



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Attend Ruskin Bond's class on how to be a writer
➤ Try out these easy apple recipes
PAGE 2



➤ Students share their travel diaries
➤ Missing school? Relive your school days
PAGE 3



➤ Find out why CSK failed to click this IPL
➤ Take a quiz on Messi
PAGE 4



STUDENT EDITION

WEDNESDAY, OCTOBER 21, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

YOUNG IGNITED MINDS HONoured

Ragini.Bharadwaj@timesgroup.com

Mobile-operated sanitisation machine, apparatus to measure tremors of a Parkinson's disease patient, machine that uses carbon dioxide to generate fuel, device for laying and wrapping mid-day meal, cycle-operated spraying machine, groundnut seed thresher... These are some of the innovative ideas that have won the prizes for Dr APJ Abdul Kalam Ignited Mind Children Creativity and Innovation Awards, 2020.

SHINING STARS

BODHISATVA KHANDERAO

Class VIII, Kendriya Vidyalaya, Maharashtra
Innovation: Labour-free multigrain cleaning machine



Called mechanical sift, the machine can be used to clean different types of grain in every harvest season—both manually and mechanically. This sift is based on the first-class lever technique with the fulcrum in the middle. The size of the machine can be changed as per the requirement. If developed, it can be a blessing for the farmers, asserts Bodhisatva.

SANDIP BISWAS

Class XI, Jawahar Navodaya Vidyalaya, Purulia, West Bengal
Innovation: Folding crutches with chair



To help the divyangs, who face problems, while commuting, sitting and walking, Sandip has designed crutches that has a facility for sitting. In this system, two parts of a crutch can be folded to form a chair and a person using can sit with no extra efforts.



VISHAL KUMAR,

Class IX, Damla, Yamuna Nagar, Haryana
Innovation: Battery rickshaw for cleaning purpose



Vishal Kumar gave wings to the proverb, 'Cleanliness is Godliness' by coming up with a solar-powered and a battery-operated rickshaw that has a broom attached with the motor. It cleans the street wherever the rickshaw moves. Importantly, there is a solar panel that charges the battery, making it a cheap device.

➤ This year nine national awards and six appreciation awards have been given to children for their creativity and innovation
➤ Overall, more than 9,000 submissions were received from 22 states and Union territories
➤ Children studying up to class XII or dropouts presented their original ideas and innovations

YASH GOKUL KSHIRSAGAR

Class VIII, Malojiraje Vidyalaya, Satara, Maharashtra
Innovation: Groundnut seed thresher

When Yash saw his mother struggling for seed separation of groundnut in the kitchen, he came up with a machine—using parts of motorcycle and bicycle—where when whole groundnuts are poured, crushed earpods are separated, while you rotate its pedal. It can separate one kg seeds in a minute.



DIGANTIKA BOSE

Class XII, Purba Bardhaman, W Bengal
Innovation: Ear pressure reduction tool due to mask usage

Digantika's idea of coming up with an ear pressure reduction tool came up after watching workers, who have to work and wear masks throughout the day. With the help of discarded plastics (or any flexible board), she made a design that sticks to the back of the head, while the mask is used reducing the pressure.



JUI KESKAR

Class IX, The Orchid School, Pune, Maharashtra
Innovation: Apparatus for measuring

To measure the tremors of a patient suffering from Parkinson's disease, Jui has devised a device that will keep track of the 3-D movement of the patient's limb and send signals to the database on the cloud, where tremor profiling is generated. It will help doctors to know the intensity, frequency and duration of the tremor, she says.



Quote unquote



“Corruption is criminal, immoral and the ultimate betrayal of public trust. In the midst of the Covid-19 pandemic, corruption is proving to be even more damaging in its impact on the most vulnerable. The response to the virus is creating new opportunities to exploit weak oversight and inadequate transparency, diverting funds away from people in their hour of greatest need.”
ANTONIO GUTERRES,
secy gen, UN

NEWS IN CLUES

This missile's name is a portmanteau of two rivers of two countries

CLUE 1: It's the world's first supersonic missile to be in active service.

CLUE 2: It's the world's fastest cruise missile currently in operation.

CLUE 3: It has recently been deployed along the India-China border.

ANSWER: BRAHMOS. India on Sunday test-fired the BrahMos cruise missile from Indian Navy stealth destroyer, INS Chennai, hitting a target in the Arabian Sea “successfully with pin-point accuracy”, according to the DRDO. Named after the Brahmaputra and Moskva rivers, in India and Russia respectively, it can travel at a speed of Mach 2.8, and has been deployed in Ladakh and Arunachal Pradesh during the ongoing border stand-off with China

RIDLEY SCOTT, JOAQUIN PHOENIX TO REUNITE FOR FILM ON NAPOLEON BONAPARTE

Veteran director Ridley Scott and Hollywood star Joaquin Phoenix are teaming up once again for a period feature, titled 'Kitbag', which will see the 'Joker' actor play French military leader and emperor Napoleon Bonaparte. The film marks the second collaboration between Scott and Phoenix after the multiple Oscar-winning 'Gladiator' (2000).

➤ 'Kitbag', the film's title, is derived from the saying, 'There is a general's staff hidden in every soldier's kitbag'
➤ A kitbag is a long narrow bag, which is used by the soldiers to carry clothes and other personal possessions
➤ According to Deadline, the project is an original and personal look at Napoleon's origins and his swift, ruthless climb to become an emperor. It captures Napoleon's famous battles, relentless ambition and strategic mind as a leader and a war visionary



Photo: Getty Images

NEWS IN BRIEF

NOW, PPE GOES LUXE



Luxury PPE (Personal Protective Equipment) is the latest attempt by high-fashion brands to redefine the world of haute couture and protective gear: Earlier this month, French fashion house Louis Vuitton announced that it would soon be launching the LV Shield, a protective visor, with gold studs embossed on the logo, rumoured to be priced over a whopping \$900! At the Emmy Awards this year, the trophy presenters rocked tuxedo hazmat suits while handing out the awards to a lucky few at the virtual ceremony.

LIFESTYLE

WHEN WILLIAM AND KATE PLAYED Pictionary WITH STUDENTS

The Duke and Duchess of Cambridge played a virtual game of pictionary with a group of children in Pakistan recently to mark a year since they first met them. The couple, who toured the country in 2019, spoke to kids virtually at the Islamabad Model College for Girls and the SOS Children's Village in Lahore, which they visited, while they were there a year ago. They were then given friendship bracelets by the children at the village. William wore his recently, during a documentary he filmed on mental health, which aired during the lockdown



BRITISH COMPANY LAUNCHES CHICKEN NUGGET INTO SPACE!



Iceland Foods, a British supermarket chain, sent a chicken nugget into space for the first time ever as a part of their 50th birthday celebrations. “We don't know who needs to hear this, but we sent the first-ever chicken nugget into space today. Why? We have no idea, but it was out of 'this world!”, the company tweeted. The company also released a one minute 59 seconds video that showed how the chicken nugget was thrown into the space and its journey captured on camera. The nugget reportedly reached about 1.10 lakh feet above the Earth in a time period of 45 minutes. It then returned back and landed safely with a parachute.

LAUGHTER, AN EFFECTIVE MEDICINE IN THESE TRYING TIMES



Photo: Getty Images

Some doctors, nurses and therapists have a prescription for all of us to get through this seemingly never-ending pandemic: Try a little laughter. Humour is not just a distraction from the grim reality of the crisis, says Dr. Michael Miller, a cardiologist. It's a winning strategy to stay healthy in the face of it. “Having a good sense of humour is an excellent way to relieve stress and anxiety and bring back a sense of normalcy during these turbulent times,” he adds.

Laughter releases nitric oxide, a chemical that relaxes blood vessels, reduces blood pressure and decreases clotting, Miller said. In fact, a study of older men and women in Japan has confirmed that those who tend to laugh more have a lower risk of major cardiovascular illness. Possessing a healthy sense of humour is also associated with living longer, says another study

HOW TO GO ABOUT IT: Miller prescribes “one good belly laugh a day” for his patients. It's not just going “ha, ha,” he explains, but a “deep physiological laugh that elicits tears of joys and relaxation”

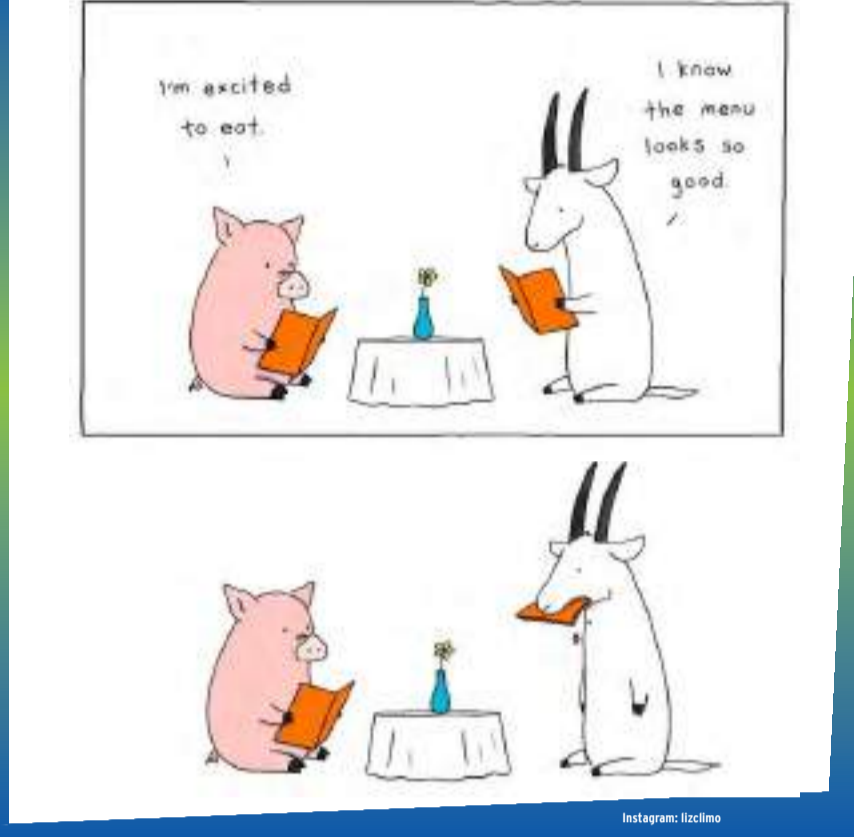
TRY THIS: Get your family together and laugh out loud every morning for at least five minutes. Invite everyone to crack jokes or pretend the living room is a stage and host a comedy night. Watch comedy serials/web series/youtube videos that elicit some serious giggles. Avoid the ones with laughter tracks in the background, because no one laughs along



Write to us

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You can also post your articles, paintings, sketches, debates, concerns and feedback on WWW.TOISTUDENT.COM

AWWDORABLE COMICS



Have you ever heard of apple halwa?

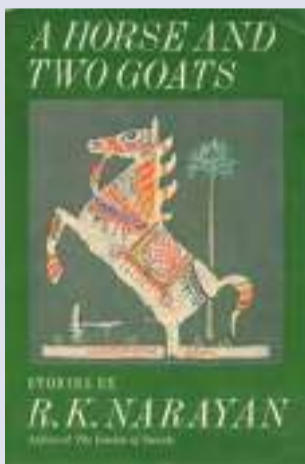
APPLE HALWA

- 1 Wash 1 kg apples and peel them. Cut into slices and run them into a food processor until the apples are finely ground.
- 2 In a pan heat 5 tbsp ghee on medium heat. Once hot, add apple slices.
- 3 Cook the apples until all the water is evaporated.
- 4 Now add 1/2 cup sugar and mix. Also add 1 tbsp cinnamon powder, 1 tsp nutmeg and 1 tsp cardamom powder. Enjoy the delicious dessert.

Communication
CONFUSION

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

Muni encounters an American who engages him in conversation, but they talk at cross purposes. Answer each of these questions on R.K. Narayan's 'A Horse and Two Goats' (from 'Treasure Trove') by choosing correctly from the four options.



1 In what colour, besides yellow, is the Big House painted?

- A. Blue B. Green
C. Pink D. Red

2 How are the eyes of the statue of the warrior described?

- A. Big B. Beady
C. Bright D. Bulging

3 Which is the only pair of words that Muni knows?

- A. Come--Go B. Yes--No
C. Hello--Goodbye D. You--Me

4 To which US state does the foreigner belong?

- A. Minnesota B. Indiana
C. Connecticut D. Arizona

5 What amount in rupees does Muni take home?

- A. 200 B. 100 C. 50 D. 25

ANSWERS: 1) A. Blue 2) D. Bulging 3) B. Yes--No 4) C. Connecticut 5) B. 100

MASTERCLASS

Ruskin Bond wants you to write a good story

Hint: Observe, read and record everything.

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For the last 70 years, Ruskin Bond has been doing the toughest thing in the universe every single day: waking up and facing the blank page. That's 70 years of first drafts, re-drafts, edits and re-edits before a story or a book or a collection penned by him has landed in your hands. The author, a recipient of several awards including the Padma Vibhushan and Padma Shri, has steadily churned out stories at a prolific pace, which includes best-sellers 'The Room on the Roof', 'The Blue Umbrella', 'A Flight of Pigeons' and many more. In 2020 alone he released 'The Little Book of Everything'; 'Hop On: My Adventures on Boats, Trains and Planes', 'Stories from my childhood, Boy in a pullover, Koki's song'. So naturally, he is the best writing mentor, and in his latest 'How To Be A Writer', he offers sage advice on how one can prepare to write a fantastic story.

Go alone, observe and learn

The author writing as warmly and affectionately as always, begins the book by going into all the reasons why he enjoys being an author. That certainly will help you to introspect and be clear about the kind of writer you want to be. Noting that "Putting a mood or an idea into words is an occupation I truly

love", Bond says that he plans to write something every single day because he enjoys it. Additionally, he says that a writer should be prepared with spending time alone, to be with their thoughts, as you never know what strikes the imagination. Writing that he prefers "walking alone to walking with others," he says that how a "ladybird or the wild rose would escape my attention if I was engaged in a lively conversation with a companion." One should also always carry a notebook, so that you can quickly note down an idea, a thought, a sentence that can be used to write a story. Heck, the author even advises that one note down their dreams as sometimes they can be the springboards to some of the best stories in the world.

READ

An extraordinary bibliophile, Bond's writing advice is peppered generously with nuggets about famous authors, stories or characters that he has found noteworthy or memorable. Bond writes, "Study the style of one of the great masters of the short story, Somerset Maugham.

He writes very simply, but he has the knack of getting to the heart and mind of his characters, of telling a story, and of carrying you along with him as the narrative progresses." We'd advise you



Use real life people to create fictional characters

As a young lad, Bond once had to travel to UK to meet a publisher. On his return journey, the author met and struck a friendship with Koki, a 12-year-old girl aboard the ship they were on. Hearing that he had no money for chocolates, Koki shared her chocolates with him. Bond would never see Koki again, but she turns up in his stories as a character, most recently 'Koki's Song'. Bond writes that his first novel, 'The Room on the Roof' was based on a diary that I had kept when I was sixteen. But it went through at least two transformations in the process of being turned into a novel."

Be persistent about your writing

Enumerating the qualities of a good writer, Bond writes that 'persistence' is the most important quality that will see you through in your literary journey. He adds, "Persistence in the face of failure, in the indifference of the world at large, during hard times and periods of ill-health. Persistence in the face of many odds." Let these wise words alone remind you to never give up, or let a blank and demanding page terrify you!

Lastly, be yourself

Besides decoding the art of writing styles and telling you how to create characters, brush up on vocabulary and grammar; the book showers you with encouragement to be yourself. For Bond, that means writing stories from your unique point of view. He writes, "I have always advised young writers— wishing to write novels or short stories— to set their stories in the places they know about. Write about your hometown, the places where you grew up, your immediate neighborhood, where you are familiar with the sights, sounds, people..." We agree.

STAY FIT HOW TO EXERCISE OUTDOORS SAFELY

Whether you are taking a brisk walk in the park or your cycle out for a spin, here are some dos and don'ts to follow.

Tired of being stuck inside their homes for over six months, people are raring to go out and exercise in parks, on the road or any other open space they can find. Working out amidst the greenery is great for health but we need to be careful because of the ongoing pandemic. Go ahead and get your fill of fresh air but keep these tips in mind.

Stay close to home

Being allowed to be outside does not mean you venture too far from your home. "Do not be overenthusiastic about going for long runs or cycling very far from your neighbourhood," says Dr Samrat Shah. It's also wise to choose a time of day when there



are fewer people around. Early morning is a good time to exercise outdoors.

Be mindful of surroundings

Basic, low-intensity workouts that will not get your heart rate up and leave you breathless are recommended. If it's a group class you wish to attend, ensure that it's a small group of two to three people, says infectious disease specialist Dr Kriti Sabnis.

While everybody should be able to exercise, keeping all these safety precautions in mind, some people should avoid going out at all — including those suffering from cold, cough or mild fever. "If you have just recovered from Covid-19, avoid stepping out for at least a month. If you wish to exercise, do it at home," advises Dr Sabnis.

Avoid outdoors if sick

While everybody should be able to exercise, keeping all these safety precautions in mind, some people should avoid going out at all — including those suffering from cold, cough or mild fever. "If you have just recovered from Covid-19, avoid stepping out for at least a month. If you wish to exercise, do it at home," advises Dr Sabnis.

Mask up accordingly

"If you are wearing a mask when exercising, you're limiting the flow of oxygen and blocking carbon dioxide," says fitness expert Shivoham. Dr Shah suggests keeping the mask pulled down to your chin when exercising. "That way, if you see someone approaching, you can slow down and pull the mask up, touching only its exterior surface, and pull it down once more."



MIND TEASERS (MATHS QUIZ)

Q.1) When a metallic ball bearing is placed inside a cylindrical container of radius 2 cm, the height of the water, inside the container, increases by 0.6 cm. The radius, to the nearest tenth of a centimeter, of the ball bearing is....

- A. 1 cm B. 1.2 cm
C. 2 cm D. 0.6 cm

Q.2) If 5 boys take 7 hours to pack 35 cartons then how many boys can pack carton in 3 hours?

- A. 26 B. 39
C. 45 D. None of the above

Q.3) How can you add 8

- A. 40 B. 30 C. 43 D. 53

weights to get the number 1000?

- A. 888 + 88 + 8 + 8 + 8
B. 89 + 78 + 888 + 88
C. 8 + 80 + 88 + 98 + 108 + 8
D. none of the above

Q.4) In a linear pair of adjacent angles one angle is 75, then what is the other angle?

- A. 85 B. 108
C. 105 D. 45

Q.5) A restaurant sells chicken in orders of 6, 9, and 20. What is the largest number of pieces of chicken you cannot order from this restaurant?

- A. 40 B. 30 C. 43 D. 53

ANSWERS

- Q.1) (B) 1.2 cm (C) (A) 888 + 88 + 8 + 8 + 8 (D) none of the above (E) (C) (5) 501 (3) (4)

Mental Health Awareness Week Celebrated

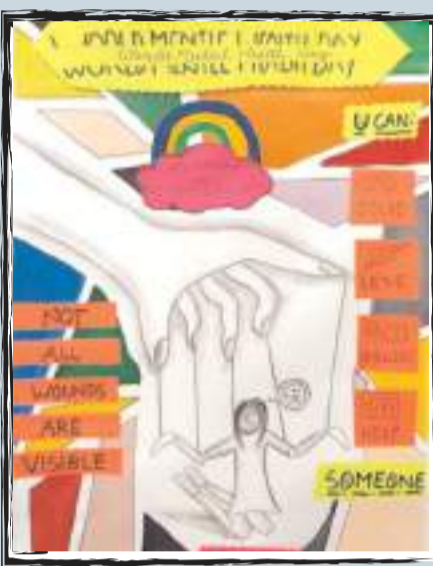
Stuck at home, reduced outdoor timings and restricted socializing, children are the most silent sufferers of this pandemic. The aftereffects of this pandemic would remain in their minds for a long time.

The year 2020 will be remembered for multiple reasons—one of them being recognizing mental and emotional health to be as important as physical health. Thus this year, to mark World Mental Health Day, activities were planned in tandem with this situation to help our students stay balanced. Zebur School organized a webinar 'Life Through an Optimistic Lens'. The webinar was focused on empowering students with the skills of approaching life through gratitude, optimism, and positivity. The speaker, Tanushree Sangma's session was interactive, as well as informative. It was moderated by the Vice-Principal (Special Education) Shivani Joshi.

The counseling department organized sessions for teachers. Students were encouraged to share their creative work on the theme of 'Mental Health'. Students exhibited their creativity and poured their hearts into the activity.

The society needs more compassionate and empathetic citizens and to bring out those qualities in our students' activity on 'Kindness' was rolled out. Entries were invited from students to express their gratitude towards their family, friends, neighbours or strangers who had helped them during the lockdown.

The music department organized a virtual music activity to destress the students. Special yoga and meditation sessions with yoga educators relaxed the little minds.



The primary purpose of organizing a virtual event involving multiple disciplines on a larger scale for a week was to spread awareness amongst parents and students about some basic techniques which can be practiced by varied age-groups for over well-being. Speaking on this occasion, Shivani Joshi said "Emotional and mental wellness is fundamental at every stage of life. The right kind of counseling, at the right time, can do wonders not only for the child but it is family and the society at large".

COOKING WITHOUT FIRE

Excuse the mess. SGVP International School kids are busy making memories!!

It is said that when you prepare meals, you have more control over the ingredients and it inherits the importance of cooking at home. By cooking for self, family, and friends we ensure that we eat fresh, wholesome meals. This can help to look and feel healthier.

So not missing this opportunity, SGVP International School grabbed this virtual learning phase as a chance to let young minds instill the basics and importance of cooking by giving them a free hand to play with spoons and ladles, gummies, and nuts, sauces and syrups, cheese and flakes, to let them get messy and experiment all that they have in their mind without any kind of set rules. Kids with the support of teachers and parents made flavorsome dishes like rolls, mocktails, juices, chocolate fudge, Pani puri, bhel puri, dahi sev puri, sandwiches, sweets and many more without using fire. They also made 'Recipe Card' which spoke about the ingredients and measurements along with the necessary utensils required for preparing the dish. The activity ended with a short video



about 'Dining Etiquettes' which also plays a vital role in our lives and proves to be an essential part of the food habits.

Student launches an app for traders

Aditya Pandey, a class XII student from Delhi Public School, Ahmedabad launched a financial mobile application which garnered more than 500 users in the first 30 days of launch. His application, named WheelGang is used by beginner

traders to build an application within 3 months. This new way of working by a young entrepreneur breaks all the boundaries creating a level playing field for all tech enthusiasts.



Students take virtual tour of Gaushala

Kids usually adore animals and learning about the furred and feathered friends is always fun for them. SGVP International school provided a platform where students personalized their cameo with animals and the environment around them through a virtual tour. The video featured a beautiful farm as well as the Gaushala where children were shown cows, what they are fed, how the team takes their care. The medicinal properties of cow milk and cow dung were discussed in detail. It was tons of fun and an unforgettable experience for the children as well as the educators.



Virtual Trip @ Roundhouse Aquarium, California



Udgam School for Children conducted a virtual tour at Roundhouse Aquarium, USA, for Class V recently. Roundhouse Instructors, Juan Lopez & Britney Olaes gave a brief overview of the importance of aquatic plants and marine mammals in our life, also shared some interesting facts about octopus, sea horses & sea jellies. They further explained the ocean ecosystem and animal habitats. The Executive Director of Roundhouse, Grace Adams, was also present during the live trip. More than 300 students attended the virtual event. They were thrilled to see Leopard Shark, Wolf Eel, Octopus, Sea Horses, Sea Jellies, Sheep-head Fish, Star Fish,



Moral Eels, and many more creatures of the sea. All the students enthusiastically attended the virtual trip and curiously asked many questions to the instructors yet gaining a lot of knowledge about aquatic life.

MAHABALESHWAR A DESTINATION WHERE NATURE DANCES!

My trip to Mahabaleshwar during the last Diwali vacation is still fresh in my mind as it was full of fun and excitement. Forget the destination, even the journey was beautiful as we spent quality time at the waterfall on the way. After reaching the hotel, we freshened up and reached Mapro Garden. We clicked pictures and enjoyed watching beautiful flowers and colorful birds. This was followed by a visit to the WAX museum where we saw amazing wax replicas of various celebrities. We also went for a ride on toy cars, water balloons, and many more adventurous activities. This was followed by a visit to the lake where we enjoyed the boat ride.

It was indeed a very fruitful day, we rested at the hotel to rejuvenate ourselves for the next day adventures. Next day early in the morning we went to the table point, Elphinstone point Parsi point. The view there was breath-taking and we went crazy clicking pictures. We were in for a yummy surprise during our visit to the strawberry garden. We not only had strawberry shake but also had fresh strawberries. After berries, it was time to appreciate nature, and the flower garden visit was a true delight.



Next day, we went to the Mahabaleshwar temple and also visited the market. Then we went to Matheran and spent two days there. We spent two days there. It was really a memorable trip and I will never forget this trip to Mahabaleshwar which was such a thrilling experience and also the best time ever I had spent with my family.

DHRUVI PATEL, Class VIII, Shree Vasishtha Vidhyalaya (Vav), Surat



PAINTINGS OF THE DAY



Annlín Stephen, Class VIII, Zebur School For Children



Anshuman Chhangani, Class I, SGVP



Sidhhi, Class VI, Shanti Asiatic School, Bopal



Aaditri Kakroo, Class II, Anand Niketan School

ODE TO THE PEN

Suddenly, the storm became unappealing;

The feeling turned dark; It felt like the north groaned! The texture turned rough; The contrast was unbelievable... It showed up the anger, For the reason that I still don't know; But I bowed to the eternity.. There was a sudden change now; It was all calm now; No matter what; I felt, it whispered in my ears The only truth of nature.... Which was the nature itself, the greatest "MIRACLE" The harsh wind was now the zephyr... The sky was strangely starry; The constellations were weird yet equal to heavenly beauty! And I couldn't recognize the night! SAMRIDHI VAGHELA, Class VII, Sheth C N English Medium School

"LEARNING IS A JOY AT MY SCHOOL"

School serves as the first learning place for most of the people. My school is my second home where I spend most of my time. It also gives me a platform to grow better in life. My school is not just about academics but also gives equal priority to the holistic development of personality.

School is not just about achievements through extracurricular activities, but also about lasting friendships as we accomplish tasks with team spirit. One of the main reasons why I love my school is, it does not measure everyone on the same scale. Our hard-working and cheerful teachers give time to each child to grow at our own pace by boosting confi-



dence in us and making the environment of the school interesting. Music, dance, drawing class, and sports activity fills us with energy and the vivacity of mind, body, and spirit. Actually at home too we play outdoor games but to indulge in sports activity in school under the supervision of coaches is totally different. There are different clubs including environment club, social service group, water, and electricity saver club, cleanliness club etc... which make school life joyful and induce the qualities of a responsible citizen.

The Annual Sports Day, Inter-house tournaments. Festival celebrations Various Competitions, Picnics among others make the school life relishable. At the end of the year, we have a grand annual function which gives us an opportunity to showcase our talents. With all this school is truly fun!

PALAK ZALAVADIYA, Class VII, Shree Vasishtha Vidhyalaya, Surat



'THIS TEAM MAY HAVE RUN OUT OF JUICE'



CSK head coach Stephen Fleming admitted his team might have run out of juice this season. CSK are embracing one of their worst seasons in the history of IPL. The three-time champions have so far managed to make it to the playoffs in all ten seasons that they have been part of the tournament but this year the streak is likely to come to an end. Here's what went wrong for CSK...

"Fair enough, this season we weren't really there. Also the youngsters, we didn't see the spark to push the guys."

WHY CSK FAILED TO CLICK?

DISAPPOINTING BATTING SHOW

MS Dhoni-led side has been disappointing with the bat. Even Dhoni had conceded that a lot of deliveries are being left by his side's batsmen in a format which mostly rewards big shots. "Batting has been bit of a worry. We need to do something about it. We can't just keep turning up...it is almost the same thing that is happening maybe the individuals are different. Our batting has lacked a bit of, you can say, power more from the 6th over onwards."

POOR FORM OF INDIAN PLAYERS

One of Chennai's biggest problems this season has been the inability of Indian players to absorb pressure. While Ambati Rayudu did win CSK the first game of the season against Mumbai Indians, the likes of Kedar Jadhav, Piyush Chawla, Ravindra Jadeja (with the ball), etc. couldn't quite produce the level of performances that were expected from them.



Many have questioned the inclusion of Kedar Jadhav in Playing XI

MSD LOSING HIS 'FINISHING TOUCH'

Dhoni came back to professional cricket after 14 months of sabbatical in the ongoing IPL 2020. However, Dhoni, who is regarded as the best finisher in the world, hasn't been up to the mark, failing to finish off games. In the match against RR, he gave two Indian leggies without international experience Shreyas Gopal and Rahul Tewatia the respect that Shane Warne would probably have got in his prime. Dhoni probably knew in his mind what he had to do, but it was evident that his game where he could churn out sixes at ease has left him.

KRIS SRIKANTH TEARS INTO MS DHONI'S CSK 'YOUNGSTERS' COMMENT

Former India captain Kris Srikanth slammed Dhoni for saying that youngsters in his team lack spark

"That was an atrocious comment. It is so demotivating for youngsters. Will any youngster want to play for CSK when a captain says stuff like this? How can he make that statement? How can he say that he is not able to find a 'spark' in youngsters? What did you see in Kedar Jadhav? I can't understand. Absolute rubbish. What spark is there in Piyush Chawla?"
Kris Srikanth

'Players may withdraw from tours due to bio-bubble burnout'



England's players can withdraw from tours if they feel playing in bio-secure bubbles during the Covid-19 pandemic will take a toll on their mental health, the country's limited-overs captain Eoin Morgan has said. England hosted West Indies, Pakistan and Australia after cricket's restart in July, with the teams restricted to playing in Manchester and Southampton where the ECB had set up bubbles. The Indian Premier League has set up a bubble for players in the United Arab Emirates and similar curbs on movement will be in place with England expected to tour South Africa next month.

"We've spoken about this as a team and we've accepted that guys will come in and out of the bubble as they feel it is affecting their mental health. I do think we will see people pull out of tours. That's just going to be the reality of things."
Eoin Morgan, KKR captain

Barca not among Champions League favourites, says Koeman



FC Barcelona coach Ronald Koeman with Ansu Fati during a match

Barcelona coach Ronald Koeman believes his side are not among the favourites to win this season's Champions League with the Catalans having made a stuttering start to the new season.

My role is to bat at number five for now

Jos Buttler



TEST YOUR KNOWLEDGE

FOOTBALL QUIZ | Lionel Messi

Q1: How many Ballon d'Or awards has Lionel Messi won?
a) Four b) Five c) Six d) Seven

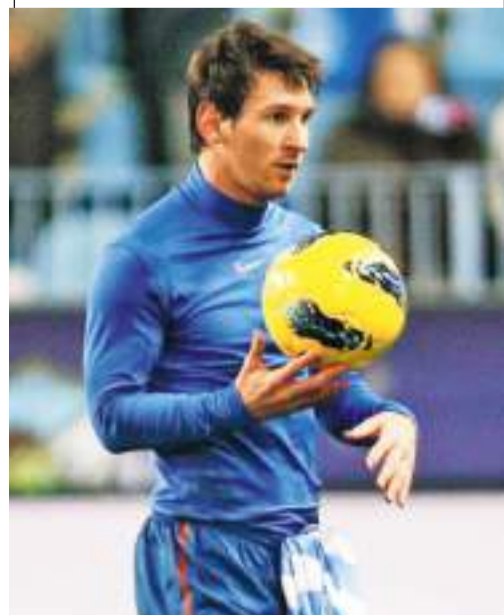
Q2: How many European Golden Shoes awards has Lionel Messi won?
a) Four b) Five c) Six d) Seven

Q3: Which club in Argentina did Messi play for in his Youth career?
a) Rosario Central b) Newell's Old Boys c) Tiro Federal d) Belgrano de Rosario

Q4: At what age did Lionel Messi cross the Atlantic to try his luck in Barcelona, and join the Under 14s.
a) 13 b) 14 c) 15 d) 16

Q5: Messi made his first appearance in an official match on October 16, 2004, in Barcelona's derby win at the Olympic Stadium. Against which club did they play?
a) Juventus b) Real Betis c) Espanyol d) Valencia

Q6: Against which club did Messi score the goal that won Barça their first Club World Cup?
a) Club Atlético River Plate b) Estudiantes c) Rosario Central d) Santos FC



Q7: In 2018, Messi became the Barcelona captain. From whom did he take over?
a) David Villa b) Fernando Torres c) Sergio Ramos d) Andrés Iniesta

Q8: The league title in 2019 saw Lionel Messi become the most decorated footballer in FC Barcelona history. How many trophies does he have to his name?
a) 32 b) 34 c) 30 d) 37

Q9: In which year did Messi become the youngest player ever to score in the league for Barça, a record now held by Ansu Fati?
a) 2004 b) 2005 c) 2006 d) 2007

Q10: How many times has Lionel Messi been the Champions League top scorer?

a) Seven b) Six c) Five d) Four

Q11: How many times has Messi been 'Pichichi' (top scorer) in La Liga?
a) Two times b) Seven times c) Three times d) Six times

Q12: He ended 2012 with the record number of goals in a calendar year. How many goals did he score?
a) 91 b) 95 c) 97 d) 92

Q13: Lionel Messi played at the Beijing Olympics, and came home with which medal?
a) Gold b) Silver c) Bronze d) None of the above

ANSWERS: 1- c) Six 2- c) six 3- b) Newell's Old Boys 4- a) 13 5- c) Espanyol 6- b) Estudiantes 7- d) Andrés Iniesta 8- b) 34 9- b) 2005 10- b) Six 11- b) Seven times 12- a) 91 13- a) Gold



THE TIMES OF INDIA

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TODAY'S EDITION

Take a lesson on how to apply the theory of economics in your daily lives
PAGE 2



Let's talk about the Motezuma Headdress
Fitness secret of celebs revealed
PAGE 3



How KXIP showed nerves of steel to down MI in an unprecedented 2-Super Over encounter?
PAGE 4



STUDENT EDITION

TUESDAY, OCTOBER 20, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

FACTOID



94 The rank of India on the Global Hunger Index (GHI) 2020 among 107 nations. Last year, India's rank was 102 out of 117 countries. According to the report, 14 per cent of India's population is undernourished. It also showed that the country recorded a 37.4 per cent stunting rate among children under five and a wasting rate of 17.3 per cent. Wasting is children, who have low weight for their height, reflecting acute undernutrition.

