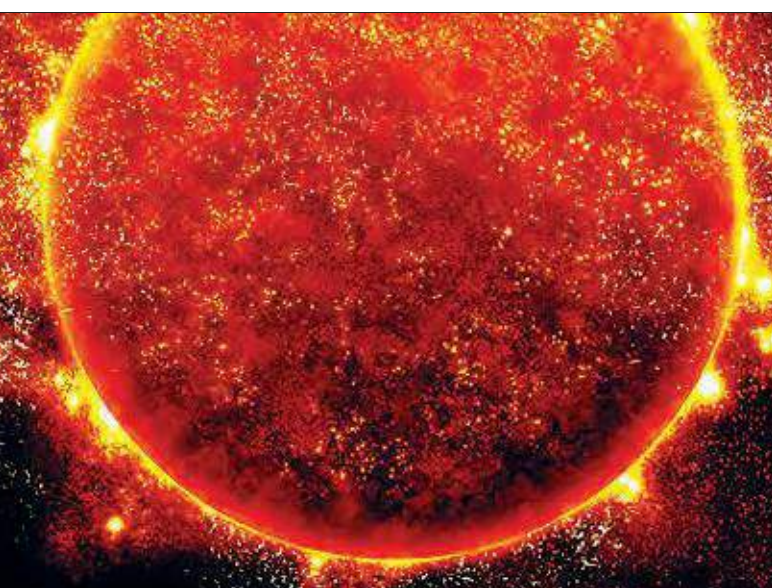
STUDENT EDITION

WEDNESDAY, JUNE 24, 2020



WEB EDITION

## A 'SUN CLOCK' to predict when the sun will WAKE from its SLEEP



Scientists have devised a new sun clock that will help them to know the switch on and off periods of high solar activity. In other words, the clock will help scientists to determine more precisely when the risk for solar storms is highest, and help to plan the impacts of space weather on our space infrastructure

### How it works

The sun clock uses the daily sunspot number record available since 1818 to map solar activity—over 18 solar cycles to a standardised 11 year cycle or 'clock.' No two solar cycles are the same, but using a mathematical technique, known as the Hilbert transform, the researchers were able to standardise the solar activity cycle for the first time.

The clock revealed that the transitions between quiet and active periods in solar activity are sharp. Once the clock is constructed from sunspot observations, it can be used for observations of solar activity and space weather.

### ALL ABOUT SUN AND ITS CYCLE

#### What is a solar cycle?

Our sun, which is a huge ball of electrically-charged hot gas, generates a powerful magnetic field and goes through a cycle. This cycle is called the solar cycle.

#### What is the time period of this cycle?

This cycle lasts 11 years on an average. Every 11 years or so, the sun's magnetic field completely flips. This means that the sun's north and south poles switch places. Then it takes about another 11 years for the

sun's north and south poles to flip back again.

#### What are sunspots?

Sunspots are dark, cooler areas on the sun's surface. They are more prominent halfway through the 11-year cycle.

#### How can solar cycles be tracked?

- One way to track the solar cycle is by counting the number of sunspots. The beginning of a solar cycle is a solar minimum, or when the sun has the least sunspots. Over time, solar activity and the number of sunspots increases.
- The middle of the solar cycle is the solar maximum, or when the sun has the most sunspots. As the cycle ends, it fades back to the solar minimum, and then a new cycle begins.

#### WHY SUN CLOCK IS IMPORTANT

The sun clock will help in predicting when the solar activity is set to increase, which in turn could potentially protect astronauts in the orbit. It will also help in preventing technologies like satellites, computers, power grid and aviation technology from being destroyed.



Extreme space weather or solar storms occur when the sun shoots out boiling-hot plasma in the form of solar flares and winds. Although most solar storms are usually harmless, a large one hitting the Earth could have catastrophic effects



### INDIA'S FIRST COVID-19 DRUG FABIFLU LAUNCHED

Denmark Pharmaceuticals has launched an antiviral drug Favipiravir for treatment of mild-to-moderate Covid-19 cases, after it received the Indian drug regulator's approval.

#### BREAKTHROUGH

➤ It will be available under the brand name FabiFlu as a prescription-based medication for ₹ 103 per tablet, with a recommended dose of 1,800 mg twice a day on day 1 and 800 mg twice a day up to 14th day, according to the Mumbai-headquartered global pharmaceutical company.

➤ Favipiravir could be used for Covid-19 patients with comorbid conditions, like diabetes and heart disease, the company said. It would offer rapid reduction in viral load within four days, and faster symptomatic and radiological improvement, the company added.



### NEWS IN BRIEF

CLICK HERE FOR MORE

#### ITALY COVERS GLACIER WITH GIANT WHITE SHEETS TO SLOW MELTING



#### ENVIRONMENT

A team of researchers in Italy has begun the process of laying vast tarpaulin sheets to cover over 100,000 sq metres of the Presena glacier in Northern Italy to prevent it from melting due to global warming. According to reports, the six-week process is repeated every year once the ski season is over and summer begins in full force. The coverings are geotextile tarpaulins that reflect sunlight, maintaining a temperature lower than the external one, and thus preserving as much snow as possible.

#### SCIENTISTS MAP SUBMERGED CONTINENT OF ZEALANDIA FOR THE 1ST TIME



In a first, scientists have launched interactive maps of Zealandia, a continent which is 94 per cent submerged underwater. Located in the south of the Pacific Ocean, the maps show the bathymetry—the study of underwater depth of ocean floors, and the tectonic origin of the continent. It covers about 5 million square kilometres areas, where New Zealand and some island territories of the South Pacific, such as New Caledonia, is located.

➤ According to previous researches, the continent of Zealandia was formed after breaking away from the former super-continent of Gondwana, 85 million years ago during the dinosaur era.

➤ During this process of separation, which ended with the near-total collapse of Zealandia, some of the deepest pits on the ocean floor were formed.

➤ The continent's geology, consisting of granite, sedimentary and volcanic rocks, shows similarities to Oceania and Antarctica.

➤ In 2017, after years of debate, it was concluded that Zealandia is an almost entirely submerged continent rather than a micro-continent or a continental fragment, as it was previously considered to be

#### Check out Penguinsters on Facebook and Instagram

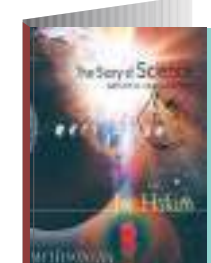
Penguin Random House India has launched a social media page on Facebook and Instagram called Penguinsters, especially for young readers, teenagers, parents, teachers and book lovers. This platform will give readers an opportunity to explore some of the greatest books and writers, access to resources that will shape their minds and host exciting and fun content about books published by the three imprints of the children's division: Puffin, Penguin and Duckbill Books.

#### BOOK REVIEW

#### THE STORY OF SCIENCE by Joy Hakim

A three-book series, 'The Story of Science', follows the evolution of scientific thought. The author takes us on a journey through time, following the lives of some of the greatest scientists in the world, who awakened the world with their curiosity, research, experiments and discoveries. The book is especially a joy to read, as the author explains concepts through wonderful pictures of original experiments and notes.

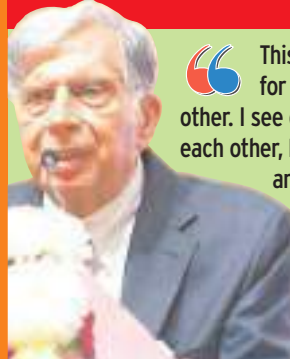
RACHNA AMMUNJE NAYAK, class X, Innisfree House School, Bangalore



### RATAN TATA URGES ONLINE COMMUNITY TO PUT A PAUSE ON HATE, BULLYING

2020 has been a year full of challenges and ups and downs. With the Covid-19 pandemic wreaking havoc on the economy—lay-offs and pay cuts becoming the order of the day, industrialist and philanthropist Ratan Tata, recently took to Instagram, urging people to support one another instead of being hurtful.

#### CELEB TALK



This year has been full of challenges for everyone on some level or the other. I see online community being hurtful to each other, bringing each other down, harshly, and with quick judgements. I believe this year, specially, calls for all of us to be unified and helpful. It is not the time to pull each other down

RATAN TATA, Chairman Emeritus, Tata group

#### YEMEN GUY BUILDS TALLEST 'EGG TOWER'

A 20-year-old man from Yemen has just broken the world record for building the tallest stack of eggs ever, and getting it to stay for at least five seconds. Mohammad Muqbel, a resident of Kuala Lumpur in Malaysia, built a stack of three eggs that were stacked neatly, one on top of the other. According to The Khaleej Times, the feat was acknowledged at the Guinness World Records (GWR), which said that the tower was indeed the "largest stack of eggs" ever made.

According to GWR rules, the eggs had to be fresh hens' eggs and no additional material, such as

#### IN THE RECORD BOOK

adhesive or strings could be used to balance the eggs. The video went viral on social media, with many complimenting the boy's skills and patience

#### ONLINE ORCHID COMPETITION TO CREATE AWARENESS FOR A CAUSE

A time when the country is fighting the Covid-19 pandemic, the Orchid Society of Assam (OSA) is geared up for a different battle—to create awareness and stop illegal trading of the exotic plants through a national level online competition, following the cancellation of the state's first ever orchid festival in April, due to the pandemic.



➤ To participate in the competition, just click a selfie with the orchids and upload it on the official Facebook page, Orchidophiles, with address details. The top three

winners will get an award of ₹ 10,000, ₹ 7,000 and ₹ 5,000, respectively. A five-member jury will announce the top three winners on July 5.

➤ The last date to upload the entries is June 30.

### VIEWPOINT

#### Include yoga as part of online programmes: Vice President

Vice President M Venkaiah Naidu has urged educational institutions to include yoga as part of online learning programmes that are being conducted in the wake of the Covid-19 pandemic to improve immunity. Addressing a digital yoga session organised by SPIC MACAY on Yoga Day, the VP said, children must be introduced to the ancient Indian technique at a young age.

#### WHY YOGA

- Observing that the 5,000-year-old tradition is not a mere workout, Naidu said, "It is a science that emphasises balance, poise, grace, equanimity, peace and harmony".
- Various components of yoga, such as postures, breathing exercises and meditation techniques together help in bringing about a positive transformation in the human body and mind in innumerable ways, he said.
- Yoga as a mode of therapy or Yog Chikitsa has become extremely popular. He said that a large number of studies offer scientific evidence for its potential to treat a number of diseases.
- Yoga can be an effective solution for the high level of stress that the pandemic has created in our lives, he added.

Share your views at timesnie175@gmail.com/toinie175@gmail.com

### Apple WWDC 2020 begins: iOS 14, iPadOS 14 and watchOS 7 come with next-gen features

On the first day of the four-day event on Monday, the iPhone-maker introduced a host of software updates to the Apple ecosystem – iOS 14, iPadOS 14 and WatchOS7, MacOS and tvOS

**IOS 14:** The next version will release later this year. The home screen will come with widgets. After installing iOS 14, users can pin or drag the widgets like a calendar and maps on the home screen. Apple users can also create a Smart Stack of 'widgets, which will use on-device intelligence to surface the right widget based on time, location, and activity.

**IPADOS 14:** Apple previewed the all-new iPadOS 14 with a new compact design for incoming FaceTime and phone calls, Siri interactions, and Search to help users stay focused on the on the task at hand.

**WATCHOS7:** The new watchOS7 will deliver enhanced customisation tools and powerful new health and fitness features to Apple Watch. The smartwatch will come with new watch face configurations and health features, like sleep tracking, automatic handwashing detection, additional workout types, including dance, and a new hearing health feature.



Disney released 'Artemis Fowl', a film based on author Eoin Colfer's book series by the same name that opened up a magical world of fairies, dwarves, and centaurs. Times NIE readers offer a review of the film; and why you must read the books

## Has Disney failed Artemis Fowl?

### MOVIE VERDICT: Lost the plot

The film version has slaughtered the uniqueness of the book series and turned it into a good guy-bad guy cliché. They have placed characters and plot lines from different Artemis Fowl books in one place. The film has acquired lowest rating out of all Disney+ independent films released, with Rotten Tomatoes giving it 9 per cent. **What didn't work for me?** The knowledge of fairies was unknown to the movie-Artemis who found this information after his dad's disappearance; unlike book-Artemis who knew about the fairies and was

determined to crack their mystery. **ANUSHKA DETHA, XI, Jayshree Perival Global School, Jagatpura, Jaipur**

The Artemis Fowl books portrayed humans as creatures whose basic desire was selfishness. The appeal of the character was that he was motivated by selfish desires but slowly redeemed himself. The movie, on the other hand, focuses on

friendship. Besides this, the carefully sculpted universe that Eoin Colfer spent years creating is lost in the film. Each page of the books have a secret sentence in code

which when deciphered all together reveal a short story. **AARON MUKHOPADHYAY, class XII, NPS Koramangala, Bengaluru**

### CONTEST:

We have a task for you Fowl fans out there. Watch the first episode, then answer the following question:

**Q: Name five ways in which Film-Artemis is different from Book-Artemis.**

The best answers will be printed here. Word limit: 100 words. Email at [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

### TRIVIA TIME

- The film has been in development since 2001. Eoin Colfer has jokingly stated that the movie would be finished two years after he died.
- Colin Farrell's involvement in the film wasn't announced until March 2020 - nearly a year and a half after the teaser trailer.
- Artemis Fowl author Eoin Colfer has a cameo in the film. Colfer shot his cameo in one day. "The only direction they gave was: Walk across the field and don't look at the camera. I have a new respect for actors," he said.

### READ THE BOOK FIRST, SAY FANS

The story of a 12-year-old who ran his father's crime empire... what more do you want? At first, Artemis seems to be cold and ruthless. However, throughout the series his character changes, becoming more honest and trustworthy. This alone makes this series a lovely read.

**MATHEW KARTHIK SHELLEY, class X, Gregorian Public School, Ernakulam**



Like Artemis, I too got into the habit of rubbing my temples when thinking because he made it look so 'cool'!

**JATIN YASHROY, class XI, Singapore International School**

It's the complete package - sci-fi, action, comedy, fantasy, adventure and a plethora of interesting new words that will add to your vocabulary.

**BHAVYA GULATI, class XII, Bhavan Vidyalaya, Panchkula**

Artemis is an evil genius. But don't judge. This book is not just about a criminal mastermind but also an arrogant twelve-year-old who changes.

**CHARUMATHI M, class XII, SBOA Mat. Hr. Sec. School, Chennai**

Besides portraying the protagonist as a tween criminal genius, we meet interesting characters like Captain Holly Short, the fierce fairy and Butler, the bodyguard. Colfer's fairies have highly advanced technology that augments their magic. The science behind it is logical.