Seventeen nations, including China, Belarus, Ukraine, Turkey, Cuba and Kuwait, shared the top rank with GHI scores of less than five

Aishwarya Sridhar: First Indian woman to win award at Wildlife Photographer 2020

Aishwarya Sridhar's photo titled, 'Lights of Passion' has won the 'Highly- Commended' award at the Wildlife Photographer of the Year 2020. The 23-year-old has become the first Indian to win the coveted award...



Sridhar's photo is a picture of a tree illuminated with fireflies. The fireflies and stars in the sky form a surreal galaxy around the tree. It won under the 'Behaviour-Invertebrates' category. "After two hours of hiking, she found a tree dusted in gold from the bioluminescence of thousands of fireflies. Shooting 27 images over a 24-second exposure and combining them using focussticking software, she highlighted the vibrancy of this scene," the photo's description on the website of National History Museum, which organises the competition, reads

Sridhar, a wildlife photographer from Panvel, Maharashtra, captured the photo during a trek in Bhandardara in June last year



Lockdown gave me extra time to prepare for NEET: Akanksha

Akanksha Singh from Kushinagar, Uttar Pradesh, who scored 100 per cent marks in the NEET (National Eligibility-cum-Entrance Test) examination, believes that the lockdown period gave her extra time to prepare for the medical entrance exam, unlike other students, who demanded that the exam be postponed. Akanksha at first wanted to write the civil services exam. She said, "I used to think of becoming an IAS officer till the eighth standard. Then AIIMS hospital at Delhi became an inspiration for me, after which I started preparing for NEET."



The corona pandemic has made Akanksha realise the necessity of doctors, given their role in the current situation. She said, "The manner in which doctors have performed their duty, risking their lives during the corona crisis is an inspiration for thousands of people like me. It has made me realise the importance and responsibilities of a health worker"

TOPPER SPEAKS

NOW, A SPACE PETROL STATION IN UK



Yes, you heard it right. The UK is planning to build the world's first ever space 'petrol station' as part of a project to support the upcoming NASA missions to the Moon. Aerospace manufacturer Thales Alenia Space will construct the chemical refuelling station, which will be launched into space in 2027 at its three UK sites— Bristol, Belfast and Oxfordshire.

The station will refuel the Lunar Gateway – a space station that will orbit the Moon and serve as a communication hub and science laboratory – with xenon and other chemical propellants > The petrol station will be launched full of propellant to refuel the Lunar Gateway's orbit control systems

The lunar space station is expected to play a major role in NASA's Artemis programme. Artemis plans to land the first woman and the next man on the Moon by 2024



NEWS IN BRIEF

Rudolph to go under the hammer, expected to fetch \$250,000

Rudolph and his still-shiny nose are getting a new home, and it's bound to be a lot nicer than the Island of Misfit Toys. The reindeer and Santa Claus figures, who starred in the beloved stop-motion animation, Christmas special, 'Rudolph the Red Nosed Reindeer' are going up for an auction.



- According to the Auction house Profiles in History, a 6-inch-tall Rudolph and 11-inch-tall Santa that used to animate the 1964 TV special are being sold together in the auction that starts from Nov 13, and are expected to fetch between \$150,000 and \$250,000
- The figures were made by Japanese puppet maker Ichiro Komuro and were used for the filming of the show at Tadaito Mochinaga's MOM Productions in Tokyo
- They're made of wood, wire, cloth and leather. Rudolph's nose, after some minimal maintenance through the years, still lights up. The realistic bristles of Santa's beard are made from yak hair



'Three suns' appear in China!

Residents of the Chinese city Mohe recently spotted what appeared to be three suns in the sky at the same time. The optical illusion that lasted for about three hours is caused by a natural phenomenon known as 'sun dogs'.

Sun dogs happen when sunlight passes through high-altitude ice crystals in cirrus clouds. The phenomenon is also called 'parhelion'.

According to experts, sun dogs can occur anywhere in the world, and they are always 'intriguing to see'. An unusually bright moon can create the same effect, but such an instance is 'very rare', they add.



The strange phenomenon is believed to have been recorded as early as between 384 and 322 BC by Aristotle. Roman authors Cicero and Seneca mentioned them in their writings too. In later works, it was feared that sun-dogs were omens for bad times ahead, such as war

Spotlight

KL RAHUL

First Indian to score over 500 in 3 IPL seasons in a row

Kings XI Punjab (KXIP) captain KL Rahul on Sunday became the first Indian batsman and third overall to have scored more than 500 runs in three consecutive IPL seasons. Rahul scored 77 off 51 balls against Mumbai Indians at the Dubai International Stadium.

- He ended the match with his tally for the season on an incredible 525 runs in just nine matches at an average of 75
- Rahul scored 659 in his first season with KXIP in 2018 and followed that up with 593 runs in the 2019 season
- He has scored five half centuries and one century this season with his unbeaten 132 against RCB



LIFETYLE

Blue-light glasses improve sleep, workday productivity: Study



Want to improve sleep quality? Read on. Researchers have found that wearing blue-light glasses just before sleeping can lead to a better night's sleep and contribute to a better day's work. According to a latest study, wearing blue-light-filtering glasses creates a form of physiologic darkness, thus improving both sleep quantity and quality.

- Most of the technology we commonly use – such as computer screens, smartphones and tablets – emits blue light, which past research has found can disrupt sleep
- Workers have become more dependent on these devices, especially, as we navigate remote work and school during the coronavirus pandemic
- Many studies have recently reported on the benefits of blue-light glasses for those spending a lot of time in front of a computer screen
- This new research extends the understanding of the circadian rhythm, a natural, internal process that regulates the cycle and repeats roughly every 24 hours



SHILPA SHETTY KUNDR

In July, the actress revealed that she has accepted vegetarianism completely. "Over the years, I've realised that cultivating livestock for food, has not only destroyed forests but also been the largest sources of carbon dioxide, methane, and nitrous-oxide emissions," she wrote on social media. The actress also said that it is "the best change for our health and the health of the planet"

BHUMI PEDNEKAR

Actress and environmentalist Bhumi Pednekar is loving her new lifestyle. "I was never heavy on a non-vegetarian diet but I took a call during the lockdown. It was actually something that happened organically. It's been six months and I'm good, guilt-free and I feel physically strong as well," she said, adding, "I just don't feel like eating meat anymore"

GREEN MAKEOVER: Stars who turned veggie over past months

For many stars, the new normal is green. Many Bollywood celebrities used the lockdown period to ditch a non-vegetarian diet and go vegan. While some have taken to the habit owing to climate awareness, for others, it is an attempt to reduce the carbon footprint...

RITEISH DESHMUKH

Earlier this month, Riteish shared that he has given up non-vegetarian food, black coffee and aerated drinks for a cause. "I want to keep my body healthy. Eventually, when the time comes for donating my organs, people should say, 'Jaate jaate healthy organs chhod kar gaya' (he left healthy organs)," said Riteish



GENELIA DESHMUKH

Sharing her experience on turning into a vegetarian, Genelia said, "I realised the beauty of plants, the various colours I see through them and eventually the nutrients I get through them, besides, I feel less cruel to animals"

- From the world of Hollywood, comedian Ricky Gervais revealed that he got through the lockdown with lots of vegan meaty comfort food, and at one occasion claimed "eating things you shouldn't" causes pandemics like the coronavirus outbreak
- Singer-songwriter and actor Lenny Kravitz also revealed that he has become vegan and grows most of his own food, while rapper Snoop Dogg shared that he is taking help of his vegan and vegetarian family members to help him consume more plant-based foods

CAPITAL CONNECTION:

What every high school student should know...

To get money 'wise', there is no right age. In fact, the best time to set individuals on the path to successful financial management is as young adults. Here's a feature curated by Times NIE to help you understand the theory of economics and how to apply in practical life – be it saving up for what you want to buy or working hard to earn that money...



YOU ARE NEVER TOO YOUNG TO SAVE

You should and can have saving goals. When your parents give you an allowance, keep reasonable saving goals. Eg: You will spend half of it, and save the rest like a contingency fund. (read on this page how the nation has a contingency fund too).

EVER HEARD OF COMPOUND INTEREST?

Understanding compound interest can help a saving-resistant teenager find motivation to stash away cash. So you can tell your parents that for a certain amount saved, they can give you additional money as interest. Imagine!

DO YOU NEED A LOAN WHEN PURSUING HIGHER STUDIES?

Not really. Contrary to popular belief, student loans are not required for a college degree. Students have many options for going to college without a debt: attend part time, work while in school, choose a cheaper school, graduate early, start at a community college.

This isn't saying that going to school debt-free should be every student's goal. Sometimes the student loan debt is worth it. If you are going to launch into a high-paying field within four or five years of high school, student loan debt isn't all bad. But students shouldn't take this debt as a fact of existence.



THE TERMS AND CONDITIONS

FISCAL DEFICIT: Fiscal deficit is the difference between the government's expenditures and its revenues (excluding the money it has borrowed). A country's fiscal deficit is usually communicated as a percentage of its gross domestic product (GDP).

INFLATION: Inflation is defined as a sustained increase in the general level of prices for goods and services. It is measured as an annual percentage increase. As inflation rises, every rupee we own buys a smaller percentage of a good or service.

SUBSIDY: Subsidy is a parliamentary grant to the sovereign for state needs.

FISCAL CONSOLIDATION: Fiscal consolidation is a reduction in the underlying fiscal deficit. However, it is not aimed at eliminating fiscal debt.

CURRENT ACCOUNT DEFICIT: It is a measurement of a country's trade in which the value of goods and services it imports exceeds the value of goods and services it exports.

SUBSIDY: Subsidy is a parliamentary grant to the sovereign for state needs.

LIQUIDITY: In terms of finance and accounts, liquidity is the high volume of activity in a market.

FISCAL FEDERALISM: As a subfield of public economics, fiscal federalism is concerned with understanding which functions and instruments are best centralized and which are best placed in the sphere of decentralized levels of government.

DIVESTMENT: Divestment is the action or process of selling off subsidiary business interests or investments.

MONETARY POLICY: Monetary policy is the macroeconomic policy laid down by the central bank. It involves management of money supply and interest rate and is the demand side economic policy used by the government of a country to achieve macroeconomic objectives like inflation, consumption, growth and liquidity.

FOREX (FOREIGN EXCHANGE): This is the exchange of one currency for another or the conversion of one currency into another currency. Foreign exchange also refers to the global market where currencies are traded virtually around-the-clock. The term foreign exchange is usually abbreviated as forex and occasionally as FX.

It is human nature to want what your neighbours have and to want to be like others. And wanting to have nice things, and occasionally, showing off isn't at all bad in college days. But allowing what others have to drive your financial choices, particularly when those choices involve spending beyond your means, is a slippery slope.

Teenagers are developmentally primed to fit in with their peers, which is why, according to psychologists, they are constantly worrying about what others think of them. But if a teenager can step back from the drive to keep up with the Joneses now, he or she will make much better financial choices in the future.

KEEPING UP WITH JONESES COULD WRECK YOUR LIFE



Why are we talking about finances?

Global credit rating agency Moody's recently lowered its 2020 growth forecast for India's economy to 5.3% due to the likely impact of the coronavirus. Moody's had in February had projected a 5.4% growth for 2020, which itself was a downgrade from 6.6% forecast



earlier. Growth has slipped to 4.7% in the September-December quarter. While the country goes through economic changes, it is important that youngsters know everything about money matters—from financial terms to how to inculcate the habit of understanding profits and return of investments. Here is your one-stop economics class.

FINANCIAL INSTITUTIONS ARE THERE TO SELL YOU THINGS

It is easy for students to think that banks and lenders are friends, especially when students are trying to finance education. But the fact is that financial institutions exist to make money. This doesn't mean students should avoid dealing with them, it means they should be shrewd when doing so.



Most college orientations are rife with booths from various local banks and large credit card companies peddling their wares. Again, these wares aren't necessarily bad. But students can easily sign up for way more credit by doing a business even before college starts.



MAKING GOOD INVESTMENTS

For every high-schooler, it is a dream to buy a car the moment they enter college or buy that expensive cell phone. Most school students drool over high-end luxury gadgets, but what they don't realise is that all these are depreciating assets. So before you invest in one of those flashy things, ask yourself do you really need it now.

LIVING TAKES MONEY— A LOT OF IT

Most teenagers have no concept of how much it takes to cover basic costs of living. So how can you prepare yourself? Observe and lend a helping hand to your mum when she is accounting the groceries or when your dad is calculating the premiums. When you are about to leave for college keep a planner to record your daily spendings.



MONEY ISN'T EVERYTHING!

It is understandable for high school students to have tall aspirations and get caught up in dreams of owning a house, luxury cars, gadgets etc. But at the end of the day, money can get you comforts but not happiness and health. Most students choose a major that will be well-paying rather than what they are passionate about, and this is where the trouble begins. Remember if you follow a career that's your passion, money will flow.

BUDGETING NEEDN'T BE A DRAG

Most adults hate the word budget, and many teens have never even thought about living on one. If they do think about it, they probably assume that living on a budget means never buying a pair of jeans, or going to a movie. But living on a budget isn't about never spending money. It is about taking control of your money so you can meet financial goals. For instance, you can start with budgeting your canteen money by opting for smaller indulgences towards beginning of the week and larger indulgences for weekends.



What teachers should teach...

1 SAVINGS: Savings is one topic that should be introduced by age 4+. Make it simple—don't use up all your money in one go, but put aside some for later.

2 BUDGETING: By Age 8+, a child should know that he should keep his earned money in separate jars. The save jar money is for long-term goals; money in spend jar can be for immediate, small purchases; the give jar money is for charity.

3 LOAN: By age 8+, a child should be able to understand that a loan is often borrowed money. Example is when a child has lent something to a friend or sibling



and is expected to get back.

4 INTEREST: Once a child is age 8-10 yrs, interest can be explained as something you pay when someone lends to you or something that you earn when

someone lends you money.

5 CREDIT/CREDIT CARD: Between ages 8 and 10 years, children can be told that credit lets you buy something without having to pay for it right away. Students should know credit cards are to be swiped only to purchase things that they cannot pay right away.

6 INVESTMENT: Between 10 and 12 years, kids should be told about investment, which is putting in money for something that will earn you more.

7 STOCKS: By age 12+, students should know what stocks are. A stock is a piece of a company. When you own a stock, you own a small piece of its business. Stock prices vary.



DISCOVER
Superfood

Fitness secrets of celebs? It's Nachni...



Head of nachni rotis? No, it has nothing to do with dance. These are basically ragi (also known as nachni or finger millets) rotis, which are not only tasty, but also a healthy alternative to wheat-based breads. To enhance the taste of nachni rotis, you can add different seasoning to the dough. Even Bollywood celebs swear by its weight-loss properties. Here's more on the fitness-friendly dough that Bollywood celebs can't get enough of!

KIARA ADVANI
Actress Kiara Advani is a fitness freak and loves to indulge in ghar khana. The actress was heard saying, "Of late, I am having all my meals with nachni rotis."

Nutritional value of Nachni Rotis

One nachni/ragi roti has 118 calories. Out of that, carbohydrates comprise 83 calories, proteins account for 8 calories and fat for 26 calories. So, one serving of nachni roti provides around 6% of the total calorie requirement of an adult's diet, which is 2,000 calories.



PRIYANKA CHOPRA JONAS

"I am eating Nachni rotis these days. They are healthy and taste good as well," said she recently. She loves to have these rotis for both lunch and dinner and enjoys it with dal, sabzi, curd."



KARTIK AARYAN

When actor Kartik Aaryan is following any kind of diet, his meals comprise of either nachni or jowar rotis.

5 Health benefits of nachni flour

1. Is rich in calcium and protein
2. Has high fibre content
3. Helps battle anaemia
4. Regulates blood sugar levels
5. Is beneficial for weight loss

HOW TO EAT

Nachni can be consumed in many forms. However, the most popular items come in the form of rotis, porridge, ladoos, chips and biscuits. A local cereal in the southern parts of India, ragi has slowly gained popularity up north and in other parts of the country for its varied health benefits.



MILIND SOMAN

Giving us major fitness goals every day, Milind Soman prefers unpolished grains and millets, like bajra and ragi/nachni in his diet, apart from mom-made khichdi.

SONAM KAPOOR

Sonam Kapoor loves to eat nachni rotis and she often mentions how it helped her lose a lot of pounds before she made her big Bollywood debut in 'Saawariya' (2007).

Quiz? Just the opposite!

SURYAKUMARI DENNISON, teacher, Avishkar Academy, Bengaluru

- R**eplace the underlined word in each of the following with its antonym, so that the sentence means just the opposite. Choose from the four options.
- 1 He was unperturbed to hear the bad news.
A. displeased B. dumbfounded C. disturbed D. downhearted
 - 2 The solution she proposes to this problem seems illogical.
A. rational B. remunerative C. resourceful D. ridiculous
 - 3 There was insufficient food for the hundreds invited to dinner.
A. authentic B. aesthetic C. affable D. ample
 - 4 She is known to be extremely uncharitable.
A. belligerent B. beneficent C. buoyant D. boisterous
 - 5 Those children display a disrespectful attitude towards elders.
A. deferential B. dictatorial C. domineering D. deplorable
 - 6 What this person is saying seems quite irrelevant to our discussion.
A. placatory B. positive C. pertinent D. puerile.



ANSWERS: 1) C. ample 2) A. rational 3) D. ample 4) B. beneficent 5) A. deferential 6) C. pertinent



Let's talk about the Moctezuma's headdress

WHY?

Andres Manuel Lopez Obrador, Mexico's president has said that he had given his wife the "almost impossible mission" of persuading Austria to return a feathered headdress said to have been worn by Aztec emperor Moctezuma. He announced on Twitter that he had asked Beatriz Gutierrez, a journalist and writer, to appeal to Austria to give back the pre-Hispanic relic during her cultural tour of Europe. Lopez Obrador's plea came on the anniversary of Christopher Columbus' arrival in the Americas in 1492, which in Mexico is marked as Day of the Race in recognition of the country's mixed indigenous and European heritage.

"I recommended that she insist on the Moctezuma plume, although it is an almost impossible mission, since they have completely appropriated it," he wrote after posting a photograph of Gutierrez with Austrian President Alexander Van der Bellen.

The ancient headdress is made of hundreds of long quetzal feathers and more than 1,000 gold plaques

WHAT IS IT?

The ancient headdress is made of hundreds of long quetzal feathers and more than 1,000 gold plaques, ended up in Austria, where it is on display at a museum in Vienna. Historians believe that Emperor Moctezuma, who ruled from 1502 to 1520, probably gave the plume to Spanish conquistador Hernan Cortes who took it to Europe.

MIND TEASERS (MATHS QUIZ)

Q.1) There are three consecutive positive integers such that the sum of the square of the first and the product of the other two is 154. What are the integers?
A. 8, 9, 10 B. 7, 8, 9 C. 6, 7, 8

Q.2) A school bus transported an excursion party to a picnic spot 150 kms away. While returning, it was raining and the bus had to reduce its speed by 5 km/hr, and it took one hour longer to make the return trip. Find the time taken to return.
A. 569 B. 859 C. 861

Q.3) Find the least number which when increased by 5 is divisible by each one of 24, 32, 36 and 54.
A. 569 B. 859 C. 861

ANSWERS
658 (B) 859 (B) 861 (A)

Indoor Gardening HANGING PLANTS TO GREEN YOUR SPACE



Now that home is your school, workplace and chill out zone, making it comfortable and congenial will only add to your productivity. A green patch at home always brings in positivity. While rows of potted plants can adorn your balcony or terrace, hanging planters can jazz up your empty vertical space. Here are a few easy-to-grow plants that can you decorate your corner with:

MONEY PLANT

Popularly known as money plant, it is the easiest home plant. Just put it in a pot and hang it near your window or in your balcony. This plant is easy to maintain and does not require watering every day. Money plant needs moderate light, so make sure you place it in a brightly-lit room.

BOSTON FERN

Commonly grown in indoor spaces, the Boston Fern is thick with a bushy appeal. It loves moist soil, but does not prefer soaking-wet soil. Use a mist spray

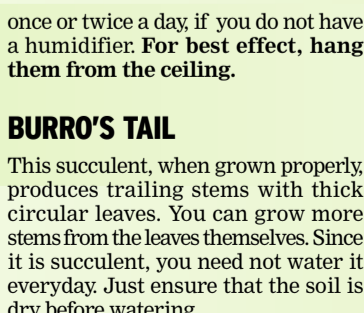


SPIDER PLANT

This plant adds freshness and greenery to your home and it is also known to purify air. This variety loves bright light (read sunlight) and looks beautiful when hung from a pot.

DID YOU KNOW?

Plants are going extinct 500 times faster than they should



BURRO'S TAIL

This succulent, when grown properly, produces trailing stems with thick circular leaves. You can grow more stems from the leaves themselves. Since it is succulent, you need not water it everyday. Just ensure that the soil is dry before watering.



Was 2019 WC final better or KXIP vs MI?

After witnessing a nerve-wracking encounter between Mumbai Indians (MI) and Kings XI Punjab (KXIP), former Indian cricketer Yuvraj Singh compared the game to the ICC 2019 World Cup final between England and New Zealand. This was the first time in history that two Super Overs were needed to determine the outcome of the match. Let's analyse how KXIP showed nerves of steel to down MI...

Rahul's scintillating knock puts KXIP in the driving seat

Chasing the challenging 177-run target, KXIP skipper bludgeoned the potent Mumbai attack spearheaded by the likes of Jasprit Bumrah, Trent Boult, Coulter-Nile, and Rahul Chahar. Rahul's batting onslaught turned the tide on its head as the premier batsman's majestic 77 off 51 almost paved the way for Punjab to scale the competitive target of 177 in 20 overs. However, Rahul once again failed to take Punjab over the finish line, courtesy Bumrah's bowling masterclass.

THESE ARE THE RULES IF A SUPER OVER IS TIED

1 Any batsman dismissed in any previous Super Over shall be ineligible to bat in the following Super Over.

2 Any bowler who bowled in the previous Super Over shall be ineligible to bowl in the subsequent Super Over.

3 In all other ways, the procedure for a subsequent Super Over shall be the same as for the initial Super Over.

Economical Bumrah sets up a dramatic finish

Known for his pinpoint accuracy and lethal pace, Bumrah breathed fire in the closing stages of the contest. Mumbai's death overs specialist staged an eventful duel with Rahul after taking crucial wickets of Mayank Agarwal and Nicholas Pooran. Disturbing the timber in the 18th over, Bumrah cleaned up an on-song Rahul with a peach of a delivery and staged an impressive comeback for Mumbai. KXIP batsmen Deepak Hooda and Chris Jordan then only managed to end the tie in a stalemate as the game went into a Super Over.

He (Bumrah) has been number one in a couple of formats for a long time. He has gone leaps and bounds for us at MI. We had a fit and fair Lasith Malinga and he (Bumrah) has taken over that mantle now.

KIERON POLLARD

'THIS IPL IS NOT FOR THE FAINT-HEARTED'

Super over pe super over! Three in a day, could it be more exciting then this? Great display by our indian fast bowlers. @MdShami11 vs @Jaspritbumrah93
Suresh Raina

Bhai logon, This is the IPL surely not for the faint-hearted #cricket
Mohammad Kaif

It's just not a bowler or a batsman who can influence a #SuperOver game. #MayankAgarwal superman act shows fielding is as important.
R P Singh

Nothing can beat @IPL it's always been and will remain the best thing on tv.. most entraining What a game.. unreal
Harbhajan Singh

Tested cricket skills and ability. Tested presence of mind and calmness even more....
Harsha Bhogle

SUPER OVER 1: Shami matches Bumrah in the battle of yorkers

For the second time, Bumrah nailed his yorker with uttermost perfection. Rahul's decision for unconventional stroke play in the sudden death stage backfired as KXIP set up a six-run target in the first Super Over. Accepting the yorker challenge, pace ace Mohammed Shami went on a yorker-bowling-spree to restrict Mumbai on same target. Shami defended the target, which led to a historic second Super Over.

You can never prepare for Super Overs. No team does. So you have to trust your bowler's gut. You trust your bowler, and let them believe their instinct and gut. He (Shami) was very clear he wanted to go with six yorkers. He has been phenomenal, and keeps getting better every game. It is important that senior players win the games for the team.

KL RAHUL, KXIP SKIPPER

SUPER OVER 2: Airborne Agarwal and Universe Boss showing nerves of steel

Pollard and Hardik Pandya opened for Mumbai. KXIP's Chris Jordan failed to match Shami's bowling and ended up leaking 11 runs. His final delivery had a clear six written on it but an airborne Agarwal produced a jaw-dropping save with a stunning dive. Showing nerves of steel, legendary West Indies batsman Chris Gayle clobbered a massive six the first Trent Boult delivery. Hitting the winning runs in style, Agarwal smashed two fours to wrap up the contest in Punjab's favour.

TEST YOUR KNOWLEDGE

CRICKET QUIZ | Rohit Sharma

Q1: Against which team has Rohit Sharma taken a hat-trick in IPL?

- a) Mumbai Indians b) Chennai Super Kings c) Kolkata Knight Riders d) Kings XI Punjab

Q2: Against which side did Rohit Sharma open the innings in an ODI for the first time?

- a) South Africa b) Sri Lanka c) Australia d) England

Q3: In which year did Rohit Sharma make his Test debut?

- a) 2007 b) 2010 c) 2011 d) 2013

Q4: Rohit Sharma completed 5000 runs in ODIs in 2016 in a series against which team?

- a) South Africa b) New Zealand c) Australia d) England

Q5: In which year did Rohit Sharma make his ODI debut?

- a) 2006 b) 2007 c) 2008 d) 2009

Q6: Against which team did Rohit Sharma record his highest First-Class score?

- a) Mumbai b) Bengal c) Karnataka d) Gujarat



Q7: Which of these records did Rohit Sharma set during the 2019 World Cup?

- a) Most runs in a single edition b) Most centuries in a single edition c) Most catches in a single edition d) All of the above

Q8: Presently, Rohit Sharma holds the record of highest score in an ODI inning with how many runs?

- a) 248 b) 264 c) 289 d) 284

Q9: Which team has Rohit Sharma led to four title triumphs, the most by anyone in IPL history?

- a) Deccan Chargers b) Mumbai Indians c) Chennai Super Kings d) Royal Challengers Bangalore

Q10: What is Rohit Sharma's ICC ODI ranking?

- a) One b) Two c) Five d) Seven

Q11: Rohit Sharma has scored 9115 runs in how many ODI matches?

- a) 108 b) 224 c) 228 d) 104

Q12: Rohit Sharma has scored how many runs in 32 Test Matches?

- a) 1278 b) 2141 c) 2181 d) 1298

Q13: Rohit Sharma is the third-highest Indian century scorer in the ODIs after the Sachin and _____.

- a) Virender Sehwag b) Shikhar Dhawan c) Virat Kohli d) MS Dhoni

ANSWERS: 1- a) Mumbai Indians 2- a) South Africa 3- d) 2013 4- c) Australia 5- b) 2007 6- d) Gujarat 7- b) Most centuries in a single edition 8- b) 264 9- b) Mumbai Indians 10- b) Two 11- b) 224 12- b) 2141 13- c) Virat Kohli



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ What are you going to accomplish this week?
➤ Craft activities for you to try
PAGE 2



➤ Students and educationists express their views on various issues
PAGE 3



➤ A report card of IPL 2020 costliest picks
➤ Take a quiz on Dhoni
PAGE 4



STUDENT EDITION

MONDAY, OCTOBER 19, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

1 VINISHA UMASHANKAR

CLASS: IX
SCHOOL: SKP VANITHA INTERNATIONAL SCHOOL, TIRUVANNAMALAI, TAMIL NADU
MY INSPIRATION: CV RAMAN

THE IDEA: The idea of a solar ironing cart crossed my mind one-and-a-half years ago when I came across an ironing man, who visited our street daily, and dumped the burnt charcoal on to a nearby land. A landfill had become a hazard. Looking at the growing landfill, I realised the need to come up with a



sustainable solution quickly. My idea was to change the source of the fuel for the ironing cart so that it is not harmful to the environment.

THE EXECUTION: Apart from reading books on the topic, I discussed it with my father, who suggested me the possibility of using solar energy to generate electricity by placing it on the roof of the cart. India has hot climate and therefore, it supports the running of the device. Living in a small town, it was difficult for me to get the resources to build the ironing cart. So, first, I had to find resource materials online for theoretical research. I created a technical paper with diagrams on how each part would function and then submitted it to the National Innovation Foundation India, Gujarat, who made a prototype of it. I won the APJ Abdul Kalam Ignite award for this project.

Best ideas for innovation are found where there are problems. Observe your surrounding carefully, identify the problem and find the solution

Three Indian children have made it to the finals of the Children's Climate Prize 2020 to be held in Stockholm on November 18. In an exclusive to Times NIE, the trio shared their ideas, dreams and hopes...

Meet the Green-o-vators

3 AADYA JOSHI

GRADE: XII
SCHOOL: AMERICAN SCHOOL, MUMBAI
MY INSPIRATION: JANE GOODALL

THE IDEA: I would often pass a junkyard in my neighbourhood, which was filled with abandoned cars and tons of garbage. One day, I decided to clean up the junkyard and spoke to the police official in-charge. So, in the summer after grade IX, I undertook a project that involved cleaning and greening of a dump yard near a local police station. While trying to fig-



ure out what to plant there, I learnt about the importance of native plants, and how they were more resilient and better suited to their local environment than non-native plants. Thus, I came up with the Right Green Project.

THE EXECUTION: While I started cleaning up the neighbourhood, and was about to plant trees, I realised that people are not aware of the importance of native trees—that are locally-grown in a particular region, and the native insects have specialised capability to digest the leaves of native plants that they co-live with. The non-presence of native plants in a particular region disturb the food chain, leading to an imbalanced ecosystem. I founded the Right Green Project, where I hold workshops called 'superhero programme' for schoolkids to make them aware of native plants and their importance.

Most adults tend to dismiss your idea thinking that you are a child, so don't let that deter your spirit. Keep working on your idea, till you live it

Even if you have a simple idea, keep working on it, keep researching. You might just find the right time and opportunity to build it too

CLASS: VIII
SCHOOL: BHAVAN'S VIDYA MANDIR, GIRI NAGAR, KOCHI, KERALA
MY INSPIRATION: MY PARENTS, TEACHERS AND MY PRINCIPAL

2 DHRUV SANJAY



teammates, I came up with an affordable pollution-free solar-powered stove.

THE EXECUTION: Owing to the Covid situation, getting parts for our device was very difficult. We had to wait for two months to get all the parts. Some parts were available at the Atal Tinkering Labs, but most had to be bought online.

FOR FULL INTERVIEW: log on to toistudent.com
Share your eco projects at toinie175@gmail.com

VIEWPOINT

KOHLI BATS FOR CAPTAINS' CALL ON WIDE BALL REVIEW IN T20S

India's skipper Virat Kohli has suggested that captains in T20 cricket should be given the authority to review both wide balls and waist-high full-toss from on-field umpires. "As a captain, I would like to have the ability to review a wide which could be a wrong call or a waist-high full toss, which could be a wrong call," Kohli told KL Rahul during an Instagram chat session recently. "Historically, we've seen how these small things can affect the game in a fast-paced T20 format and high-profile tournaments like IPL," he added.

THE CONTEXT

Kohli's comments came in the aftermath of a controversy involving MS Dhoni during Chennai Super Kings' match against SunRisers Hyderabad in the ongoing edition of the Indian Premier League (IPL). During the 19th over of SRH's chase of 168 on Tuesday evening, both Dhoni and bowler Shardul Thakur expressed their disappointment after umpire Paul Reiffel stretched his arms to signal a wide being faced by Rashid Khan. Following Dhoni's miffed gesture, the umpire changed his mind and decided not to call the wide. Reiffel put his arms down looking at CSK captain's reaction, and declared it as a fair delivery.



Q Should captains be given the authority to review wide ball decisions?

Share your views at toinie175@gmail.com
You can also post your comments at toistudent.com

LIFE IS LIKE BUILDING A SPIDER WEB: ETHAN HAWKE

Hollywood star Ethan Hawke has compared living life to building a spider web, saying each moment, success and challenges are connected to each other beautifully. "Life is a lot like building a spider web. You kind of jump from one corner to the next," Hawke said in an interview, while looking back at his journey from a child actor to a star.