**MANJISTHA MAURYA, Class XII, La Martiniere Girls' College**

## Books (NYT Bestseller Lists)

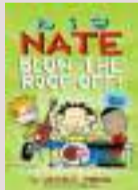
### THE ONE AND ONLY BOB

by Katherine Applegate  
In this sequel, Bob sets out on a dangerous journey in search of his long-lost sister. (Ages 8 +)



### BIG NATE

by Lincoln Peirce  
Where Nate goes, trouble is sure to follow. (Ages 8 to 12)



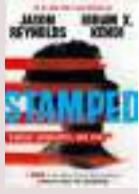
### LITTLE DREAMERS

by Vashti Harris  
The inspirational true stories of 40 women creators. (Ages 8 to 12)



### STAMPED

by Jason Reynolds and Ibram X. Kendi  
An exploration of racism and anti-racism in America. (Ages 13 to 17)



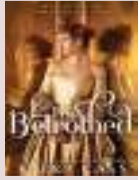
### STAR WARS: QUEEN'S PERIL

by E.K. Johnston  
Newly elected Queen Amidala prepares for a peaceful transition of power. (Ages 13 to 18)



### THE BETROTHED

by Kiera Cass  
Lady Hollis Brite and King Jameson are set to be married, but will a commoner steal Hollis' heart? (Ages 13 to 17)



## Phrases from Greek Mythology

### Harp on

**MEANING:** Dwell tediously on the same subject

**ORIGIN:** In Greek mythology, harpies were birds with the heads of women who were winged spirits known for stealing Phineus' food. Harpy means that which snatches.

**Example:** Her daughter kept harping on about buying that toy but she did not budge.

### Beware of Greeks bearing gifts

**MEANING:** Do not trust enemies who bring you presents - they could very well be playing a trick.

**ORIGIN:** This phrase originates from the story of the wooden Trojan horse, which was a gift by the Greeks to the Trojans in the story of the Aeneid. The Trojans thought that the horse



**Exercise:** Can you think of more phrases from Greek mythology? Mail at [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

was a gift given as a peace offering to end a war. However, the Greeks hid soldiers inside the horse. **Example: A: "I can't believe the opposing team made us cupcakes before the big game!" B: "Yeah, I'd beware of Greeks bearing gifts if I were you."**

the future ruler of Asia. Alexander the Great allegedly cut the Gordian knot in one blow.

**Example:** Mark has tamed the mad elephant. I have no idea how he did it, but he sure cut the Gordian knot.

### Achilles' heel

**MEANING:** A weakness or vulnerable point

**ORIGIN:** The legend of Achilles has it that he was dipped into the river Styx by his mother in order to make him immortal. His heel wasn't covered by the water and he was later killed by an arrow wound to his heel.

**Example:** Though he was a good person, his short temper was his Achilles heel.

## Quiz time

### CURRENT AFFAIRS

**Q.1) Where is the US Pentagon located?**

- A. New York City B. Texas  
C. Las Vegas D. Washington

**Q.2) Who has been elected as the new President of Tunisia?**

- A. Nabil Karoui B. Beji Caid  
C. Abidine Ben Ali D. Kais Saied

**Q.3) The 2019 World Artistic Gymnastics Championships**

was organised in which country?

- A. Spain B. Germany  
C. Japan D. Canada

**Q.4) Who has been named as the ambassadors for 'Bharat Ki Laxmi' by PM Modi?**

- A. P. V. Sindhu B. Deepika Padukone  
C. Geeta Phogat D. Both A and B

### ANSWERS

1. D) Washington 2. D) Kais Saied 3. B) Germany 4. D) Both A and B



### PLANTS

### KNOWLEDGE BANK

#### Queen Sago

Queen Sago or Cycas Circinalis, is a species of cycad found in southern India and Sri Lanka. It resembles a palm with its feather-like leaves arranged in a rosette that crowns a single trunk. The solitary trunk can grow up to 20 ft high. The dark green pinnate leaves with narrow foot long leaflets are used for decoration. The female plants produce large orange seeds in a cone-like structure located in the centre of the rosette of leaves. Queen sago is endemic to Western Ghats. The seeds-considered poisonous-are used as food after cleaning, drying and powdering.



### GARDENING

## Easy-to-grow veggies in your kitchen garden

Have you been thinking of growing some vegetables in your backyard or kitchen garden but don't know how to go about it? There is a whole list of vegetables you can easily grow at home - without a gardener's help. Check this list and get going.



#### Cucumber:

If your garden gets a lot of sunlight, cucumber is your best bet. This vegetable needs a lot of sun and it doesn't even take too much space as it grows vertically.



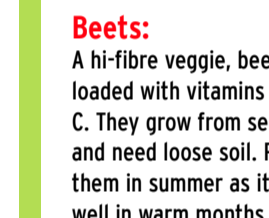
#### Bell peppers:

This grows well in warm temperatures and a well-drained soil that is rich in organic matter. Bell pepper tastes great in salads, curries, pasta etc.



#### Lettuce:

This one is a very fast-growing vegetable that can tolerate shade and moderate temperatures too. It is ideal for small garden spaces.



#### Beets:

A hi-fibre veggie, beets are loaded with vitamins A and C. They grow from seeds and need loose soil. Plant them in summer as it grows well in warm months.

### LOCKDOWN DIY

## MAKE ORGANIC DEODORANT IN 5 STEPS

Now that you have more time due to partial or complete lockdown (depending on your area and city), try your hand at something you haven't done before like making an organic zero waste deodorant. Here's the DIY recipe:

**INGREDIENTS:** > 3 tablespoons arrowroot powder > 1 tablespoon shea butter > 1 teaspoon coconut oil > 1/2 teaspoon baking soda > 10-15 drops essential oil of your choice

**HOW TO MAKE:** 1. Take a microwave-safe bowl and put 1 tablespoon shea butter and 1 teaspoon coconut oil. 2. Microwave it for 40 seconds until both are liquid. 3. Add 3 tablespoons of arrowroot powder to the mixture with 1/2 teaspoon baking soda. Mix all the ingredients ensuring there are no lumps. 4. Add 10-15 drops of any essential oil. Mix everything and transfer to an airtight container. 5. Freeze the container for 3-4 hours so that you get a creamy and textured deodorant that's easy to apply. Enjoy the chemical-free freshness. TNN



### CURRICULUM EXERCISES

**Q1. How do you define momentum?**

**Q2. Fill in the blanks:**

- A. The friction experienced by a body, when in motion, is known as \_\_\_\_\_.  
B. The velocity ratio in case of an inclined plane inclined at angle  $\theta$  to the horizontal and weight being pulled up the inclined plane by vertical effort is \_\_\_\_\_.

**Q3. Identify the following monument.**



**Answer:** (1) It is the quantity of motion of a moving body, measured as a product of its mass and velocity. (2) A) dynamic friction B)  $\sin \theta$  (3) Topkapi Palace Museum





# THE TIMES OF INDIA

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STUDENT EDITION

TUESDAY, JUNE 23, 2020



WEB EDITION

## TOO MANY OPTIONS MAKE ONE WEAK: KAPIL DEV

CELEB TALK



In sport there is no plan B, it makes you a weak person, believes former Indian cricket captain Kapil Dev. "When you are drowning in the sea, do you have a plan B? There is only one plan to survive. When you give yourself too many options, you become weak," said the 61-year-old, during an event in Mumbai, a few months ago. Kapil, who had led India to its first-ever cricket World Cup in 1983, added, "We used to say this is the only time we have. There is no plan B— Only Plan A, win and party".

Give yourself a chance to learn every day. There is nobody who will say that I know everything

## Difference between LAC & LoC

**WHAT** The Army has said that there is no connection between the Pakistan-initiated ceasefire violations along the Line of Control (LoC) in Jammu and Kashmir, and the situation on the Line of Actual Control (LAC) with China in the Ladakh region.

### WHERE

**LAC:** The LAC is the demarcation between India and China that came into existence officially after a bilateral agreement in 1993. Before 1993, it existed as an informal ceasefire line between India and China. It separates



SPOTLIGHT

Indian-controlled territory from Chinese-controlled territory. India considers the LAC to be 3,488- km-long, while the Chinese consider it to be only around 2,000 km. It is divided into three sectors: the eastern sector, which spans

Arunachal Pradesh and Sikkim, the middle sector in Uttarakhand and Himachal Pradesh, and the western sector in Ladakh.

**LoC** is a live line, which is clearly demarcated by the militaries. It denotes a kind of boundary separating parts of Indian UT i.e. Jammu & Kashmir, controlled by India and illegally occupied by Pakistan. The length of LoC is around 776 kilometres.

**HOW** While the LoC is clearly demarcated by the militaries; LAC is actually a big empty region. Nearly 50-100 km distance at LAC is maintained between the Indian and Chinese armies.

(Source: defenseneews/agencies)

## ANTIBODY THERAPY

**WHAT:** While some potential vaccines have emerged in the global race to find a way to stop the spread of Covid-19, many researchers believe that antibody-based therapies hold great promise for treating people already infected with the disease.

**WHY:** An antibody, also known as an immunoglobulin, is a large Y-shaped protein produced mainly by plasma cells that is used by the immune system to neutralise pathogens, such as pathogenic bacteria and viruses. Plasma is a component of blood.

**HOW:** These therapies use antibodies generated by infected humans or ani-



X-PLAINED

mals to fight off the disease in patients. For Covid-19 treatment, researchers are studying the use of convalescent plasma and other treatments made

**Antibody therapy** dates back to the late 19th century. It was used when researchers used a serum derived from the blood of infected animals to treat Diphtheria



### HOW ARE THEY DIFFERENT FROM VACCINES?

In general, the goal of a vaccine is to generate an immune response that can prevent someone from getting ill with a disease, whereas antibody-derived products are generally designed to treat the disease



## MUKESH AMBANI JOINS THE CLUB OF WORLD'S 10 RICHEST

Asia's richest man has entered a new league of wealth. The net worth of Mukesh Ambani, chairman of Reliance Industries Ltd, has jumped to \$64.5 billion, making him the only Asian tycoon in the exclusive club of the world's top 10 richest people, according to the Bloomberg Billionaires Index.

### IN THE NEWS

- Ambani overtook Larry Ellison of Oracle Corp and France's Françoise Bettencourt Meyers, the wealthiest woman, to reach the No 9 spot
- Ambani, who owns 42% of Reliance, has benefited from a flurry of investment into the company's digital unit, Jio Platforms Ltd. The shares of the oil-to-telecom conglomerate have doubled from a low in March, just as other billionaires on the list, have been hit by the pandemic

## JUST 110 HUMANS WOULD BE NEEDED TO START A NEW CIVILISATION ON MARS: STUDY

In an interesting study, Prof Jean-Marc Salotti, an expert at The Bordeaux Institute National Polytechnique, has calculated that just 110 humans would be needed to set up a new civilisation on Mars. The minimum population would be needed to help make tools and commodities before supplies run out, he said. They would have to live in an oxygen-filled dome, if we were to set foot and live on the Red planet, he added. Agriculture and industry would also have to be set up.



SPACE

## NEWS IN BRIEF

CLICK HERE FOR MORE

### 'ROBERT PATTINSON LOOKS AMAZING AS BATMAN'

Actor Peter Sarsgaard says, Robert Pattinson is an interesting performer and that makes him a perfect choice for Batman. In Matt Reeves-directed, 'The Batman', Pattinson stars as the DC superhero, while Sarsgaard plays Gil Colson, a Gotham City district attorney. 'He looks amazing. I have to say, he really, really does. The work he was doing was really cool. I really dug his Batman, and I can't wait to see it (on-screen), he adds.



ENTERTAINMENT

'The Batman', also featuring Andy Serkis, Zoe Kravitz, Colin Farrell, Paul Dano and Jeffrey Wright, is scheduled to hit the theatres on October 1, 2021

### JAMIE FOXX TO PLAY MIKE TYSON IN BIOPIC

Oscar-winning actor Jamie Foxx has confirmed that he will play Mike Tyson in an upcoming biopic based on the life of the American former heavyweight boxer. The actor shared pictures of his new look on Instagram and wrote, "The transformation begins... FINDING MIKE". Foxx also revealed a gruelling exercise regime in preparation for the role, consisting of 60 pull-ups, 60 dips, and 100 push-ups every other day. His weight at filming, he said, would start at 216 pounds and increase to 230 pounds.



Jamie Foxx

## AMISH TRIPATHI'S NEW BOOK ON LEGEND OF KING SUHELDEV HITS STANDS

Mythological-fiction writer Amish Tripathi has launched his new book—a story about the adventures of the warrior king Suheldev, Westland Publications has announced. Titled, 'Legend of Suheldev: The King who Saved India', the book is set in 11th century India, when Mahmud of Ghazni and his Turkic army invaded the country and destroyed the Somnath temple, only to be met with a "fierce resistance" from king Suheldev.



BOOK

'Legend of Suheldev' is the story of a king, who united men and women of the nation, irrespective of their religion, caste, region, or status in society. An epic adventure, and an inspiring tale of unity, the message of King Suheldev echoes across the chasm of time: when we Indians are united, we are unbeatable

## METEORITE-LIKE OBJECT FALLS FROM SKY IN RAJASTHAN

A meteorite-like object falling from the sky in Rajasthan's Sanchoor town has left the locals bemused. According to officials, an object weighing around 2.78 kg, fell from the sky on Friday morning, resulting in a one-foot deep crater in the earth. A huge explosion kind of sound created by its fall echoed in around two-kilometre stretch. According to experts, the piece has metallic properties of Germanium, Platinum, Nickel and Iron.



A meteorite is a solid piece of debris from an object, such as a comet, asteroid, or meteoroid that originates in outer space and survives its passage through the atmosphere to reach the surface of a planet or moon

STAY SAFE

## 3 things you should always carry WHEN GOING OUT



**W**ith no vaccine for the novel coronavirus yet, the best way to stay safe is by being very cautious about your hygiene. According to the US Center for Disease Control and Prevention, there are three things which you must not forget to carry with you when you go outside, be it for taking an exam, grocery shopping and so on. Here is the list...

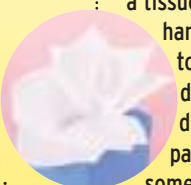
### FACE MASK

Wearing a face mask is the best bet to protect yourself from infected people. If the market purchased mask makes you feel suffocated, you can opt for a home-made fabric mask, which can also be reused after washing



### HAND SANITISER

A good quality sanitiser is a must in your bag as you leave your home. Health experts recommend using a hand sanitiser with at least 60 per cent alcohol. However, skip the sanitiser in places where there is hand washing facility with handwash/soap and water, as excessive use of sanitiser lead to dryness of hands



### TISSUES

Tissue paper can be used for various purpose. For example, if you want to open a door but do not want to touch the knob, you can use a tissue to clean it, or if you wish to scratch your face without touching it with your dirty hands, you can use a tissue. Tissues come in handy at all times—to clean, wipe and disinfect—more so during this ongoing pandemic. Carry some in your bag, whenever you leave your home. TNN

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STUDENT EDITION

MONDAY, JUNE 22, 2020



WEB EDITION

## INDIA- CHINA FACEOFF

As calls to ban Chinese products gain momentum, Times NIE does a reality check...

### Can INDIA BOYCOTT

## Chinese products?



#### China is India's 2nd-largest trade partner

Two years ago, the United States edged past China to become India's biggest trading partner at 11.3%. However, China still accounts for 10.6% of our trade. Together with Hong Kong, it is actually our largest trading partner by a wide margin.