CELEB TALK

- Hawke's tryst with Hollywood started as a baby-faced child in 'Explorers', in 1985. He went on to make a breakthrough with his appearance in 1989 with 'Dead Poets Society'
- After a multi-decade journey, Hawke has evolved as an Oscar-nominated leading star, critical writer and director passionate about the stories he wants to tell
- Some of his performances that are carved in public memory include the narcotics officer in 'Training Day', the hopeless romantic in the 'Before Sunrise' franchise, among others



NEWS IN BRIEF

MOON ONCE SHARED MAGNETIC FIELD WITH EARTH, PROTECTING ATMOSPHERE

Scientists have long known about the Earth's magnetic field, which causes the beautifully-coloured aurorae in the Arctic and Antarctic. Thanks to the studies of samples of the lunar surface from the Apollo missions, scientists figured out that the Moon once had a magnetosphere too. The new study simulated how the magnetic fields of the Earth and Moon behaved about four billion years ago. At certain times, the Moon's magnetosphere would have served as a barrier to the harsh solar radiation raining down on the Earth-Moon system, the scientists wrote. That is because, according to the model, the magnetospheres of the Moon and the Earth would have been magnetically-connected in the polar regions of each object. Over time, as the Moon's interior cooled, our nearest neighbour lost its magnetosphere, and eventually its atmosphere.

SPACE DID YOU KNOW?

home planet from harmful solar radiation during a critical early time. The shared magnetic field situation, with the Earth and Moon's magnetospheres joined, could have persisted from 4.1 to 3.5 billion years ago, according to NASA.

NEW SPELLING ALGORITHM TO REDUCE MISSPELLINGS IN GOOGLE SEARCH

One in 10 queries on Google Search are misspelled and the tech giant has now introduced a new spelling algorithm that uses a deep neural net to improve the ability to decipher misspellings, in under three milliseconds. According to Google, this single algorithm makes a greater improvement to spelling than all of its improvements over the last five years.

TECH BUZZ

Google has invested deeply in language understanding research, and last year, it introduced how Bidirectional Encoder Representations from Transformers (BERT) language understanding systems are helping to deliver more relevant results in Google Search. Google recently made a breakthrough in ranking and is now able to not just index web pages but individual passages from the pages.



Which BIRD flew non-stop from ALASKA TO NEW ZEALAND in 11 days recently? GODWIT

- 1 The bar-tailed Godwit has been tracked for flying 'non-stop' from Alaska to New Zealand, which is roughly around 12,000 km, for 11 days-setting a new world record for the longest 'non-stop' flight by a bird.
- 2 The bird started off from south-west Alaska and reached Auckland in New Zealand 11 days later. It flew at speeds, which were up to 55 mph.
- 3 According to scientists, with a standard weight of the tiny bird being between 190 g and 400 g, it



doubles its size before a long flight and has the ability to shrink its internal organs to lighten its load, which could result in its speed increasing during a flight this long.

4 With the help of a 5g satellite tag attached to the bird's lower back, the scientists were able to track its exact location during his flight from one continent to the other. The bird crossed the Aleutian Islands, Hawaii, Fiji and New Caledonia to reach NZ.

According to scientists, the Godwit bird is touted to have the makings of a 'jet fighter'. They are designed like a jet fighter. Long, pointed wings and a really sleek design, which gives them a lot of aerodynamic potentials, they say

Quiz



Spotlight

NEET TOPPERS 2020

SOYEB AFTAB AND AKANSHA SINGH

Soyeb Aftab from Odisha and Akanksha Singh from Kushinagar have topped the All India medical entrance tests, securing AIR 1 and AIR 2 respectively. Both of them have secured 720 out of 720 marks in the



examination. Aftab said that Covid-19 pandemic came as a blessing in disguise for him, and he put it to good use to concentrate more on his studies. "I used smartphone normally, as there was no study pressure. But I concentrated more on studies that helped me score big," Soyeb said as he advised aspiring candidates to use smartphones only to enhance their knowledge of their subjects.

KAGISO RABADA OVERTAKES SUNIL NARINE AND LASITH MALINGA, BECOMES FASTEST TO 50 IPL WICKETS

Kagiso Rabada set a new Indian Premier League (IPL) record for the fastest bowler to pick up 50 wickets. The Delhi Capitals' bowler, who has now picked up a wicket in 23 successive IPL matches, reached the landmark in his 27th match in the tournament on Saturday in Sharjah.



Kagiso Rabada has broken Sunil Narine's record as the West Indies and Kolkata Knight Riders spinner had set the record achieving the landmark in 32 matches. Lasith Malinga is the third-fastest man to get to 50 wickets as he had gotten there in 33 matches. Imran Tahir (35) and Mitchell McClenaghan (36) complete the top 5 of the elite list

TIPS AND TRICKS TO MAKE THIS WEEK YOUR BESTEST YET

WHAT ARE YOU GOING TO ACCOMPLISH THIS WEEK?

Wake up at 5 am

In 'The 5 Am Club' author Robin Sharma stresses on the importance of waking up early, and using the first hour for yourself. He says, "Waking up at 5 am is the mother of all habits. Even Gandhi got up early, the monks get up early, a lot of the great artists get up early. Why? Because it is the quietest time of the day. You can do your best thinking." Once you wake up, use '20/20/20'

The point is to encourage yourself to be more realistic about how much can be done while minimising distractions.

Frame your thoughts

One of the biggest reasons people fail to keep goals is because they're not specific enough, says psychotherapist Jonathan Alpert. For example, resolving to 'exercise more' or 'lose weight' are easy ways to set yourself up for failure, as they lack ways to mark progress and are unlikely to keep you motivated for long. Instead, try making your goal specific, like running a particular 5km you have circled on the calendar or losing 10 pounds by a certain date. Having a timeline is helpful. So, think of short-term, medium-term, and long-term benchmarks that will let you know you are on track to achieving your goal. You should have a clear idea of what you need to do this week. ^{TNN}

Having a timeline is helpful. So, think of short-term, medium-term, and long-term benchmarks

TRIVIA

George Orwell's '1984,' the political novel, which has become a bestseller again during the Trump administration, reflects the British author's reading of - James Burnham's 'The Managerial Revolution' and Halford Mackinder's 'Democratic Ideals and Reality...' Orwell's son, Richard Blair, said his father was "the most voracious reader" who "absorbed enormous amounts of books".

formula to get going. Divide the first hour in slots 20 minutes each and use it to 1) sweat as in do some physical activity/exercise to get the dopamine rush; 2) reflect through meditation or journaling 3) and read or watch a useful video or listen to a podcast.

Find your highlight of the day

Jake Knapp and John Zeratsky, authors of 'Make Time,' a guide to productivity recommend starting with a 'highlight' every day. This 'highlight' is the most important thing you want to tackle in day. It could be a software update or cooking dinner for your family or anything.



MAKE LISTS

Your inner chaos loves disorganisation. So a manageable to-do list will increase your happiness every time you check off an item. PLUS it'll help you find solace as a routine can be quite an anchor in this pandemic life.



DANCE

Seriously, just play some beats and dance five minutes into waking up. Listening to upbeat music releases chemicals that act as mood-boosters and ups your happiness levels. Shake off the sleepiness with fun music and dance.

HUG IT OUT

The science says that we need at least five proper hugs a day to be happy. That means using both arms, and a little heartfelt squeeze.

KEEP A GRATITUDE JOURNAL

Buy a new notebook and write a list of what you're grateful for, or what you're looking forward to each week. Writing down these positive thoughts will lead to increased positivity.

BE HERE NOW

Mindfulness can alleviate boredom and plug you into a greater state of fulfillment. Sit at your table and think about what you can see, smell, taste, hear and touch.

EXHALE

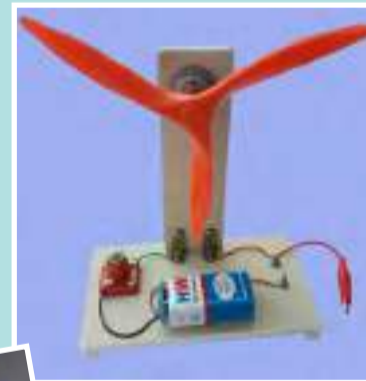
Deepen your breath, pay attention to your exhales. This will reduce anxiety.

Must Try Craft Activities

There is only so much screen time that is good for young children. Mobile games, cartoons on television and online classes can keep a child only passively engaged. What's been missing during long months of lockdown is active involvement that unleashes their imagination and fosters creativity. These are a few innovative activities that you could try... They are fun to do and great to use too!

Bring alive science projects

Learn how to make miniature models of motorcycles and windmills out of Lego pieces, wooden sticks and cardboard and any other material you may find at home. Plant seeds in a contain-



er that you can later decorate and watch the saplings grow by watering them daily. Make your own kaleidoscopes, telescopes and pin box cameras, which will help you understand the laws of physics better. Cardboard, glass pieces, mirrors and a little glue is all you need.

Bringing stories alive with puppets

Talking of stories, puppets (either with strings) or finger puppets can be a great way to bring alive history books or literature. You can enact entire story books by creating characters cut out from cardboard, or cloth dolls stuffed with rags, their faces painted with fabric colours and dresses cut out of used clothes. You can even fashion trinkets and accessories like swords.

DIY this Diwali

This festive season, you do not need to step out of home for shopping for lanterns, diyas and torans. Instead, get your supplies like colourful card paper, glitter paper, paints, crepe paper and festoons to brighten up your home. Fashion your own lanterns to hang in windows and paint and decorate the earthen diyas. Create innovative festoons using scissors and glue to hang up in the balconies and thresholds this Diwali. Bring in your own personality to your rooms this festive season through family message boards and home-made gifts or Diwali greeting cards for family and friends. It will be gratifying and a lot of fun too.

Art from waste

Kids over the world have been inspired by the young Greta Thunberg's drive for saving the planet, and you start to recycle and repurpose as well.

A creative way of doing this is to save used plastic bottles for making plant holders, used cartons for making stationery racks and picture frames from pistachio shells and create toy animals using cylinders of used toilet rolls. Use wrapping paper, ribbons and strings to decorate the art. Learn to make a dream-catcher out of old coat hangers and some string that's decorated with colourful glitter.



Emotional Wellbeing

4 tips for good mental health in pandemic

Before we wait for our emotional stress and pandemic-induced angst to turn into a bigger pandemic, there are urgent steps to be taken to be kinder to ourselves and make this difficult phase a little less stressful. Here are some measures which could help.

Tune out the bad news

Doomsurfing is bound to make us feel panicky. Bad news, events about trauma can also add to our stress.

While we do know that the state of affairs isn't going to change quickly for the foreseeable future, limiting your exposure to bad news can help centre your mind.

Covid anxiety can be contagious

Anxiety can quickly spread, much like the virus and as human beings, we are designed to worry too much. The only doable thing right now is control how you react to a certain situation. It is all the more important to realise that we have no option but to embrace uncertainty and explore options within the confines. For those with pre-existing mental illnesses, the time can be even more confusing and debilitating. Even if you do feel

okay, consider checking in with a specialised counsellor or therapist, who could help you deal with the bad times and not stress out.

Take strategic time-outs

Positivity, as much as it helps, cannot be practised every time and is easier said than done. We are way beyond the time when the situation seemed like doomsday and for all we know, it will continue to be the new normal sphere for the time being. A good way to do that would be to adopt strategic time-out goals. Feel angry and frustrated? Allocate 15 minutes from your schedule for the same.

Write down and validate your feelings

It is okay to react in a certain way after receiving bad news. Denying yourself negative emotions can give you more stress than possible, according to a study conducted by a California-based university. Allow yourself some time to breathe and react. This will help you deal with the terrible news at hand. Instead of biting your nails over what is happening, think of the worse things which could have happened. Remember, no matter how bad it is, it's not the end of the world.



QUIZ TIME (BOOKS)

Q.1) In the 'Harry Potter' series, what is the full name of Harry Potter's favourite headmaster?

A. Albus Wulfric Percival Dumberton B. Albus Percival Wulfric Brian Dumbledore C. Brian Percival Dumbledore D. Albus Dumberton Wulfric

Q.2) Who wrote the 'Mortal city' series?

A. Cassandra Clare B. J. K Rowling

C. John Eliot D. Robert Wadlow

Q.3) Who has written the 'Panchatantra'?

A. Sarojini Naidu B. Ruskin Bond C. Vishnu Sharma D. R K Narayan

Q.4) Who has written 'Malgudi Days'?

A. R K Narayan B. Ruskin Bond C. Rabindranath Tagore D. Jyotiba Phule

Q.5) For which book did Rabindranath Tagore win the Nobel Prize?

A. Pushpak B. Geetanjali C. Saraswathichandra D. Harishchandra

ANSWERS

1. B) Albus Percival Wulfric Brian Dumbledore 2. A) Cassandra Clare 3. C) Vishnu Sharma 4. (A) R K Narayan 5. (B) Geetanjali

BAPS SVM RAYSAN celebrated 'Commerce Week' on a virtual platform with an objective 'to have an affinity for numbers, the economy, business and also to provide hands-on practical experience to the students of class IX-XII. The main motto behind the celebration was to develop a genuine interest in the commerce subjects.

The week-long celebration included a plethora of activities related to the use of commerce in our day-to-day life. The days were given different names and the activities were based on the same.

INTRODUCTION DAY

Information related to the Commerce and its subjects were highlighted and apart from this, the significance of the Commerce field was discussed. Principal Monalisa Das shared a motivational story with the students giving an example of Sprinter Derek Redmond who tore his hamstring in 400 m Semifinal but continued the race with assistance from his father, managed to complete a full lap of the track as the crowd gave him a standing ovation. She suggested being a commerce student never to see things in terms of profit and loss as values play a very crucial role in the development of an individual.

STATISTIC DAY:

Here the depth of Commerce field was displayed wherein the students showed various PPT presentation related to stats. A deep case study on a renowned Hospitality Chain Hotel was explained to the students.



ECONOMIC DAY

The students explained the importance of Economics. The students also shared information on E-Commerce and its importance in the current scenario. An informative skit was also presented on the subject of online shopping and the concept of work from home.



COMMERCE

DIGITAL WAY TO TOUCH NEW HEIGHTS

COMMODITY DAY

Here the information on different commodities was given to the students. The main highlight of the day was an interview with Dipti Vyas as a gold analyst on the topic of 'Fluctuation of gold price' in the market and 'Gold as a valuable commodity.'

Principal Monalisa Das in her address to the students asked them to become a man of values and ethics as profit is not one of the parameters of successful business people. She had applauded the tireless efforts put in by the students and educators of Commerce Stream.

BUSINESS DAY

On this day an informative detailed case study on India's Largest Cookies Company was shared with the students. The highlight of the day was a game based on the voice identification of great Indian and global business tycoons for the students of Grade IX and X.

CONCLUSION DAY

On this day the students had shared the information on the various scope in the field of Commerce stream.

THE EDUCATIONIST

Yes, I am a teacher!

SHIMNA SUNIL, EDUCATOR, RELIANCE FOUNDATION SCHOOL, SURAT

An empathetic educator builds good relationships with her students based on mutual respect and trust and sets the tenor for a classroom community.

It is the glitter in their eyes and grin on their faces that makes a fulfilling day in school. If we have the content they have the creativity. Together we tread on the path of reviving individuality. Painting their thoughts, guiding their minds, lighting their path, and lengthening their smile...had been the goal ever since the day you called me your teacher

I allow them the freedom to express themselves and room to grow as human beings and learners while setting appropriate limits. The toughest regime to follow, I have to bring in though...but freedom is just not a truism but a byword for my class. My behavior should be professional and my enthusiasm consistent.



Besides, my passion needs to flow in a manner that I am open to learning every day.

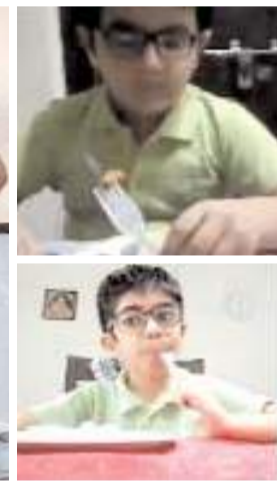
Each day is challenging, with scattered thoughts and aligned goals. No matter the hard work and the struggle passion pays it all. I must be dedicated to lifelong learning and with a burning desire to

make contributions to my team of colleagues. My marathon is more than a race. My Everest is ten times that it should be. But I'll make it and you're coming with me. Yes, I am a Teacher. Take from me what you NEED. Just remember to GIVE back to the future that you will be

Virtual Table manners taught

During this current pandemic situation, teachers and students enter a new world of virtual learning. So along with their regular learning in order to engage students in some self-grooming activity, table manners classes are being conducted virtually on a weekly basis by St. Kabir School, Navrangpura. These classes are for the students of class I to IV.

No matter wherever you are: at home, school, or with friends practicing good manners is extremely important. Children are



taught about the importance of following table manners along with correct table setting procedures and etiquette skills that are used while having meals. Children are also instructed about various skills to be followed while eating, such as no talking while eating, the correct way of holding a fork and spoon, the use of table mats and napkins, etc.

This fun-filled activity helps the children to learn the basic etiquettes which they enjoyed wholeheartedly.

Express YOURSELF

Ananya Pisharody, Class VI, Siddharth's Miracles School



Anshuman Chhangani, Class I, SGVP International School



Dipeeka Sinha, Class V, St. John's School, Abu Road

Prananya Patel, Class VII, Zebur School For Children

Vanshika Khatri, Class IV, St Xavier's High School, Loyola Hall



Ashray, Class VI, Shanti Asiatic School, Bopal



Ishani Jain, Class XI, Zydus School For Excellence

LOVE YOURSELF AND BE YOUR OWN HERO!

Have you ever wondered...a person who dips a biscuit into curd and eats it, or squeezes lemon and spreads it all over the chapati /roti and many more weird things which makes you laugh! Sometimes that person stays sad or maybe sometimes cool and happy. Either he or she does you wonder who that person is? Yes it's me, I am a very funny, happy, a kind soul, cute or maybe weird for some. I have set targets and I chase them sincerely. Harboring a foodie soul, I also enjoy singing, dancing, drawing, and playing football.

Watching TV is something I enjoy, but playing games on mobile are a big NO for me. Constant improvement is my mantra and for that, I participate in the competitions and



NIMISHA SONI, Class VIII, Zebur School For Children

ANY TAKERS FOR THE A.I. ROBOTS?

Till this year the idea of an endless holiday from school would have been the best day in our life but look at us now, longing to go to the place we hated a few months ago. Whatever anyone says, I am of the opinion that even a teacher whom we despise is better than an A.I. robot with the same knowledge and the latest graphics.

My argument is simple. Firstly, the robot's chance of having proper expressions and sound modulation is very low. Many of us use different voice assistants but I am sure that you wouldn't like to hear that voice the whole day. Secondly, the robot has

not been brought up like an actual human being. He does not have the same life experiences as humans do and will not be able to relate to practical incidents that we have every day. When we combine these two major drawbacks, we find that the chances of the lessons becoming less interactive increase and we all know that is the worst thing that could happen to a student. We may not be aware of it but the role of teachers in our life is a huge one and it cannot be filled with even the best A.I. bots.



MANAN GUPTA, Class X, Global Indian International School

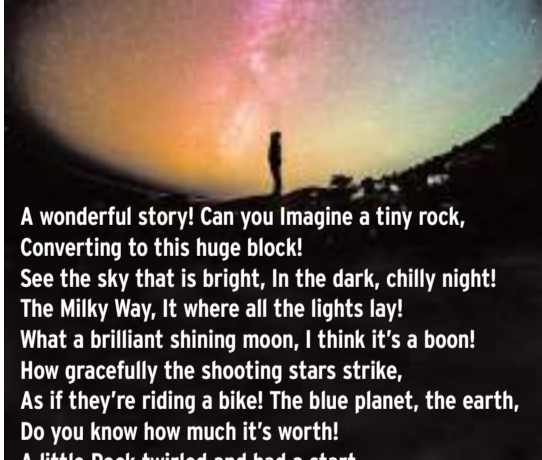
ODE TO THE PEN

THE MANKIND

The race has paused for a while
Because the trouble has increased for mankind.
Nature has got a break
And so for now it can live the fullest.
The birds are singing with happiness
The rivers are now fond of their loneliness.
This is a good time
But for who, oh who!
Nature or the mankind,
For the decision is still due.

ANVI DESAI, Class X, St.Kabir School, Navrangpura

THE BIG BANG THEORY



A wonderful story! Can you Imagine a tiny rock,
Converting to this huge block!
See the sky that is bright, In the dark, chilly night!
The Milky Way, It where all the lights lay!
What a brilliant shining moon, I think it's a boon!
How gracefully the shooting stars strike,
As if they're riding a bike! The blue planet, the earth,
Do you know how much it's worth!
A little Rock twirled and had a start,
Our Universe started to beat like a heart.

AASHI KALPESH GANDHI, Class VI, Udgam School

IT FEELS AS CREEP

Night melts into dawn, And dawn gives birth to night,
I'm surprised how a chirping bird is in deafening silence! Passes the time anyway...
Counts the day for freedom.
Waits for someone to be near,
But it feels as creep.
With wrong expectation
She waits for happy days to come,
but at the end of the day she feels as creep
And every dusk brings her a melancholy feel.
Every face that smile are not happy
Something inside her gives her misery
She tried to be cheerful soul
But she asked to leave her alone
To feel the same; as creep

TANVY MATHUR, Class X, PIS, Mahesana

DO BIG BUCKS EQUAL BIG PERFORMANCE?

Glenn Maxwell has been one of the biggest let-downs in IPL 2020. The Australian all-rounder was bought by KXIP for a huge sum of ₹10.75 crore in IPL 2020 auction. But, Maxwell isn't the only big name who has failed to perform till now. Many players who were bought for huge price have failed to live up to the expectations while a number of uncapped players have stepped up. Today, we will take a look at the costliest players and their performance in IPL 2020

PAT CUMMINS



Batsman or a bowler? A look at Pat Cummins' stats in IPL 2020 will suggest that he is a proper batsman who can bowl fast. In eight matches, Cummins has scored 126 runs – more than Dinesh Karthik, Nitish Rana, Andre Russell – and has just managed two wickets in 29 overs. The costliest pick in IPL 2020 auction, Cummins has failed to live up to the expectations. He has now spent 250 runs at 8.62, averaging 125.00. He isn't expected to be retained by KKR after the season.

₹15.5 crore

CHRIS MORRIS



For a while now viewers have been surprised to see franchises going behind Chris Morris. He is regarded as a fine all-rounder but was never expected to draw a big amount. The bidding process concluded when RCB bought him for ₹10 crore. Bought at a sky-rocketing amount, Morris has stepped up in four matches he has played so far. The South African all-rounder picked up three big wickets on his RCB debut against CSK and followed it up with two scalps against KKR. He went wicketless against KXIP but gave the finishing touch by scoring an unbeaten 25 off just 8 balls. On Saturday against RR, Morris was the pick of RCB bowlers as he returned with figures of 4-26 from his four overs.

₹10 crore

SHELDON COTTRELL



Six matches, 20 overs and only six salutes. Yes, that's his story so far. Bought by KXIP for ₹8.5 crore, Cottrell only picked up six wickets before being dropped from the playing XI. KXIP have now moved on from him and Cottrell isn't expected to return into the playing XI. He has spent 176 runs in six matches and hit rock bottom after being smashed for five sixes in an over by Rahul Tewatia.

₹8.5 crore

Nathan Coulter-Nile



Expected to share the new ball from game 1, Nathan Coulter-Nile missed the first seven matches due to an injury picked before the start of the tournament. The Oz speedster kept waiting for his chance and was included in the playing XI only after the team management rested James Pattinson. The fifth most expensive buy had a forgettable MI comeback and went for 51 runs in four overs to claim the wicket of KKR batsman Nitish Rana. He could be dropped if Pattinson is recalled.

₹8 crore

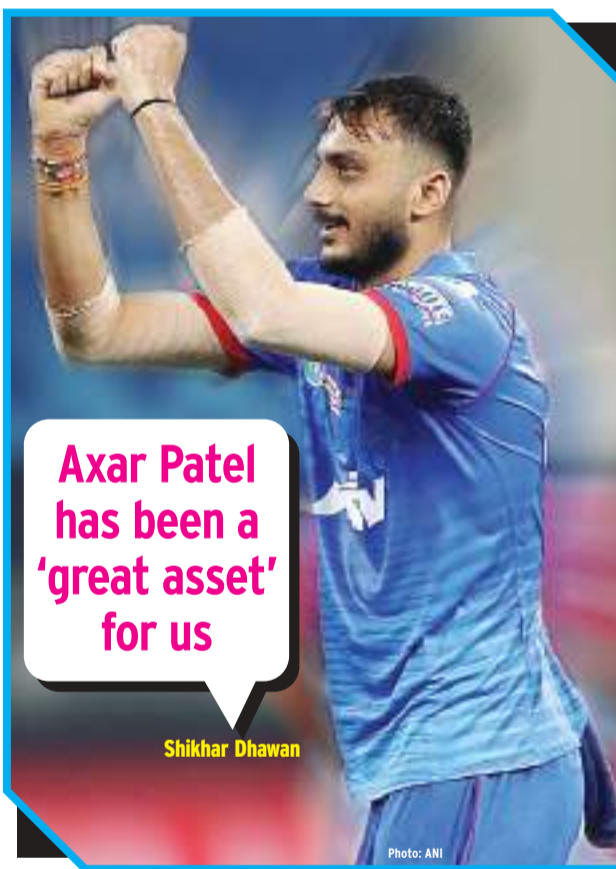
'Need to win remaining games to qualify for play-offs'

After suffering a seven-wicket defeat against Royal Challengers Bangalore (RCB), Rajasthan Royals skipper Steve Smith feels that the side has to win their remaining five games to qualify for the play-offs in the Indian Premier League (IPL). When asked about the reason behind sending Robin

Uthappa, who scored 41 off 22, in the opening Smith replied, "We wanted to have more experience in the middle with Jos. Jos is an amazing opener but he is also one of the best at the back end. Just give us more balance to the side. Robin has done a lot of opening and I thought he played particularly well. He got the team off to a good start and that was the reason behind it."

"I think we need to win our last five games to get to the play-offs. I think we are doing a lot of things pretty well and maybe just doing that for a little bit longer and backing ourselves in difficult situations. I think that is going to be important for us."

Steve Smith, RR skipper



Axar Patel has been a 'great asset' for us

Shikhar Dhawan

Real Madrid slump to defeat by minnows Cadiz



Spanish champions Real Madrid suffered a shock 1-0 loss at home to promoted Cadiz on Saturday, their first La Liga defeat in over seven months. Honduran forward Anthony Lozano put Cadiz ahead in the 16th minute, darting between Madrid defenders Sergio Ramos and Raphael Varane to meet a cushioned header from Alvaro Negredo and lifting the ball over keeper Thibaut Courtois into the net.

TEST YOUR KNOWLEDGE

CRICKET QUIZ | Mahendra Singh Dhoni

Q1: MS Dhoni made a surprise Test retirement call at the age of 33. Where did he play his final Test?

- a) SCG, Sydney
- b) WACA stadium, Perth
- c) MCG, Melbourne
- d) Adelaide Oval, Adelaide

Q2: When did MS Dhoni play his first ODI?

- a) 2002
- b) 2003
- c) 2005
- d) 2004

Q3: When did he play his first Test match?

- a) 2005
- b) 2002
- c) 2004
- d) 2001

Q4: In which year was MS Dhoni appointed ODI captain?

- a) 2002
- b) 2007
- c) 2003
- d) 2008

Q5: What was MS Dhoni's score in his 5th One Day International against Pakistan?

- a) 183*
- b) 134
- c) 126
- d) 148

Q6: At which venue did MS Dhoni made his daunting 183 not out?

- a) Jaipur
- b) Hyderabad
- c) Ahmedabad
- d) Kolkata

Q7: In which year did Dhoni register his first Test century?

- a) 2004
- b) 2005
- c) 2006
- d) 2007



Q8: After the 1983 World Cup, in which year did India win the ODI World Cup again?

- a) 2007
- b) 2009
- c) 2010
- d) 2011

Q9: What was the gift MS Dhoni gave Sourav Ganguly on the last day of the Border-Gavaskar Trophy's 4th test match in Nagpur?

- a) Ganguly was kept in his favourite fielding position
- b) Ganguly was given new car
- c) Ganguly was given ten glasses of wine
- d) Ganguly was given captaincy by MS Dhoni for that final day

Q10: In the Indian Premier League, MS Dhoni captains which team?

- a) Rajasthan Royals
- b) Delhi Daredevils
- c) Deccan Chargers
- d) Chennai Super Kings

Q11: Following India's World Cup triumph, who said, "I would go to war with Dhoni by my side." in an interview?

- a) Virat Kohli
- b) Ravi Shastri
- c) Sourav Ganguly
- d) Gary Kirsten

Q12: Where did MS Dhoni make his Test captaincy debut?

- a) Delhi
- b) Mohali
- c) Kanpur
- d) Nagpur

Q13: Who is MS Dhoni's only ODI wicket?

- a) Marlon Samuels
- b) Travis Dowlin
- c) Kevin Pietersen
- d) Daren Sammy

ANSWERS: 1 c) MCG, Melbourne 2 d) 2004 3 a) 2005 4 b) 2007 5 d) 148 6 a) Jaipur 7 c) 2006 8 d) 2011 9 d) Ganguly was given the captaincy by MS Dhoni for that final day 10 d) Chennai Super Kings 11 d) Gary Kirsten 12 c) Kanpur 13 b) Travis Dowlin



THE TIMES OF INDIA

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STUDENT EDITION



SATURDAY, OCTOBER 17, 2020

IN TODAY'S EDITION

ON PAGE 2: Debunking myths surrounding the top wonders of the world

ON PAGE 3: The best Bonds PLUS: Paris on screen, "The Last Kids on Earth"

ON PAGE 4: Some venues and champions are meant to be. Read few love-hate stories

#GOALS

READY FOR A FRESH START?

Sometimes it becomes tough to wrap your head around starting fresh. What you need is a little extra motivation and inspiration. Here are a few quotes to help you find the courage

HUGH JACKMAN

"Because I believe actually the more you do something, the less frightening it becomes because you start to realise the outcome is not as important as you think."

It means: A journey of a 1000 mile begins with a single step.

VIOLA DAVIS

"All dreams are within reach. All you have to do is keep moving towards them."

It means: Don't fear failure.

DWAYNE JOHNSON

"I grew up where, when a door closed, a window didn't open. The only thing I had were cracks. I'd do everything to get through those cracks - scratch, claw, bite, push, bleed. Now the opportunity is here. The door is wide open, and it's as big as a garage."

It means: Never give up hope.

JENNIFER LOPEZ

"When I am wrong, I will learn the lesson and move on to face other challenges. For me, that's what creating your own life is. Doing your best work while being your best self."

It means: Learn from your mistakes but don't feel defeated.

REESE WITHERSPOON

"All those things that you're worried about are not important. You're going to be ok. Better than ok. You're going to be great. Spend less time tearing yourself apart, worrying if you're good enough. You are good enough. And you're going to meet amazing people in your life who will help you and love you."

It means: Every dark cloud has a silver lining.

MONEY MATTERS

Use everyday ways to teach kids about personal finance

GO GREEN

ANYONE CAN BE AN ECO-WARRIOR



Nupur.Amarnath@timesgroup.com

If you haven't seen David Attenborough's 'A Life on the Planet', it's time to head over to watch it. Not for a glimpse of hopelessness but for a ray of hope. Despite a steady decline of all things bright and beautiful from the planet, Attenborough ends the documentary - his most personal work yet - on a positive note where he says that little changes go a long way. And it sure does. Being a champion for the planet is not as tough as you think. Sustainable lifestyle activist Mrudula Joshi runs a blog 'Ullis' to tell people on how they can start on their zero-waste journey. And it is full of simple and effective ideas.

The latest 'Eco Pulse' data reveals that 90% of millennials will buy from a brand whose social and environmental practices they trust

IN IT TOGETHER

Zero-waste, shopping bans, composting, slow travel, turning vegetarian - the millennial green goals are varied - and every bit counts. More often than not, you are likely to find inspiration closer home. Ask in your RWA group if anyone is composting, upcycling or segregating waste and you'd be surprised to know

that many of your neighbours are #greengoals. Waste management activist and Gurugram's crockery bank revolution-starter Sameera Satiya says, "People think trash goes away when they get it out of their house - out of sight, out of mind," she says. She feels that just like we visit malls, people should visit their local landfill to become aware about waste.

NEW TECHNOLOGY

The growing tribe of eco warriors are putting social media to good use. Last year, a Twitter user @filmibaz tweeted to Anand Mahindra upon noticing plastic bottles at his meeting. Mahindra, chairman of Mahindra Group, admitted that we could all

do better. Hashtags, Reels, YouTube are helping eco warriors. For instance waste management activist Vani Murthy (@wormrani) used the pandemic time to hold video workshops on composting, soap making, bio enzymes and more. Joshi too has been on a #maketochallenge where she avoids shopping for anything new and repurposes and restyles.

SMALL CHANGES

Climate policy researcher Padmini Gopal started her little green goals four years ago. Her first step was to turn vegetarian. She says, "It's not an all or nothing scenario." Her practical tip: Start with one green goal - preferably the more impactful and feasible one. Take one small step at a time, to inculcate green habits that last.

THINGS YOU CAN START RIGHT AWAY

- **Drink cutting water:** Instead of filling a full glass of water, drink in smaller glasses or fill half a glass.
- **Reuse AC or RO water:** Collect water from your AC and RO outlet.
- **Don't wash your clothes:** Sustainable designer Stella McCartney is an anti-laundry advocate. While that's a tall order, hand wash more, use liquid detergent, or a green detergent and a cold wash.
- **Cut down plastics:** Use jute/cloth grocery bags, make your own cutlery bag, carry your own bottle.
- **Clear your inbox:** A study by ICF International and McAfee reveals that storing 1GB of e-mail consumes 32.1 kWh per year. According to Orange, a French telecom service, if every single person in France deleted 50 emails, the energy savings would be equivalent to turning the Eiffel tower's lights off for 42 years!
- **Empty Junk folder:**
- **Eat more veggies:** A largely plant-based diet is kinder on the planet.
- **Plant more desi flowers:** Flowers bring bees and bees help spread pollen.
- **Download, not stream:** Watching a half-hour show would lead to emissions of 1.6 kg of carbon dioxide equivalent. Watching over Wi-Fi and on a mobile are more energy efficient.
- **Swap or upcycle clothes:** More than a new sustainable product, using what's already there is higher up in green quotient.



Ready for 'DESKFAST'?

Pallavi.Shankar@timesgroup.com

When life revolves around a table and chair for most part of the day - thanks to school and even other activities from home - the obvious conclusion is meals on the desk, especially breakfast. With so much of working/studying on the desk and eating alongside being the norm in pandemic life, it's better to rechristen 'breakfast' as 'deskfast'. Sounds more relatable... doesn't it? So, what are the ideal 'deskfast' options that are non-fussy, nutritious and delicious?

WHO advises washing hands with soap and water for at least 20 secs before eating

Try these Nutritionist Ritika Samaddar's take on 'deskfast' is simple: "Ideal healthy first meal of the day should have three food groups like dairy (milk) along with cereal and fruit or cereal with non-veg and vegetables. Good options are milkshake (milk + banana + handful of nuts like almonds) or egg roll or paneer roll or paneer/tofu sandwich/egg sandwich (see box for recipe)."

Quick morning bites Nutritious morning snacking (on those super busy days when you have back-to-back classes) can help you in staying full for longer periods of time. Remember, a growling tummy keeps you distracted and may not let you focus well on your lessons. In case the food is delayed for some reason or the other (your parent on a work call, helper arriving late), you can fix it yourself. Check out these easy ideas.

● Pair whole-wheat bread with a slice of cheese or

hummus. ● Have baby carrots/chopped cucumber/celery with dressing. ● Spread peanut butter on apple or banana slices. ● Chop fruits and sprinkle a pinch of rock salt over it. ● Your sugar cravings can be satisfied with frozen yoghurt, plain yoghurt filled with chopped banana and some dry fruits, like raisins and date.

In changing weather...

Now that there is a nip in the air, it's essential to have some warming foods, like eggs and nuts in the morning or mid-morning. "Egg is a must, so are a handful of nuts - both give energy to the body and most of

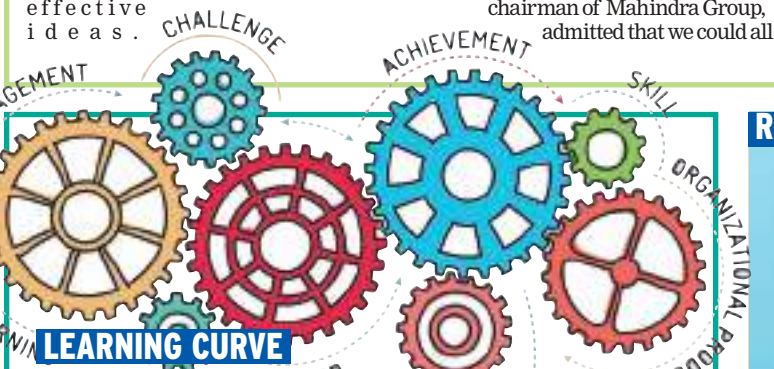
PANEER/TOFU SANDWICH RECIPE

Who says you have to wait for a family elder to bring some food to your study desk? DIY, especially, with self-sufficiency being the flavour of the year. This recipe is simple and can be prepared in 2-3 minutes...

■ Take 2 whole-wheat bread slices, add a slice of cheese and a thin slice of paneer or tofu, and a sauce of your choice, and the sandwich is ready. Have the sandwich with a glass of fresh milk (cow's milk/almond milk). Milk is great for bone development because it has plenty of calcium. Ditto for paneer or tofu - both rich in protein.

- By Ritika Samaddar

the nutrients and protein. Include fluids like milk or milkshake or a glass of homemade juice to stay adequately hydrated and nourished," advises Samaddar. Notably, lack of adequate hydration can lead to confused thinking and irritability, according to health experts. So, eat healthy and drink healthy.



Game for Gamification?

Why are teachers world over introducing games as learning tools...

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Many teachers have had the experience of asking students to stop playing games such as Angry Birds. Teachers can try that with assignments and assessments. **SECOND CHANCES, AND THIRD:** Like in video games, students should be allowed second chances. When a challenge is failed in a video game, users are able to learn from their mistakes, try again, and succeed. The same concept can be applied. **PROGRESSION:** In games, users usually have levels or progress bars that indicate how well they are doing in the game. Gamified classrooms can implement similar elements. Instead of issuing grades or percentages, teachers can either issue progress bars to students, or allow them to manage their own journey.

Lookout for teachable moments

For instance, take your child to a bank instead of driving by the ATM. Talk about the role of banks as places to keep money safe and earn interest. With an older child, explain why you prefer your chosen bank. Talk about the money you are depositing or withdrawing, where the deposit came from, and when and how you plan to use it. Some banks offer passbooks - balance it out in front of them.

Involve them in budgeting

Enlist their help in paying the bills. Even a very young child can open the envelopes. If they can read, ask them to identify what the bills are for. They can circle the amounts payable and the due dates. Seeing a bill and working through it gives them an appreciation of routine living expenses.

Make money lessons fun

It's surprising how many grown-ups have actually never entered a kirana store for everyday things. Start your kids early. Get them to prepare a grocery list, and then check off the items as they find them in the store. Show them how to 'comparison shop' - get them to check prices of similar items and understand why something is priced more and another brand is less expensive.

Stress the basics

Youngsters need to understand "opportunity cost" and the relationship between risk and return. Every financial decision has an upside and a downside. Children and also financially immature adults who tend to think about money one-dimensionally. They focus on what they can get with money, and not on what they may give up or risk in the process. It's important to use everyday situations, like buying a toy as opposed to a new pencil set as a learning tool for them. It's good to learn early that every purchase requires letting go of something else. It's a life-changing lesson.

RETHINK



SEEING RED

Video call rage and how you can deal with it...

Haimanti.Mukherjee@timesgroup.com

It's becoming increasingly difficult to hold on to our professional side or maintain decorum, whether we are students, or adults dealing with workplace problems. Cases of verbal altercations during online meetings or classes are at an all-time high. School or workplace, when we acknowledge there is a problem, we are already on the path to recovery.

Says psychiatrist Dr Sanjay Chugh, "People are under pressure everywhere, hence societal norms are also crumbling. This has started affecting the functional load of all our brains. Functional load varies from people to people, but right now, we have reached a stage where almost everyone has crossed their threshold, resulting in unleashing our repressed anger to the person in front of us. It's a classic example of displacement of anger." The first step, he says, is to acknowledge and understand that living in extremely fragile settings as we are right now requires all of us to deal with our functional load in a healthier way. Etiquette expert Konkana Bakshi agrees completely as she says the world has never been on a "more permanent fight-or-flight mode, due to extreme anxiety, as they are in right now".

"In the midst of a meeting if it gets too much, try the honesty approach tried and tested by top CEOs. Just say, 'I'm beginning to feel angry or uncomfortable, so I'll get back to you on this topic later'."

-Konkana Bakshi, CBT trainer

HOW TO FIGHT THIS?

The answer is simpler than we think. By choosing to live a healthy life. Here are a few steps to follow... 1 Mindfulness exercises are a must. Give a few minutes after getting up from bed for your conscious mind to awaken. Then follow this and observe and read the lip movements of the people in front of you. You'll feel calmer, and also get to understand that this is possibly how you sound or look when you get angry. We are all mirror images of one another.

THE DIET PLAN

Diet plays the most crucial role in the betterment of our mental health. 1 Did you know just drinking a glass of water during anxiety can release endorphins in our bodies? Try it. 2 Eat one banana a day. The magnesium, coupled with natural sweetness, helps reduce anxiety. 3 Valerian root tea isn't tasty but its effective in helping us relax and sleep better. Have at least one large cup of it like a bitter pill every day. 4 Omega 3 fatty acids are great stress-busters. Include it in your diet.

The easiest way to ensure the release of endorphins while being stressed out is to just drink a glass of water

ask the expert

Why does my teenager suddenly seem aloof? My 15-year-old teen keeps threatening me about leaving the house every time I scold him. And I can see he is distancing himself from us. He keeps his door shut and even wants to eat in his room. What should we do?

Teenagers begin to assert their independence and find their own identity. Many teens experience behavioural changes. It may seem hard to believe - given your child's anger or indifference towards you - but teens still crave love, approval, and acceptance from their parents

"It may seem hard to believe - given your child's indifference towards you - but teens still crave love, approval, and acceptance from their parents. Positive face-to-face connection is the quickest, most efficient way to reduce stress and enhance your relationship with your child. Further, owing to the

you - but teens still crave love, approval, and acceptance from their parents. Positive face-to-face connection is the quickest, most efficient way to reduce stress and enhance your relationship with your child. Further, owing to the



hormonal changes, teens also experience multiple mood swings. Staying calm with him and trying to understand his situation, along with not taking his anger spells personally, may be a good idea at this point. My advice to you here is whenever you are angry or upset, avoid communicating with your teen. Wait until you're calm and energised before starting a conversation. Your calmness and unconditional love may act as good tools for helping your child out of this phase. Lastly, it is essential to be there for your child. Avoid getting frustrated if your efforts are being greeted by nothing more than monosyllabic grunts or shrugs. Listen to him without judging or giving advice. Stay away from sarcasm, interrupting, criticising, or offering advice. TNN

- Expert: Dr Rachna Khanna Singh, HOD, holistic medicine & psychology

If you have a query - parenting advice, food conundrum, travel dilemma, personal finance for children or maybe a styling doubt - anything that is stopping you from being your best version, write in to us at timesnie175@gmail.com. We will get our experts to answer it. Mention ASK THE EXPERT in the subject line

★ MYTH ★ SHAHJAHAN CUT THE HANDS OF WORKERS

A popular tale about the Taj Mahal — often narrated by local guides in Agra and spotted on various websites — states that after the Taj's construction was completed, Shah Jahan ordered his soldiers to chopped off the hands of the master masons so that they could never replicate the wonder. This story contrasts with available evidence and a vast settlement called Taj Ganj that still exists today. It was set up by Emperor Shah Jahan to house the thousands of masons, artisans and other workers who had assembled from the distant parts of his empire. The descendants of those workers still live there and practise the skills of their forefathers. The fact remains that after finishing the Taj, Shah Jahan's workers built for him a whole new imperial city called Shahjahanabad in Delhi. It would have been highly impossible to main thousands of expert artisan and find replacements to work on another equally grand project in such a short time, claim historians.



FUN FACT Ustad Ahmad Lahauri, generally regarded as the chief architect of the Taj Mahal, was not Indian; he was a Persian from Iran.

★ MYTH ★ THE GREAT WALL OF CHINA IS FILLED WITH BODIES

When tourists travel to the Great Wall of China, what travels with them are the lines from the poem, 'Every brick, every stone, and every inch of mud are filled with Chinese people's bones and sweat and blood.' How did this myth come about? Researchers claim that forced labour was the answer to building the Great Wall, and apparently, if anyone died, there was a handy site for internment.



No bones or indeed other indication of human remains have been found in the Wall. The most likely source of the rumour is a historian with a grudge against the previous regime, states the Telegraph.co.uk.

FUN FACT The Great Wall is not a continuous line: there are side walls, circular walls, parallel walls, and sections with no wall (high mountains or rivers form a barrier instead).

SLAVES BUILD THE PYRAMIDS

★ MYTH ★

The ancient Greek historian Herodotus once described the pyramid builders as slaves, creating what Egyptologists say is a myth propagated by pop culture. Egypt in 2010 put on display tombs more than 4,000 years old and said they belonged to people who worked on the Great Pyramids of Giza, supporting evidence that slaves did not build the ancient monuments. The tombs contained no gold or valuables, which safeguarded them from tomb-raiders throughout antiquity, and the bodies were not mummified. The skeletons were found buried in a fetal position — the head pointing to the West and the feet to the East according to ancient Egyptian beliefs, surrounded by the jars once filled with supplies for afterlife. Though they were not slaves, the pyramid builders led a life of hard labour. Their skeletons have signs of arthritis, and their lower vertebrae point to a life passed in difficulty.

FUN FACT The pyramid of Giza built in 2560 B.C. for the pharaoh Khufu, was almost 147 m tall. Today, because of erosion, it is only about 139 m tall.



Hey Folks!
I am **EXPLORIA**.
Today, let's debunk myths surrounding the renowned wonders of the world



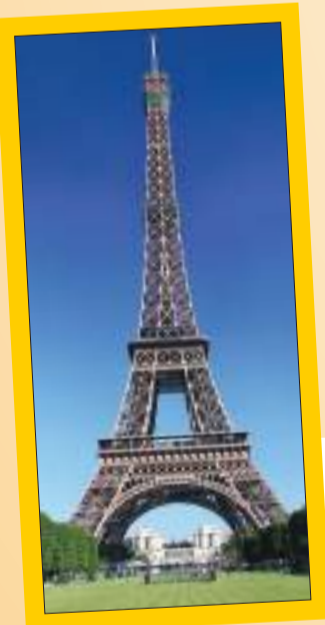
★ MYTH ★ MICHELANGELO PAINTED SISTINE CHAPEL PROSTATE

The popular belief is that the famous fresco on the ceiling of the Sistine Chapel was painted by the artist Michelangelo while lying on his back in order to get the angles that he needed to paint it properly. According to listverse.com, while the part about him lying on his back to paint was just a myth—in actuality he was standing most of the time—he had to hold his neck at an awkward angle in order to do the job.

The ceiling frescoes took Michelangelo four years to complete. In total, they cover 12,000 square feet.

FUN FACT

★ MYTH ★ THE EIFFEL TOWER WAS BUILT AS AN ICONIC PIECE OF ENGINEERING



In reality, the Eiffel Tower was actually built to be one of the main attractions at the Paris World's Fair in 1889. That year, the World's Fair covered the entire Champ de Mars in Paris and its focus was the vast constructions in iron and steel that were the great industrial advancement of that time. At one point in time, the Eiffel Tower was used to display advertisements, according to Listverse.com. Andrea Citroen, a former arms manufacturer, who had his name — which was also the name of his company — emblazoned in gigantic letters on the side of the Eiffel Tower after renting its use. His efforts earned him a dubious spot in the Guinness Book of World Records for his gigantic billboard, much to the embarrassment of the French, states Listverse.com.

FUN FACT Repainting the tower, which happens every seven years, requires 60 tonnes of paint.

★ MYTH ★ STATUE OF LIBERTY WAS A GIFT FROM THE FRENCH GOVT TO THE US GOVT

The presumption that it was a gift to please the French may have originated from the fact that the statue was the brainchild of French sculptor Frederic Auguste Bartholdi. While there was an involvement on France's part in the envisioning of the monument, however, much of the money raised for the statue came from the American public—in part thanks to the urging of newspaper publisher Joseph Pulitzer, according to Classroom.synonym.com. America was responsible for creating the pedestal, while France was charged with creating and assembling the statue, but money issues plagued both the countries, and were solved through a variety of fund-raising endeavours.

A tablet held by the statue in her left hand bearing "JULY IV MDC-CLXXVI (July 4, 1776)," the Declaration of Independence's adoption date in Roman numerals.

FUN FACT



★ MYTH ★ LEANING TOWER IS STABLE

The myth may have originated from the fact that some people believed that it to be an optical illusion and that the building has very little real or dangerous lean to it. There is actually a commission tasked with the preservation of the tower, and they believe the tower has been in serious danger of falling. The lean is actually a serious issue that continues to increase with time, states leaningtowerpisa.com.

Construction of the Tower of Pisa started in the year 1173 and was completed in 1372. Construction stopped and restarted twice over those 199 years due to wars.

FUN FACT



★ MYTH ★ THE COLOSSEUM ONLY HOSTED GLADIATOR DUELS

While this perception is common among people's minds, coloured by the movie descriptions of the Colosseum, there was a lot more going on there. The programmes at the Colosseum were pretty multi-faceted. It included a series of shows and performances that lasted hours, whether it be the presentation of all the "stars" of the day or fights between animals or circus acts, ending with hunting games. In fact, around noon, the Colosseum, during the lunch break, saw public executions of criminals, according to walksofitaly.com.



FUN FACT The Colosseum was built between 72 AD and 80 AD under the Emperor Vespasian, in the heart of Ancient Rome

★ MYTH ★ STONEHENGE WAS BUILT BY THE DRUIDS

Although it is a popular opinion that the Druids (the priestly class in ancient Celtic societies), modern archaeologists believe that the Stonehenge was built over a period of hundreds of years. Radiocarbon dating has confirmed that some of the raised stones date back to 1600 B.C., a time when the Druids did not occupy the region. Just as its construction spanned several stages, its builders also belonged to distinct groups.

Some of the stones were brought from nearly 200 miles away — a feat that would have been a major technical accomplishment at the time.

FUN FACT



Pics: Istock



BARRY NELSON

Contrary to popular belief, it wasn't Scottish actor Sean Connery who played James Bond for the first time on screen. American actor Barry Nelson played the first Bond in 'Casino Royale' (1954) in a live one-hour production for TV screens. At the time he was offered the role, Nelson was unaware that Bond was an Englishman. In an interview with 'Cinema Retro' in 2004, he had said: "At that time no one had ever heard of James Bond... I was scratching my head wondering how to play it. I hadn't read the book or anything like that because it wasn't well known."
TV: 'Casino Royale'

SEAN CONNERY

Undoubtedly, it was Scottish actor Sean Connery who made James Bond the iconic character that he is today. Connery played the lead for two decades (1962-1983), interrupted only by a few years where George Lazenby played Bond in 'On Her Majesty's Secret Service' (1969) and David Niven in a lighter version of 'Casino Royale' (1967). We may have our favourites but it was Connery who made the worldwide cash registers ring, which has eventually led producers to bet big on James Bond as a character. The film franchise's superstar status was attained solely because of the then 32-year-old Connery making Bond famous in 'Dr No' (1962).
Movies: 'Dr No', 'From Russia With Love', 'Goldfinger', 'Thunderball', 'You Only Live Twice', 'Diamonds Are Forever', and 'Never Say Never Again'

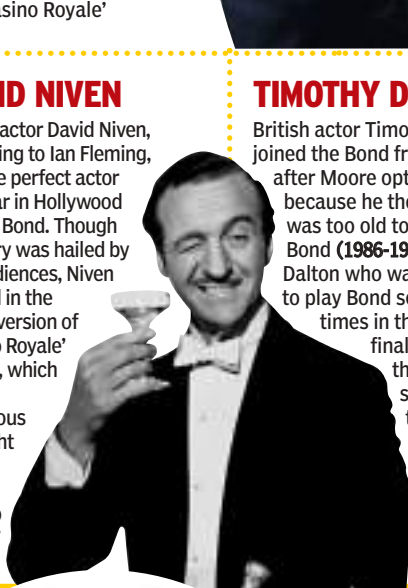


DAVID NIVEN

British actor David Niven, according to Ian Fleming, was the perfect actor and star in Hollywood to play Bond. Though Connery was hailed by the audiences, Niven starred in the movie version of 'Casino Royale' in 1967, which had a humorous and light tone.
Movie: 'Casino Royale'

TIMOTHY DALTON

British actor Timothy Dalton joined the Bond franchise after Moore opted out because he thought he was too old to play Bond (1986-1994). Dalton who was asked to play Bond several times in the past, finally agreed, though he starred in just two films.
Movies: 'The Living Daylights', 'Licence to Kill'



BOND THROUGH THE AGES

A look at the actors who made Ian Fleming's James Bond world-famous even as we await the next film, 'No Time To Die'

DANIEL CRAIG (2005 TO NOW)

British actor Daniel Craig took up the role after Pierce Brosnan called it quits in 2005. He was impressed with the gritty yet fresh perspective of the script for 'Casino Royale'. A lot of things changed fundamentally during this time, as Bond moved away from a lot of traditions. The focus was more on his emotional journey to become a cold-blooded assassin, displaying his vulnerabilities. And Craig has played the role with such panache that it's difficult to think who can fill his shoes. Craig has starred in five films, one awaiting release...
Movies: 'Casino Royale', 'Quantum of Solace', 'Skyfall', 'Spectre', 'No Time To Die' (awaiting release June 2021 tentatively)



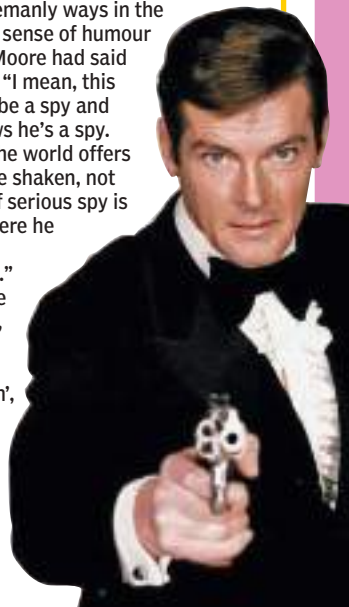
PIERCE BROSNAN

Irish actor Pierce Brosnan (1995-2002), according to most, was the perfect Bond. His good looks and charm made him a believable international playboy. Brosnan while maintaining many traditional aspects of the character, did away with his habit of smoking due to strong personal beliefs. Brosnan starred in four extremely successful Bond films through a decade.
Movies: 'GoldenEye', 'Tomorrow Never Dies', 'The World is Not Enough', 'Die Another Day'



ROGER MOORE

The late Sir Roger Moore was the first British actor to play James Bond in seven films (1972-1985). One of fan favourites, Moore has a huge following as the 'best Bond ever' even now. Known for his gentlemanly ways in the industry, and for his sense of humour to fans worldwide, Moore had said about playing Bond: "I mean, this man is supposed to be a spy and yet, everybody knows he's a spy. Every bartender in the world offers him martinis that are shaken, not stirred. What kind of serious spy is recognised everywhere he goes? It's outrageous."
Movies: 'Live and Let Die', 'The Man With the Golden Gun', 'The Spy Who Loved Me', 'Moonraker', 'For Your Eyes Only', 'Octopussy', 'A View to Kill'



GEORGE LAZENBY

The Australian actor stepped in after Connery left the Bond franchise in 1967 (he was later convinced to join again). As far as the character development of Bond is concerned, this is an important film as it marks a personal milestone for Bond. If you haven't watched it, we won't spoil the moment for you. Lazenby was nominated for Golden Globe as lead actor for this film. Another extremely fascinating fact about 'On Her Majesty's Secret Service' is that it starred Diana Rigg as the female lead; the world knows Rigg today as Lady Olenna Tyrell from the TV series 'Game of Thrones'. Rigg, who recently died after fighting cancer, was mourned by Lazenby in a beautiful Instagram tribute. He said: "I'm so sad to hear of the death of Diana Rigg. She undoubtedly raised my acting game when we made 'On Her Majesty's Secret Service' together in 1968-9."
Movie: 'On Her Majesty's Secret Service'



Haimanti Mukherjee @timesgroup.com



"Paris is always a good idea"

with nods to Toulouse-Lautrec, Renoir, and more in the sets and costumes.

THE PINK PANTHER FRANCHISE (1963-1976)

When Audrey Hepburn's 'Sabrina' says this in the eponymously titled movie, it only gave fresh ideas to filmmakers to use the 'forever' cultural capital of the world as the right backdrop for their stories. The recent series 'Emily in Paris' may not be the best doff to the city but Paris has been a compelling character – and not just a city – in many movies. Here's a look at movies that capture the 'je ne sais quoi' of the City of Lights in a way that you want it to be your first stop once the pandemic is over.

Is there anything more delightful than watching the inept Jacques Clouseau (Peter Sellers) go after the elusive Pink Panther diamond. Sellers' search takes him around Paris many times and his ridiculous French accent will crack you up. Steven Martin did a good enough job in the later reprise but less said about our very own Aishwarya Rai, the better.



AMÉLIE (2001)

This delightful Oscar-winning movie maybe French but has the "kind of chocolate-box Hollywood imagining" of the city that made it a worldwide hit. The quirky rom-com follows the lead played by Audrey Tautou going about observing strangers, and flitting about the city. If you have seen the movie, you'd carry the image of Paris as shown here. It was filmed in 80 locations and is a whimsical trip around the city.



PARIS, JE T'AIME (2006)

An anthology film, which calls on 22 directors to oversee 18 plotlines, all set in different arrondissements throughout the city. The stories are sometimes extraordinary (there's one about vampires) but they are emotional because of their simplicity. It helps that the human emotions are unraveling through the beautiful city as a backdrop, which becomes a character in itself.



RATATOUILLE (2007)

It took a rat to show us the real spirit of Paris – the city of dreams, when Remy the rat follows his passion for cooking. The city makes it happen for him. To prepare for the film, the filmmakers spent a week there, visiting sights and eating at famous restaurants. The movie embraces the romance, culinary history, and feeling of opportunity in the French capital.



HUGO (2011)

In 'Hugo', we experience the city in bits from the titular character's vantage point – a clock tower at Gare Montparnasse railway station. He peers out at the city's most famous landscapes from up above as he tinkers with his late father's automaton and continues to run the clocks after his uncle goes missing. Set in the 1930s, the Martin Scorsese-directed movie is visually stunning – a big-hearted, lavishly played out feel-good movie.



CASABLANCA (1942)

So while 'Casablanca' is set mostly in er... Casablanca, Paris is shown in the flashback. The city is the backdrop to Rick (Humphrey Bogart) and Ilsa's (Ingrid Bergman) whirlwind romance, complete with drives on the Champs-Élysées, ballroom dancing, and lots of champagne and passionate kisses. It is one of the greatest love stories of our times and the reason for one of the most memorable dialogues in cinematic history: "We'll always have Paris".



AN AMERICAN IN PARIS (1951)

Gene Kelly as a struggling American painter in Paris, Jerry Mulligan, is discovered by an heiress who is more interested in him than his art. But Mulligan falls for a young French girl. Lots of dancing, singing and romantic confusions abound. A 17-minute-long, dialogue-free ballet choreographed by the one and only Kelly is the best bit of the movie. The movie marked the debut of Leslie Caron. **Did you know:** the ballet was filmed across 44 MGM backlot sets and covers a swath of French art history,



WILL YOU SURVIVE A ZOMBIE APOCALYPSE?

Nitya.Shukla@timesgroup.com

With the third season of 'The Last Kids on Earth' out we thought it best to do a quick check-in with you. Based on Max Brailer's bestselling middle-grade book series by the same name, the Emmy Award-winning animated web series is about kids battling zombies. In season one aka 'Book 1', readers meet 13-year-old Jack Sullivan trying his best

to survive the monster apocalypse by laying low in his tree house. Not that he fancies being an open bait, so he has armed his treehouse with catapults, a moat and plenty of video games, Oreos and Mountain Dew to pass the time. But soon, he realises that surviving alone isn't a good idea when facing zombies, winged wretches, vine thinges, and Blarg the gifted-monster. To survive the monster-infested town, Jack would need his wits and people to help him. Enter June, Quint and Dirk, who all have the same idea.

Did you know in 2017 a study done by the students of University of Leicester (UK) claimed that a zombie attack would wipe out the humans in exactly 100 days?



Creative writing exercises to try

- Make a list of 50 items that you would have in your apocalypse survival guide.
- Write about 20 people you could turn to during a zombie apocalypse, and state why.

That's so sick!
If you still think that a zombie apocalypse is about as real as the unicorn, then you probably haven't read about diseases that exhibit zombie-like symptoms...
The sleeping sickness: When parasites attack the brain and cause its victims to have slurred speech and loss of concentration.
Necrosis: Attacks specific groups of cells causing a communication breakdown between skin cells and the nervous system.

In season two, a 10-episode series, titled 'Book 2' Jack and his friends decide to put an end to the crazy zombie mayhem once and for all. And they do for some time. BUT of course, they were foolish to think that zombies were just going to kaboom out of town. That's where season 3 begins...



BY ZEUS!

Nitya.Shukla@timesgroup.com
A flood of Zeus, the highly-anticipated web series has become quite a buzz amongst Greek mythology fans. Created by filmmakers Charley and Vlas Parlapianides, the anime series is set in the world of Greek mythology, and revolves around the adventures of protagonist Heron, the son of Greek God Zeus, as he tries to save heaven and earth. As the mythological figurehead who ruled as king of the gods of Mount Olympus, Zeus is both a loved and feared persona in greek mythology, inspiring countless stories. Here are two fiction works for beginners that are well worth your time.

12 will enjoy reading this witty tale of Zeus as a child, navigating complex family relationships and finding his voice. Zeus gets help from his companions: six monsters, five Greek gods, and an enchanted she-goat.

OLYMPIANS: ZEUS: KING OF THE GODS BY GEORGE O'CONNOR

The author combines his love for Greek mythology and classic superhero comics to tell us how these original superheroes of Greek mythology were the inspiration for modern superheroes, including Superman, Batman, the X-Men. We are introduced to Zeus, the ruler of the Olympian Pantheon, who narrates his story from boyhood to his ascendance to supreme power.

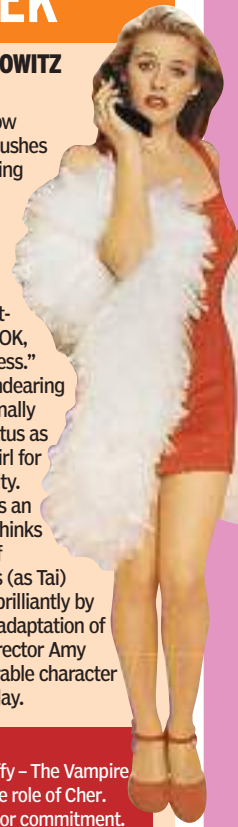


YOUNG ZEUS BY G BRIAN KARAS
Young readers up to the age of

CHARACTER OF THE WEEK

CHERYLYN "CHER" HOROWITZ
Cueless, 1995

When Cher in a yellow Chanel skirt-suit pushes away a boy, shouting "Ugh! As if!", you get the glimpse of a spoilt, affected, privileged and shallow rich girl. She describes a fellow classmate as: "No, she's a full-on Monet. It's like a painting, see? From far away, it's OK, but up close, it's a big old mess." Yet, she's one of the most endearing on-screen characters who finally decides to use her social status as Beverly Hills most popular girl for some good for the community. In the middle, she dabbles as an amateur matchmaker who thinks it's her calling to be the Prof Higgins to Britanny Murphy's (as Tai) Eliza Doolittle. Cher, played brilliantly by Silverstone, may be a loose adaptation of Jane Austen's 'Emma' yet director Amy Heckerling creates a memorable character that remains iconic even today.




DID YOU KNOW?
Sarah Michele Gellar of 'Buffy - The Vampire Slayer' fame was offered the role of Cher. She had to refuse due to prior commitment.

An affair to remember

Le Rafa French Kiss

There are legendary players and there are amazing venues. When the two meet, sparks fly, chemistry brews and a hit love story emerges. Through centuries and matches, we have witnessed many such romances; be it Rod Laver creating magic at the grass courts or Messi's unparalleled footwork at Glasgow; Sachin Tendulkar's best at Sharjah or Lewis Hamilton's acceleration at the Canadian Grand Prix, DEEBASHREE MOHANTY takes you down memory lane to showcase how this is a match made in heaven...

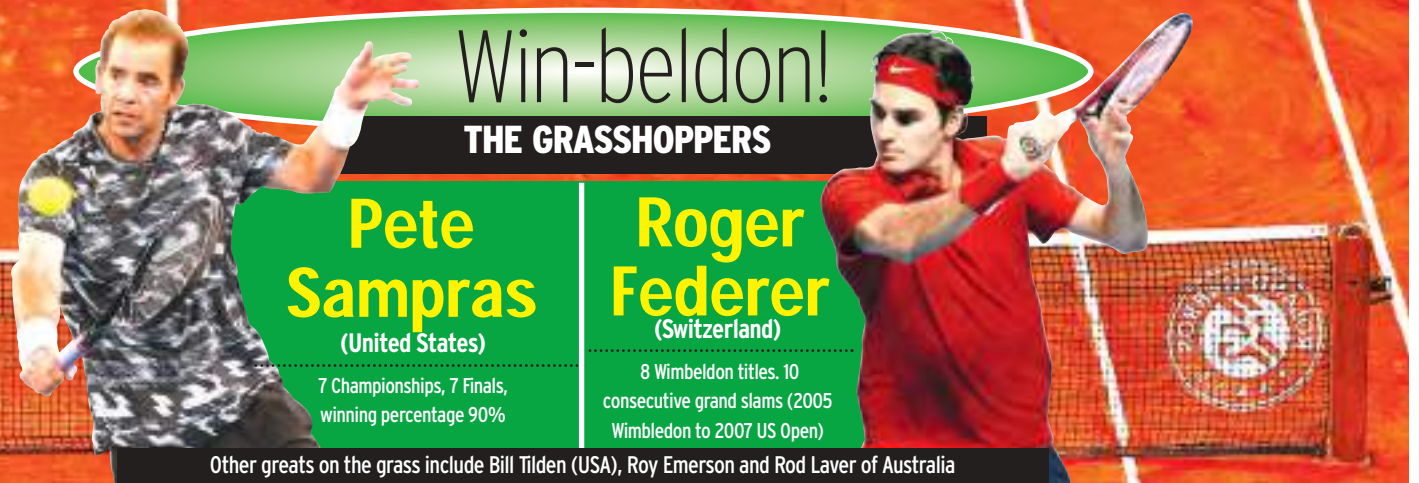


Rafael Nadal's dominance in numbers

13 French Opens over 15 years

100 wins at Roland Garros

100 v/s 2 win-loss record



Win-beldon!