#### Investments to suffer

Chinese investment in India has been increasing steadily over the past two decades. The

number of Chinese companies investing in India increased from 21 in 2010 to 48 in 2019, according to a report by Diiimarkets.com, which tracks cross-border FDI investments. Some 225 Chinese companies have invested in India between 2003 and 2020.

#### Boycott could hit India's trade

India is hugely dependent on China for various items. It imports items, like transmission apparatus for radars, TV, cameras

and car components. It is dependent on Beijing for diammonium phosphate, a crucial element in fertilisers to boost crop yield. Besides, India imports personal protective equipment, ventilators, N95 masks and other medical kits. With the current pandemic, these items have become even more crucial.

#### India, one of China's smaller partners

India accounts for only 2.1% of Chinese trade, and is in the 12th place, based on figures in 2018.

A trade war will, therefore, hurt India much more than China.

#### 8 lakh Indians visit China every year

The skewed trade balance is also reflected in Indians' visit to China. In 1999, about 80,000 Indians had visited China. This increased ten-fold to reach 8 lakh in 2016 — the year for which latest data is available. In 2017, 2.5 lakh Chinese visited India. Although there is a steady increase in their visits, the gap is still vast.

#### HOW TO PUT CHINA UNDER PRESSURE

**1 CENTRE PLANNING TRADE BARRIERS ON CHINESE PRODUCTS:** India plans to impose higher trade barriers and raise import duties on around 300 products from China, govt officials said. The govt is considering raising import duties on 160-200 products, and imposing non-tariff barriers, such as licensing requirements or stricter quality checks, on another 100 products

**2 BAN 4G EQUIPMENT FROM CHINA:** According to reports, the dept of telecom is likely to ask state-run telecom companies, BSNL and MTNL, to cancel a tender floated on 4G equipment, and to rework it to keep Chinese companies out. It may ask them to not use gears made by Huawei and ZTE

**3 INDIAN OLYMPIC ASSOCIATION (IOA) OPEN TO CUTTING TIES WITH CHINESE SPONSORS:** The IOA had signed a deal with Li-Ning in May 2018 and as per the agreement, the Chinese company would be supplying Indian athletes' kits worth an estimated ₹ 5 to 6 crore.

Share your views at [timesnie175@gmail.com](mailto:timesnie175@gmail.com) / [toinie175@gmail.com](mailto:toinie175@gmail.com)

#### IRECOMMEND

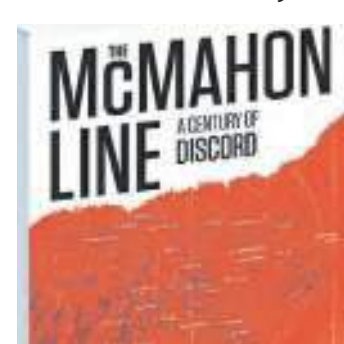
### BOOKS ON INDO-CHINA CONFLICT

**THE CHINA SYNDROME: GRAPPLING WITH AN UNEASY RELATIONSHIP** by Harsh V Pant



The book will help you understand the complex, multi-layered relationship between India and China.

**THE MCMAHON LINE: A Century of Discord** by General (Retd.) J.J. Singh



Did you know the India-China border was drawn by a British officer? It was Henry McMahon, a British colonial administrator, who drew a line along the Himalayas at the Simla Convention of 1913-14, which would become the boundary line separating the two countries. However, this boundary has led to disputes, skirmishes, before the war of 1962, and after. In this book, the author examines the nuances of this boundary line to help us understand why the McMahon line is a bone of contention for both the sides.

**INDIA'S WARS: A Military History, 1947-1971** by Arjun Subramaniam



A comprehensive history of the Indian Armed Forces that have played a key role (and continues to play) in safeguarding the country's frontiers, and occupy a special place in people's hearts. The author is a serving Air Vice Marshal in the Indian Air Force.

(Compiled by NITYA SHUKLA)

#### PLANTS CAN CAMOUFLAGE ODOURS TO AVOID BEING EATEN: STUDY

Plants in dense tropical forests are able to mask their chemical scents in order to avoid being detected and eaten by insects — a key advantage in the 'information arms race' between themselves and plant-eating herbivores, according to a new study. The research sheds light on how individual members of "complex plant communities" evolve to emit similar odours — a pack mentality that keeps them alive and confuses hungry herbivores.

#### SCIENCE

"Easily distinguished odours are to the herbivores' advantage and plants' disadvantage," said researchers. So, we have an information arms race. Plants want to avoid being located and eaten, so they do their best to smell like other plants, they added.

It was the first time that scientists were able to analyse the interactions between a wide variety of plants and insects. This is a far cry from the ensemble of plant and insect species that coexist in real-life forests



#### NEWS IN BRIEF

CLICK HERE FOR MORE

#### NOW, SPEAK AS YOU TWEET!

Micro-blogging site Twitter has introduced a feature that will allow Twitterati to add a human and a personal touch to their tweets. According to Twitter, users can now add voice notes to their tweets. Given that Twitter allows only 280 characters in a single tweet, the ability to add voice notes will enable Tweeples to add more to the conversation.



#### TECH BUZZ

To add voice notes to your tweets, go to the Tweet composer and tap the wavelength icon, next to the camera icon. After clicking, you will be able to see your profile photo with the record button at the bottom. Tap the record button to get started and share the voice tweet with your followers. The voice notes with the tweets can be used to add more context to posts. Your followers can download the voice note, and the number of listens for a voice note show up right below the tweet. The maximum length of a voice note that can be recorded is 140 seconds

#### ASTRONOMERS DETECT FIRST REGULAR FRBS WITH ORIGINS UNKNOWN

Researchers have detected a strange repeating rhythm of Fast Radio Bursts (FRBs) emanating from an unknown source outside our galaxy, 500 million light years away. Researchers watched the bursts for more than 500 days, noting that the 16-day pattern occurred consistently over that time, making it the most definitive pattern yet seen.



#### SPACE

FRBs are short, intense flashes of radio waves that are thought to be the product of small, distant, extremely dense objects, though exactly what those objects might be is a longstanding mystery. FRBs typically last a few milliseconds, during which time they can outshine entire galaxies. Since the first FRB was observed in 2007, astronomers have catalogued over 100 FRBs.

The latest FRBs were picked up by CHIME that was the first to pick up signals of the new periodic FRB source. In 2017, CHIME was erected at the Dominion Radio Astrophysical Observatory in British Columbia

#### LOOK WHO'S BACK: THE SPINY SEAHORSE

An endangered species of seahorse, native to the UK, has been spotted in British waters for the first time in more than two years. Marine conservationists spotted 16 spiny seahorses near Studland Bay in Dorset. This is the highest number the scientists have seen in a single dive, since they began studying the area in 2008. Seahorses have been able to return to their habitat, thanks to the lockdown that saw fewer people and boats in the area.



#### ENVIRONMENT

Seahorses, which live in long seagrass, are often damaged by boats and other human activity. The UK's two native seahorse species — the spiny and the short-snouted seahorse, were granted protected status in 2008, under the Wildlife & Countryside Act. In 2017, as many as six seahorses were spotted in the River Thames

#### 'ROUGH AND ROWDY WAYS': BOB DYLAN RELEASES FIRST ORIGINAL ALBUM IN 8 YEARS

US folk singer Bob Dylan released his first album of original songs in eight years with the 10-track, 'Rough and Rowdy Ways.' It features a 17-minute ballad about the assassination of former US president John F Kennedy, and is a tribute to American electric bluesman, Jimmy Reed.

#### ENTERTAINMENT

'Rough and Rowdy Ways' is the Nobel winner's first collection of new material, since 'Tempest' in 2012, although he has released a number of cover albums in the interim period



#### STEPHEN KING REVEALS 'BEST IDEA HE NEVER WROTE'

Stephen King has shared the "best idea" he has ever had for a novel — and it is set in the world of one of the horror's most famous movie franchises. The author behind classics, such as 'The Shining and Misery' revealed the news on Twitter. He said that he had once planned to write a story told through the eyes of Jason Voorhees, the masked killer at the centre of the 'Friday the 13th' series. "The best novel idea I never wrote (and probably never will) is I, JASON, the first-person narrative of Jason Voorhees," King wrote. He said the book would have been about the character's "hellish fate", which would have seen him "killed over and over again at Camp Crystal Lake", King wrote.



#### BOOK

## Restaurants add 'immunity-boosting recipes' to menus

Few days back, a sweet shop in Kolkata became popular across the country for its new treat — the 'immunity sandesh' with 15 herbs and spices, including haldi, tulsi, saffron and cardamom and the Himalayan honey.

The Kolkata sweet shop is not alone. At a time when the nation is battling the Covid-19 pandemic, many shops and brands are adding 'immunity-boosting' products, like 'haldi doodh' to their list. As more restaurants begin delivery of food and takeaways in the first phase of unlocking, chefs and owners are reworking their menus to include more immunity-

boosting recipes.

**CONSUMERS DEMANDING HEALTHY INGREDIENTS?** From moringa and zeraai dumplings to fresh turmeric salad,

#### PANDEMIC LIFESTYLE

raw turmeric and raw mango soup, there's a range of delicacies that have been in demand when it comes to food delivery. "We have recipes on our menu that are prepared from ingredients like,



moringa, bhurans (a flower from Uttarakhand), raw turmeric, all known for their ayurvedic benefits. The demand for these recipes has been consistently good since the last few days," says a chef and owner of a hospitality group in Delhi.

**'IMMUNITY BEVERAGES' AS A WELCOME DRINK?** Restaurant owner Amit Bagga plans to serve immunity-boosting drink as a welcome drink at his restaurant. Says Bagga, "In the offering is lemon jaggery water with a dash of turmeric. Jaggery is known for its rich iron content, an important micronutrient for healthy immune function. Then the Vitamin C present in lemon aids in the absorption of iron and is known for strengthening the immune system," he adds.

#### 'RING OF FIRE' SOLAR ECLIPSE THRILLS SKYWATCHERS IN AFRICA, ASIA



Skywatchers along a narrow band from west Africa to the Arabian Peninsula, India and the far East witnessed a dramatic "ring of fire" solar eclipse on Sunday. The "ring of fire" was first visible in northeastern Republic of Congo from 5:56 local time (04:56 GMT), just a few minutes after sunrise. This is the point of maximum duration, with the blackout lasting 1 minute and 22 seconds

## NEW ON THE WEB!

Have you tried the MCQ section of [www.toistudent.com](http://www.toistudent.com) yet? Log in now for



QUIZ



MIND TEASERS



FUN WITH RIDDLES



JUMBLD WORDS...

Find out who tops the chart every day! It could be **YOU!!!!**

ACTIVITY OF THE DAY

## History Mystery

Kailash Temple, Ellora



Photo: Himanshu Rewar

**1** Kailash Temple, the rock-cave temple of Ellora is the largest monolithic structure (carved from one rock) in the world. It is one of the 34 cave temples and monaster-

ies forming the magnificent Ellora Caves. It is said to be built by the Rashtrakuta Dynasty as a temple for Lord Shiva and was supposedly designed to mimic Mount Kailash. It was carved vertically into the tough basalt of the Sahaydr hills with little more than hammers and chisels, more than 1200 yrs ago.

**What all religion's monuments and artworks are there at Ellora?**

**ANS:** Hinduism, Buddhism, and Jainism.

**2** Some 5000 years old, this 10.9 cm long bronze statue was found in 1926 from the ruins of a house on the ninth lane in Mohenjo-daro.

Sculpted using Cire Perdu (lost-wax technique), it was found by DR Sahnii during the 1926-27 field research. A study paper in the journal 'Itihaas' states that this statue is of the popular goddess - Parvati. The young woman of the sculpture stands upright, with her head tilted back and her knee bent at an angle as if relaxing after performing an activity and so named - the dancing girl.



Dancing Girl

**Where is this statue now?**

**ANS:** National Museum, Delhi.

Content and pics by 'History Diaries'. Co-founded by IIT-Delhi alumni, it is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

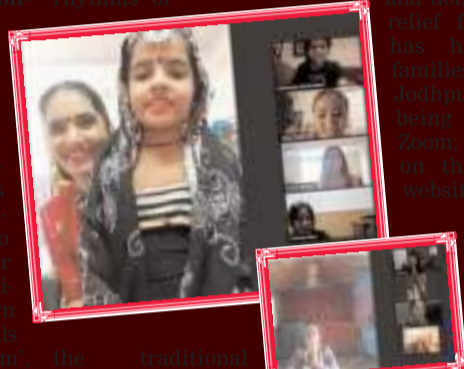
## NOW, LEARN TRADITIONAL FOLK DANCE ONLINE



COVID-19 has had a lasting impact on the country's entire economic industry. Among the worst affected are the art forms which have traditional - and daily - performances and cultural events in a live. Kalbeliyas, World, an international solidarity programme that helps bring together the global community of women who perform Kalbeliya dance, has started online dance classes for all. The programme is currently free of cost. It has dancers from the Kalbeliya community in Rajasthan who collaborate with 10 other global Kalbeliya dance practitioners to conduct their own online dance classes. With this pioneeringly built system, these dancers from Rajasthan are all the technical, administrative and marketing support to create a place in the international dance market and carry a vibrant future.

Robertson, whose dance form is also popularly known as Gypsy dance in the circles of the media channels. The style involves - high impact movements of the upper segment, hand gestures, hip moves and synchronised tapping of the feet to the rhythm of the music. Kalbeliyas, whose dance form is also popularly known as Gypsy dance in the circles of the media channels. The style involves - high impact movements of the upper segment, hand gestures, hip moves and synchronised tapping of the feet to the rhythm of the music.

Since the start of the pandemic, Kalbeliyas have been using their skills to raise funds for a Covid-19 relief fund, which allows each teacher to personally distribute food packets to members of her community and other needy artists. So far, there are over 200 students from 14 different countries across the world participating and donating money for the relief fund. This initiative has helped around 100 families in India. Further support. The classes are being conducted through Zoom. Details are available on their accounts. Their website and on all social media platforms.



Who can participate?

The classes are open to all age groups and genders. They can dance along with video to the style and the performance of their own piece. Ashi, founders of Kalbeliya World who operates from Delhi, is optimistic about these online classes that is connecting women through dance.

### Quiz time

UNIVERSE

**Q.1) Which star is at the centre of our Solar System?**

- A. Sun B. Moon C. Milky Way D. Andromeda

**Q.2) What percent of the solar system's mass does the Sun hold?**

- A. 69.8 percent B. 99.8 percent C. 79.8 percent D. 59.8 percent

**Q.3) How much time do sun rays take to reach earth?**

- A. 2 mins B. 1 min C. 8 mins D. 30 mins

**Q.4) Which planet is nearest to the earth?**

- A. Mercury B. Venus C. Mars D. Jupiter

**Q.5) Which planet is known as the Morning Star or the Evening Star?**

**ANSWERS**

- 1. A) Sun 2. B) 99.8 percent 3. C) 8 mins 4. A) Mercury 5. B) Venus



### Evening Star?

- A. Mercury B. Venus C. Mars D. Jupiter



Venus is normally referred to as the evening star because it can be seen shining in the evening sky - right after the sun sets in the west. This planet is also called the morning star when its orbital position changes, causing it to appear bright in the morning rather than in the evening.