THE GRASSHOPPERS

Pete Sampras
(United States)
7 Championships, 7 Finals, winning percentage 90%

Roger Federer
(Switzerland)
8 Wimbledon titles, 10 consecutive grand slams (2005 Wimbledon to 2007 US Open)

Other greats on the grass include Bill Tilden (USA), Roy Emerson and Rod Laver of Australia

Speed Dating



Lewis Hamilton and Michael Schumacher have 7 wins at Circuit Gilles Villeneuve, Canadian Grand Prix

Alpsolutely for Sindhu



PV Sindhu: "The St Jakobshalle in Basel, Switzerland is special for me." She won the BWF 2019

The Bay Hill, Putt Of Course



Tiger Woods has won a staggering 8 times at the Bay Hill Club and Lodge, Orlando

When Don Got An Oval



The Don signs off with a duck, 1948

The unparalleled Test career of Donald Bradman ended with an anti-climactic second-ball duck at the Oval. Bradman's was clean bowled by Eric Hollies. He finished his career with an iconic average of 99.94.

A Desert Rose from Sharjah to Sachin Tendulkar



While he dominated opposition all over the world, his battles with Australians grabbed headlines. This duel reached a crescendo in Sharjah (1998). It was here that Tendulkar played two of his best knocks in ODI. The first was when he single handedly took India to the finals. The next was another peerless century on his birthday!

A Hit and no miss



Dhyan Chand at the Berlin Olympics 1936!

At the Berlin Olympics in 1936, Dhyan Chand removed his shoes and played bare foot owing to an injury. He took India to a victory scoring 6 more goals. Adolf Hitler couldn't bear the humiliation and left before the game ended!

Just us having a Ball here



Cristiano Ronaldo names Santiago Bernabeu (Madrid) as the best stadium he has played in...



...Lionel Messi chooses The Celtic Park, Glasgow

"I've been fortunate enough to play in some great stadiums in Europe with Barcelona but none compare to Celtic. The atmosphere their fans create, make it a very special European night of football. The games against Celtic were special and I want to remember them. It is the best atmosphere in Europe and we all want to experience that again.

Barcelona players and coaches have never hidden their admiration for the inspirational effect a cacophonous Celtic Park can have on their performances. Ronaldo, on the other hand, scored more than 200 goals at the Bernabeu with an average of 1.16 goals a match!

"



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

Take a lesson on how electric current works
Learn the art of writing a letter
PAGE 2



Why you must not shame your kids publicly
How to deal with your teen's anger?
PAGE 3



What ails Kings XI Punjab?
Take our cricket quiz
PAGE 4



STUDENT EDITION

FRIDAY, OCTOBER 16, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

\$400 BILLION



The cost of prolonged school closures in India, apart from learning losses, due to Covid-19, according to the World Bank. South Asia region stands to lose \$622 billion from school closures in the present scenario or up to \$ 880 billion in a more pessimistic scenario, it said, adding that while the regional loss is largely driven by India, all countries will lose substantial shares of their GDP.



DID YOU KNOW? The 'Learning Adjusted Year of Schooling' (LAYS) concept, introduced by the World Bank, seeks to combine access and learning outcomes on a single measure. It combines quantity (years of schooling) and quality (how much kids know at a given grade level) into a single summary measure of human capital in a society

THE IMPACT

1 The report titled, 'Beaten or Broken? Informality and Covid-19 in South Asia', also noted that the pandemic may cause around **5.5 million students** to drop out from the education system and cause substantial learning losses, which will have a lifetime impact on the productivity of a generation of students

2 The projected learning loss for the region is **0.5 years of learning-adjusted years of schooling (LAYS)**, falling from 6.5 LAYS to 6.0 LAYS, an enormous setback from the recent advances in schooling," the World Bank said

TIME FOR SCHOOLS TO REOPEN WITH SAFETY NORMS?

Send your replies, contributions and letters to the editor on toinie175@gmail.com or [timesofindia.com](https://www.timesofindia.com)

You can also post your articles, paintings, sketches, debates, concerns and feedback on www.toistudent.com

FACTOID

3 HOURS & 3 MINUTES

That's the time it took the two Russian cosmonauts and an American astronaut, aboard a Russian rocket, to reach the International Space Station (ISS)—a record in itself.



1 Sergey Ryzhikov and Sergey Kud-Sverchkov of ROSCOSMOS and NASA's Kathleen Rubins launched from the Russian-operated Baikonur cosmodrome in Kazakhstan at 0545 GMT on Wednesday

2 Typically, it takes about **six hours** for a Soyuz spacecraft to chase down the International Space Station, and the Soyuz must complete about four orbits around the Earth. But the Soyuz MS-17 made it in only two orbits, making it the first crewed Soyuz spacecraft to try the "fast-track" rendezvous method

3 Russia has previously tested the two-orbit rendezvous method with its Progress cargo resupply spacecraft, which is nearly identical to the Soyuz spacecraft used to transport crew

(Source: AFP/space.com)

Spotlight

ANRICH NORTJE



South African pace bowler Anrich Nortje bowled the fastest ball in Indian Premier League (IPL) history on Wednesday during his team Delhi Capitals' 13-run victory over Rajasthan Royals.

The 26-year-old eclipsed compatriot Dale Steyn's effort of 154.40 km per hour set in 2012, clocking **154.74 kph** and **155.21 kph** in the game at Dubai before his best effort of **156.22 kph** was scooped for a boundary by Rajasthan's Jos Buttler

CBSE SET NEW GUINNESS WORLD RECORDS



The Central Board of Secondary Education (CBSE) has achieved a new Guinness World Records title for the most users to take an online artificial intelligence (AI) lesson in 24 hours. The record was set after delivering a virtual lesson focused on demystifying the impact of AI and key considerations around its use to 13,000 students from class VIII and above between October 13 and 14. The training was part of the ongoing AI For Youth Virtual Symposium organised by Intel and CBSE.

#ArtificialIntelligence continues to be one of the most crucial technologies of the future, with the potential to leapfrog India's digitalisation journey
RAMESH POKHARIYAL, education minister



ECONOMY

WORLD ECONOMY IN DEEP RECESSION IN 2020, GROWTH TO BE -4.4% : IMF

The International Monetary Fund (IMF) has predicted a global recession this year and the world growth to be -4.4 per cent, asserting that the economic crisis is far from over, mainly due to the impact of the coronavirus pandemic. In its latest World Economic Outlook report, the IMF also said the swift recovery in China has surprised on the upside, while the global economy's ascent back to pre-pandemic levels of activity remains prone to setbacks.

THE SILVER LINING

The world is adapting as a result of eased lockdowns and the rapid deployment of policy support by the central banks and governments around the world. The global economy is coming back from the depths of its collapse in the first half of this year
GITA GOPINATH, chief economist, IMF



FACEBOOK REJIGS MESSENGER WITH NEW LOOK, FEATURES

TECH BUZZ



Facebook has introduced a brand new look for Messenger, including a new logo and default chat colour as well as new chat themes, like love and custom reactions. It has also announced features like selfie stickers and vanish mode, which are coming soon.

Messenger recently announced cross-app communication with Instagram, which will be rolled out to most users in North America soon. Messages and calls from friends and family using Instagram will stay in your Instagram app but people using the Messenger app can now reach you on Instagram without you needing to download a new app, and vice versa

NEWS IN BRIEF

CLICK HERE FOR MORE

MEET THE YOUNGEST BUDDING AEROSPACE ENGINEER

Caleb Anderson, a 12-year-old boy from the US, is all set to become the youngest student in the world to study aerospace engineering at a university. Anderson, who will soon be joining the study course at the Georgia University, says he can grasp information quickly, which makes learning quicker for him.



YOUNG ACHIEVER

He started showing signs of his unique learning ability from an early age. When he was just nine months old, he picked up sign language. By the time he turned two, he was doing fractions. "I have this distinct memory of going to a first-grade class and learning there... everyone was way taller than me, because I was two. I could barely walk," he said. But all was not smooth sailing for the 12-year-old. He said, middle school was tough for him, as other students looked down on him for being an 'anomaly'

HERD IMMUNITY IS DANGEROUS AND FLAWED APPROACH: LANCET



The idea of using herd immunity approach to manage Covid-19 — by allowing immunity to develop in low-risk populations, while protecting the most vulnerable — is "a dangerous fallacy unsupported by the scientific evidence", says a new letter signed by 80 international researchers. The authors have acknowledged that the ongoing restrictions have understandably led to widespread demoralisation and diminishing trust among the public and warned that in the face of the second wave of infection, there is a renewed interest in the so-called natural herd immunity approaches.

COVID UPDATE

SUSHMITA SEN'S MANTRA: PREPARE, LEARN, PRACTICE

Actress Sushmita Sen has a few wise words on life for her fans. Taking on to Instagram recently, the former Miss Universe wrote: "Life is an exam and you are the subject. But life is the easiest exam... all we gotta do is prepare... learn... practice! The questions life throws us are unique... so must be our answers! Cheating here means cheating our 'Self' of all that is authentic about each one of us! Sushmita also urged everyone to be brave enough to try something original rather than copying others."

Know yourself enough...be brave enough...to attempt an original...not ace a copy! This for me is the greatest difference between success and failure! #sharing #corebeliefs #authenticpower
SUSHMITA SEN



WORLD STUDENTS DAY 2020

The World Students' Day was celebrated on October 15 worldwide to commemorate the birth anniversary of former President A P J Abdul Kalam, who was also a great scientist and teacher.



In 2010, the United Nations Organisation (UNO) declared October 15 as the World Students' Day to honour his efforts on promoting education.
This year, the theme of the World Students' Day is 'Learning for people, planet, prosperity, and peace'.

Shakespeare's First Folio fetches \$10 mn at auction

IN THE RECORD BOOKS

A copy of the first collection of plays by William Shakespeare was sold for \$9.97 million at an auction in New York, setting a new record for a work of literature...

The collection, widely known as the First Folio, printed in 1623 and containing 36 plays by the Bard, is widely described as the greatest literary work in the English language

It was published after the death of the Bard, who lived from 1564 until 1616, and was compiled by two of his friends, John Heminge and Henry Condell

It contains major works, which would probably have been lost, were it not the collection, including 'Macbeth' and 'Twelfth Night'

Several books have brought in higher prices, such as the 'Codex Leicester of Leonardo De Vinci', which Bill Gates bought for \$30.8 million in 1994. But none is a literary work of fiction

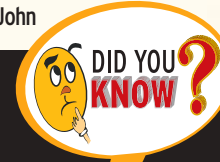


Photo: Getty Images

THE FLOW OF CURRENT CAN BE MAGNETIC!

A LESSON ON ELECTRIC CURRENT AND ITS MAGNETIC EFFECTS

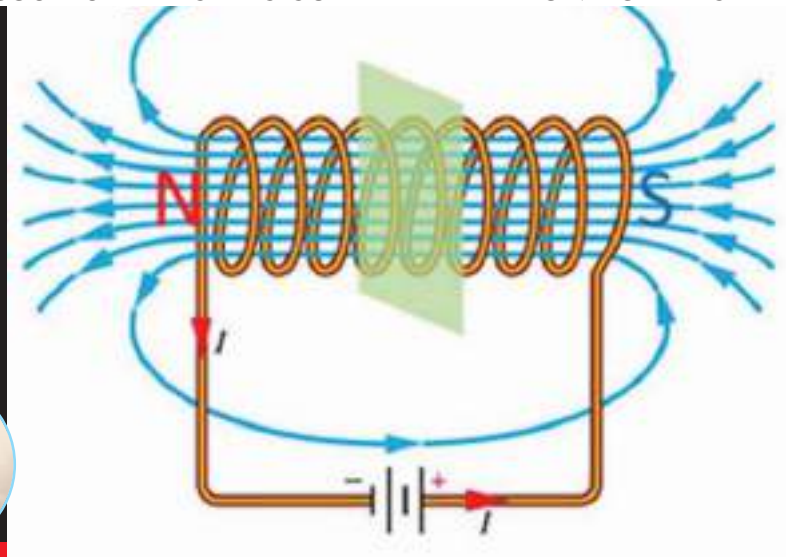
THE THEORIES:

In 1820, Danish physicist **Hans Christian Oersted** discovered

that a compass was affected when current flowed through a wire placed close to it.

Fascinated by Oersted's discovery, later the same year, **Andre Marie Ampere** decided he would try to understand why electric current produced a magnetic effect. He discovered that a coiled wire acted like a bar magnet when current was passed through it. He also found he could turn an iron rod into a temporary magnet when he coiled an electric wire around the rod.

In 1831, **Michael Faraday** proved that magnetism and electricity are related. He showed that when a bar magnet was placed within a coil, the magnet produced an electric current.

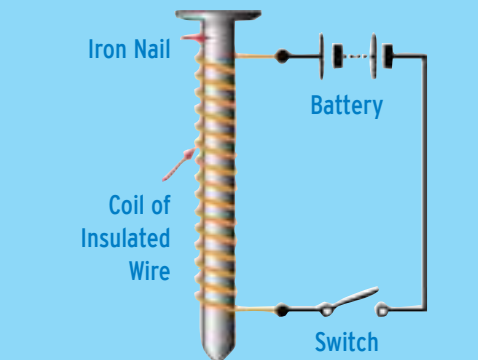


These are some theories and concepts that can be understood if demonstrated in a practical manner in class. Students can even take part in it which will make the class interesting and the concepts well entrenched in their minds.

THE EXPERIMENT:

To show that electricity can turn a nail into an electromagnet.

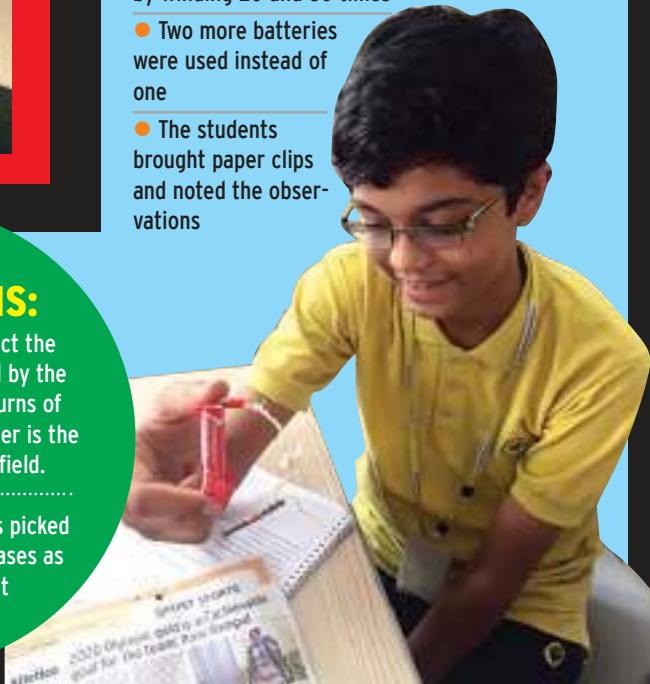
THE PRACTICALS:



- The students were asked to wrap the centre portion of the wire around the nail 10 times so that it forms a coil around it
- They attached one end of the wire to the +ve terminal and other end to the -ve terminal of the battery
- It was found that the electrified nail becomes magnetic
- They were asked to follow the same procedure by winding 20 and 30 times
- Two more batteries were used instead of one
- The students brought paper clips and noted the observations

OBSERVATIONS:

- The number of coils affect the number of paperclips picked by the electromagnet. More the turns of the wire in the coil, the greater is the strength of the magnetic field.
- The number of paper clips picked by the electromagnet increases as the flow of the current increases.



Nidhi Chaturvedi, Middle School Science and Math Teacher, The Shri Ram Universal School, Hyderabad

Quiz

SUBJECT:
PHYSICS, class VII
TOPIC: ELECTROMAGNET

KEY FACT:

An electromagnet is not a permanent magnet. The soft iron core ensures the loss of magnetism once electric current stops.

1 Why does a compass needle get deflected from its N-S position when electric current is passed through it?

ANS: The needle gets deflected because the conducting wire carrying current produces a magnetic field.

2 What will happen if you use an uninsulated copper wire for making an electromagnet?

ANS: The copper wire used in an electromagnet is insulated with a nonconductive coating like plastic or enamel in order to prevent the current from passing between the wire turns. If an uninsulated wire is used, electricity will run across the windings and hence magnetic field will not be created and current will not be produced.

3 How is the magnitude of magnetic field of an electromagnet enhanced?

ANS: A) Increase in the flow of electric current increases the magnitude of the magnetic field.

B) The increase in the number of turns of a coil increases the magnetic field produced

4 How is an electromagnet different from a solenoid?

ANS: An electromagnet is a solenoid with a soft iron core, while a solenoid has a cardboard or a plastic core or no core.

5 What are the applications of an electromagnet?

ANS: Electromagnets are used in various electric appliances like electric bell, electric fan, electric motor. It is also used in medical science to cure certain ailments.

The Art of Letter Writing

There's a certain way to write an effective letter to fetch you good marks. Simply follow these seven tips that Sagar Pandya, educator, SGVP International School, Ahmedabad shares with you...

1 KNOW YOUR READER:

As a writer, it is of prime importance that you know who you are writing to. You can then decide the type of content and information that you want to include.

2 ONE ISSUE RULE:

Strictly follow the 'One issue per paragraph' rule. This would bring ease in reading and allow you, as a writer, to declutter your letter.

3 STAY COURTEOUS:

Even while writing a complaint letter you have to remain courteous in your language and word selection. No one wants to read a letter that has harsh language and rough expressions.

guage and word selection. No one wants to read a letter that has harsh language and rough expressions.

4 START WITH THE MAIN MESSAGE:

Letter writing is all about stating your points in the most straightforward way. Don't beat around the bush. The shortest texts are the most effective.

5 DON'T MISS AN OVERVIEW STATEMENT:

An overview statement acts as a guiding light for the reader who holds a limited understanding of the content.

6 MAKE SHORT SECTIONS IN YOUR LETTER:

Make specific sections in a letter that deal with targeted topics. A letter that says too much grabs less attention.

7 CHOOSE THE RIGHT TONE FOR YOUR LETTER:

More than the words, what gets the attention of a reader is the tone of the letter. If you get the tone right, then you have won the battle.

THANK YOU TEACHER!

The subject I love is History as I am very interested in knowing about what took place in the old times. I also like antique and vintage things. There is something fascinating about historical facts. So when I met my History teacher, it was like a cherry on the cake. She is more than just a teacher to me. She is very particular about our homework and whenever she explains any lesson from the subject, it sounds like she is narrating a fascinating story. She is so friendly with all of us, that if we do not understand something after two or three explanations, we can ask her to explain it again.

P Sanjana, class IX, DAV School, Ukkunagram, Visakhapatnam

GIVE YOUR BEST SHOT

Boards can be a cakewalk if one is attentive in class. Make a realistic schedule with a combination of easy and difficult chapters. A 25-30 minute study session followed by a break will not make the whole process strenuous. After revising a topic, quiz yourself on it and solve related worksheets. Good marks can be scored even if one starts focusing two months prior to boards. Check the question paper of last 10 years and try to understand the pattern and types of questions asked. One of the most helpful tools would be to maintain hope and give your best shot. Taking time out for oneself is equally important else you will feel burdened. Hence go out for a walk, dance or watch your favourite Netflix show. On the day before the exam, try and calm your nerves, revise important topics and have a good night's sleep.

Krisha Sethi, class XII, Bhavan Vidyalaya, Panchkula

MY SCHOOL PROJECT

PIR TO AID POLICING

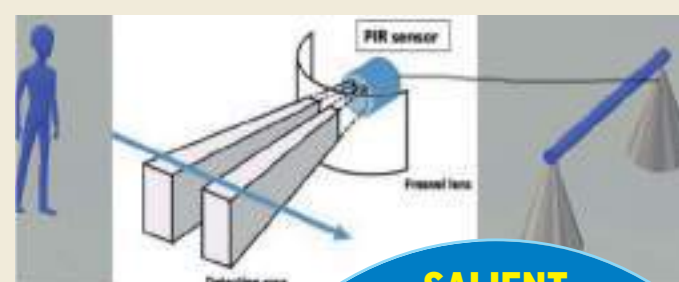
WHAT IS IT?

Police often face several challenges in dealing with cases in a rational and humane manner.

The PIR or Passive Infrared Sensor can ensure that Truth, Valour and Justice are manifested as the Police department incorporate it into its folds.

It can provide the department a comprehensive solution to the variety of concerns in cities today.

The PIR is based on scientific techniques and can be used in community outreach programmes, with a focus to help the police make the city a better and a safer place to live in.



HOW IT WORKS

We designed the PIR (Passive Infrared Sensor) prototype using a pyroelectric sensor and a combination of lenses, that help to focus the infrared radiation towards a detector's sensor. Like any infrared sensor, the PIRs use a transmitter and a receiver. The receiver perceives reflected waves of specific wavelengths which allow the barrier to detect human presence only. This technology has low running costs, needs less space and is reconstructible.

PIRs can be used to manage traffic by integrating a sensor in the CCTV cameras at any dense region, which when connected to the boom barriers, provide instantaneous movement.

This can also solve problems of malfunction, by providing a common hub for many barriers.

PIRs attached to rear sides of a vehicle, can warn the driver of any human movement in the blind spot region.

SALIENT FEATURES

- The PIR or Passive Infrared Sensor can be used in a variety of ways.
- To detect whether a person has moved in or out of the sensor's range.
- The technology can be used to solve major traffic issues and can be integrated in traffic signals and AI-powered CCTV cameras to monitor pedestrians.
- Introducing ANPRs (automatic number plate recognition system) in chaotic avenues where rules are often flouted.
- Sensitizing boys and men, in a school and community based programme, about gender discrimination to help check criminal offences against women.

MORE FACTS

AI predictive policing refers to the ability to predict where the crimes will occur, the individuals who will commit them, the types of crimes, and who the victims will be. It can be used by the police to develop algorithms and identify the crime hotspots and thus be prepared for it.

The PIR sensors can also be added to a car dash monitor to warn the driver of any human movement in front of his vehicle, so as to avert accidents and also reduce the tendency to honk.

WHAT WE LEARN

- Be responsible. Be cautious. Cooperate. Help. Be Aware. While the government and its organs do their duty, even us, those being governed, must act and make this country and our world a better place to live in.
- The ideas were awarded and recognised by the central division of Kolkata police.



TEAM MEMBERS :

Aadrit Banerjee, Aditya Pathak, Arya Ganesh Ojha - Students of Class XII, along with their mentor, Mithu Ghosh. Apeejay School, Park Street, Kolkata

PARENTING DONE RIGHT

5 reasons why you must not shame kids publicly



Have you ever been out in a public place and scolded your child badly for some mischief he/she did or the way they behaved? If yes, then you must pause it then and there. Publicly shaming your kids can do more damage to your child's personality than you can imagine. Here are five reasons why you must never do so.



MIGHT DEVELOP BULLY BEHAVIOUR

1 Public shaming might invoke bully behaviour in your child. A child's mind is like a clay and he imbibes what he sees. If you often scold or reprimand him in public, he too might do the same among his peers. This will basically act as a way to vent out his frustration which must be avoided at any cost.

IMMENSE EMBARRASSMENT

2 Being reprimanded in public, with spectators around might be a big embarrassment for your child. No one wants to look bad in public and the same goes for your child. Even if your child has made a huge mistake, don't lash out at him in public.

LOST TRUST

3 Trust is the building block of any relationship and when it comes to parent-child bond, you must nurture it with care. If your kid often sees that you scold him in public, even because of a small matter, he might start losing his trust. He will hide things, turn rebellious and might even start answering you back.

EFFECT ON EMOTIONAL HEALTH

4 You must let your kid know that he shouldn't repeat the same mistake again. For this you need to either politely talk to him or scold him in private. Public shaming will only trigger your kid's sad, frustrated and irritated side. In order to keep your kid's self-esteem high, it is recommended to correct him, but always in private.

REGRET LATER

5 You might have been overpowered by anger at the moment you lashed out at your kid, but you too will regret it later. Most often kids do certain things in public which might trigger your anger. Make sure you remind yourself not to let your anger out in the heat of the moment. You can scold your kid about the incident later while you are back home, but reprimanding him in public will just make matters worse. Have patience, it will pay off.

PARENT'S CORNER



Dear Parents,

- Please tell us your recipe for parenting: the issues you deal with and how best to tackle them.
- We would also get an expert to answer some of your parenting-related queries.
- Write to us at timesnie@gmail.com under the subject: Parent's Corner

TED Talks to watch with your kids

THE LXD In the Internet age, dance evolves...

The LXD (the Legion of Extraordinary Dancers) electrify the TED stage with an emerging global street-dance culture, revved up by the Internet. Directed by Jon M Chu, this cool troupe of dancers and musicians show off their superpowers. Watch and learn.



BEAU LOTTO + AMY O'TOOLE Science is for everyone, kids included

What do science and play have in common? Beau Lotto thinks all should participate in science and, through the process of discovery, change perceptions.



DAVID GALLO Underwater astonishments

David Gallo shows jaw-dropping footage of amazing sea creatures, including a colour-shifting cuttlefish, a perfectly camouflaged octopus, and a neon light display from fishes living in the depths of the ocean.



ARTHUR BENJAMIN A performance of 'Mathemagic'

In a lively show, mathemagician Arthur Benjamin races a team of calculators to figure out 3-digit squares, solves mental equations and guesses a few birthdays.



TAVI GEVINSON A teen just trying to figure it out

Fifteen-year-old Tavi Gevinson had a hard time finding strong female, teenage role models – so she built a space where they could find each other.



THIS SATURDAY... ON OUR WEEKENDER



DESK FAST Healthy eating by the desk for early morning classes.

EVERYONE CAN BE AN ECO WARRIOR

Taking from Attenborough's 'A Life on Our Planet' where he suggests simple ways one can help "rewild the world", can look at how we can do our bit and how its not too big a deal as we make it out to be.

RETHINK How to counter online rage?

GAMIFICATION OF CLASSES

How playing classroom games is a good idea.

Smart ways to deal with your teen's anger

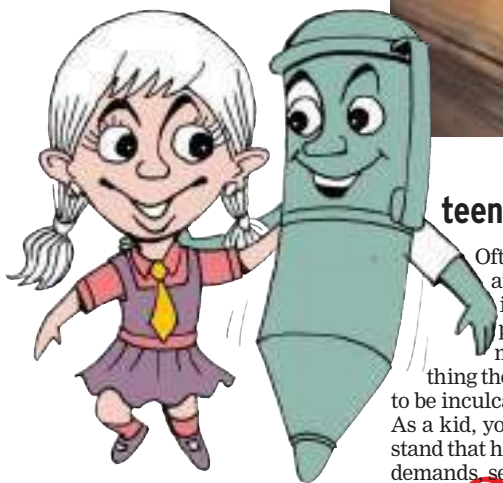
Teenage behaviour is quite unpredictable. Their mood swings sway in all directions, from happiness and loneliness to irritation and anger, teens go through a number of emotions. During this time, they might develop a low temperament level, which can be easily triggered even by small issues. In such a scenario, it is the parents who have to deal with the situation in a careful manner. Here are some effective tips you can use to deal with your teen's angry behaviour.



Know when to walk away

As a parent, you need to know when to walk away from a heated argument. This will not only calm your kid down but also give you space to cool off. You

If your teen keeps to himself and seldom opens up to you, it is time to talk to him. Listen to what he has to say and understand what triggers his anger. Assure him that he can confide in you whenever



Stop fulfilling teen's every demand

Often spoiled teenagers get angry when their demand is not fulfilled. In order to prevent this situation you must not give them everything they want. This habit needs to be inculcated from the beginning. As a kid, your child needs to understand that he won't get everything he demands, served on a silver platter.

Listen to them

If your teen keeps to himself/herself and seldom opens up to you, it is time to talk to him/her. Listen to what he/she has to say and understand the triggers for anger. Assure your teen kids that they can confide in you whenever they want, which might help them open up to you. Use different tricks and ways to keep anger at bay, be it meditating together or stopping your teen, the moment he/she raises his voice at you.

can later bring the topic up or ask your teen for justification regarding his behaviour.

Set anger limit

A little bit of scolding is necessary to tame the kid but make sure you know when is the right time to scold. Set anger limits and don't go overboard with it. Frequent rebuking can make them prone to your scolding and they won't value anything you say.

QUIZ TIME (CURRENT AFFAIRS)

Q.1) How many species of snakes exist on Earth?
A. 260 B. 4000 C. 36 D. 2700

Q.2) Which flower can last only for one day?
A. Morning Glory B. Lotus C. Hibiscus D. Jasmine

Q.3) What is the distance between Earth and its nearest star?
A. 3 billion km B. 12 million km C. 58,00,000 km D. 40 trillion km

Q.4) An adult human body has bones?
A. 200 B. 206 C. 360 D. 56

Q.5) Where was the highest air temperature ever recorded on Earth?
A. Somalia B. Death Valley, USA C. Libya D. Algeria

Q.6) Name the crop that is sown on the largest area in India?
A. Sugarcane B. Wheat

C. Maize D. Rice

Q7) Name the person who started the 'Kuka movement'?
A. Kunwar Singh B. V B Phadke C. Guru Ram Singh D. Sir Syed Ahmad Khan

Q.8) Name the place where Indian currency notes are printed.
A. New Delhi B. Nagpur C. Nasik D. Mumbai

ANSWERS

1. D) 2700 2. A) Morning Glory 3. D) 40 trillion km 4. B) 206 5. C) Libya 6. D) Rice 7. C) Guru Ram Singh 8. B) Nasik

KNOWLEDGE BANK

ARCHITECTURE

Gompas

Gompas are Buddhist temples located mainly in Tibet, Ladakh, Nepal and Bhutan. Their design and interior details vary from region to region. These temples attract a lot of tourists. The general layout of gompas is a central prayer hall containing a Buddha statue and benches for the monks and nuns to engage in meditation. They also have spacious rooms for the accommodation of monks and nuns.



GRAMMATICAL MISTAKES

ASSURE AND ENSURE

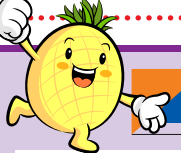
- THE RULES:**
- Assure means to promise
 - Ensure means to be certain.

HOW NOT TO DO IT:

- Assure you are free next weekend when I meet you.
- I ensure you that you will get this job.

HOW TO DO IT PROPERLY:

- Ensure you are free next weekend when I meet you.
- I assure you that you will get this job.



What ails Kings XI Punjab?

1 LACKLUSTRE DISPLAY FROM MAXWELL



The Australian has failed to get anything beyond 13 in the season. "I'm flabbergasted that Glenn Maxwell has retained his place," former England off-spinner Graeme Swann said on STAR Sports. "Maxwell's been paid a lot of money and at the moment he's not quite giving the returns. He's a quality player, he scored runs for Australia in England, he's just got to take more responsibility." Maxwell was the second most expensive buy at the 2020 auctions – Kings XI Punjab splurging ₹10.75 crore. He has failed to perform even with the ball. The KXIP think-tank might axe him in order to accommodate Chris Gayle.

Despite having the top-two leading run-getters of the season in skipper KL Rahul (387) and Mayank Agarwal (337), KXIP have failed in getting wins. Here's why...

2 MIDDLE-ORDER MUDDLE

The frequent changing and chopping in playing XI along with a sedated middle-order have played havoc with the team's chances. Barring KL Rahul and Mayank Agarwal, the rest of the batsmen have been found wanting on several occasions. Nicholas Pooran and Prabhsimran Singh have not raised their game. Mandeep Singh was dropped too soon.



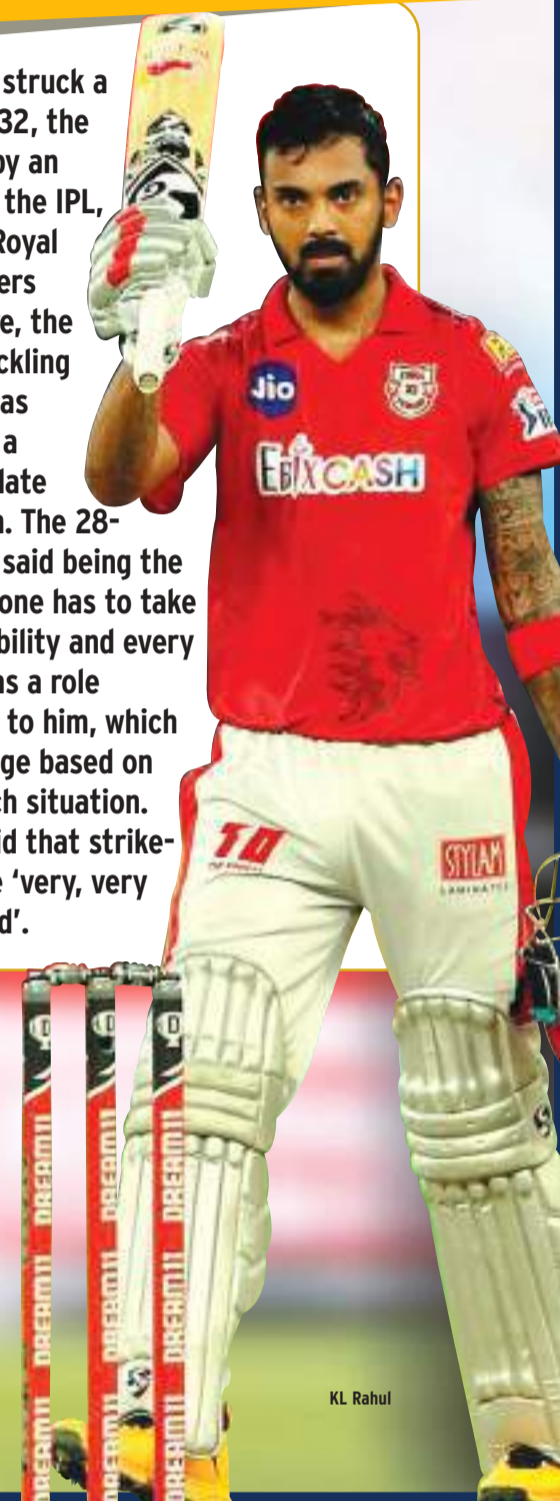
3 POOR DEATH BOWLING



At this stage of the tournament, KXIP has not devised any concrete death over plan. . Except Mohammad Shami and Ravi Bishnoi, the others have been off-colour. All-rounder James Neesham, off spinner K Gowtham and pacers Chris Jordan and Sheldon Cottrell have been taken to the cleaners in the death overs.

4 THE CURIOUS CASE OF CAPTAIN RAHUL

Since he struck a 69-ball 132, the highest by an Indian in the IPL, against Royal Challengers Bangalore, the swashbuckling opener has gone for a more sedate approach. The 28-year-old said being the captain, one has to take responsibility and every player has a role assigned to him, which can change based on the match situation. Rahul said that strike-rates are 'very, very overrated'.



'Have been working on increasing my pace'



Delhi Capitals (DC) pacer bowled the fastest delivery in IPL history by clocking an incredible 156.22 kmph

After bowling the fastest delivery in the history of Indian Premier League (IPL), Delhi Capitals' pacer Anrich Nortje said that he has been working on increasing his pace for two years now. His remark came as Delhi Capitals defeated Rajasthan Royals by 13 runs on Wednesday at the Dubai International Stadium. What is absolutely incredible though is that in the list of the top 10 fastest deliveries bowled in IPL history, Nortje has five entries himself. ANI

"I did not know that I bowled the fastest delivery in IPL, I have been working on getting my pace right up there... in the end, it's just about hitting the right length." Anrich Nortje

Bad night for England in Nations League



England's prospects of returning to the finals of the Nations League suffered a big hit as Gareth Southgate's side lost 1-0 at home to Denmark on Wednesday, while Kylian Mbappe gave World Cup holders France a 2-1 victory in Croatia and Portugal won without Cristiano Ronaldo.

Harry Maguire was sent off for England in the first half at Wembley for two clumsy yellow cards

Happy to carry drinks for CSK:

Imran Tahir



South African leg-spinner Imran Tahir, who won the Purple Cap last season taking the maximum number of wickets in the IPL is yet to play a match for Chennai Super Kings (CSK) this season. CSK have played eight matches so far.

TEST YOUR KNOWLEDGE

SPORTS QUIZ | Cricket

Q1: Which bowler is also known as the Rawalpindi Express?
a) Shoaib Akhtar b) Ricky Ponting
c) Anil Kumble d) Muttiah Muralitharan

Q2: Who was Muttiah Muralitharan's 800th wicket?
a) Sourav Ganguly b) Paul Collingwood
c) Syed Raseel d) Pragyan Ojha

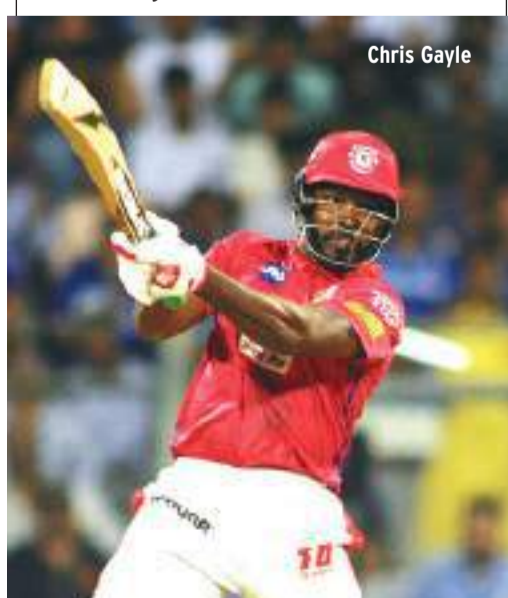
Q3: In the 2003 World Cup, Canada got all-out for 36 against Sri Lanka, creating the record for the lowest score in a

World Cup game. Who was Sri Lanka's highest wicket-taker in that game?
a) Dilhara Fernando b) Prabhath Nissanka
c) Muttiah Muralitharan d) Chaminda Vaas

Q4: How many 10-wicket hauls does Anderson have away from home?
a) Three b) Two
c) None d) One

Q5: In the match where Chris Gayle scored his famous 175*, Bhuvneshwar Kumar was one

of the two Pune Warriors bowlers to have bowled the quota of four overs at an economy of under seven an over. Who was the other?
a) Aaron Finch b) Ishwar Pandey
c) Luke Wright d) Alfonso Thomas



Chris Gayle

Q6: Which bowler has dismissed Sachin Tendulkar the most number of times in Tests?
a) Glenn McGrath b) Muttiah Muralitharan
c) Jason Gillespie d) James Anderson

Q7: In which year did Adam Gilchrist debut in the test cricket?
a) 1997 b) 1998 c) 1999 d) 1996

Q8: Which bowler is often termed as Jumbo and is one of the two bowlers (other is Jim Laker) ever in the history to take 10 wickets in one inning when he dismissed all 10 batsmen from Pakistan in 1999?
a) Shoaib Akhtar b) Ricky Ponting
c) Anil Kumble d) Muttiah Muralitharan

Q9: Which former Indian Cricketer is known as 'The Wall'?
a) Sachin Tendulkar b) Sourav Ganguly
c) Rahul Dravid d) Virender Sehwag

Q10: Which cricketer has the highest wicket-taker in a single edition of the World Cup?
a) Shane Warne b) Don Bradman
c) Glenn McGrath d) Mitchell Starc

Q11: Which cricketer from Pakistan is tagged as the finest reverse swing bowler?
a) Wasim Akram b) Inzamam-ul-Haq
c) Rameez Raja d) None of the above

ANSWERS: 1 a) Shoaib Akhtar 2 d) Pragyan Ojha
3 b) Prabhath Nissanka 4 c) None
5 c) Luke Wright 6 d) James Anderson
7 c) 1999 8 c) Anil Kumble 9 c) Rahul Dravid
10 c) Glenn McGrath 11 a) Wasim Akram



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Creative activities to improve your reading skills at home
PAGE 2



➤ How do you plan to spend your weekend
➤ What are you reviewing this week?
PAGE 3



➤ Are batsmen having a field day in the UAE?
➤ Ace tennis quiz
PAGE 4



STUDENT EDITION

THURSDAY, OCTOBER 15, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE, CISCE mull further slashing of syllabus for Boards

IS IT A GOOD IDEA?

The syllabus for the class X and XII Board exams of 2021 is likely to be reduced further by the Central Board of Secondary Education (CBSE) and Council for the Indian School Certificate Examinations (CISCE), as the Covid-19 situation looks set to persist and cast a shadow over next year's exams. The class X and XII Board exams dates may also be shifted by 45-60 days to make up for the academic losses due to the pandemic.

The CBSE and CISCE, along with various state education Boards, like Telangana and Gujarat, have already reduced the academic load for the 2021 class X and XII exams by up to 30%.

However, with the schools remaining closed and classes held only via online/distance mode, officials of both the Boards say, there could be a need to further reduce the syllabus. A senior CBSE official said, no decision has been taken by the Board yet, but added, "Post 30% reduction in July, there has been no normal classes and if the situation continues like this, there is likelihood of further reduction of the syllabus for the Board exams. The Board will take a call soon whether the exams are to be conducted based on 70% or 50% of the syllabus."



MAJOR CHALLENGES

➤ Omitting lessons and poems from languages is fine but what about subjects like maths, science, and social science? If crucial, inter-linked topics are deleted, it will affect a student's understanding of key concepts. Similarly, subjects with practical application will also suffer. Syllabi revision should be done by retaining the core concepts
MAHAFREEN JAMBUSARWALA, Educator, Zebar School for Children, Ahmedabad



➤ To make a full question paper from a reduced syllabus is indeed a challenge. Truncating the syllabus further will jeopardise the whole teaching learning process, as chopping off portions indiscriminately leads to a lack of natural development of ideas. However, the unprecedented times that we are in, needs desperate measures, and slashing the syllabus is one of them
KANAK SHANKAR MUKHERJEE, Teacher Lakshmipta Singhania Academy, Kolkata



➤ Reducing syllabus has to be considered after a thorough assessment of how it will impact students, especially with continuing education in future classes. Moreover, it may not be useful to take such decisions now, as the slashed topics may already have been taught in most schools (around 80% of the syllabus has been covered). More important, it needs to be seen whether these chapters will be omitted from the competitive exams as well
ANUPAMA RAMACHANDRA, principal, DPS, Electronic City, Bengaluru



STUDENTS REACT

■ The first thought that went through my mind, on hearing this news was: Will this move change my future, will I be missing out on crucial things? But then, academic-related losses can be made up any time in the future. Reducing the syllabus will, in fact, take the burden off students, who are struggling to adjust to the current scenario. It will be a boost for those students, who have remote access to remote classes
SIDDHARTH, class X, National Public School, Chennai



■ Though slashing of syllabus has become the need of the hour, with students finding the online mode of learning difficult, it is definitely going to hamper students' future in the long run. The current batches will unfortunately face the brunt, as they go to the higher classes with bare minimum knowledge
PADMASRITHA, class XI, P Obul Reddy Public School, Hyderabad



■ Though it is an appreciable effort by various Boards to help students in this pandemic time, it is certainly going to prove to be a bane for the coming academic years. The pressure of course will be tremendous, and it will require loads of efforts for both teachers and students to get clarity on different subjects and topics that were given amiss, courtesy the slashing of syllabus
UDISHA TIWARI, class X, City Montessori School, GN2, Lucknow



DROUGHTS ARE THREATENING GLOBAL WETLANDS: STUDY

ENVIRONMENT



In a major study, researchers have shown how droughts are threatening the health of wetlands globally. The study highlights the many physical and chemical changes occurring during droughts that lead to severe, and sometimes irreversible, drying of wetland soils.

1 According to researchers, wetlands can suffer "water droughts" both from the effects of a drier climate, and also when excessive water is extracted or diverted that would normally flow into them

2 Drought often leads to severe cracking and compaction, acidification, loss of organic matter, and enhanced greenhouse gas (for example methane) emissions

3 In some cases, droughts can also lead to very long-term (less than 10 years) and irreversible soil changes, with major impacts on water quality, when soils are re-wet after the drought ends



'LET'S WEAR MASKS'

➤ Indonesian government's special initiative 'Let's Wear Masks' will literally take flight, as a special face mask design has been added to one of the Garuda, Indonesia's Airbus A330-900neo

➤ It took about 60 people and nearly 120 hours to put the blue mask on to the nose of the plane; At least four more aircraft will be sporting masks designed by the public

NEWS IN BRIEF

Educate a girl, educate a generation: Chitrangada Singh

Actress Chitrangda Singh, who has always been vocal about issues like colourism and equal rights, has emphasised on the importance of educating girls. Recently, on the occasion of International Day of Girl Child, the actress posted a video highlighting the need to educate girls. She said, "by educating one girl, you not only educate her but the entire family."

“I feel if we want to invest in our future generations, the most basic and important thing is to invest in the education and growth of the girl child. If the mother is educated, the children will grow up with healthier minds and bodies, healthier communities. So, I hope people start thinking on this and come forward for the education of a girl child”

CELEB TALK

FACTOID

18,006 TONS

Amount of Covid-19 biomedical waste generated in India since June, according to a Central Pollution Control Board (CPCB)



data. According to the data, Maharashtra is the biggest contributor to this, with 3,587 tons of waste generation. The Covid-19 biomedical waste is being collected, treated and disposed by 198 common biomedical waste treatment facilities

ENTERTAINMENT

'Sooryavanshi' pushed to 2021; '83' set for a Christmas release

Actor Akshay Kumar starrer action-drama 'Sooryavanshi' is eyeing a theatrical release window between January and March 2021, after being pushed from its planned Diwali opening. Reliance Entertainment Group CEO Shibaish Sarkar said.



■ 'Sooryavanshi' was originally scheduled to release on March 24 and the Kabir Khan-directed '83' was set to hit the theatres on April 10
■ Both the movies were indefinitely postponed due to the coronavirus pandemic
■ 'Sooryavanshi' is the fourth film in Shetty's cop universe, after Ajay Devgn's 'Singham', 'Singham Returns', and 'Simmba', starring Singh

UNRAVELLED

How Leonardo da Vinci's 'super-fast eye' helped him capture Mona Lisa's fleeting smile

Scientists believe that Leonardo da Vinci's super-fast eye may have helped him catch the enigmatic magic of Mona Lisa's smile. This superhuman trait, which top tennis and baseball players may also share, allowed the Renaissance master to capture accurately the minute, fleeting expressions, and even birds and dragonflies in flight.



1 Art historians have long talked of Leonardo's "quick eye", but David S Thaler of Switzerland's University of Basel has tried to gauge it in a new study showing, how he gave his drawings and paintings uncanny emotional depth

2 Professor Thaler's research talks about how Leonardo's eye was so keen that he managed to spot that the front and back wings of a dragonfly are out of sync, a discovery, which took slow-motion photography to prove four centuries later

3 Thaler said that this gift to see what few humans can may be the secret of Leonardo's most-famous painting

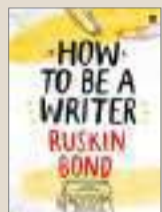
7 new titles to get your hands on, NOW

nitya.shukla@timesgroup.com

HOW TO BE A WRITER

by **Ruskin Bond**

Mr Bond is back with yet another super engaging read. He takes us behind the scenes, and shows us what it takes to be an author. Written in his trademark tone, a warm mix of understatedness, tongue-in-cheek humour and friendliness, 'How to be a Writer' is for any reader, old or young, who is willing to put in the work.



GET MOVING

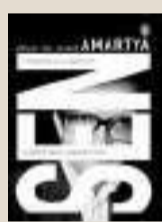
by **Shwetambari Shetty**

Fitness expert and entrepreneur Shwetambari Shetty became popular thanks to her dance fitness workouts and training programmes. With this book, she brings what she does best, to the comfort of your home. The fitness guru shows how you can incorporate movement and exercise into your daily activities.

HOW TO READ AMARTYA SEN

by **Lawrence Hamilton** and foreword by **Jeane Dreze**

If you know Nobel laureate Amartya Sen, then you are probably, aware of the diverse volume of work he has done by now. That means reading a lot of his books... so we suggest you start here. This book is a comprehensive introduction to Amartya Sen's philosophy and covers all the important aspects of his philosophical vision.



THE VERY, EXTREMELY, MOST

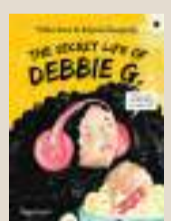
by **Anand Neelakantan**

The 'Baahubali' series author makes a smashing debut as a children's author with a book of stories of a few VERY naughty child asuras and their adventures. Readers, expect to be regaled by the story of Kundakka and Mandakka, a pair of asura twins who hate going to school...

SKUNK AND BADGER

by **Amy Timberlake**

Under no circumstances can a Skunk and a Badger live together. Especially, not these two because the quiet and orderly Badger is a geologist and loves to do important rock work while the Skunk, a great cook, loves to bounce around and invite all the neighbourhood chickens over for story time. Yet they end up becoming housemates.



THE SECRET LIFE OF DEBBIE G:

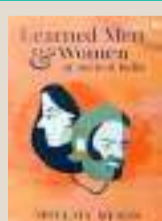
by **Vibha Batra** and **Kalyani Ganapathy**

Meet Debbie G, a sixteen-year-old who becomes an online sensation, OVERNIGHT. At first, she finds it fantastic but soon she falls prey to the trappings of social media. By that we mean she begins to measure her self-worth through the number of likes, comments, shares...

LEARNED MEN AND WOMEN OF ANCIENT INDIA

by **Sreelata Menon**

From ancient times, India has been popular for being the birthplace of achievers who pioneered surgical techniques, solved highly complex mathematical puzzles and even attempted to turn metal into gold. This book is an introduction to some of these greats including Vyasa, Sushruta, etc.



5 Creative activities to improve your reading skills at home

We learn through play. So it's no secret that a big part of learning to read is to make the process fun! Make the most of life's everyday moments to foster your curiosity, knowledge, and interest in stories and words. Here are a few activities that can help in developing reading skills

MUSICALS ARE THE BEST

Humans are born with an innate appreciation for music. It's magical to see young children respond with joy to melodies and songs. And, experiencing music can help in learning to process language. According to Mary Luehrsen, a musician, "Growing up in a musically rich environment is often advantageous for children's language development." The impact of music education on language development can also be seen in the brain. So, listen more and learn more.



ACTIVITIES:

- Capitalize on the joy and benefits of music by making up silly songs as a way to develop vocabulary. You could focus on words that start with a specific letter of the alphabet, like a letter of the day or week. Or, take a song you enjoy and print out or write up the lyrics. Bonus points if it's the one that contains sight words.
- Another fun activity: dance! When you groove, you gain an understanding of concepts like up/down and left/right.

PLAY GAMES

Parents and teachers are all too familiar with the strategy of "gamifying" everyday tasks — brushing teeth, getting ready for bed, eating dinner — as a way to engage children. Why not do it with reading activities? There are an infinite number of inspiring ideas online.

ACTIVITIES:

- One of our favourites is a book hunt. The game can be played with one child or with a group. Simply hide a few good (quick-to-read) books around the home. Whenever

a child finds one, everyone gathers round to listen to the book, read aloud by the parent or child. The game continues until all the books are found. Children love hunting for things, and this is a fun game that

GET CREATIVE WITH SNACK TIME

While your parent is preparing dinner or making a snack, talk to them about what they are measuring and point out words in the cookbook that catches your attention. Be curious about the ingredients that go into your snack. Or, compose an imaginary grocery list — drawing pictures or using invented spelling is great! It encourages phonetic awareness. You can also invent your own kitchen lingo.



- You can draw a few of your favourite snacks, then write out the ingredients, colours or flavours that go along with each one. Put them together to make a cookbook.
- Why not go ahead and play with food at snack time? Try snacks with letters — like Scrabble Cheez - Its or alphabet soup — and make words with the food before gobbling them up. Snacks can help you in counting too

GO ARTSY

Art and creative activities can play a huge role in language development. Like most activities we take part in, art gives us an opportunity to talk about something new and different. By having a conversation about colours, shapes, and techniques, we can expand our vocabulary and improve communication skills. Plus, art may help us get inspired to make our own "word" creations.

ACTIVITIES:

- Incorporate mini-vocabulary lessons into your art projects. After you draw a picture, sit down and reflect on it. Ask questions about it, writing out words that describe the scene. You can even make a book out of the finished drawings and later narrate them as a picture story.

LISTEN TO AUDIOBOOKS

We love being told stories, and listening to an audiobook is a fun way to bring a book to life. Many audiobooks have enthusiastic narrators, music, and sound effects, making for an engaging experience that can be replayed again and again (and it gives you a break from repeat reading!). When you fol-

low along to a recording with the words in the book, you can begin to learn new vocabulary words and identify sight words.

WHY AUDIO:

- Audiobooks are great for readers of all levels, and can be used in a number of ways, including:
 - Introduce yourself to books above your reading level
 - Teaches your critical listening
 - Highlights the humour in books
 - Introduces new genres that you might not have otherwise considered
 - Introduces new vocabulary or difficult proper names or



- locales or situations
- Provides a bridge to important topics of discussion for parents and children who can listen together

An Idli Conversation

When British historian Edward Anderson on Twitter said "Idlis are the most boring things in the world," the floodgates opened. Author and Congress MP Shashi Tharoor termed the professor "truly challenged" and Tweeples agreed. We at Times NIE tell you more about some of the types of idlis there are... enjoy!



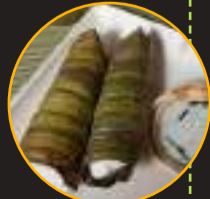
MALLIGE IDLI

It got its name and texture from the Jasmine flower, these idlis are fluffy and spongy. These are popular in Chennai and is known as Kushboo.

UDUPI-STYLE IDLI

Made using 3:1 ratio of rice and urad dal mix, Udupi-style idli needs quite a time to get fermented. When it comes to Udupi style cooking, every dish is prepared using a specific style. These idlis are not very fluffy but taste great.

MOODE IDLI: Famously known as Kadubbu, Moode, Mude and Gunda, these are cylindrical shaped idlis — common in and around Udupi. The batter of these idlis is same but is cooked in a different mould.



KANCHEEPURAM IDLI

One of the most famous types, the origin of the Kancheepuram idli lies in the Vardarajaswamy temple. It is still the temple food and is prepared using 2:1 (rice:urad



dal mix) and used to be traditionally cooked in large vessels, instead of idli moulds. Once cooked, these are sliced. The batter is kept overnight and later some ghee, cashew, Bengal gram, cumin, curry leaves, ginger powder and peppercorns is added to it. Sounds yummy!

QUIZ TIME (CURRENT AFFAIRS)

Q.1) Shashi Shanker was honoured with the Distinguished Fellowship of the Institute of Directors (IOD) 2019. He was the chairman and managing director of...

Q.2) Which of the follow-

ing institutions will prohibit 'single use plastic' from October 2?



Q.3) "Advancement Through Technology" is a slogan of which of these following multinational companies?

A. AAI
B. Indian Railways
C. CRPF
D. Air India

A. HP B. Dell C. BMW D. Audi

ANSWERS

1. (C) Oil and Natural Gas Corporation 2. (B) Indian Railways 3. (D) Audi

KNOWLEDGE BANK (BIRDS)

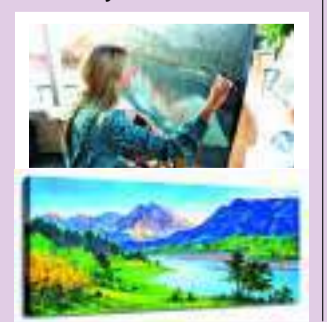
Forest owl

It is an endangered owl endemic to central India. They are less in number owing to the degradation of their habitat, the deciduous forests. The forest owl belongs to the typical owls family, Strigidae, and is about 23 cm and stocky, with heavily banded wings and tail and rather unspotted crown. It has a relatively large skull and beak, pale facial disc and yellow eyes. They typically hunt from perches where they sit still and wait for prey. They prey on lizards, rodents, and other invertebrates and frogs.



EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinie175@gmail.com



MEMORABLE MOMENTS ONLINE

It is more than six months since schools closed down. But teaching and learning have not stopped. Teachers have been diligently conducting online classes since April 2020. Online classes have become like 'normal' school now.

THE FUN ELEMENT HAS NOT REDUCED

Speaking about myself, the online platform provides me the opportunity to peep into classrooms of our schools and observe the teachers' lessons as well as students' responses, something that was so time-consuming in the 'real' school. Online classes lack nothing of the real classes – excitement, laughter, humor, discussions, debates and moments that will be cherished.

ADJUSTMENTS & CARE

The younger students took time to adjust to the virtual school, but now they have become familiar with the routine. Their childish banter is something I look forward to. One day, a child very sweetly enquired of his teacher,

"How are you mam today?" After the class, the teacher told me she had been ill for a couple of days, so the question. How caring and concerned a class 1 child can be!

VIRTUAL CLASSROOMS RADIATE LOVE TOO!

Another day, a class I student excitedly announced his birthday to the teacher. He was more excited because he said, he would get a mobile phone after 14 years! What patience! I am not sure he would wait that long. One day, in class II, the teacher was teaching Common Nouns and Proper Nouns. She asked children to give

names for the same. One boy raised his hand and named boys and girls as common names. For special names, he gave his name and a few other boys' names. The teacher asked him to give special names for girls. After a thought, he named the teacher. The teacher burst into laughter and said she was glad he thought of her as a 'girl'. He added, "Mam, you look very pretty today." The teacher, who was unwell that day, must have cheered up at this remark.

In class 7, the teacher had just finished reading a story in which a typical music master wearing a gold chain and diamond ring, frets, and fumes at the loss of his torn and worn out 'chappals'. One cheeky student asked why this man who wore such precious ornaments did not have a good pair of 'chappals'. Fortunately, the teacher got disconnected at the right moment and did not hear his question!

I could go on and on – an anecdote a day. This seems to be a ray of light in the darkness of lockdown.

RADHIKA IYER, Director, Udgam School for Children



Virtual Disney tour for students

Breaking free from the normal routine, the Educators and the students of SGVP International School rediscovered the power and child-like zeal within themselves, as the learners made their way to the virtual tour of Disneyland.

The learners were seen wearing colourful outfits, shades, and carried a small picnic bag along with them. They had also kept a photocopy of visa, passport, boarding pass and foreign currency notes with them. The students encountered real-world perspective through videos showing a 360-degree panoramic view. The students underwent a virtual experience of traveling in the flight and also had felt like having a real-life experience of traveling in an open bus and exploring the famous places and sites from the airport to Disneyland.



Later the learners relished watching various adventurous rides like Trackless Rides, Roller Coaster Rides, Aqua Duck Rides and many others. They virtually witnessed and explored many famous restaurants inside Disneyland. The students were introduced to various cuisines virtually. In the end, the learners had il-

lustrated and penned down the rich learning experience that they had explored and discovered during the virtual tour. Such virtual tours help viewers enjoy beautiful locations digitally and experience the joy of traveling from the comfort of the house.

Take care of your mental health!

Children have been intensely affected and have experienced emotional fluctuations due to confinement at home, compounded by deprivation of meeting their friends at school. The behavioural changes found in them due to varied emotions have also taken a toll on their mental health, thus, the need for the hour is to build their mental health by recognizing and identifying the emotions correctly, which is critically important to keep them mentally fit and express positive sentiments.

To keep your mental health intact, here are a few tips that can get inculcated in your daily routine.

■ **SHARING A WORRY:** Set a time for each day to discuss with your family your worries and brainstorm by solving it together.

■ **STAYING MINDFUL:** Take a walk and see how many different things you can take in with your senses. Try to be in the moment (right here and now).

■ **BE A SUPPORT:** Be a support to your family members and have healthy communication.

■ **GOOD THINGS:** Every night before you sleep, think about two good things achieved from the day.

VIDHI BOSE, Vice Principal, Special Education, Udgam School For Children



PAINTINGS OF THE DAY



Ved Patel, Class VI, Zebar School For Children



Jenil Dalki, Class IV, Zydus School For Excellence



Divyanshu, Class V, St Kabir School



Hetanshi Dalal, Class VI, C N English Medium School



Priyanshi Jadav, Class XII, Essar International School, Surat



Radhika, Class VIII, Delhi Public School, Bopal

WEEKEND PLAN REJUVENATION DURING 'ME' TIME



We all are running a mad race to fulfill our duties and in this effort, our passions are always left behind. Every weekday we think that we do something interesting during the weekend. But then, weekends are over even before we realize and yearning for that peaceful family time or with self, continues.

Weekend for me is all about entertainment and relaxation.

During the weekdays apart from academics and clearing doubts of students, I also assist at a café in maintaining their orders. But for the weekend, my most obvious choice is to relax and watch all pending web series with some popcorn. Besides, I also spend time chatting with friends and discussing important topics with them.

Of late, every weekend, I also

try a new recipe from the internet and treat my family. So far this has brought in new learning and good quality fun-time with the family.

But this relaxation seems to have a short life and soon Monday is back and even we are back in our new normal routine looking forward to next weekend

DHARA PARIKH, educator, SGVP International School, Ahmedabad

ODE TO THE PEN

From a child's heart



The World is Once again In these trying times. Battling for a Virus, So small but hits big time. If infected, lungs are in danger Life is at stake. Take it seriously, it's Not a piece of cake. It started in Wuhan, China But it is not a china virus. Never underestimate it, You might be deceased. Now it is spread around the globe, From East to West. It is pandemic, the whole world is put on a test.

TANVI DESAI, Class VI, St Kabir School, Naranpura

AN UNFORGETTABLE STORY!

The book 'The Kite Runner' by Khaled Hosseini depicts the narration of the protagonist, Amir and his loyal friend Hassan, who is his servant, Ali's son.

Life was good till the Afghan-Soviet conflict turned to war- that tried separating their paths and fates. The author uses imagery and personification to glue the readers. Amir is not just the protagonist. He is the person profoundly hidden in each one of us. Holding incidents



close to us and learn immensely. Like staying silent, shunning, being

a refugee, betrayal, redemption, grief.

The writer doesn't hesitate to discuss things, conspiring to break humanity into fragments. And even beautifully connects the reader to culture through the usage of Afghani / Farsi terms.

I recommend this to anyone into philosophy, to know the untold or wanting change. The book helped me change my perspective of Afghanistan and see both sides.

MAHASHWEDA SUNDARRAJAN, Class IX, Shree Vasishta Vidyalaya, Surat

TIME TO TAP INTO YOUR IMAGINATION!

The Secret's first children's book, The Power of Henry's Imagination, is an ideal read for those who wish to tap the power of visualization. Written by two little eight-year-old kids, Skye Byrne and Nic George, the book is a picture book for children and adults alike exploring one of the great principles of The Secret: imagination. Images in the book are the creation of NIC, while the story has been written by Skye.

The book is all about a boy called Henry who learns the Secret of locating his missing stuffed bunny with the extraordinary power.

The trouble starts when Henry's beloved stuffed rabbit, Raspberry goes

missing he enlists his whole family to help him search for the missing toy. But Raspberry was nowhere to be found. Then Henry's grandpa guides him to use his imagination to find his friend. When Henry begins to use his imagination on the adventure really begins. In his imagination he sees Raspberry climbing a mountain with him and he found himself in pirate's attire. This is followed by space adventure and dragon catcher

Depicting the love of a boy for his toy and the power of friendship, The Power of Henry's imagination is sure to become your next pick as it also communicates a beautiful message in a simple way.

AKSHITA JINDAL, Class III, Essar International School, Surat

Is **BATTING FIRST** becoming an advantage in UAE?

It seems so! Out of the 29 matches played so far, the team batting first has won overwhelmingly 23 times (79%). But, why are the odds stacked against the chasing side? Let's decode...

1 TAKING SINGLES AND DOUBLES ADDS TO FATIGUE

In the UAE, chases involve a lot of running between the wickets and humid conditions at night suck the life out of players. Remember, CSK captain MS Dhoni who was batting in the last overs against the Sunrisers Hyderabad looked tired and jaded as he battled a 'dry throat' in the UAE heat. Asked about his struggle towards the end as he seemed to have lost steam in the searing heat, Dhoni said, "I tried to get as much time as possible. It is quite dry out here. So, the throat gets dry and you start to cough. When you have legal signs, you can take some time off."



Photo: ANI

2 TOSS HAS BECOME A DECISIVE FACTOR

Initially, teams opted to bowl after winning the toss, but it led to 5 successive losses for individual teams. Now, captains prefer to bat first as chasing teams have usually floundered. Surprisingly, chasing teams have won 70% of matches in Dubai until this IPL. At Sharjah and Abu Dhabi, 60%.



Photo: ANI

3 BIGGER GROUNDS, BIGGER TASK

It's becoming obvious that it's not easy chasing in the two venues of Dubai and Abu Dhabi, which are comparatively larger than the usual grounds in India. Scoring boundaries is not a piece of cake and when batsmen try to accelerate they more often than not get out. Sixes have largely had to be earned, not served on a platter.



4 TEAMS AREN'T MAXIMISING THE POWERPLAY

Writing in espn.com, Karthik Krishnaswamy says chasing teams aren't maximising the powerplay. "Chasing teams in IPL 2020 are scoring significantly slower through the powerplay than in any recent season. The run rate over the first six overs for chasing teams is 7.23 - it's only been lower twice, in 2009 (7.10) and 2013 (7.02)." It's not been easy to bring the run rate under control in death overs.

'Really enjoyed batting as an opener against SRH'

Chennai Super Kings (CSK) all-rounder Sam Curran has said that playing as an opener against SunRisers Hyderabad came as a surprise to him, but he also admitted that he enjoyed playing the role for his side. His remark came as CSK defeated SRH by 20 runs on Tuesday at the Dubai International Stadium. David Warner-led SunRisers Hyderabad failed to chase down the target of 168, after being reduced to 147/8. For CSK, Karn Sharma and Dwayne Bravo scalped two wickets each. ANI



Photo: ANI

"I was surprised to get at the top of the order but really enjoyed it, I got the team off to a good start and most importantly, a good win. It was good to bat at the top of the order. I am just trying to contribute with both bat and ball." Sam Curran, all-rounder CSK

'Delhi Capitals, Mumbai Indians look like two best teams'

It's such a close tournament, so many ups and downs, but clearly Mumbai Indians & Delhi Capitals look like the two best teams - form-wise and personnel-wise. KKR, in my opinion, got a real bonus win against CSK. They are my third team. The fourth team for me is between Rajasthan Royals and Sunrisers Hyderabad. Ajit Agarkar, former Indian cricketer



Delhi Capitals team

Neymar overtakes Ronaldo to become Brazil's second-highest scorer

Neymar scored a hat-trick to become the second highest scorer in Brazil's history as the Copa America champions won 4-2 away to 10-man Peru in a World Cup qualifier.



Photo: PTI

TEST YOUR KNOWLEDGE

SPORTS QUIZ | Tennis

Q1: In which year did the open era in tennis begin?
a) 1904 b) 1968 c) 1947 d) 1962

a) Rafael Nadal b) Novak Djokovic
c) Roger Federer d) Don Budge

Q2: Which ranking system is considered official in men's professional tennis?
a) The ATP Rankings b) FIFA Ranking
c) Herald Ranking d) None of the above

Q4: Serena Williams won her maiden Grand Slam title at the US Open in which year?
a) 1999 b) 2000
c) 2001 d) 2002

Q3: Who is the only man in history to win 13 singles titles at the grand slam event at Roland Garros?