CANINES

### Shar-Pei

The Shar-Pei is a breed of dog known for its deeply-wrinkled skin and blue-black tongue. The breed originates from southern China. The English name 'Shar-Pei' derives from the British spelling of the older Cantonese sha pei, which translates to 'sandy skin' and refers to the texture of the breed's short and rough coat.

### KNOWLEDGE BANK



### CONCEPT OF THE DAY

'Flea Market'

Meaning: A swap meet. A place where people gather to buy and sell inexpensive goods.



### WORD WISE

**Alacrity:** (n) Cheerful readiness, promptness, or willingness. Liveliness; briskness.

**Synonymous words:** Alertness, cheerfulness, avidity, briskness, eagerness, enthusiasm, fervour, gaiety, hilarity, etc.

**Examples:** ■ The petty officer accepted the invitation with alacrity, even before Fordyce explained what was required of him. ■ His alacrity of manner and quick step justified this opinion. ■ You cannot miss the alacrity with which he conducts himself, every single day of the week and for weeks on end.

### COMMON GRAMMATICAL MISTAKES

#### 1. BASE/BASS

##### THE RULES:

- 'Base' means the bottom support of anything; that on which a thing stands or rests.
- 'Bass' means low in pitch; of the lowest pitch or range.

##### HOW NOT TO DO IT:

- The business had a good bass.
- Adjust the base properly.

##### HOW TO DO IT PROPERLY:

- The business had a good base.
- Adjust the bass properly.
- The cupboard had a strong base.
- The system did not have a good bass.

## SCHOOL IS COOL

# Detoxification through Yoga

The world is currently facing COVID-19 and in many countries including India. As there is no proven treatment/medicine/vaccine available for this virus, people need to improve immunity, and yoga in turn can act as a saviour. People are exposed to the negative news of COVID-19 that breeds stress and fear of coronavirus. In this scenario, one needs to detoxify the body and mind where yoga can be a key tool. Yoga has two forms Aasanas and Pranayam. Both increase blood circulation, stimulate the lymphatic system, and help the liver to work optimally thus, increasing our immunity. Yoga is an ancient

form of exercise practice followed by people across the world. Yoga, if performed systematically can induce the following benefits:  
■ It improves the respiratory system  
■ Reduces weight  
■ Relieves stress, anxiety, and fear  
■ Increases flexibility and strengthens muscle

It is important to note that yoga must be performed under the guidance of a trained yoga practitioner. Some asanas and pranayama that can revive you are-

### Surya Namaskar

It improves flexibility, strength, balance, reduces stress and anxiety, lower back pain. Increases energy and decreases fatigue and is very beneficial for asthma a chronic disease.

and, even hair loss can be cured.

### Tadasana (Mountain Pose)

It teaches us to stand with majestic steadiness like a mountain. It improves focus and concentration.

### Sarvang aasana or the shoulder stand-

The 'Queen of Aasanas' helps in the proper functioning of the thyroid glands. It also rejuvenates and detoxifies the body.

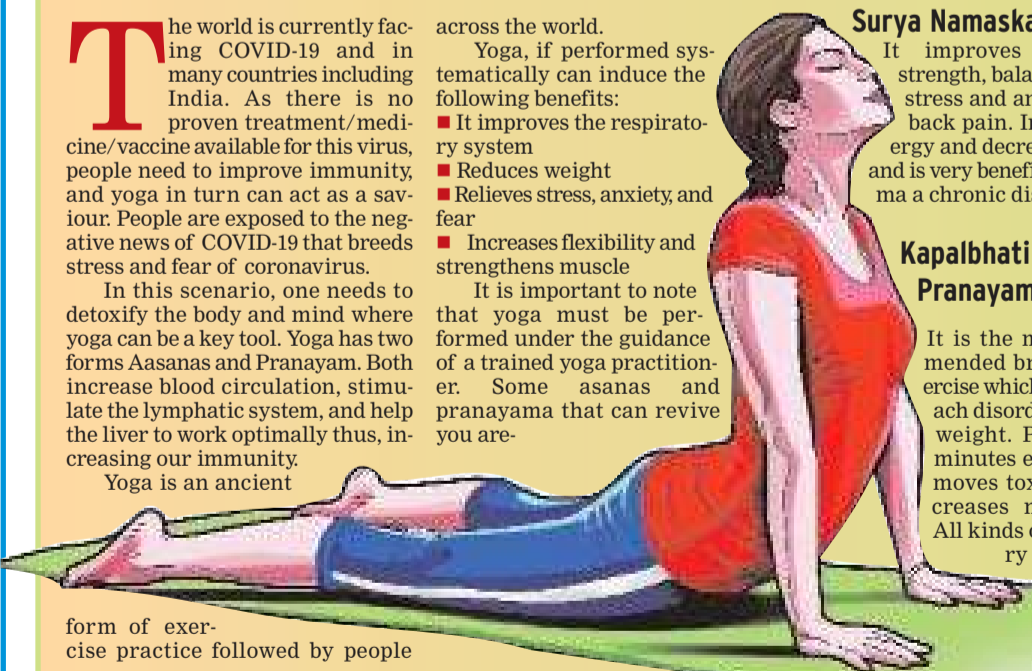
### Bhramari Pranayam

It calms down our mind and frees the mind from frustration, agitation, and get rid of anger to a great extent.

Keep practicing these during this pandemic period.  
NANDINI HURKAT, class VI, St Kabir School, Naranpura

### Kapalbhati Pranayam

It is the most recommended breathing exercise which cures stomach disorder and loses weight. Practicing 5 minutes every day removes toxins and increases metabolism. All kinds of respiratory troubles, si-



form of exercise practice followed by people

## International Yoga day celebrated

In the present-day time of pandemic when the students are learning online with teachers, the students get less exercise for physical fitness which they used to get by playing outdoor games. Doing yoga asanas at home fills this gap. Yoga is important for the physical as well as mental fitness. The students of Siddharth's Miracles School celebrated "The International Yoga Day" by doing various yoga asanas at their homes. It is said, "One picture is equal to one thousand words". The enthusiasm and interest of the students were evident from



the digital photos they sent to the school. Their contribution in celebrating "The International Yoga Day" for our nation is praiseworthy and encouraging.

### ODE TO THE PEN

#### My Hero, My Dad

Whenever I cried you were there,  
Whenever I was happy you were there,  
I just want for you to be always there.  
You just wanted the best for me,  
But I couldn't understand what was best for me.  
But you didn't leave me then,  
Cause I knew you would always be there.  
I don't want that anyone else to have a dad

like you,  
Cause I don't want to share you.  
But it's necessary for everyone to have a dad like you,  
Cause they need a friend like you.  
I am sorry for the trouble I caused you,  
You got a little mad too,  
But you love me a lot too.  
I wish everyone has a dad like you

### Painters' Gallery



Diya Parikh, Class VII, Udgam School for Children



Ritesh, Class V, Delhi Public School, Jamnagar



Aaryav Patel, Class V, St. Xavier's Loyola Hall

## YOGA DAY@ HOME



Poorna Ghosh, Class XI, Anand Niketan School



Khushi Vaghela, Class III, PIS, Gandhinagar



# THE TIMES OF INDIA

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STUDENT EDITION



FRIDAY, JUNE 19, 2020

WEB EDITION

## India sails through UNSC

India was elected as a non-permanent member of the powerful UN Security Council for a two-year term (January 2021-December 2022) on Wednesday, winning 184 votes in the 193-member General Assembly. Along with India, Ireland, Mexico and Norway also won the Security Council elections. There were 192 Member States present for voting, and the 2/3 required majority was 128. India garnered 184 votes. Canada lost the elections.

**THE QUOTA:** The UNSC consists of 15 members: 10 non-permanent and five permanent members — China, France, Russia, the UK and US. Each year the General Assembly elects five non-per-



### THE SIGNIFICANCE

The 2021-22 term will be critical for India. New Delhi has been pushing efforts to reform the Security Council and seek permanent membership of the Council. Support for India has been increasing, with a number of countries advocating that the current UNSC does not represent the geo-political realities of the 21st Century

**NOT A FIRST:** India, one of the founding members of the world body, has been elected as a non-permanent member of the Council, seven times in the past for the year, 1950-1951, 1967-1968, 1972-1973, 1977-1978, 1984-1985, 1991-1992 and 2011-2012

manent members (out of 10 in total) for a two-year term. The 10 non-permanent seats are distributed on a regional basis: five for African and Asian States; one for Eastern European States; two for the Latin American and Caribbean States and two for

Western European and other States.

**PM REACTS:** PM Narendra Modi said, India will work with all member countries to promote global peace, security, resilience and equity.

## India's deepest solar eclipse on Sunday

India will witness its "deepest" annular solar eclipse of this century this Sunday (June 21), with the sun appearing as a necklace of pearls for around 30 seconds, during the maximum phase, along a narrow corridor running through Rajasthan, Haryana and Uttarakhnad. The eclipse will be partial in the rest of the country. With the next eclipse (visible from the country) 11 years away in 2031, this is a big astronomical event for India.

### CELESTIAL EVENT



### DOS & DONT'S

► An annular solar eclipse occurs when the apparent size of the Moon is slightly less than that of the sun. It leaves the outer rim of the latter uncovered, giving the appearance of a "ring of fire". ► During this eclipse, that ring is expected to be very thin as the Moon will cover up to 98.8% of the solar disc, making it the "deepest" annular eclipse of the century in India, according to experts. ► There's a possibility that the sun's corona, an ethereal white halo around the solar disc, will be visible during this eclipse.

◀ The eclipsed sun should not be viewed with the naked eye, even for a very short time. It will cause permanent damage to the eyes, leading to blindness. ◀ Observe the solar eclipse either by using a proper filter, like aluminised Mylar, black polymer, welding glass of shade number 14, or by making projection of sun's image on a whiteboard by telescope

JUNE 21

## FATHER'S DAY

### GET CREATIVE TO CELEBRATE DAD



### SHOW YOUR APPRECIATION

Tell your father how much he means to you in a handwritten letter. To make it really personal, use a plain piece of paper, rather than a card. The key is to recall specific moments where he made a lasting impact on you. Jot down instances when you truly connected.

### KNOW YOUR FATHER

Take a moment to ask your father all sorts of questions about his life. For a more playful approach, rope in the whole family and get to know your father through trivia. Have him team with a family member to create a quiz about his life. (The questions should be difficult, otherwise you won't learn much.) Bring out some snacks and make a game night out of it.

### SPEND QUALITY TIME WITH HIM

Spend quality time with your dad, even if it's virtual. Bond with him over his favourite hobby — be it exercising, cooking or bird-watching.

## HALF OF EARTH'S LAND CAN STILL BE SAVED FROM HUMAN DAMAGE

### ENVIRONMENT



According to a latest study, about half of Earth's ice-free land remains unaltered by humans and can still be protected with swift conservation measures. This was revealed after US researchers compared four recent global maps showing the conversion of natural lands to 'anthropogenic land' — land that has been exploited by humans. They concluded that between 48 to 56 per cent of the world's land that is not covered with ice shows 'low' influence of humans.

### THE SIGNIFICANCE

► According to 'Daily Mail', the researchers claimed that intact natural lands can help purify air and water, recycle nutrients, enhance soil fertility and retention, pollinate plants and break down waste — services worth trillions of dollars annually

► Approximately, 15 per cent of the Earth's land surface and 10 per cent of the oceans are currently protected in some form.

## NEWS IN BRIEF

CLICK HERE FOR MORE

### 'JURASSIC WORLD: DOMINION' TO RESUME PRODUCTION IN THE UK NEXT MONTH

The production of the UK schedule of 'Jurassic World: Dominion' will resume in July, making the Chris Pratt-Bryce Dallas Howard starrer, one of the first major studio titles, to start filming in the country. The production of 'Dominion' was suspended in mid-March due to the coronavirus pandemic. Production of Warner Bros's Matt Reeve-directed 'The Batman' and the third part of 'Fantastic Beasts and Where to Find Them', Disney's 'The Little Mermaid' were other big studio titles to shut down in the UK in March.

As per UK government rules, anyone flying into the country to restart work on the film, including Pratt and Howard, will be forced to undergo a two-week quarantine

### ENTERTAINMENT



## JUNETEENTH



**WHAT:** Juneteenth, an annual holiday commemorating the end of slavery in the United States, has been celebrated by African-Americans, since the late 1800s. In recent years, and particularly following nationwide protests over police brutality and the deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and other African-Americans this year, there is a renewed interest in the day that celebrates freedom.

**WHEN:** On June 19, 1865, enslaved African-Americans in Galveston, Texas were informed of their freedom and that the Civil War

had ended. The holiday received its name by combining June and 19. The day is also sometimes called 'Juneteenth Independence Day,' 'Freedom Day' or 'Emancipation Day.'

### X-PLAINED

**HOW:** Initially, the day was celebrated by praying and bringing families together. In some celebrations on this day, men and women who had been enslaved, and their descendants, made an annual pilgrimage back to Galveston. Celebrations reached new heights in 1872, when a group of African-American ministers and businessmen in Houston purchased 10 acres of land and created Emancipation Park.

# DO YOGA FOR YOUR EMOTIONAL WELL-BEING



Pallavi.shankar@timesgroup.com

The untimely death of actor Sushant Singh Rajput, who was fighting depression, coupled with the rising cases of anxiety during these lockdown times, have triggered a conversation on mental health. Experts say yoga helps in reducing our body's stress level. On this yoga day, let us take a pledge to utilise this ancient Indian science's benefits to gain psychological and emotional well-being...

### Yoga is great for students

1 Start yoga early in your life; this discipline will have positive effects on your physical and mental health all your life. A study published in the 'Journal of Developmental and Behavioral Pediatrics' stated that yoga classes have positive psychological effects for high-school students. Since mental health disorders usually develop in teenage years, yoga may serve as a preventive method for the adolescent mind, it added.

### Yoga is a mood booster

2 Many studies have shown that yoga asanas help in reducing the secretion of cortisol — the stress hormone — and this creates balance in our body

and mind, and regulates our mood and behaviour. "Students will benefit and improve their happiness levels, if they do yoga for 20-30 minutes daily," suggests yoga expert Gunjan Kochhar. "Yoga also helps in releasing negativity that wards off mental health problems, like depression, anxiety, persistent sadness and anger issues," she adds.

### Deep breathing helps cope with stress

3 "Yoga has simple breathing exercises that can be easily mastered even by primary school students," says Kochhar. In fact, in this competitive world, deep breathing yoga exercises can help in coping with stress. Improved breathing can also help in building endurance, increase academic and work performance, and keep lungs healthy, just what we need during this pandemic.