Q5: Who is the current world number one men's singles tennis player?
a) Rafael Nadal b) Novak Djokovic
c) Roger Federer d) Don Budge

Q6: Identify this famous tennis player?

a) Ashleigh Barty b) Naomi Osaka
c) Simona Halep d) Karolina Pliskova



Q7: Who defeated tennis player Bobby Riggs in the famous "Battle of the Sexes"?

a) Margaret Court b) Billie Jean King
c) Evonne Goolagong Cawley d) Martina Navratilova

Q8: Who did John McEnroe defeat in the final to win his first Wimbledon singles title?

a) Pete Sampras b) Ivan Lendl
c) Jimmy Connors d) Björn Borg

Q9: Who is the only Australian aboriginal to win Wimbledon?
a) Dianne Belstrat b) Evonne Goolagong
c) Nancye Bolton d) Jill Blackman

Q10: Recently, which Spanish tennis player has been suspended for four years and fined \$15,000 after being convicted of courtsiding?
a) Gerard Joseph Platero Rodriguez

b) Carlos Moyá Llompant c) Rafael Nadal
d) Nick Krygios

Q11: Recently who become the first Polish tennis player ever to capture a major singles title?

a) Anett Kontaveit b) Ashleigh Barty
c) Iga Swiatek d) Markéta Vondroušová

Q12: Who became the first female Egyptian to qualify for the main draw in the French Open?

a) Mayar Sherif b) Magi Nader Aziz
c) Ismail El-Shafei d) None of the above

ANSWERS: 1 b) 1968 2 a) The ATP Rankings
3 a) Rafael Nadal 4 a) 1999
5 b) Novak Djokovic 6 a) Ashleigh Barty
7 b) Billie Jean King 8 d) Björn Borg
9 b) Evonne Goolagong 10 a) Gerard Joseph Platero Rodriguez 11 c) Iga Swiatek 12 a) Mayar Sherif



THE TIMES OF INDIA

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TODAY'S EDITION

➤ What will be the impact of the US polls on the world? Times NIE student reporter analyses
PAGE 2



➤ Students share their travel diaries
➤ Missing school? Relive your school days
PAGE 3



➤ A report card of U-19 WC'20 heroes, playing IPL 2020
➤ Take the grammar quiz
PAGE 4



STUDENT EDITION

WEDNESDAY, OCTOBER 14, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

FACTOID

14 MILLION TONS



Photo: Getty Images

- 1 Microplastics, which are less than 5 mm in length (the size of a rice grain), are easily ingested by the sea creatures
- 2 They include tiny pieces of degraded plastic, and synthetic fibres as well as plastic beads used in cosmetic items, and even in toothpaste and laundry powder soap
- 3 Microplastics are also the result of larger plastic debris that degrades into smaller and smaller pieces



That's the amount of microplastics, broken down from the masses of rubbish, which is entering the oceans every year, according to Australia's national science agency. The quantity of the tiny pollutants is 25 times greater than what the previous localised studies had shown, the agency said, calling it the first global estimate of sea-floor microplastics.

Though scientists recognise plastic pollution as an important ecological issue, little is known about plastic accumulation near the sea bottom, and what impacts it might have on marine life and ecosystems

The Netherlands was the first country to ban plastic microbeads in cosmetics and personal care products in 2014; the United States followed suit in 2015. But many other countries continue to allow their use

LET'S MAKE THIS PLANET PLASTIC-FREE

Send your replies, contributions and letters to the editor on toinie175@gmail.com/timesnie175@gmail.com

You can also post your articles, paintings, sketches, debates, concerns and feedback on www.toistudent.com

Spaghettification

Photo: ESO



X-PLAINED

WHAT: Astronomers have captured the moment a supermassive black hole shredded a star the size of our sun, releasing images showing the devastating process in unprecedented detail. The burst of light from a nearby star falling into a supermassive black hole — after being torn into shreds — is called 'spaghettification'.

HOW: Using telescopes from the European Southern Observatory (ESO), they were able to monitor the light flaring from the process — known as a tidal disruption event — from a black hole just over 215 million light years from the Earth.

They observed the star being physically torn apart as it was sucked into the black hole's giant maw. Over a six-month period, the flare — dubbed 'AT2019qiz' — grew brighter as more material was torn into the hole by extreme gravitational forces, before fading away.

THE PROCESS

The mass of black holes can deform stars — like the moon deforms the Earth's oceans to create tides — to such a degree that matter is pinched out into a thread. This elongated strand of material is then sucked towards the black hole's event horizon — emitting a bright light as it circles the hole and is devoured

THE SIGNIFICANCE

Capturing this so-called 'tidal disruption event' will help experts better understand the supermassive black holes, and their effect on the surrounding matter

Spotlight

LEBRON



LeBron James on Sunday became the first player to lead three different NBA teams to championships, helping the LA Lakers beat Miami Heat in the NBA Finals in six games. It was James's fourth NBA championship, having won two with Miami (2012-13) and one with Cleveland (2016). The 35-year-old also won the MVP award (most valuable player) for the finals, his fourth of the career, strengthening his claim to be the greatest NBA player of all time.

Michael Jordan is a record six-time championship winner and six-time MVP in the finals. Kareem Abdul-Jabbar still leads the all-time scoring record

8 Indian beaches awarded 'Blue Flag'

GLOBAL HONOUR



Eight beaches of India, spread across five states and two union territories, have been awarded the 'Blue Flag' by an international jury. The beaches of Shivrajpur (Dwarka-Gujarat), Ghoghla (Diu), Kasarkod and Padubidri (Karnataka), Kappad (Kerala), Rushikonda (Andhra Pradesh), Golden Beach (Odisha) and Radhanagar (Andaman & Nicobar Islands) have bagged the awards.

According to the ministry of environment, forest and climate change, India has also been awarded the 3rd Prize by the International Jury under the 'International Best Practices' for pollution control in the coastal regions.

Termining it as a "proud moment" for the country Union environment minister Prakash Javadekar said, the certification is a global recognition of India's conservation and sustainable development efforts.

➤ A Blue Flag beach is an eco-tourism model endeavouring to provide the tourists or beachgoers clean and hygienic bathing water facilities, safe and healthy environment and sustainable development of the area.

➤ The Blue Flag certification is a globally-recognised eco-label accorded by the 'Foundation for Environment Education, Denmark'

➤ The Blue Flag beaches are considered the cleanest beaches of the world

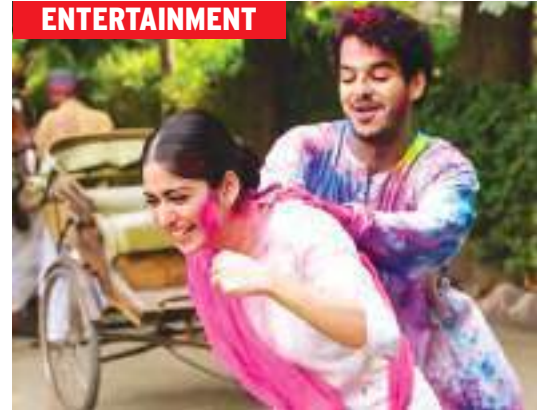
➤ The Blue Flag was created in France in 1985, as a pilot scheme from the Office of the Foundation for Environmental Education in Europe

SERIES ADAPTATION OF 'A SUITABLE BOY' TO PREMIERE ON NETFLIX ON OCTOBER 23

Streaming platform Netflix has announced that the much-awaited series adaptation of 'A Suitable Boy' by filmmaker Mira Nair will premiere on October 23. Adapted from author Vikram Seth's classic novel of the same name, the six-part drama has already been aired on BBC in the UK and Ireland.

The story focuses on a 19-year-old university student, Lata, portrayed by newcomer Tanya Maniktala, who struggles with her life being mapped out, thanks to the old traditions and an overbearing mother, who wants to find her a suitable husband

ENTERTAINMENT



Go Viral! An online game to spot fake Covid news

In a bid to help people spot fake news and misinformation during the coronavirus pandemic, a 'social media' style game has

been launched by the researchers from the Cambridge University in association with the UK government, said a Daily Mail report.

- 1 Called 'Go Viral!' the browser-based game puts players in the shoes of a purveyor of fake pandemic news; the aim is to build your notoriety amongst other peddlers of piffle.



GAMING ZONE

Photo: Getty Images

- 2 According to the developers, it gives people a taste of some of the techniques used to spread fake news, so that they can better spot — and disregard — such information in future.

- 3 The game, which takes five to seven minutes to play, introduces players to the basics of online manipulation in the era of coronavirus.

- 4 It acts as a simple guide to common techniques: using emotionally-charged language to stoke outrage and fear, deploying fake experts to sow doubt, and mining conspiracies for social media 'likes'.

- 5 A study from the team behind the game found that a single play of a similar game can reduce susceptibility to false information for at least three months.

(SOURCE: DAILY MAIL)

NEW FINDINGS TRIGGER HOPE FOR SIGNS OF LIFE ON ASTEROID BENNU

As a NASA spacecraft gets ready for the historic moment to grab a sample from asteroid Bennu's surface on October 20, scientists on the mission are hopeful that the hydrated minerals and organic material will likely be present in the collected sample, finally revealing some signs of life in the alien world. Scientists suspect that the delivered sample of Bennu may be unlike anything we have in the meteorite collection on Earth, NASA said.



- OSIRIS-REx will depart Bennu in 2021 and deliver the sample to Earth on Sept 24, 2023
- Scientists say carbon-bearing, organic material is widespread on the asteroid's surface
- These materials are present at the mission's primary sample site, Nightingale, where OSIRIS-REx will make its first sample collection attempt on Oct 20
- This organic matter may contain carbon in a form often found in biology or in compounds associated with biology.
- Scientists say the collected samples will answer questions about the origins of water and life on Earth.

THE TIMES OF INDIA

presents

SCHOOL SUPER LEAGUE

In association with **BYJU'S**

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Do you want to be India's next Quiz Whiz?

Challenge yourself and participate in **India's Largest Quiz Contest**

Exciting prizes await the winners



Winners of DSSL will win a **fully paid trip to NASA**



Category toppers of Round 1 from every school will win a **1-year BYJU'S subscription**

For more details, contact Times NIE Teacher Coordinator.

Global Impact of the 2020 US Election



Leadership lessons from Presidential Debates

- 1. Keep the Focus on Your Story**
When facing a competing vision or a dogged detractor, the urge to focus on countering their claims can be overwhelming, but it's rarely a good idea.
- 2. What You Say Isn't Nearly as Important as How You Say It**
Donald Trump's success in the 2016 election cycle, of course, doesn't hinge on his rock-solid recall or his ability to marshal facts and figures – it comes from his ability to paint a vivid, gripping picture and tap into his audience's world view.
- 3. A Hostile Opponent Can Be Turned to Your Advantage**
The debates have taught us never to take our opponents lightly. When you least expect it; they will bounce back. So always be aware!
- 4. Concentrate on the Converts You Can Win**
There will always be some people (friends or family) who have not decided which side they are on. One must focus on such people sitting on the fence.
- 5. Preparing for the Questions Is Only Half the Job**
Apart from producing concise, clear answers, one should be prepared to face difficult questions and situations. Not every debate will be a cakewalk and you have to be at your convincing best.

The back-to-back environmental crises plaguing the United States may result in the next President to turn to foreign policy as fast as we would expect, says our **Student Political Reporter**



Durga Basu
Class IX, Vasant Valley School, New Delhi
She has a keen interest in Human Rights, politics and the policy decisions taken by govts all over the world

Joe Biden on the other hand has promised to be less harsh with green card quotas and revoke the H-1B restrictions. He has also released a policy document for Indian Americans to tackle hatred and provide millions illegal immigrants a path towards citizenship.

Ex-VP Biden has always stressed on the importance of multilateral institutions and has vowed to rejoin the WHO on his first day as president, he has also wanted to normalise relations with China for which Trump has labelled him as "WEAK". President Trump believes in curbing China's growing influence by putting Chinese giants Huawei and Tik Tok under fire and has called for a probe into China's handling of the pandemic. Many



of control, outrage against the law enforcement agencies and back to back environmental crises plaguing the US, the next President will probably not turn to foreign policy as fast as we would expect. But as for now the world will have to anxiously wait and hope for the best before the results come out.

have claimed that Trump is alienating America's historical allies and getting closer to oligarchs, a trend that Biden hopes to reverse.

Biden's pick of Kamala Harris for VPOTUS is historic. Currently, India remains divided over her. India's left-wing has always liked her and seen her as a ray of hope who can call out right wing atrocities, while the right labels her as "anti India", for her views on Kashmir and the CAA. While Indians see Senator Harris as one of our own, she has only recently publicised her Indian roots, usually identifying as African American. Though, she most likely will not explicitly call out the Government of India for fear of ruining relations.

But with the pandemic spiralling out

The leader of the free world is facing re-election, and issues such as Covid-19, racism, the economy and the environment are taking the spotlight. Very few polls will matter like 2020's particularly for our country.

We have seen the Indo-US alliance grow over the last few decades.

Militarily: USA often offers to mediate India's border conflicts and India joined the Quad. 1991's liberalisation marked our economic and foreign policy moving towards the US. America has also been a job market for Indian professionals (especially in the IT sector). So what does this mean for the world and India? President Trump holds anti-immigration views and is keen on protecting "American jobs", even restricting H-1B visas (typically held by Indians). But Trump's alliance with PM Narendra Modi might still attract Indian American votes.



Kamala Harris

- Be our Political Reporter, write to us about policies, etc. at timesnie175@gmail.com under the subject 'Polit Bureau'
- Keep it simple and stay focused. It's easy to get caught up in every detail about a particular issue, especially if this is one of your only political posts and you feel like you need to get it all out.
- Make sure your audience knows why it's relevant to them right away. This is good advice for any article, but more than ever, your first line or two needs to be carefully crafted.
- Get an official statement. This sounds daunting, but you don't always have to call an officer to get one. Almost every governmental agency posts dozens (and sometimes hundreds) of press releases on their website or on their official Twitter handles each week. If you write about technology, look at the relevant ministry website. If you're writing a post about your city's school system, look at the Department of Education website. Using it lends credibility to your article.

NEW READS

The House of Jaipur

by John Zubrzycki

A biography of Jaipur's royal family, the book is full of lesser-known facts and anecdotes about one of the most popular and glamorous royal families in India. The story is centered around Maharaj Sawai Man Singh 2 and Gayatri Devi, popularly known as Jai and Ayesha, and captures how the royal household transitioned from pre-Independent India, where royals ruled most parts of the country, to the present times.



You Just Got Cheated: Understanding White Collar Crimes

by Sibichen K Mathew

An IRS officer analyses a variety of white collar crimes in areas like investment, health, education and even religion by examining regulatory and enforcement issues and suggests measures to curb them in his new book. In the book author, commissioner of Income Tax, seeks to provide insights on the nature of these crimes, the 'how' and 'why' of such frauds with anecdotes and examples.

HOME SCIENCE

WAYS TO REUSE THE TRASH THAT IS ACCUMULATING AT HOME

Plant a herb garden in an egg carton

- Start by picking out a couple of seeds of your favourite herbs. Then, fill your egg carton with soil and sow each seed depending on the herb's requirements. Finally, give your seeds some water, sunlight, and enough time to sprout.
- Once your seeds have sprouted, you can tear off each paper cup and plant them directly in your garden or pot. Egg cartons make for an easy option because the cardboard will break down on its own as your plant roots itself in its new pot.



Reuse the mesh packaging to store toys/toiletries

- Attach two hooks to the walls of your bathroom and fill the mesh bags with your toiletries. The mesh easily drains the water and is already designed to support a decent amount of weight. (B)



Recycle your plastic bottles

- Before you recycle your plastic bottles, put them to use by filling them with birdseed. Then, cut a couple of inch-wide slits for birds to stick their heads in.



TRIVIA

EVER WONDERED WHICH NUTS ARE USED IN MARZIPAN?

Marzipan is a confection consisting of sugar or honey and almond meal (ground almonds), sometimes augmented with almond oil.



QUIZ TIME (MIXED BAG)

Q.1) The chairmanship/presidency of the UN Security Council rotates among the Council Members....
A. Every 6 months
B. Every 3 months
C. Every year
D. Every month

(UNO)?
A. International Labour Organisation
B. Security Council
C. International Court of Justice
D. General Assembly

B. Major General Rajinder Singh
C. T T Krishnamachari
D. Sardar Patel

Q.3) The title of 'sparrow' (meant for exceptional bravery) was given to....
A. Napoleon

Q.2) Which of the following is not a chief organ of the United Nations Organisation

ANSWERS
1. D) Every month 2. C) International Labour Organisation 3. B) Rajinder Singh 4. D) Hockey

KNOWLEDGE BANK (UNIVERSE)

Earth: Earth is a squashed sphere with a generous waistline. At the Equator, the circumference of the globe is 40,075 kilometres. You would weigh less at the Equator than if standing at one of the poles. The ground you are walking on is recycled. Earth's rock cycle transforms igneous rocks to sedimentary rocks to metamorphic rocks and back again.

EDUCATOR HONORED

The Vice-Principal of Zebar School, Shruti Shekhawat has been felicitated with the Certificate of Excellence in

Education by the International Institute of Hotel Management on 'Teachers' Day. She has been with the school since the past two years heading the Pre-primary section. Shruti has

experience of more than twenty-seven years in the teaching field. Handling toddlers and their tantrums in the school has been her forte. She is patient and friendly and has dealt with several changes and challenges in the pre-primary section with a smile. Her success lies in her soft and gentle manner in which she communicates with teachers and parents.



Age doesn't matter, you just need a spark



Age is just a number. The talent is not dependent on age, it is all about the spark you carry within. Myself Divyansh Shrivastava, I am the author of a book titled "Lilly and Jae with mystery of Jury". I wrote this book at the age of 16. One day suddenly, I thought to write my own book. I began the task and slowly and steadily book started taking shape. The bigger task was to connect with the publishers. But none of them supported my

work, so I decided to self-publish it on Amazon. This experience taught me that age is just a number and if one has that spark, it will shine no matter what happens. It also taught me that the failures serve as a building block to success. So, keep going and keep making efforts until you reach your destination. I know that if I would have given up during the journey. My dream of publishing a book would have remained a dream. DIVYANSH SHRIVASTAVA

UNBELIEVABLE MEMORY POWER!

MEET CHILD PRODIGY: Pratham Bhatt, a student of junior KG at SGVP International School, Ahmedabad

Student of SGVP International School, Pratham Bhatt, who is just 4-year-old and studies in Junior KG has made amazing records at this age. He can Recite 1 to 40 Multiplication Tables, and identify 206 flags of different countries, 81 countries on the globe, all Indian states and capitals, 25 traffic signs, 25 freedom fighters, and reciting tables (1 to 12), capitals of 159 countries and 135 word spellings, Indian national anthem, nine shlokas, 16 national symbols. For all these, he has been recognized by India Book of Records and got medals and certificates for his feat.

Pratham is not only well-versed with these things, he is also able to recognize elements of the periodic table, currencies of different countries, computer parts, and also operate the computer, solar system, 100+Gk questions, Car Brands, English reading, etc. The little boy was just 2.5 years



old when he knew 50+ countries on the globe (world map). Spotting the boy's extraordinary grasping capabilities his mom, Mital, who is a software engineer but currently a homemaker started teaching him different things by using charts, flashcards, and some practical experiments.

"This record was nowhere in our minds when we trained him seeing his talent. Our only aim was to inspire other children," says Mital. She adds, "We even created a Youtube channel named "Genius Pratham and Mom" and during this lockdown, we came to know about India Book of Records and applied for it with unedited videos of Pratham identifying and reciting all these."

Achievements

Appreciation for identifying 206 flags of different countries, 81 countries on the globe, all Indian states and capitals, 25 traffic signs, 25 freedom fighters, and reciting tables (1 to 12), capitals of 159 countries and 135-word spellings, Indian national anthem, nine shlokas, 16 national symbols at the age of 3.9.

"Maximum multiplication tables recited by a kid" Pratham recited 1 to 40 tables at the age of 3.11 for this record and became India's first and only kid who recites tables up to 40.

GRATITUDE IS THE BEST ATTITUDE!



Gratitude validates our purpose. We feel grateful, and in the acknowledgment, it is a sense of fulfillment in abundance - it eases our greedy minds, and we can forward it with our kind and generous actions, creating more gratitude and ultimately more health and happiness. The mildest and most effortless habit of living a happier life is to take a few minutes every day to focus on what is already here for which we can be grateful for in our lives. It is a great habit to cultivate, that demands little but gives a lot back.

my life, and why? **LOOK TOWARDS YOURSELF:** ■ Take a look at yourself too. A habit of being appreciative and grateful towards yourself is a simple way to improve self-esteem and self-confidence. ■ What are three things I can be grateful for about myself?

TAKE A CLOSER LOOK AT THE SMALLEST THINGS THAT YOU HAVE BEEN TAKEN FOR GRANTED.

■ Do not just focus on the big and obvious things that you can be grateful for.

■ Think about what are the little things that you can be grateful for too.

EXPRESS YOUR GRATITUDE.

■ Do not just keep the gratitude inside you. Express it.

■ Make other people happier too and help them to perhaps pay it forward, by expressing how you are grateful for having them in your life.

Let's explore four small tips that we can use to cultivate more gratitude and happiness in our lives.

PAUSE AND LOOK AROUND YOURSELF:

■ What can I be grateful for in my life today?

■ Who are three people that I can be grateful to have in

SMITA JALLA, Counsellor, Primary Section, Udgam School For Children



GOA: A PRISTINE PLACE OF BEAUTIFUL BEACHES

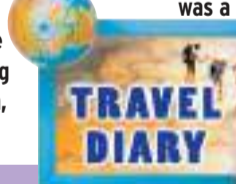


Traveling is all about exploring new places, cultures, cuisines, rituals, and styles of living. It actually nourishes our mind. During last Diwali vacations, we had visited Goa. Our goa tour started with a trip to Varca where white sands and sparkling blue water welcomed us. The next morning, we headed towards the North Goa for visiting Calangute Beach. There we not only enjoyed parasailing and jet ski but even did shopping at a nearby market. Goa is dotted with several Portuguese heritage monuments including Mae De Deus Church, Saligao, Fort of St.



Estevam, St. Augustine Tower and many others. Visit to these places was a true delight. We also visited Fort Aguada and also saw the old Portuguese lighthouse, which was built in the year 1864.

The experience of Mandovi River Cruise was amazing as along with the sun, sea, and wind, we got a glimpse of historical sights. Also worth mentioning is a trip to the Bom Jesus Basilica, also a place where the incorrupt body of St Francis Xavier is kept. The Church was built in 1605 and the body of the Saint was brought to it in 1622 where it has laid since in its glass mausoleum. Gathering lots of memories in our heart we left for the airport after lunch and landed Surat with an enchanting and indelible impression of Goa in our heart. NEEL MODI, Class VII, Shree Vasishtha Vidhyalaya, Surat



"I MISS MY SCHOOL AND TEACHERS"

Our schools play a significant role in shaping our personality. There are occasions in everyone's life when we call our school bad for the strict discipline it wants us to follow, but deep in our heart, we admire our school. My school is not just about academics, but all about fun-filled memories day after day. Whether it is about spilling water on the floor, flattering the monitor, bunking classes, all these create memories that can make you smile. My school for me is not just about academics



and opportunities to grow, but also about fighting for one paratha or 5 forks in one bowl of Maggie.

I do not recall when I first entered this huge building, but my parents tell me I use to cry a lot. But

today when I see that building, it is dotted with memories I created by studying, acquiring skills, celebrating festivals, participating in extra-curricular activities and the list is endless. No matter what we do, we will never be able to pay back to our educators and school. "Education is not preparation for life, it is life itself", holds true for me, and in this hour of crisis, I miss my school and my adorable teachers! MAHEK BAHETY, Class IX St Kabir School (Navrangpura)



Air Force Day celebrated @ Sainik School



8th Air Force Day celebrated in Sainik School Balachadi, Jamnagar recently. On this occasion, a 'Bicycle Rally' was organized in which Officers, staff, and family members successfully completed a distance of 14 km. Later on the day, a webinar on the topic - "Why I want to be an Air Force Officer?" was conducted in school and was presented by Class XI Cadets through video conference. Motivational videos on Indian Air Force were also shown. As a part of Air Force Day celebration, fighter aircraft model making competition was organized for all the Cadets in two categories, class VI to VIII and class IX to XII. Cadets prepared the models of various fighter aircraft by using

materials like clay, cotton, mud, cardboard, wires, paper, etc. In the category of class VI to VIII, Cadet Anshu Kumar and Cadet Md Sahil secured first and second position respectively while the third position shared by two Cadets- Kaushik Das and Anjo Palmattam. Whereas in another category of class IX to XII, Cadet Neel Patel, Cadet Shivam Singh, and Cadet Jil Kumar secured first, second and third positions respectively. While a special prize was announced for the Cadet Atharva Shah of class IX for making an aircraft model from Carrot. Speaking on the occasion, Gp Capt Ravinder Singh, principal, Sainik School Balachadi conveyed his heartiest congratulations.

Mahatma Gandhi remembered



The birthday of the father of our nation, Gandhiji on 2nd October every year is celebrated as a national holiday and it is also celebrated as International non-violence day. In Siddharth's Miracles School, Children celebrated Gandhi Jayanti virtually by drawing many pictures of Mahatma Gandhi. They gave many speeches. Children gave answers to the quiz questions set around Mahatma Gandhi's life. The children focused on activities including Swachh Bharat Abhiyan, they cleaned up and arranged their belongings at home. In this present time of the pandemic, the children did all these things willingly and this is what is praiseworthy.

ODE TO THE PEN

Save the Earth
Save the Earth, Save the Earth,
Because it has so much worth
Don't pollute
But let's all find a solution
Do not cut the trees,
Otherwise Earth will freeze.
The roots of trees will bind the soil,
And stop the earth from boil
Nature is in anger and our lives are in danger,
Because forests are burning and cities are flooding
We need to make our air and waters clean,
And stop the earth from going bald.
Let us make a promise to save our dear Earth,
Because it has so much worth.
SIDDHANT MENON, Class III, St Kabir, Drive-in New

PAINTINGS OF THE DAY

Dhara Mehta, Class VIII, Zebar School For Children

Tanisha, Class VI, St Kabir School

Yash Jain, Class V, Siddharth's Miracles School

Jenil Dalki, Class IV, Zydus School For Excellence

U-19 World Cup stars

Let's take a look at the report-cards of India's rising stars from U-19 WC 2020 and how they have fared so far in the ongoing IPL 2020

How have they fared so far?

KARTIK TYAGI (RR)

Kartik Tyagi proved to be another valuable addition to the pace attack of the Royals. Joining his U-19 teammate Jaiswal at the RR camp, the young pacer made his IPL debut against Mumbai Indians. Known for his lethal pace and a noteworthy run-up, young Kartik also received an honourable mention from his teammate and England starman Ben Stokes on social media. On the work front, Karthik has bagged three wickets after playing the same number of matches in the cash-rich league.

Photo: PTI

RAVI BISHNOI (KXIP)

Jodhpur-based Ravi Bishnoi has become a revelation in the Kings XI Punjab camp this season. The young spinner finished the U-19 World Cup 2020 as the highest wicket-taker with 17 wickets. Representing the KL Rahul-led side on match day 22 of IPL 2020, Bishnoi produced a game-changing spell against the Sunrisers Hyderabad. The highly regarded spinner had removed the likes of David Warner, Jonny Bairstow and Abdul Samad to stage an impressive fightback for KXIP.

Photo: ANI

PRIYAM GARG (SRH)

Batting sensation and captain of the Indian U-19 team at the 2020 World Cup, Priyam Garg was roped in by the Sunrisers Hyderabad for ₹1.9 crore ahead of the 13th season. Garg has remained in the scheme of things ever since the youngster made his debut for the 2016 champions this season. Garg rose to fame after he notched up a gritty half-century against MS Dhoni-led Chennai Super Kings (CSK). The 19-year-old played a crucial 26-ball 51 and his maiden IPL fifty helped SRH ease past CSK on match day 14 of the cash-rich league. Garg has amassed 86 runs after playing seven IPL matches.

Photo: PTI

YASHASVI JAISWAL (RR)

After scoring a century against Pakistan and finishing the U-19 World Cup as the top scorer, young Jaiswal made headlines when he was signed by Rajasthan Royals at the IPL auction last year. Royals acquired the services of Jaiswal for a whopping ₹2.4 crore. The 19-year-old, who opens the Royals' innings with batting maestro and skipper Steve Smith is yet to make his presence felt in the cash-rich league. He has so far scored 40 runs in 3 matches.

Photo: PTI

De Villiers played like a superhuman: Kohli



Photo: ANI

Royal Challengers Bangalore captain Virat Kohli said AB de Villiers' match-winning 73 against Kolkata Knight Riders was a "superhuman" effort as "every other batsmen" struggled on the dry Sharjah pitch. RCB registered a massive 82-run win on the back of de Villiers' unbeaten 33 ball blitzkrieg and the guile of Yuzvendra Chahal (1/12) and Washington Sundar (2/20), who were instrumental in stifling KKR to 112 for nine chasing 195.

"This pitch was drier. And the day was pleasant so we thought there would be no dew. Barring one superhuman, every batsman struggled on the pitch. The talk was around getting 165, but we got 194, you know exactly why. It was unbelievable."

Virat Kohli, RCB skipper

Gayle back in training

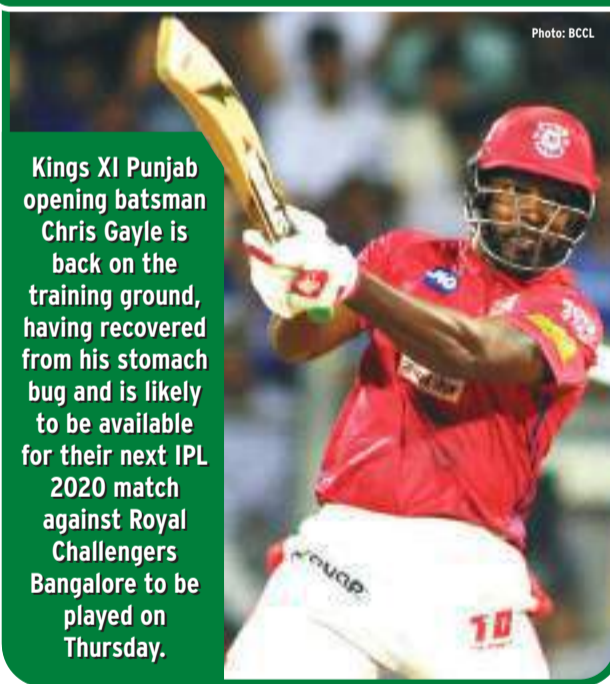


Photo: BCCI

Kings XI Punjab opening batsman Chris Gayle is back on the training ground, having recovered from his stomach bug and is likely to be available for their next IPL 2020 match against Royal Challengers Bangalore to be played on Thursday.

'Swiatek won't rest on laurels after win in Paris'

Iga Swiatek was the first Polish woman to reach the final in 81 years and the first at any major since Agnieszka Radwanska at Wimbledon in 2012



Photo: GETTY IMAGES

"The fact that she was able to do this in one tournament doesn't mean she will be able to do it daily. I know that while she is training, she is able to do this... But we have to get to the point where this sort of playing is normal for her."

Piotr Sierzputowski, Swiatek's trainer

TEST YOUR KNOWLEDGE

GRAMMAR QUIZ | Theme: Miscellaneous

Q1: I football every Sunday morning.

- a) playing b) play
c) am playing d) am play

Q2: Don't make so much noise. Kanika to study for her ESL test!

- a) try b) tries c) tried
d) is trying

Q3: Navdeep his teeth before breakfast every morning.

- a) will clean b) is cleaning

- c) cleans d) clean

Q4: Sorry, she can't come to the phone. She a bath!

- a) is having b) having
c) have d) has

Q5: many times every winter in Frankfurt.

- a) It snows b) It snowed
c) It is snowing d) It is snow

Q6: How many students in your class from Korea?

- a) comes b) come

- c) came d) are coming

Q7: Weather report: "It's seven o'clock in Shimla and"

- a) there is snow b) it's snowing
c) it snows d) it snowed

Q8: Babies when they are hungry.



- a) cry b) cries c) cried d) are crying

Q9: Anna: "What in the evenings?"

Vikas: "Usually, I watch TV or read a book."

- a) you doing b) you do
c) do you do d) are you doing

Q10: Rani: "What?"

Joy: "I'm trying to fix my computer."

- a) wears b) wearing
c) do you do d) are you doing

Q11: Sneha her blue jeans today, but usually she wears a skirt or a dress.

- a) wears b) wearing
c) wear d) is wearing

Q12: I think I a new calculator. This one does not work properly any more.

- a) needs b) needed c) need
d) am needing

Q13: Sorry, you can't borrow my pencil. I it myself.

- a) was using b) using
c) use d) am using

Q14: At a school dance: Mohan: "..... yourself?"