### For mind-body connection

4 Yoga engages both the body and mind, unlike other physical exercises that keep you in good shape but may not work deeply on your mind. By doing yoga, our mind connects with our body, thereby impacting our psychological health, which in turn empower us emotionally too.

### HOW ABOUT TRYING SOME LAUGHTER YOGA EXERCISES WITH YOUR FAMILY

**FAVOURITE ANIMAL LAUGHTER:** Laugh and behave the way your favourite animal or pet would behave if it was very happy to see you

**CHICKEN LAUGHTER:** Imagine you are a chicken. First lay 3 eggs in 3 laughs, then laugh with lots of excitement in your voice as you go out tell the world about it

**LAUGHTER VOWELS:** Start with 'A' as in 'hat... Aaaaa ha ha ha ha ha'. Next is 'E' as in 'hen'... Eeeee he he he he he. Then comes, 'I' as in 'hiccup': Iiiii hi hi hi hi hi. Follow it up with 'O' as in 'Otto': Ooooo ho ho ho ho ho. Last is 'U' as in 'soup': Uuuuu hu hu hu.

**GRADIENT LAUGHTER:** Fake a smile; giggle, then laugh slowly, and then increase in tempo and volume.

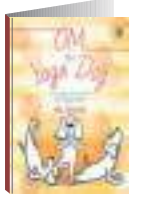
**HEARTY LAUGHTER:** Spread your arms up, look up and laugh; direct your laughter to come straight from your heart.



## NEW BOOKS ON YOGA

### OM THE YOGA DOG BY IRA TRIVEDI

Aimed at tiny tots (and their adults), this fun book teaches yoga asanas with the help of adorable step-by-step illustrations so that children can develop flexibility, strength, inner peace and mindfulness. Most importantly, the book will help in the bonding of the guardian and child as they undertake these activities together.



### PEPPA PIG: PEPPA LOVES YOGA

From the BAFTA award-winning preschool animation series, Peppa Pig, comes a brand new story, 'Peppa Loves Yoga'. It helps children learn about yoga and practise it as a tool for mindfulness. It is filled with endearing illustrations of Peppa and her friends having fun, while learning yoga positions.



### WHY JUNE 21 WAS SELECTED AS THE INTERNATIONAL YOGA DAY

► June 21, the summer solstice (the longest day of the year in the Northern Hemisphere), has a special significance from the perspective of yoga.

► It is believed that it was on the day of the summer solstice that Lord Shiva began imparting the knowledge of yoga to the world and became the Adi Guru of yoga

► For more: Check Page 2



**W**hat is it? Mindfulness is "the basic human ability to be fully present, aware of where we are and what we're doing, and not be overly reactive or overwhelmed by what's going on around us. We know that mindfulness is a great tool for adults to be more relaxed, beat stress, and improve their overall quality of life; but does this hold true for children as well?

**Mindfulness for Kids**  
Mindfulness expert David Gelles defines it as "the simple practice of bringing a gentle, accepting attitude to the present moment" Children should find it easy to understand what mindfulness is based on this definition, but you might need to discuss it with them to make sure they have a good grasp on it—especially if they are very young.

# This YOGA DAY, Let's Celebrate Mindfulness

Rather than focusing on what has happened or what might happen, mindfulness teaches us to respond to whatever shows up in our present experience, be it good or bad



## Be Mindful... Try these

### 1. JENGA

Have you ever played Jenga? If so, you know that it can be a lot of fun but that it also requires concentrated attention and awareness. Take advantage of this fact and use Jenga to build your mindfulness.



### 2. PLAY A PENNY GAME

This game is good for children 3 and up and can be played one-on-one or with a group. All you'll need to play is a penny for each player and a basket.

#### Here's how to play:

- Give everyone a penny and allow them one minute to study it, focusing on the details.
- Put all the pennies in the basket.
- Have each player pick their penny from the basket.
- Once a player chooses their penny from the basket, have them explain how they knew it was their penny.
- The penny game can be played with other objects too; the important part is that the children playing are able to focus on something and pay attention to detail.



## How Can We Best Teach Mindfulness?

As is the case for most traits, habits, and skills, the best way to instill mindfulness is to start early. Mindful children grow to be mindful teenagers, mindful adolescents, and mindful adults. In addition to getting started early, it's important to note that the best way to teach mindfulness to your children is to practice it yourself and model it for them.

### What are the Benefits?

- Improving physical health.
- Improving mental health (e.g. helping to address stress, anxiety, and depression, and improving sleep).
- Enhancing important social and emotional skills (e.g. the ability to feel in control, to make and maintain meaningful relationships, to accept reality, to manage difficult feelings, and to be calmer, more resilient, more compassionate, and more empathetic).
- Increasing intellect.
- Improved cognitive outcomes (e.g. better attention and focus, higher grades).
- Improved social-emotional skills (e.g. emotion regulation, better behaviour in school, higher empathy and perspective-taking, and better social skills).
- Greater well-being (e.g. lower test anxiety, lower stress, fewer post-traumatic symptoms, and reduced depression).



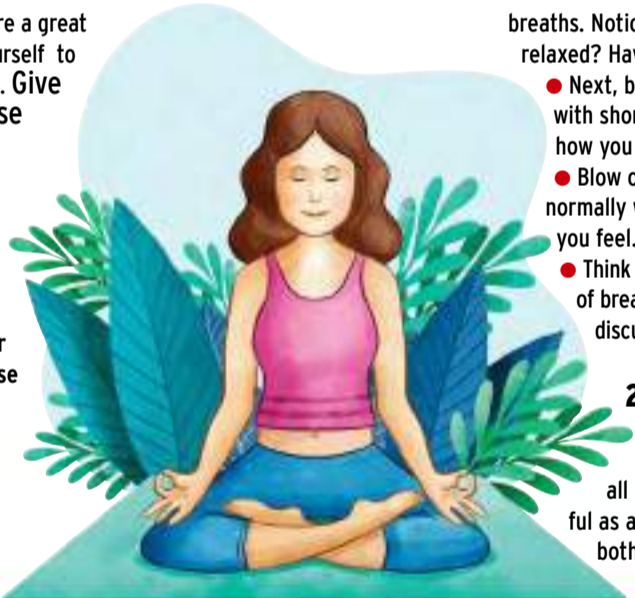
## MINDFULNESS ACTIVITIES

**B**reathing exercises are a great way to introduce yourself to mindfulness practice. Give one or all of these three breathing exercises a try...

### 1. Breathe with a Pinwheel

First, grab two pinwheels—one for yourself and one for your child. Next, follow these five steps:

- Sit with your backs straight and your bodies relaxed.
- Blow on your pinwheels together using long, deep



breaths. Notice how you feel—calm and relaxed? Having trouble sitting still?

- Next, blow on your pinwheels with short, quick breaths. Notice how you feel again.
- Blow on the pinwheels as you normally would. Again, notice how you feel.
- Think about the different types of breathing you are engaged in; discuss how it made you feel.

### 2. Square Breath

A square breath is a breath that is even on all sides, and it can be useful as a mindfulness exercise for both you and your child.

Here's what to do:

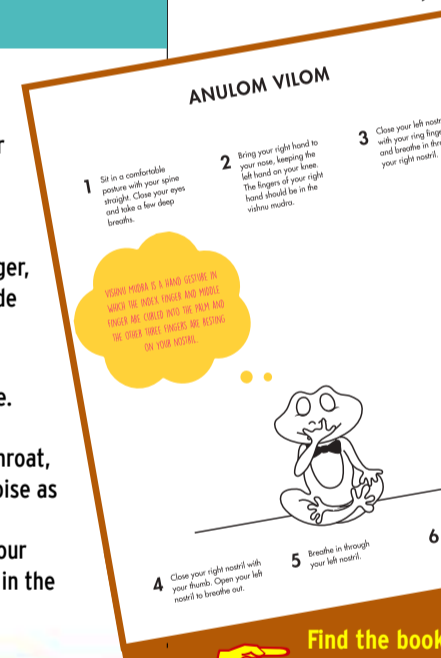
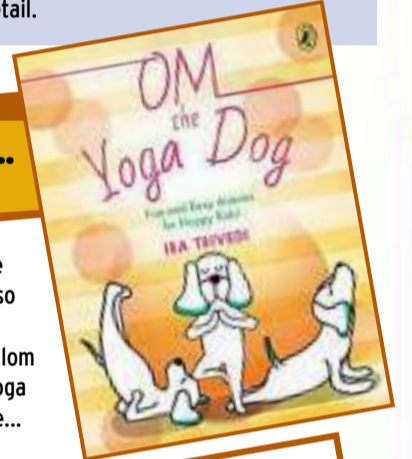
- Breathe in, to the count of four.
- Hold the breath for four seconds.
- Breathe out to the count of four.
- To help keep track, draw a square in the air with your finger, taking four seconds on each side

### 3. Darth Vader Breath

- Breathe in through your nose.
- Keep your mouth closed and exhale from the back of your throat, making a 'Darth Vader' style noise as you do.
- This will help you focus on your breath and stay fully anchored in the present!

## OM THE YOGA DOG... COMING SOON

This book teaches asanas with the help of step-by-step illustrations so that you can develop flexibility, strength and mindfulness. Try Anulom Vilom with Prana (the frog) and Yoga Nidra with Moksha (elephant) here...



Find the book here: <https://www.amazon.in/Om-Yoga-Dog-Asanas-Happy/dp/0143448293>



Excited about Father's Day on June 21, Sunday? Here are a few posters and greeting card cut-outs that you could gift your dad! Take a print, cut off the edges, fill it with colour and glitter... we are good to go!

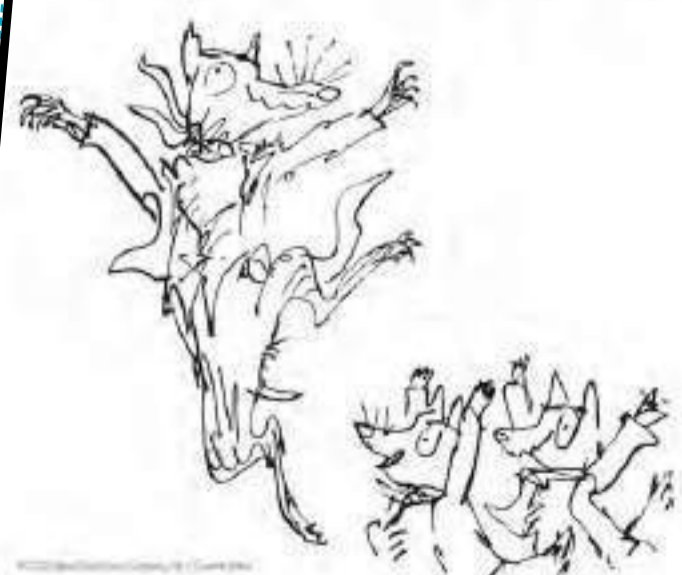
Also did you know... author AA Milne created Winnie the Pooh for his son, Christopher Robin. Pooh was based on Robin's teddy bear, Edward, a gift Christopher had received for his first birthday...

Tell us how you celebrated with dad on [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

# Happy Father's Day



## ROALD DAHL My Dad is FANTASTIC



For more activities and cut outs log in to <https://www.penguin.co.uk>



# THE TIMES OF INDIA

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STUDENT EDITION

THURSDAY, JUNE 18, 2020



WEB EDITION

## INDIA-CHINA STANDOFF

# Fighters, warships moved to forward bases after bloodiest day in Ladakh



The government has given powers to the armed forces to make emergency procurements to stock up its war reserves in the wake of escalating conflict with China along the Line of Actual Control (LAC). According to sources, Chief of Defence Staff General Bipin Rawat has been asked to coordinate with the three services on prioritising the requirements, where necessary. Air Force assets, including fighters, too have been moved up to forward locations. The first signs of discomfort in the Indian camp started, when the Chinese side, a few days ago, began pressing hard for another round of Corps Commander-level meetings to kickstart talks on the Pangong Tso.

Twenty Indian soldiers, including a Colonel, were killed and several others grievously injured in a violent physical skirmish with Chinese troops in the Galwan Valley region of eastern Ladakh on Monday, in a massive escalation of the continuing military confrontation in the high-altitude region, since early-May even though no bullets were fired

## GALWAN VALLEY: THE SITE OF THE 1962 SINO-INDIAN CONFLICT



- The Monday face-off between the Indian and Chinese troops marks the first instance of violence at Galwan Valley in Ladakh, since the 1962 war
- The Valley lies along the western sector of the India-China border, the Line of Actual Control (LAC), and close to Aksai Chin, an Indian territory under Beijing's control
- According to experts, its location is of strategic importance, along a sector of the border that remains largely undefined
- The Valley derives its name from the river Galwan, which is named after Ghulam Rassul, a British-era explorer

from Leh. The river flows from the Aksai Chin region. ■ The area is believed to have triggered the 1962 war between the two nations. ■ Since then, the region remained violence-free until Monday ■ The latest tensions can be traced to Chinese objections over India's road construction activities in this region— improving the Darbuk-Shiyok Daulat Beg Oldie road that strategically connects Leh to the Karakoram pass, along the Galwan river. ■ The road, that has taken nearly two decades to construct, runs parallel to the

LAC, and lies opposite China-occupied Aksai Chin. The highway increases India's access to a section of the Xinjain-Tibet highway that passes via Aksai Chin. India has also pre-emptively created a military outpost at the section of the Darbuk-Shiyok Daulat Beg Oldie road that lies closest to Aksai Chin. ■ China is suspicious that the Indian constructions in the area are meant to facilitate quick movement of soldiers, if any attempt is made to recapture Aksai Chin ■ Aksai Chin was captured by China in 1962 (Source: TimesNow/Agencies)

Pic credit: Times Now

### HOW IT WORKS

#### THINKING OF STARTING A HOBBY CLUB?

#### HERE ARE A FEW OPTIONS

**WHAT IS IT:** Hobby clubs are clubs that stem from an interest in a hobby that most likely wouldn't be taught in high school, such as chess, anime, video games and skiing



#### CHECK THEM OUT

##### SCULPTURE CLUB

Analyse famous sculptures. Work on your own sculptures. Get feedback on your work from other club members. Plan a trip to a local museum (when you can or opt for virtual museum tours.)

##### PHOTOGRAPHY CLUB

Analyse famous photographs. Take virtual group trips to picturesque spots to look at the objects you would capture in a frame and why. Create a dark room where you can develop photos.

##### ART REVIEW MAGAZINE

Start a magazine. Review famous pieces of art. Hold contests for student artwork to be published in the magazine. Write reviews of local art shows or start a club, like Shakespeare Club. Each semester, read a different Shakespeare play and put on a production of that play. Host a Shakespeare festival. Host a contest on virtual media for the best Shakespearean monologue, or a writing contest for a Shakespearean sonnet.

##### CLASSICS CLUB

Each semester read and perform a new classics play. Plan a trivia quiz to know where classical writers lived.

##### MONOLOGUE CLUB

Help each other find classical and modern monologues they like. Have your friends perform their monologue in front of the group. Give them feedback and ideas on how to improve the monologue performance. Perform all the monologues once per semester.

## GALAXY FOLD 2 TO SPORT BIGGER SCREENS?

TECH BUZZ

South Korean tech giant Samsung is expected to launch its next foldable smartphone Galaxy Fold 2 with a 7.7-inch interior display and a 6.23-inch cover display on August 5. According to South Korean news portal ETNews, it is likely that Samsung made such a decision in order to differentiate Galaxy Fold 2 from Galaxy Fold, and listen to consumers who want bigger screens. According to reports, both the interior and exterior displays of the Galaxy Fold 2 are bigger than that of earlier Galaxy Fold. Galaxy Fold that was released last year, is made up of 7.3-inch interior display and 4.6 exterior display.

- Interior and exterior displays of the Galaxy Fold 2 will be bigger by 0.4 inch and 1.63 inches, respectively
- The upcoming Galaxy Fold 2 is said to feature a 12MP primary sensor, a 64MP telephoto lens and a 16MP ultra wide-angle lens
- The phone will have two camera sensors on the front side, but they won't be placed together
- The current Galaxy Fold handset is priced at ₹1.65 lakh. The company is planning to use a cheaper design for bringing down its price



## NEWS IN BRIEF

CLICK HERE FOR MORE

### BAFTA FILM AWARDS PUSHED TO APRIL 11, FOLLOWING OSCARS CHANGE



ENTERTAINMENT

The British Academy of Film and Television Awards (BAFTA) has announced April 11 as the new date for its 2021 film awards. The decision was taken after the Academy of Motion Picture Arts and Sciences shifted Oscars 2021 date from February 28 to April 25, in response to the coronavirus pandemic.

- Originally, the 2021 BAFTAs were going to take place on February 14; the change allows for an extended eligibility period
- The new date will also allow the UK awards show to remain among the last of the Oscars precursors

## COIMBATORE-BASED TEXTILE COMPANY DEVELOPS ANTI-VIRAL FABRIC



INNOVATION

A Coimbatore-based textile company has developed an anti-viral fabric to contain the spread of coronavirus. The textile company says it has introduced an anti-virus treating technology called Viro block in collaboration with a Swiss company to develop the fabric.

This technology is being used on the fabrics that kill or deactivate the virus within 3 minutes of contact with it. Sundar Raman, MD of the company said, "The material has been tested internationally on the SARS-CoV-2 virus. The chemical is unique as it takes 3 minutes to deactivate the virus", he added.

- Using the technology, the product is being used to manufacture a range of N95 masks which are claimed to have 10 wash cycles

## 007 and other ways to bond with Covid-19

Amid the global scramble to find a cure for the coronavirus, Hollywood has come up with a pre-emptive celluloid strike against a lookalike pandemic. The latest James Bond movie, titled, 'No Time to Die', which will now release on November 12 and November 20 in the US will see 007 battling a pandemic. 'No Time to Die' will be the fifth and final film in which Daniel Craig will don the role of James Bond.



### BONDING WITH CORONA

1 With buzzwords, like 'lock-down', 'quarantine', 'mask', 'self-isolation' and 'social distancing' having become part of a worldwide vocabulary, movie makers are reportedly lining up to tag such tropes to future films

give top billing to the C word

3 Not to be outdone, Bollywood has booked the title, 'Corona Pyaar Hai', a pun take on the Hrithik Roshan starrer, 'Kaho Naa... Pyaar Hai'

2 A Canadian movie called 'Corona' made in February, just before the country went into lockdown, is the first feature film to

4 A Tollywood film company has registered the title, 'Coronavirus' and 'Covid-19' for a yet-to-be-shot film

## POST- COVID WORLD

### HOW THE future stadiums WILL LOOK

The coronavirus pandemic that brought sports to a standstill for months has everyone wondering what games will look like when spectators are finally allowed back in. It will almost surely be different in ways— big and small.

- Fans could have their every move scrutinised by cameras and lasers.
- There might be nobody in the next seat to high-five after a touchdown.
- Temperature screenings and medical checks could be mandatory. Virtual tickets will be the norm.
- Ticket sales will be capped. Entire rows and sections may be blocked off. Seats on the aisle will be left open to keep a buffer from fans walking up the stairs. Fans will be given an entrance time to prevent crowding at the gates.
- Lines at restrooms and concessions will be limited. Congregating in the corridors will no longer be allowed.



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STUDENT EDITION

WEDNESDAY, JUNE 17, 2020



WEB EDITION

## Google adds new feature; update will show COVID-19 TESTING LABS



Google has added a new feature on its Search, Assistant and Map products to help users find information on Covid-19 testing centres near them. **TECH BUZZ** The new feature is available in English, along with eight other languages in India—Hindi, Bengali, Telugu, Tamil, Malayalam, Kannada, Marathi and Gujarati, it added.

- While making a coronavirus-related search (for example, 'coronavirus testing') on Search and Google Assistant, users will now see a 'Testing' tab on the search results page providing a list of nearby testing labs, along with key information and guidance needed before using their services
- At present, Google has integrated over 700 testing labs on Search, Assistant and Maps spread across 300 cities. Google said, it is working with authorities to identify and add more testing labs located across the country

## India's FOREX RESERVES cross half a trillion dollars for the first time

**WHAT:** India's foreign exchange reserves (Forex) rose \$8.2 billion in the week of June 5 and has now crossed the milestone \$500 billion mark for the first time in the country's history. Forex reserves are external assets in the form of gold, SDRs (special drawing rights of the International Monetary Fund) and foreign currency assets (capital inflows to the capital markets, FDI and external commercial borrowings) accumulated by India and controlled by the Reserve Bank of India. Expressed in US dollars, foreign currency assets include the effect of appreciation or depreciation of non-US currencies, such as the euro, pound and yen held in the reserves.



**WHY ARE FOREX RISING DESPITE ECONOMIC SLOWDOWN:** According to experts, the major reason for the rise in forex reserves is the rise in investment in foreign portfolio investors in Indian stocks and foreign direct investments (FDIs). Foreign investors have acquired stakes in several Indian companies in the last two months.

### THE SIGNIFICANCE

1 The rising forex reserves is an added advantage for any government. It is an economic boost to the government and the Reserve Bank of India in managing India's external and internal financial issues at a time, when the growth is set to contract by 1.5 per cent in 2020-21

2 The rising reserves have also helped in strengthening rupee against the dollar

3 It also gives confidence to the markets that the country can meet its external obligations, and keep a reserve for emergency situations

## NEWS IN CLUES

This country is officially the 19th worst-hit by pandemic

**CLUE 1:** The farthest place on land from sea is located here  
**CLUE 2:** It is a permanent member of the United Nations Security Council  
**CLUE 3:** It joined the World Trade Organisation in 2011

**DID YOU KNOW?** The most distant point from an ocean is the Eurasian Pole of Inaccessibility, located in the desert of China's Xinjiang region, near the border with Kazakhstan

**ANSWER: CHINA.** China on Sunday reported its highest daily total of new coronavirus infections in two months, raising fears that reopening of the country has caused a second wave

## ABHISHEK BACHCHAN'S DIGITAL DEBUT 'BREATHE: INTO THE SHADOWS' TO RELEASE ON JULY 10



Amazon Prime Video's latest series, 'Breathe: Into The Shadows', featuring Abhishek Bachchan, is all set to release on July 10. The psychological-crime thriller, created and produced by Abundantia

### ENTERTAINMENT

Entertainment, marks Abhishek's digital debut, along with Southern star Nithya Menen. 'Breathe: Into The Shadows' will see actor Amit Sadh reprise his role as inspector Kabir Sawant from the first chapter of the series in 2018.

## NEWS IN BRIEF

### MILLIONS OF MICROPLASTIC PARTICLES ARE SPIRALLING THROUGH THE EARTH'S ATMOSPHERE

If reports are to go by, tiny pieces of plastic, known as microplastics, are filling the Earth's atmosphere, and have been discovered raining down on US parks, like the Grand Canyon, claim researchers. According to reports published in 'Daily Mail', more than 1,000 tons of microplastics were discovered in over 11 US locations, including protected areas, having travelled through the air, like rain. High-resolution equipment was used to discover samples of this plastic pollution that had rained down.



**DID YOU KNOW?** In 2017, the world produced around 348 million tons of plastic. It is believed that this figure has only increased year on year, since then  
Plastic is highly-resilient and lasts a long time before breaking down. The microplastics, known to accumulate in wastewaters, rivers and oceans, have also accumulated in the atmosphere

### NEIL GAIMAN TO RELEASE NEW BOOK FOR KIDS

Neil Gaiman, author of the comic book series, 'The Sandman' will be releasing a new children's book with Chris Riddell. Titled, 'Pirate Stew', it was written by Gaiman over a decade ago. A pirate adventure, the book will be illustrated by Chris Riddell, who also worked with Gaiman on 'The Graveyard Book', 'Coraline' and 'Fortunately, the Milk'. The book is due to come out on December 1, 2020.

### BOOK



### A CLASS IX STUDENT INVENTS A 'LIGHT MOTORCYCLE' FROM SCRAP

A class IX student, Arshad TH, has developed a light motorcycle by using scrap materials

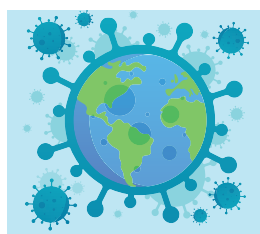
### YOUNG ACHIEVER

from his father's automobile workshop in Kochi. A student of SDPY school at Paluruthy, Kochi, Arshad made the innovative motorcycle in one and a half months by putting together the scrap parts. "I first wanted to create a bike when I saw an iron pipe and engine of a motorbike in my father's workshop during the lockdown. At first, my father scolded me but halfway through the process, he helped me, and it got completed in one and a half month. It was made using the parts of many bikes. I wish to manufacture a trolley next," Arshad said.

The bike has a petrol tank attached to the seat and handles, with the capacity to hold one litre of fuel. Arshad claimed that the bike can travel up to 50 km on a full tank.  
Manufactured with scrap tyres, disc brakes, LED lights, handles of other bikes and carrier and the seat of bicycles, Arshad spent nearly ₹ 10,000 to develop a light motorcycle

### INDIA LEADS INITIATIVE AT UN TO COUNTER MISINFORMATION ON COVID-19

India, along with 12 other countries, has led an initiative aimed at spreading fact-based content to counter misinformation on the coronavirus, with over 130 nations endorsing the global call to fight the "infodemic" relating to the Covid-19 pandemic. On the initiative by Australia, Chile, France, Georgia, India, Indonesia, Latvia, Lebanon, Mauritius, Mexico, Norway, Senegal and South Africa, a total of 132 member states endorsed a cross-regional statement on "infodemic" or manipulated information.



### A GIANT LEAP

UN secretary general Antonio Guterres has said that apart from fighting the Covid-19 pandemic, the world is also seeing a "dangerous outbreak" of misinformation about harmful health advice, hate speech and wild conspiracy theories. An antidote to this misinformation is fact-based news and analysis, he added

## How to use FACEBOOK, WHATSAPP safely

From restricting access to personal data to being cautious about accepting friend requests, Cyber Dost - the cybersecurity awareness handle maintained by the ministry of home affairs has shared some important tips to help avoid frauds...

- Sharing your sensitive personal details, such as address, phone number, Aadhaar number, photo, date of birth etc, on social media make it easier for a stalker to misuse such details to harass you. It is advisable not to post such details on social media.
- Ensure that your personal information—photos and videos, if posted on social media, are accessible only to your trusted ones. Always set your "privacy settings" on social

### SAFETY TIPS

- media before using it.
- Be careful while accepting friend requests from strangers on social media. It could be a trap to cause harm later.
- Do not trust online friends unless you know and can trust them in real life.
- Cyber criminals often create fake social media profiles to befriend potential victims for obtaining their confi-



dential or personal data, or gain trust to cause harm in due course. Be careful of online friend requests you accept.

6 If you are a victim of cyberstalking, consult your parents, friends or relatives, and file a complaint against the cyber stalker with the National Cyber Crime Reporting Portal/Police. Also save all communications with the stalker, as evidence. Don't panic and seek help without any hesitation.



## WANT MY PAPER (WMP)

Get access to news that you can trust. To get your newspaper delivered to your doorstep, go to Want My Paper by clicking on <https://bit.ly/3hpW4FT>.

## QUOTE UNQUOTE

"As a person who has experienced mental illness, I cannot stress enough about the importance of reaching out. Talk. Communicate. Express. Seek help. Remember, you are not alone. We are all in this together. And most importantly, there is hope!"  
**DEEPIKA PADUKONE, actor, on mental health**



For more: Check Page 2

## SUMMER DIGITAL PROJECTS FOR YOU TO MASTER

1 Start a family blog or construct a family website (Weebly or Google Sites). Decide which family members will have access - grandparents, aunts, uncles, cousins - and invite them to help with content. Ask extended family members to contribute as well



2 Teach yourself a bit about coding. If no one in your family knows much about the topic, MIT's Scratch (free download or use the website) offers a basic graphical coding introduction. Scratch is easy and user-friendly, and you can have fun designing mini-video games.

3 Organise the family's digital photos. Adults and kid picture-takers can get together a few times to download, sort, label, and back-up the photos on all of the digital devices in the house. Think about turning some of the picture albums into picture books or calendars (gifts or mementos) at sites like iPhoto/iTunes, Shutterfly, or Blurb. Consider uploading some of these pictures to a digital frame to gift your grandparents or friends.

4 Help a senior citizen or elder in your family or community to become more confident on a computer mobile phone or iPad. Check out the iPad for Dad series at AsOurParentsAge.net or help them learn more about the scams that cause so many problems for the elders.



"Every flower is a soul blossoming in nature."  
GÉRARD DE NEVAL, FRENCH WRITER AND POET

# Reach out... you are not alone

Pallavi.shankar@timesgroup.com

Are you going through a phase of bitter disappointment because you didn't get grades as per your expectation in exams? Or do you just feel lonely, confused and hopeless without any reason? The reason could range from specific incidents that have led to sadness to growing-up angst (it happens as the brain is still in the development phase during teenage years), concern for future in a competitive world or a family issue that is unsettling and playing havoc with



**SHARE WITH US**  
Send queries on mental health issues you are facing: insecurity about future in pandemic, feelings of inadequacy compared to a more academically competent sibling, etc. Times NIE will take up those issues and help you by giving advice and tips to cope in a weekly 'Mental Health Column'. Write to us at timesnie175@gmail.com. WE ARE THERE FOR YOU.



As a person who has had a lived experience with mental illness, I cannot stress enough about the importance of reaching out. Talk. Communicate. Express. Seek help. Remember, you are not alone. We are all in this together. And most importantly, there is hope."

DEEPIKA PADUKONE wrote in her post

### CALL WHEN IN DISTRESS

When you feel hopeless, call a helpline  
Jeevan Aastha Helpline: 1800 233 3330

your peace of mind. What you are going through could be sadness or even depression. If your sadness persists for more than 15 days continuously and you completely lose interest in activities that you used to enjoy earlier – its depression (a psychiatrist can diagnose it correctly). Either way, if your state of mind is bothering you, don't hesitate to get help from people around you. Here are some things you can do to manage your troubled feelings.

#### Acknowledge it

Understand that having a problem that affects your mind is

ok, be it depression, anxiety and so on. Do not judge yourself for it and consider yourself weak. Remember, "It's ok not to be ok", just don't brush it off. Escapism is not the way out – acknowledgment to self is the first step towards getting and feeling better.

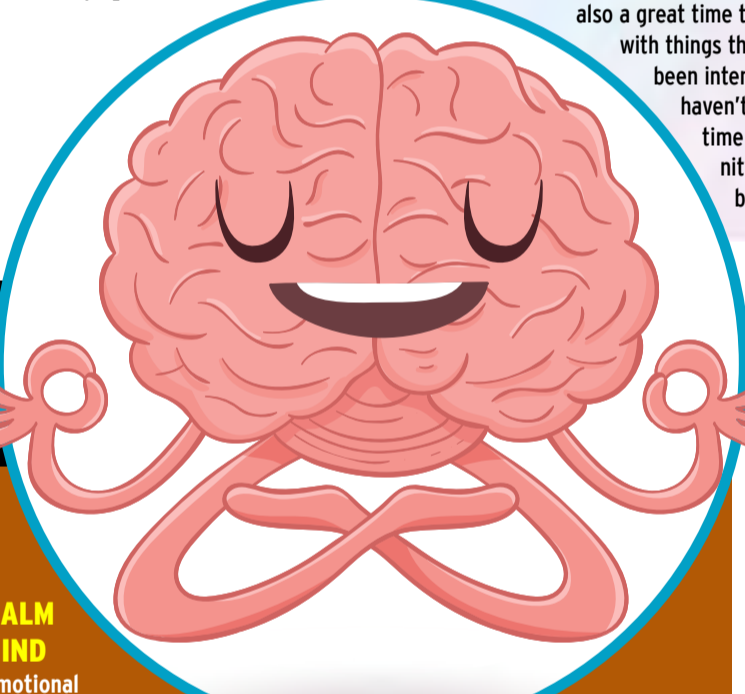
#### Ask for help

Asking for help when you are feeling low and hopeless is not a sign of weakness. Rather, it shows your power of analysis and understanding of self – which is a STRENGTH. Reach out to someone you are comfortable talking to – it could be

a sibling or a close friend. However, sometimes you may feel more comfortable and less conscious talking to an objective third person who you don't know – like a psychologist or a school counsellor. Get on the Helpline if you are not able to muster the courage to talk about your issues with your near and dear ones.

#### Life is precious

Always remember that life is precious and the problems that you are facing now have the potential to be solved with time and careful planning. Life is bigger than temporary setbacks. Suicide is never an option to end problems. Life is the only option.



TIMES NIE EXCLUSIVE COLUMN

Dr Samir Parikh

## Mental Wellness during Lockdown for Students



Given the uncertainty and extent of the coronavirus pandemic, it's natural for all of us to be feeling a little more anxious and stressed than we did before. There is concern for both our health and well-being, and also the uncertainty about what the future holds for our education. The key to coping with this lockdown is to take it one day at a time, rather than letting the uncertainty bog you down.

The most important aspect of managing mental wellness during this lockdown is to maintain a routine in our everyday life. Make sure that you sleep and wake up at the same time as you used to during school days. Taking classes online, while may be challenging and even boring at times, is a great way to stay in a schedule and stay connected with classmates. Avoid spending all your time on the bed – working out of a table and chair is recommended.

Since staying indoors all day can add to a feeling of restlessness, ensure that you stay physically active, both by exercising and helping out the family in household activities. This is also a great time to catch up with things that you've been interested in but haven't had the time or opportunity to do before – art,

Remember, that while it may not be possible to rid ourselves of this anxiety entirely, it's important to channelise it by doing our bit. Make this time meaningful by being socially responsible



reading, music, writing, cooking – these are all great ways of staying motivated and positive.

Screen time at this time can't be avoided – in fact, it's perhaps our biggest saviour. But what can be controlled is the manner in which this screen time is used. Don't spend too much time reading the

news; stick to just the latest guidelines laid out by health officials. Also avoid mindlessly scrolling through social media or forwarding unverified messages. Use this screen time instead to learn a new skill and most importantly, to stay connected with friends and family.

Remember, that while it may not be possible to rid ourselves of this anxiety entirely, it's important to channelise it by doing our bit. Ensure that you follow all precautions 100%, both for your own safety as well as that of your family. Make this time meaningful by being socially responsible.

(Dr Samir Parikh is an eminent Psychiatrist and the Director of Department of Mental Health and Behavioural Sciences, Fortis Healthcare)

MAKING A POINT

Column by Mukesh Bhatt

## 'SSR looked quite turbulent from within'



About Sushant Singh Rajput's suicide, filmmaker MUKESH BHATT, says, "I had seen this coming." He explains further, as he shares his thoughts with SUGANDHA INDULKAR



I met Sushant Singh Rajput for the first time in 2012 – during the casting of 'Aashiqui 2' – he came along with his then girlfriend Ankita Lokhande, but he had already signed up 'Kai Po Che'. We could not cast him because the dates were clashing. Later, we met quite often at award functions. When we were planning 'Sadak 2', the search was on for a boy opposite Alia Bhatt, and Sushant's name was suggested.

Sushant came to my office (in October-November 2018). We spoke for an hour or so. But I thought something was amiss with him, his eyes had a glazed look, I told him, "Beta, you look quite turbulent from inside. What is the matter – you must seek medical assistance if there is any problem bothering you. Don't let it grow." He assured me that he will treat the problem and not ignore it. I told Mahesh Bhatt and Alia about my doubts related to Sushant. Later, when Rhea (Chakraborty, his girlfriend) was doing 'Jalebi', I spoke to her about Sushant and told her to take care of him.

This pandemic has created a lot of anxiety – uncertainty is high. The youth is very vulnerable and insecure. More than the coronavirus, which will go away eventually, mental illness is a bigger and more serious problem. Depression is a disaster. Mental disorders are silent killers and Sushant was a serious patient; he was suffering and he must have decided to end his suffering. We have to understand this and not point fingers at anyone. Deaths related to depression are very unfortunate. I salute Deepika Padukone who came out in the open and spoke about her depression. We as seniors should help these youngsters in coping with mental health issues.

## Know about Social Emotional Learning

supriya.sharma2@timesgroup.com

Yale Center for Emotional Intelligence survey of 5,000 teachers amid COVID asked them to describe the three most frequent emotions they felt each day. Anxious, fearful, worried, overwhelmed, and sad were the top five. Anxiety, by far, was the most frequently mentioned emotion, according to the study. Tending to children's psychological and emotional needs isn't important in a pandemic alone. SEL or Social Emotional Learning is being perceived as the future of educa-

tion the world over. This new way of learning is intended for students to be self-aware of their emotions.

#### START YOUNG

The world is increasingly fighting mental illness, a lot of it quietly. For many children, school is the only place where any deficiencies in these abilities can be addressed. Untreated or undiagnosed mental

health conditions will affect a student's ability to learn, develop, and grow. Teachers who focus on SEL are more likely to respond to students with empathy, nurture better bonds and face less burnout.

#### CALM THE MIND

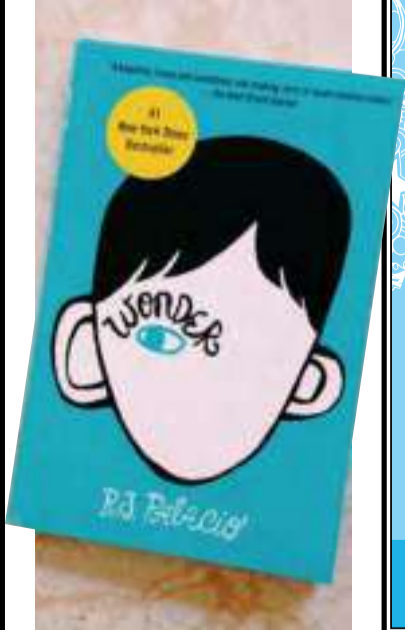
Social-emotional learning is the process of developing self-awareness, self-control, and interpersonal skills. SEL plays an important role in promoting positive mental health and mitigating symptoms of mental health disorders. The following are the 5 foundations of SEL:  
> Self-awareness: Identifying emotions.  
> Self-management: Regulating emotions to handle stress, etc.

> Social awareness: Empathise with others; recognising others' needs, strengths.

> Relationship skills: Establishing and maintaining healthy and rewarding relationships, resolving conflicts.

> Responsible decision-making: Making decisions based on a consideration of all ethical standards, safety concerns, and social norms.

## Let's Be Kind



WONDER WONDER WORD SEARCH

C	V	K	O	E	W	I	S	D	O	M	O
H	F	I	T	J	U	C	S	W	R	P	S
R	J	Q	A	U	G	T	F	A	O	L	T
I	A	D	X	L	V	R	Q	U	V	N	A
S	S	J	Y	I	G	Q	A	G	S	G	R
T	J	P	S	A	O	Q	D	U	T	C	W
D	S	L	Z	N	U	I	G	S	A	X	A
P	G	R	T	W	R	K	D	T	R	R	R
H	B	Q	D	E	A	T	O	V	W	Y	S
E	H	D	D	J	U	L	D	G	C	U	A
R	J	N	W	I	S	O	X	O	H	O	D
Q	D	Q	A	W	A	R	D	A	A	W	A
W	A	U	Z	T	A	D	E	D	R	O	I
Z	V	B	D	H	D	I	Q	I	L	N	S
S	U	M	M	E	R	N	D	O	D	D	Y
X	O	Q	D	Z	V	A	N	V	T	L	T
W	A	R	S	Q	C	R	K	A	T	Y	U
T	M	P	I	N	V	Y	H	Y	E	O	I
J	A	C	K	W	I	L	L	S	V	O	E

Find: August, Summer, Talian, Daisy, Tick Will, Wisdom, Charlotte, Award, Via, Ordinary, Wonder, Christopher

WONDER WONDER CROSSWORD

Fill in the blanks of the precepts to complete the crossword!  
The shaded squares make up a secret word! Can you work out what it is?

1	2			
3		4		5
7				
	8			
	9			
	10			
11				
12				

Across:  
1. Don't \_\_\_\_\_ a book by its cover  
7. It is better to know some of the \_\_\_\_\_ than all of the answers  
8. Better \_\_\_\_\_ than never  
9. To thine own self be \_\_\_\_\_  
11. Waste \_\_\_\_\_ want \_\_\_\_\_  
12. When given the choice between right or being kind, \_\_\_\_\_ kind

Down:  
2. Your \_\_\_\_\_ are your monuments  
3. Have no friends not \_\_\_\_\_ to yourself  
4. \_\_\_\_\_ teaches success  
5. Be the type of person you want to \_\_\_\_\_  
6. No man is an \_\_\_\_\_ centre of itself  
10. Kind \_\_\_\_\_ do not cost much. Yet they accomplish much

The secret word is: \_\_\_\_\_



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STUDENT EDITION

TUESDAY, JUNE 16, 2020



WEB EDITION

## FLASH BACK

# HISTORY OF SINO-INDIAN FEUDS

As India-China agree to initiate dialogue on the ongoing LAC conflict, a look back at times when China had to back down...

### NATHU LA CONFLICT (1967)

**1** Better known as the India-China war of 1967, the Nathu La conflict sent a strong message to China that the mistakes of 1962 won't be repeated. India landed a stern blow on the People's Liberation Army's (PLA) pride at the Nathu La post. In August 1967, when the Chinese troops infiltrated the Nathu La region, Indian troops asked the Chinese to withdraw from the Indian territory. However, repeated infiltrations, despite verbal warnings, led to a scuffle between two sides in September 1967. Though the Chinese went back to their own territory following dialogues, clashes erupted again. On Sept 11, the PLA launched an attack on Indian post at Nathu La. It lasted till Sept 15, 1967, resulting in a major setback for China, with the loss of 400 soldiers.



### CHO LA CONFLICT (1967)

**2** After the September humiliation at Nathu La, the Chinese shifted the action to the Cho La post. According to reports, the Chinese troops intruded into Cho La sector, situated near Nathu La, on October 1, 1967, claimed the region and raised questions on Indian Army's position there. Arguments soon turned into a fight. Although China eventually lost, 88 Indian Army personnel died and 163 were wounded in the conflict.

### ARUNACHAL BORDER STAND-OFF (1987)

**3** Arunachal Pradesh, one of the contentious issues between New Delhi and Beijing, was one of those incidents that almost took both the nations on the verge of war. When Arunachal Pradesh was granted statehood by India in late 1986, China protested. The Chinese troops reportedly crossed LAC, entered the Sumdorong Chu valley in Arunachal Pradesh, and started building helipads and permanent structures. The then Army Chief Gen K Sundarji launched Operation Falcon. The Indian army stood at the border eyeball-to-eyeball with Chinese troops until the PLA agreed to back off in 1987.

### DOKLAM (2017)

**4** The 72-day stand-off began in June 2017, when Chinese troops attempted to construct a road near the Doklam plateau, close to India's border. Indian troops stepped in to prevent the construction of the road in the territory, claimed by Bhutan as it lay close to an Indian highway. Following skirmishes at Doklam, India warned China that the road construction will have an impact on the status quo with serious security implications, and suggested that both sides pull back troops for any talks to take place. After 6 weeks of diplomatic talks, the two countries reached an agreement to pull back military personnel from the site.

## X-PLAINED

# COMMUNITY TRANSMISSION OF COVID-19

**WHAT** The Indian Council of Medical Research (ICMR) has reiterated that there is no community transmission yet in the country. The term community spread is used when you do not know the source of the infection — you are unable to trace it back to someone who has travelled in an affected area overseas, or got it through contact with someone, who is infected.

**HOW** It implies that the virus is now circulating in the community, and can infect people with no history — either of travel to affected areas, or of contact with the infected person. In a situation of community transmission, there is a risk of the spread of infection from every person, regardless of where they are from, or whether they have been in contact.

## SCIENTISTS DETECT WIDESPREAD STRUCTURES NEAR EARTH'S CORE

**A**nalysing thousands of recordings of seismic waves, or sound waves travelling through the Earth, scientists have detected widespread, heterogeneous structures—areas of unusually dense, hot rock—at the core-mantle boundary than previously known. The new research provides the first comprehensive view of the core-mantle boundary over a wide area with such detailed resolution. The researchers focused on echoes of seismic waves travelling beneath the Pacific Ocean basin.

■ The analysis revealed a previously unknown structure beneath the volcanic Marquesas Islands in the South Pacific and showed that the structure beneath the Hawaiian Islands is much larger than previously known. ■ It also revealed a few surprises in the structure of the core-mantle boundary. ■ Scientists found that the large patch of very dense, hot material at the core-mantle boundary beneath Hawaii produced uniquely loud echoes, indicating that it is even larger than previous estimates. ■ Better understanding of the shape of the structures at the core-mantle boundary can help reveal the geologic processes happening deep inside the Earth.

### UNRAVELLED

## LEARN VIDEO EDITING



**1 LARRY JORDAN:** Larry Jordan's website is an epic resource for anyone interested in video editing, and various other skills that aid in the filmmaking process as a whole. He has over 1,690+ free tutorials for video editors on his blog! You can learn about Premiere Pro, Final Cut Pro, Adobe Audition, and many other top programmes. Larry also features a lot of specific articles for troubleshooting common (and not so common) problems in these programmes **WHERE?** <https://larryjordan.com/>

**2 JOHN ELWYN:** Jonny Elwyn is a freelance film editor working in London, UK. His website also has a wealth of free resources and articles for people interested in learning video editing. You can find a lot of useful coverage on Davinci Resolve and Speedgrade on Jonny's website along with some awesome freebie round-ups too. **WHERE?** <https://jonnyelwyn.co.uk/>

**3 VIDEO COPILOT:** Andrew Kramer started Video Copilot at the age of 20 in his spare time while freelancing. What began as a few 'After Effects' tutorials quickly grew to a massive collection of plug-ins, resources, and tutorials that are widely used by the visual effects community. Andrew's tutorials are fun and easy to follow for video editors of any stage. You can search for advanced tutorials, if you are looking to learn more complex skills, or you can start with the basics to get your bearings. **WHERE?** <https://www.videocopilot.net/tutorials/>

**4 RED GIANT TUTORIALS:** Red Giant produces filmmaking and motion graphics software. Some of their products, include the Trapcode Suite, Magic Bullet Suite, and Keying Suite. These are used for motion graphics/special effects, colour grading and film finishing, and chroma keying/compositing. On the Red Giant Tutorials blog, you can find hundreds of tutorials, behind the scenes videos, and category specific lessons/techniques. **WHERE?** <https://www.redgiant.com/tutorials/>

## INDIA CAN'T HANDLE PRESSURE IN CRUCIAL GAMES: GAMBHIR

**VIEWPOINT** Former opener Gautam Gambhir feels that Indian players lack "mental toughness" to handle pressure in crunch situations. Talking on a chat show, 'Cricket Connected', Gambhir said, "What sets you apart from being a good player to being a very very good player in a team squad is what you do on crucial games, like the World Cup." I think we have not been able to handle the pressure properly, probably other teams have been able to handle it better than our team, he added. "After playing really well in the league stage and then losing out in the semi-final or knock out and final reflects the mental tenacity as well," the former batsman said, adding that the team management should work more on the players' mental toughness.

"We can keep talking that we've got everything... we have the ability to be the world champions, but till the time you prove it on the cricket field at crucial junctures, you will never be called the world champions"



### REALITY CHECK

India won the ODI World Cup twice in 1983 and 2011 but have been knocked out in the semi-final stage in four editions, including the last two editions in 2015 and 2019. In T20 World Cups, India had triumphed in the inaugural edition in 2007 and reached the finals in 2014

Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com) /[timesnie175@gmail.com](mailto:timesnie175@gmail.com)

## NEWS IN BRIEF

CLICK HERE FOR MORE

### WEARING MASKS CAN HALT SPREAD OF VIRUS: STUDY

**M**asks have emerged as the most important non-pharmaceutical intervention in containing the spread of Covid-19, along with physical distancing and hand washing. **Even 75% mask adherence in a population can lower Covid-19's reproduction number to less than 1, without resorting to lockdowns, studies showed.** "If widespread facemask use by the public is combined with physical distancing and some lockdown, it may offer an acceptable way of managing the pandemic and reopening economic activity long before there is a working vaccine," said researchers of the study. The study was based on the theory that the coronavirus can be transmitted through airborne droplets when talking, coughing or sneezing. The researchers found that when people wear masks in public, it is twice as effective at reducing the R number than if masks are worn after symptoms appear.

**Reproduction number, or the R number, is the number of people that an infected person can pass the virus on to. A figure of less than 1 is needed to slow the spread of the disease**

### BREAKTHROUGH

### EACH FILM PROJECT IS A CHALLENGE: AMITABH BACHCHAN

**ENTERTAINMENT** For Amitabh Bachchan, each project comes with its own challenges and his latest, 'Gulabo Sitabo', was no less. While talking about the film, the actor said, "Yes (there was) the prosthetic make-up routine each day for four to five hours and its discomfort, the posture of the old Mirza (his character in the film), and the extraneous weather of the summer of May. But if you wish to call yourself a professional, then it all comes with the territory, and you damn well accept and enjoy it," he added.

In 'Gulabo Sitabo', scripted by Juhi Chaturvedi, the actor plays Mirza, landlord of an old dilapidated 'haveli' in the heart of Lucknow, named Fatima Mahal, while Ayushmann Khurrana is his shrewd tenant, Baankey. Their situation is akin to that of Tom and Jerry, with witty banter, adding to the quirk factor of the script



### TOURISTS RETURN AS EUROPE EXITS LOCKDOWN



Tourists took gondola ride on the Grand Canal in Venice and visited other tourist spots as life limped back to normalcy post lockdown in Europe



## How to take care of our environment in small ways

[nitya.shukla@timesgroup.com](mailto:nitya.shukla@timesgroup.com)

### KEEP A FOLDAWAY BAG WHILE GOING OUT

Statistics say that by 2050 there could be more plastic by weight than fish in our seas. Moreover, scientists estimate that around 8 million metric tons of plastic ends up in our oceans each year. These numbers alone should convince you to stop using single-use plastic bags. So, invest in a reusable, foldaway shopping bag, and ask your family to do the same.



### READ ABOUT BEES

Their numbers are depleting rapidly due to drought, habitat destruction, air pollution, global warming, intensification of farming and increased use of pesticides. As pollinators, bees play a huge role

in every aspect of the eco-system, and are vital to our biodiversity. So, educate yourself.

### ATTEND EARTH SCHOOL

Initiated by the United Nations Environment Programme (UNEP) and TedEd, the Earth school helps you to learn all environment-related subjects, including animals, global warming and underwater farming. The best way to protect our biodiversity is to learn about it as much as we can.



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MONDAY, JUNE 15, 2020

WEB EDITION

## STUDENTS' TAKE



Besides, to become truly 'atmanirbhar', we have to nurture talented minds.

NAOMI DEWICKA, class XII, DPS, RK Puram, Delhi



Though 'Vocal for Local' looks attractive on paper, we need to understand that it is not easy to boycott global products in this globalised world. India has to make cost-effective and quality products to compete with the world.

Economic patriotism is not a viable option at this hour, when the world is suffering from a pandemic. Boycotting global goods could prove to be detrimental for an 'atmanirbhar' India, as its manufacturing ability is limited. We need to have concrete plans before taking such bold steps.

AADRIT BANERJEE, class XII, Apeejay School, Kolkata



We need to understand that we are living in a globalised world that is dependent on each other for various products. Boycotting global goods may lead to a further slowing down of the economy. A phase-wise push for 'made in India' products is the best way forward for a self-reliant India.

AMALYA SUNNY, class X, DWPS, Amaravati



A proper blueprint on how India can become economically atmanirbhar is required before coining slogans like, 'Vocal for Local'. Economic patriotism is achievable, but it might strain ties with other nations.

V V RAMARATHINAM IYER, class VIII C, Bharatiya Vidya Bhavan's Public School, Hyderabad

## VOCAL FOR LOCAL GAINS MOMENTUM



## Will economic patriotism BACKFIRE on INDIA'S GROWTH CHART?

The Central government seems to have decided that the best way to salvage the sinking ship is to look inwards. There are calls within the government to boycott global products. The Big Q: Is it possible to shut the world out without strengthening our own supply chains? We debate...

## WHAT IS ECONOMIC PATRIOTISM?

Economic patriotism, coined by a French parliamentarian Bernard Carayon, is an ideology that favours state interventionism over other market mechanisms, with policies, such as domestic control of the economy, labour, and capital formation

Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com) or [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

## IS IT FEASIBLE?

Complete boycott of global products, especially, Chinese products, is impractical. However, economic patriotism can lead to re-doing of India, if handled judiciously. Proper planning—applying both openness & protectionism—can tap manufacturing opportunities in various sectors.

NIRMALA PADMANABHAN, head, dept of eco, St Teresa's College, Ernakulam

We live in a world where economies are inter-linked. Any attempt to promote only local would lead to a trade war, and subsequently harm our economy. Our products have components that are imported. Besides, a consumer will always give priority to the quality products, which are pocket-friendly.

V P BHARDWAJ, former professor, Gujarat University

It's not easy to wean an entire economy away from a habit that is global. Economic patriotism must make economic sense for the country and it will take time. 'Vocal for Local' is at best a 10-year plan. It can't be implemented overnight.

HARISH BIJOUR, founder, Harish Bijour Consults Inc, Bengaluru

## A REALITY CHECK

- According to the Confederation of Indian Industry (CII), electrical equipment, such as smartphones and computers are a key part of India's import bill. Around 88% of the components used by the mobile handsets industry are imported from countries, like China
- Over 60% of the medical devices are imported as well.



## NIRF: IIT, MADRAS BEST EDU INSTITUTION IN THE COUNTRY

IIT, Madras, IISc, Bengaluru and IIT, Delhi bagged the top three positions among the higher educational institutions in the country in the HRD ministry's National Institutional Ranking Framework (NIRF) rankings that was announced on Thursday.



### RANKINGS

- Seven Indian Institutes of Technology (IITs) figured in the top 10 in the overall rankings – IIT, Madras, IIT, Delhi, IIT, Bombay, IIT, Kharagpur, IIT, Kanpur, IIT, Guwahati and IIT, Roorkee
- According to the fifth edition of the annual rankings, the top three universities are IISc, Bengaluru, Jawaharlal Nehru University (JNU) and Banaras Hindu University (BHU)
- IIM, Ahmedabad has been ranked as the top business school in the country, followed by IIM, Bangalore and IIM, Calcutta
- Miranda College bagged the top rank among colleges, followed by Lady Sri Ram College for Women, Hindu College and St Stephen's College – all under the Delhi University (DU)

The National Institutional Ranking Framework is a methodology adopted by the ministry of human resource development, government of India, to rank institutions of higher education in India. The framework was approved by the MHRD, and launched by minister of human resource development on September 29, 2015

## NEWS IN BRIEF

CLICK HERE FOR MORE

### NEW EDUCATION POLICY WILL HAVE SPORTS AS PART OF EDUCATION: SPORTS MINISTER

Sports minister Kiren Rijiju has said that the country's new education policy will have sports as part of the school syllabus and not as an extra-curricular activity. Addressing the inaugural session of the International Webinar on Olympism and Olympic



### FUTURE EDUCATION

Education in the 21st century, the minister said, sports cannot be treated as an optional subject; it has to be accepted as a part of education.

### OTHER MAJOR CHANGES

- Rijiju said he has formed a high-level committee for the formation of the National Sports Education Board
- Rijiju is also keen to have an 'Olympic Museum' for the country. Discussions regarding it would take place once situation normalises post the Covid-19 pandemic, he said

### WHATSAPP MAY SOON GET A NEW SEARCH FEATURE

WhatsApp is reportedly working on a new search filter for its chat platform. According to a report, the app will soon allow users to search for messages by date



### TECH BUZZ

According to the report, the 'search by date' feature will come with a calendar icon that will appear whenever users use the in-chat search option. It even includes screenshots to show how it may appear on iOS users. The screenshot shared in the report shows calendar icon on the top of the keyboard. Tapping on this in the app will allow users to select a date/date range. Presently, the search feature allow users to look for a particular content item in their chat.

## SPACE

### NASA PICKS ASTROBOTIC TO LAND WATER-HUNTING ROVER ON MOON

NASA has awarded Pittsburgh-based space robotics start-up, Astrobotic, \$199.5 mn to deliver a water-hunting rover to the Moon's South Pole in late 2023. The water-seeking mobile VIPER (Volatiles Investigating Polar Exploration Rover) robot will help pave the way for astronaut missions to the lunar surface beginning in 2024, NASA said. Scientific data gathered by VIPER will also inform the selection of future landing sites by helping to determine locations, where water and other resources can be harvested to sustain humans during extended expeditions.

- As part of its award, Astrobotic is responsible for end-to-end services for delivery of VIPER, including integration with its Griffin lander, launch from Earth, and landing on the Moon
- During its 100-Earth-day mission, the approximately 454-kg VIPER rover will roam several miles and use its four science instruments to sample various soil environments
- Its science investigations will provide insights into the evolution of the Moon and the Earth-Moon system

### NEW LAUNCH

### HUAMI AMAZFIT T-REX SMARTWATCH IN INDIA FOR ₹9,999

Wearable brand Huami has launched the Amazfit T-Rex rugged smartwatch in India for ₹ 9,999. The customers can purchase the device online from Amazon and from the company's own online store.

- It sports a 1.3-inch AMOLED screen with (360x360 pixels), capable of displaying 16.7 million colours with superb clarity
- The wearable features GPS, GLONASS, a 'BioTracker PPG' optical heart rate sensor, an advanced activity tracker, and a sleep monitoring sensor.
- Other features, include call reminders, mobile payment, notifications, and much more. It can withstand extreme temperatures, and is protected from dust



## RIP

### Actor Sushant Singh Rajput passes away at 34

Bollywood lost yet another actor as reports suggest that Sushant Singh Rajput committed suicide at his residence in Mumbai. While the industry is still reeling with the passing away of Irrfan Khan and Rishi Kapoor, it has to now deal with yet another loss. Sushant was 34 years old, and was much loved for his performances on the small screen as well as in movies. His last release was 'Chhichhore', which hit the screens in 2019.



Sushant Singh Rajput earned massive fame with a TV show and made a successful transition to films. He marked his debut in Bollywood with 'Kai Po Che!' in 2012 and went on to deliver massive hits, like 'PK' and 'Kedarnath'. His biggest hit till date remains 'MS Dhoni: The Untold Story'.

## PETA urges UP govt to BAN ONLINE TRADE OF PETS

The People for the Ethical Treatment of Animals (PETA) India has sent a letter to the Uttar Pradesh government, seeking a ban on online trade of pet animals. PETA has also urged the government to keep pet shops and dog breeders, not duly registered with their state animal welfare boards closed. The animal rights body has also asked the government to stop online portals, such as OLX and Quikr—which have registered offices in Haryana and Karnataka, respectively—from trading in animals.



### PET CARE

narian Himanshu Vyas. DK Patil, another veterinarian, adds, "Rather than using a mask, it's advisable to sanitise your pet with animal-friendly disinfectants. Make sure you also wash their paws properly."

## Pets don't need masks

So, did you buy masks for your pets too? Well, they don't need one, say experts. Most vets say that face masks are a big 'NO' for pets. Why is that so? "Dogs pant with their mouths open and the blood vessels on their tongue keep their body's temperature regulated. If we cover their mouths with a mask, they might start facing respiratory issues," says veterinarian Himanshu Vyas.



Please share your view at [toinie175@gmail.com](mailto:toinie175@gmail.com) or [timesnie175@gmail.com](mailto:timesnie175@gmail.com)



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