- Kartik: "Yes, I'm having a great time!"
- a) You enjoying b) Enjoy you
c) Do you enjoy d) Are you enjoying

ANSWERS: 1 b) play 2 d) is trying 3 c) cleans
4 a) is having 5 a) It snows 6 b) come
7 b) it's snowing 8 a) cry 9 c) do you do
10 d) are you doing 11 d) is wearing
12 c) need 13 d) am using 14 d) Are you enjoying



THE TIMES OF INDIA

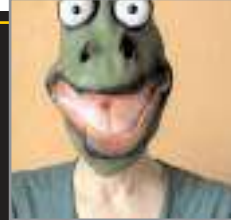
www.toistudent.com

TODAY'S EDITION

➤ Are we sinking into an economic recession?
➤ What is economic depression?
PAGE 2



➤ How to make a great first online impression?
➤ Learn to tell a story through your pics
PAGE 3



➤ A look at top 5 catches of IPL 2020
➤ Take our quiz on FIFA
PAGE 4



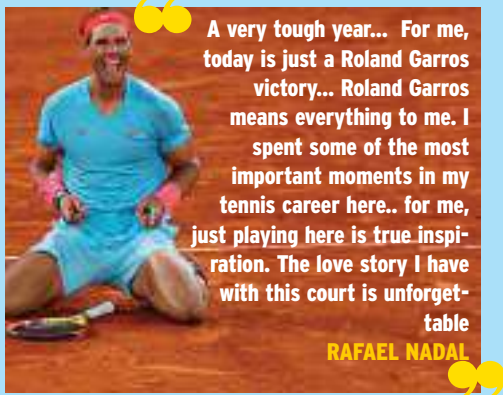
STUDENT EDITION

TUESDAY, OCTOBER 13, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2



A very tough year... For me, today is just a Roland Garros victory... Roland Garros means everything to me. I spent some of the most important moments in my tennis career here.. for me, just playing here is true inspiration. The love story I have with this court is unforgettable

RAFAEL NADAL

IT'S 20:20 FOR RAFA IN 2020

Rafael Nadal became the first man to win the French Open for the 13th time, outclassing world No 1 Novak Djokovic in straight sets – 6-0, 6-2, 7-5 – in two hours and 41 minutes at Roland Garros on Sunday, equalling Roger Federer's record of 20 grand slam titles

➤ The Spaniard was dominant from the word go; it took over 2 hours for Djokovic to get his first break

➤ Nadal didn't drop a single set en route to his 13th title

➤ He is the first player to win the same major or, for that matter, the same tour-level event for 13 times in the Open Era

➤ It's the third time that Nadal has won 4 French Open championships in a row: 2005-08, 2010-14 (five in a row) and now 2017-20

➤ At 34, he is the oldest to win the French Open singles title

➤ He is now only one match win away from 1,000 career victories



GET READY FOR MARS MOMENT!

Planet Mars is at its 'biggest' these days. On Oct 13, that is today, Mars will be in opposition, aligning with the Earth and the sun – forming a straight line. This means, the Red planet will be at its brightest, courtesy its 100 per cent illumination from the sun...



Space probes from Earth to Mars are launched around the time when Mars is in opposition. Reason: The distance that needs to be travelled is shorter, and the time and energy required to make the journey is less

➤ Three missions are currently in transit – The UAE's Hope orbiter; China's Tianwen orbiter and rover; and the US Perseverance rover

➤ Europe and Russia had hoped to dispatch their ExoMars 'Rosaland Franklin' rover too, but they missed the launch window, and will now have to wait till late 2022. That's the penalty you pay when the planets align only every 26 months

WHAT DOES MARS IN OPPOSITION MEAN?

While the orbital period of the Earth is 365 days, Mars takes 687 days to make a trip around the sun. This means that occasionally, every 26 months, the Earth catches up to Mars. This moment happened last on July 27, 2018. Today, the Earth will be between Mars and the sun.

➤ In 2003, Mars made its closest approach to the Earth, around opposition in nearly 60,000 years – a separation of just 56 million km

➤ The distance between the two at opposition can be over 100 million km, as happened in 2012

WHEN IS THE BEST TIME TO SEE MARS?

As the sun sets, Mars will rise, and Mars sets as the sun rises. So, you can watch Mars in the evening

➤ You don't have to be a professional star gazer or own a telescope to see it either. Just step outside during the evening and look east. Mars will be easy to spot as the brightest object in that part of the horizon, appearing as a campfire-orange 'star'

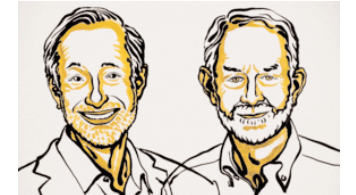
Upcoming starry events

➤ Look out for the Orionid meteor shower on Oct 20/21

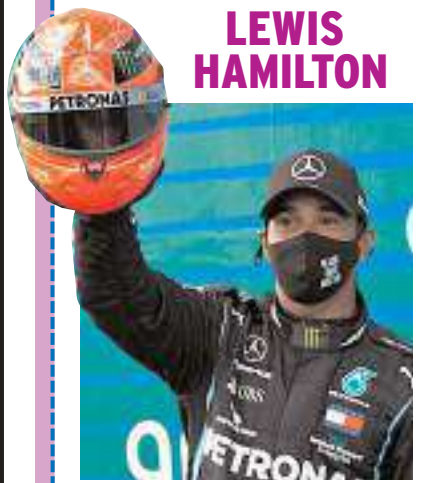
➤ The Taurid meteor shower on Nov 10/11

Spotlight

Paul Milgrom, Robert Wilson win 2020 Nobel economics prize



US economists Paul Milgrom and Robert Wilson won the 2020 Nobel Economics Prize for improvements to auction theory and inventions of new auction formats, used for radio spectra, aircraft landing slots and emissions allowances.



LEWIS HAMILTON

Lewis Hamilton matched Michael Schumacher's record of 91 wins in Formula One with victory in the Eifel Grand Prix on Sunday as he took another stride toward his seventh championship title.

Quote unquote

CELEBS CALL FOR CLIMATE ACTION

The Earth must be worked and nursed, cultivated and protected. We cannot continue to squeeze it like an orange



POPE FRANCIS

We must make sure that each country has a plan to zero emissions. Billions of people around the world are already suffering from our failure to act



ANTONIO GUTERRES, UN SECY GEN

SCIENCE

Scientists record top speed of sound at 36 km/second



The fastest possible speed of sound has been recorded for the first time, which is about 36 km per second. The result is around twice as fast as the speed of sound in diamond, the hardest-known material in the world, according to researchers.

Sound waves can travel through different mediums – such as air or water, and move at different speeds depending on what they're travelling through. For example, they move through solids much faster than they would through liquids or gases. That's precisely why you are able to hear an approaching train much faster, if you listen to the sound in the rail track rather than through the air

➤ In fact, Einstein's theory of special relativity sets the absolute speed limit at which a wave can travel – it is the speed of light, and is equal to about 300,000 km per second

➤ However, it was not known whether sound waves also have an upper speed limit, when travelling through solids or liquids

INDIA WILL BECOME THE WORLD'S THIRD-LARGEST ECONOMY BY 2050: STUDY

India is likely to overtake Japan as the third largest economy in the world by 2050 and continue in that position till 2100, according to a study by Lancet...

The study constructed scenarios for the GDP using the working age population of countries. It also assessed the potential economic and geopolitical effects of future demographic shifts

The study kept 2017 as the reference, when India was the seventh-largest economy in the world, and forecast that India will emerge as the fourth-largest economy by 2030, behind USA, China, Japan, and by 2050, it will go onto the third spot and retain it till 2100

➤ The study showed that China would rise to the top in 2035 in the reference scenario for GDP, but would be superseded by the USA again in 2098, as population decline curtails economic growth



ECONOMY

India had set itself a target of being a \$5 trillion economy by 2024-25 but the Covid-19 pandemic has stalled the march towards that target. Experts say that India needs to grow at a faster clip to reduce poverty and raise the living standards

'JURASSIC WORLD: DOMINION' DELAYED TILL 2022

Universal and Amblin Entertainment have announced that 'Jurassic World 3' has been delayed and will now bow out in 2022. The new movie, titled 'Dominion', was earlier scheduled to hit the theatres worldwide on June 11, 2021. According to The Hollywood Reporter, the film will now release a year later on June 10, 2022

NEWS IN BRIEF

REAL-LIFE 'SUPER MARIO' GAME TO MAKE THEME PARK DEBUT IN JAPAN NEXT YEAR

Mario fans visiting Japan will now have the opportunity to experience a real-life 'Super Mario' game, where players can jump and collect coins, as seen in the classic game. The 'Super Nintendo World' will feature a ride based on the beloved dinosaur Yoshi and will also include interactive attractions, where visitors will be allowed to jump from block to block and collect coins and items, the park said in a statement.

GAMING ZONE

Super Mario is one of the first videogames that was launched in the market

➤ Created by Singuru Miyamoto and released in 1985, the game has sold more than 330 million copies worldwide, making it the second-best-selling video game series of all time

➤ Mario Bros was one of the first six video games to be inducted into the National Museum of Play's Video Game Hall of Fame

In July, a vintage and unopened copy of Super Mario Bros fetched a whopping \$1,14,000 (₹ 84 lakhs) at an auction

Timid steps forward for women in NOBEL MAN'S WORLD

The Nobel prizes remain very much a man's world, especially in science, but with three female laureates making it this year, women are slowly making their mark...

1 Since the first Nobel prizes were given out in 1901, 57 women have been rewarded, representing only 6.1 per cent of the 931 laureates (excluding institutions) overall, according to an AFP database

2 However, the number of women laureates has been steadily increasing over the decades, with 11.1 per cent in the 2010s and 9.2 per cent in the 2000s, against 5.4 per cent in the 1900s and 2.6 per cent in

the 1910s. There were, however, none in the 1950s

3 The latest additions to the Nobel club are France's Emmanuelle Charpentier and the United States' Jennifer Doudna, who were awarded the chemistry prize, a day after American Andrea Ghez shared the physics prize

4 The three women have pulled off quite a feat in getting their prizes in two of the most male-dominated disciplines. Interestingly,

the Nobel for literature has also been won by a woman this year

5 Women make up only 1.9 per cent of physics laureates, or four out of 216, while they won seven out of 186 chemistry prizes.

6 The medicine and economics prizes are also heavily male-dominated, with respectively 5.4 per cent (12 out of 222) and 2.4 per cent (two out of 84) being women laureates



This is only the second time after 2009 that three women have won scientific prizes.

Marie Curie was the first woman laureate in 1903 in physics, and is till date the only one to have won two Nobels (1903 in physics and 1911 in chemistry)



AS CORONA PARALYSES ECONOMY...

Will World See RECESSION or DEPRESSION 2020?

As uncertainty looms large over Covid 19, would the world witness recession or a depression, Times NIE decodes for you everything you need to know about impact of the virus on businesses and markets

The world is almost certainly ensnared in a devastating recession delivered by the coronavirus pandemic. Now, fears are growing that the downturn could be far more punishing and long last-
ing than initially feared — potentially enduring into next year, and even beyond — as governments intensify restrictions on business to halt the spread of the pandemic, and as fear of the virus reconfigures the very concept of public space, impeding consumer-led economic growth.
"I feel like the 2008 financial crisis was just a dry run for this," said Kenneth S. Rogoff, a Harvard economist and co-author of a history of financial crises, "This Time Is Different: Eight Centuries of Financial Folly."
"This is already shaping up as the deepest dive on record for the global economy for over 100 years," he said. "Everything depends on how long it lasts, but if this goes on for a long time, it's certainly going to be the mother of all financial crises." **WRT**

BUT THE GOOD NEWS IS

Central bankers have learned to support the economy with expansionary fiscal policy such as interest-rate cuts, liquidity injections, tax relief and industry bailouts. These measures prevented a depression during the 2008-09 financial crisis.

The riches-to-rags story of some celebs

STEPHEN BALDWIN

Stephen Baldwin, a reality TV star, filed for bankruptcy past summer as a result of over \$2.3 million in personal debt, including over \$1 million owed in back taxes. He became a victim of the housing market collapse after he took out a second mortgage on his \$1.1 million home and became a loan defaulter.



MC HAMMER

Rap star MC Hammer took the music world by storm in 1990, with hits like "U Can't Touch This." But he burned through his newly-amassed \$33 million fortune quickly thanks to lavish spending and an oversized entourage. He filed for bankruptcy in 1996 with debts of more than \$10 million.



NICHOLAS CAGE

The "National Treasure" star owes a king's ransom to the IRS - more than \$6 million in back taxes to be exact. He blames his former manager, Samuel J. Levin, for losing millions of dollars to risky and speculative investments and recently filed a \$20 million suit.



BILLY JOEL

He may be a musical genius but this Grammy award-winner hasn't enjoyed the same string of success when it comes to his finances. He has had to file for bankruptcy and filed a \$90 million lawsuit against his former manager (and former brother-in-law) Frank Weber for losing tens of millions of dollars as a result of fraud, risky investments, and unauthorized loans.



RALPH LAUREN

Apparently even billionaire fashion titans aren't immune to the effects of the global recession. As people have tightened their purse strings, they are passing on frugally priced outfits. The combination of fewer buyers and a massive stock market decline has put a significant \$1.7 billion dent in Lauren's personal wealth.



PAUL MCCARTNEY

While the former Beatle made number one hit single "Can't Buy Me Love," he learned that love can be extraordinarily expensive. Without a prenuptial agreement, his divorce from Heather Mills in 2008 cost him close to \$50 million.



10 THINGS YOU NEED TO KNOW ABOUT RECESSION

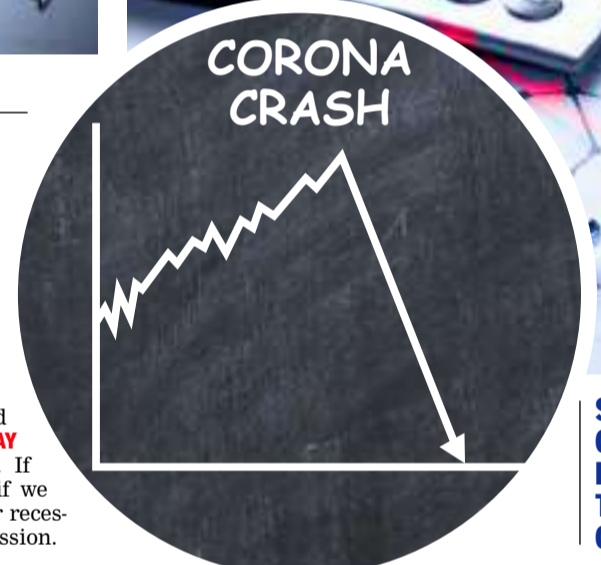
RECESSION VERSUS DEPRESSION

1 A recession is a widespread economic decline that lasts for at least six months. A depression is a more severe decline that lasts for several years. For example, a recession lasts for 18 months, while the most recent depression lasted for a decade.



THE NUMBERS

2 There have been 33 RECESSIONS since 1854. There's only been 1 DEPRESSION since then, the GREAT DEPRESSION OF 1929. It was actually a combination of the recession that lasted from AUGUST 1929 TO MARCH 1933, and the one from MAY 1937 TO JUNE 1938. If you are wondering if we are in a depression or recession, it's probably a recession.



SO WILL CORONAVIRUS ECONOMY LEAD TO RECESSION OR DEPRESSION?

7 Recently, the International Monetary Fund said it sees negative global growth this year, and warned we're facing "a recession at least as bad as during the global financial crisis or worse". Many Wall Street economists also see a recession in the cards. Goldman Sachs thinks the US economic output could nosedive 24 per cent from April through June compared with a year earlier, and that the unemployment rate could peak at nine percent in the months ahead. There could be a plunge in the US economic growth by 40 pc.



the effects of the Great Depression lasted for decades after it ended.



SO WHY DO WE KEEP HEARING THE WORDS 'CORONAVIRUS' AND 'DEPRESSION' TOGETHER?

8 When you do hear or read the word "depression" alongside "coronavirus", it is usually analysts drawing comparisons with the suddenness and severity of the economic slowdown that happened in 1929.



BUT WHAT DO VETERANS FROM THE 2008 FINANCIAL CRISIS THINK?

9 Economist Nouriel Roubini, who warned about the 2008 financial crisis as early as 2006, thinks a rebound later this year is unlikely. In a column for Project Syndicate, Roubini said the public health responses in advanced economies have fallen short of what is needed to contain the pandemic, and that fiscal packages are "neither large nor rapid enough to create the conditions for a timely recovery".



SO IN A POSSIBLY WORSE SCENARIO, COULD THE ECONOMY SLOW EVEN FURTHER...TO DEPRESSION?

10 That might seem to be extremely unlikely. There have been 33 recessions since 1854, according to the National Bureau of Economic Research, but only one depression—the Great Depression that lasted from 1929 to 1938. Time span is the key differentiator. While a recession is declared when economic activities decline for two consecutive quarters, a depression means the downturn has lasted a much longer time—usually years—with deeper impact.



HOW DO YOU DEFINE RECESSION VIS-À-VIS DEPRESSION?

3 In a recession, gross domestic product contracts for at least two quarters. But that's not all. There are many more economic indicators that signal a recession. That's because GDP growth will usually slow for several quarters before it turns negative. That's in response to sluggish consumer demand.

● **WHAT IS GDP?** Gross Domestic Product (GDP) 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, used to estimate the size of an economy and growth rate.

● **A DEPRESSION** is an extended recession that has years, not quarters, of economic contraction. It's more severe than a recession. Unemployment reaches 25%, housing prices plummet 30%, and prices fall 10%. The devastation of a depression is so great that

WHAT CAUSES RECESSION?

4 The underlying cause of any recession is a loss of business or consumer confidence. There are some events that trigger this panic reaction. These include a stock market crash, deregulation, and high interest rates. Consumers will stop buying and businesses will lay off workers, leading to unemployment and losses.

THE HISTORY OF RECESSIONS

6 The Great Recession of 2008 was the worst recession since the Depression. The 1980 recession was almost as bad. It was caused by high interest rates needed to curb STAGFLATION. President Richard Nixon created stagflation with his attempts to end the 1973 recession. He created the recession with wage and price controls.



WHAT IS STAGFLATION? Stagflation is a seemingly contradictory condition described by slow economic growth and relatively high unemployment, or economic stagnation, which is at the same time accompanied by rising prices (i.e. inflation). Stagflation can also be alternatively defined as a period of inflation combined with a decline in gross domestic product (GDP).

HOW A STOCK MARKET CRASH CAUSES A RECESSION?

5 Since stocks are a piece of ownership in a company, the stock market is basically a vote of confidence in the future of all these companies and, as such, in the economy itself. A drop in a quarter indicates lack of confidence.

The use of **BULL** and **BEAR** to describe markets come from the way the animals attack their opponents. A bull thrusts its horns up into the air, while a bear swipes its paws downward. These actions are metaphors for the movement of a market. If the trend is up, it's a bull market. If the trend is down, it's a bear market.

BULL AND BEAR MARKETS

► A bull market is the condition of a financial market in which prices are rising or are expected to rise. The term "bull market" is most often

speaking in the House of Commons. He was referring to inflation along with stagnation. It was later used again for the recessionary period during the 1970s following the oil crisis, when the US underwent the same. This also led to Misery Index, which is the sum of rate of inflation rate and unemployment to gauge people's mood.



ONLINE UNIVERSE

Make great first impression at online meets

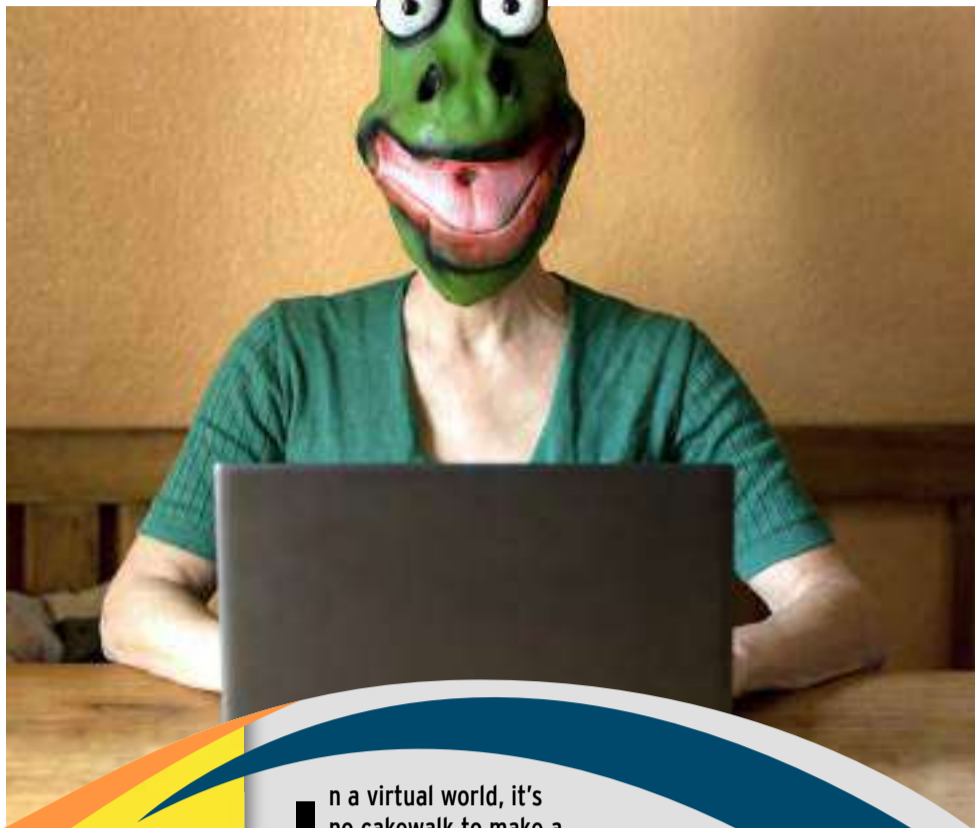


Photo: GETTY IMAGES



Photo: GETTY IMAGES

Activities BOX

In a virtual world, it's no cakewalk to make a first impression. Here are some quick tips to help you get it right.

TIME THINGS WELL

During physical meetings you get time to settle down and use your body language, in online meetings these are constraints. Be on time; and have a strong internet connection.

MANAGE ONLINE PRESENCE

Many people like to look up a candidate for college admission to a special course or an internship online. Make sure all your social media handles or blogs (if you have one) reflect the person you are or the one you want to project yourself as. Also, remember your latest posts so that you don't draw a blank if quizzed.

DRESS THE PART

You don't need to dress to impress, just dress the part. Never overdo at your class meetings. You also need to keep your attire and hair simple.

EXTEND GOOD MANNERS

While you can't pull up a chair for someone or hold the door open for them to enter the room, you can definitely wish them depending on the time of the day and be courteous.

BE YOURSELF

Wave your hands the way you would while talking in someone's physical presence, smile often, laugh sometimes, and do nod while doing all the talking.

7 TIPS - How to do Storytelling With Your Images



Photo: GETTY IMAGES

1 Include small details to tell a story in a single frame

Imagine your task is to tell the visual story of a person. A parent perhaps, or even yourself. How would you do it? A single portrait wouldn't be a story. A person's story is in the details; a picture of their desk, travel books strewn across a bedroom floor, a close-up of their hands that are dirty from working the garden, and a wide-angle portrait of them surrounded by a few of their favourite things. **Next time you're photographing a person, try to include small details in the frame that add to their story.**

hometown for some street photography, or to the Eiffel Tower for some vacation photography, **why not write down a few notes beforehand in the form of a shot list?** Like ideas for specific shots, angles, people that you might include in the frame or even chat to then ask for a portrait. **Research online the kind of shots that other photographers, amateurs, and pros, have taken in that place before.** Seek out never-been-done fresh angles to lend a fresh storytelling aspect to a well-known location.

5 Learn to narrow down, trim, & exclude

Uploading a hundred photos to Facebook, all of a similar theme and setting, taken from slightly different angles is a surefire way to lose people's attention. **That 100 could be narrowed down to the 10 best storytelling shots.** Learn to be selective and start sharing only your best images.



2 Aim for variety in a series of shots

Whether you want to tell the story of a camel market in India, a farmers market in a Chicago suburb, or your niece's birthday party, just focusing on one kind of photo won't tell a whole story. **You need portraits, wide-angle shots, shots from up high, down low, action shots, zoomed-in details...** all these combined tell a whole story.

3 Take control of the entire frame

You're not only a photographer anymore, but a storyteller too. Part of realising that role is taking control of the whole frame. Don't just think about your subject's positioning. It's important to teach yourself to be aware of the whole rectangle in front of your eye. **Sometimes lie flat on the floor to gain new perspectives, in an attempt to include environmental details in the frame that lend to the scene and add storytelling.**

6 Emotions are an important part of storytelling

To capture emotions, your primary requirements are people and faces. **However, emotions can be communicated secondarily through body language, so capturing whole bodies work sometimes too.**

7 Don't forget about composition and lighting

In your bid to learn storytelling, don't forget about composition and lighting. This is all too easy to fall out of touch with, especially when you're starting out. Focus too much on adding storytelling elements and you may well start paying less attention to composition and lighting.

4 Plan ahead with a shot list

Whether you're heading out into your

Pets provide a great way to de-stress during lockdown

Actress Sai Pallavi's sister Pooja Kannan always wanted to own a pet but her parents and sister would have none of it. During the lockdown, however, Pooja soon ran out of things to do and finally managed to convince them to get a Beagle named Khushi. True to the pup's name, it also brought joy



to their home, says Pooja.

"The energy at home is different now. I used to be immersed in my gadgets, but after Khushi's arrival, I did not use my phone for 15 days. I also now have a companion when my sister is away for shoots. I don't feel lonely at all," she says.

Alia Bhatt turned photographer for her pets in quarantine and shared some adorable pictures of them on Instagram. "Pets are a great de-stressor. I adore my pets. They have helped to keep me sane during the quarantine period. You don't know how time flies with these furry friends..." the actor shared.



PUZZLES and BRAINS

4 BY 4 MATHDOKU (EASY NO. 1 TO 4)

FILL THE GRID WITH THE NUMBERS 1 TO 4 IN SUCH THAT EACH NUMBER APPEARS ONLY ONCE IN EACH ROW AND COLUMN. THE MATHDOKU GRID IS ALSO DIVIDED IN OUTLINED REGIONS CALLED CAGES EACH WITH A GIVEN OPERATOR AND TARGET NUMBER. THE NUMBERS IN THE INDIVIDUAL CELLS OF A CAGE MUST PRODUCE THAT TARGET NUMBER USING THE OPERATOR IN A MATHEMATICAL CALCULATION.

24×			
3+		4×	12×
12×	6×		
		2+	

0404 MATHDOKU EASY 1

9+		3+	1-
	9+		
		24×	4÷

0404 MATHDOKU EASY 2

1-	6×	2×	
			2+
3+	7+		
	12×		

0404 MATHDOKU EASY 3

9+	3+		6×
		13+	
3÷	3-		

0404 MATHDOKU EASY 4

www.puzzlesandbrains.com

QUIZ ON MUSIC

SANGHAMITRA BASU SENGUPTA
vice-principal (academics)
Aavishkar Academy, Bengaluru

Q1. The most famous Shehnai maestro of India is _____
a) Ustad Zakir Hussain
b) Ustad Bismillah Khan
c) Pt Hari Prasad Chaurasia
d) Pt Ram Narain

Q2. 'Moonlight Sonata' is a world famous musical symphony composed by _____
a) Tchaikovsky b) Pachelbel
c) Mozart d) Beethoven

Q3. Who among the following is not a recipient of Bharat Ratna in the field of Music?
a) C Rajagopalachari
b) M S Subbulakshmi
c) Bhupen Hazarika
d) Bhimsen Joshi

Q4. In Hindi Film music, who is the recipient of the maximum number of Filmfare Awards in the male category?
a) Arijit Singh b) Kumar Sanu
c) Kishore Kumar d) Mohd Rafi

Q5. World Music Day is celebrated on _____
a) 5th June b) 22nd November
c) 5th August d) 21st June

Q6. VM Bhatt is an Indian musician associated with which musical instrument?
a) Sarod b) Tabla
c) Mohan Veena d) Sitar

Q7. 'Baul' is a type of folk song from the state of _____
a) Rajasthan b) Maharashtra
c) Punjab d) West Bengal

Q8. A famous classical vocalist who passed away recently in 2020 is...
a) Pt Jasraj b) Pt C R Vyas
c) Pt Bhimsen Joshi
d) M Balamuralikrishna

Q9. A famous Sufi inventor of the instrument Sitar, also a poet and pioneer of Khayal, Tarana and Qawwali is _____
a) Mirza Ghalib b) Wajid Ali Shah
c) Ravi Shankar d) Amir Khusrow

Q10. Tansen, a prominent figure of Hindustani Classical music was a famous musician in the court of _____
a) Krishnadevaraya b) Ashoka
c) Akbar d) Shah Jehan

ANSWERS: 1 a) 2) Ustad Bismillah Khan 3) d) Beethoven 4) c) Akbar 5) d) 21st June 6) c) M S Subbulakshmi 7) d) Pt Jasraj 8) a) Pt Jasraj 9) d) Amir Khusrow 10) c) Akbar

WHAT A STUNNER!

From Kieron Pollard's juggling act to MS Dhoni's stunner with a glove off, the IPL 2020 has produced some of the best jaw-dropping on-field moments. Take a look...



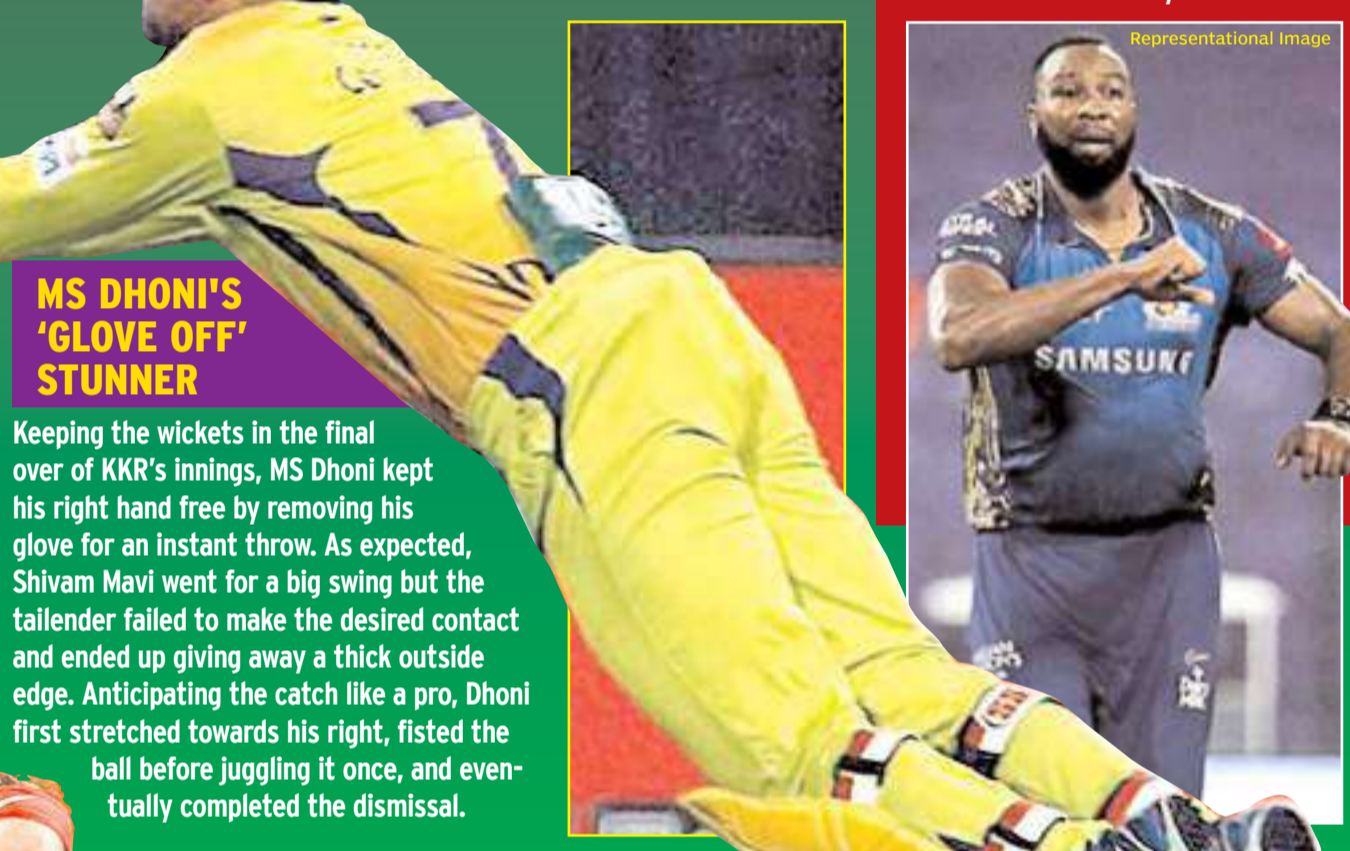
KAMLESH NAGARKOTI'S DIVING CATCH

Kamlesh Nagarkoti stunned everyone when he made a darting run to complete a sensational catch in order to send Jofra Archer back to the hut in Kolkata Knight Riders' match against the Rajasthan Royals. Though Archer's shot had the elevation, the RR batsman failed to clear the distance as the ball went sky high to serve Nagarkoti half a chance. The KKR youngster came charging down from long-on to pluck a remarkable diving catch.



SANJU SAMSON'S HERCULEAN DIVING EFFORT

Rajasthan Royals' (RR) star Sanju Samson pulled off a stunner to send back SRH's danger-man Jonny Bairstow for cheap during match 26 of IPL. The Englishman tried to clear the fence towards the cowcorner from the back off a length delivery from Karthik Tyagi but couldn't get the elevation. As a result, Samson timed his dive to perfection, covered some distance as well, to pluck a stunner at deep mid-wicket.



MS DHONI'S 'GLOVE OFF' STUNNER

Keeping the wickets in the final over of KKR's innings, MS Dhoni kept his right hand free by removing his glove for an instant throw. As expected, Shivam Mavi went for a big swing but the tailender failed to make the desired contact and ended up giving away a thick outside edge. Anticipating the catch like a pro, Dhoni first stretched towards his right, fisted the ball before juggling it once, and eventually completed the dismissal.

THE JADEJA-FAF TAG TEAM CATCH

Batsman Sunil Narine was keen on giving the run-rate a spike when he tried to go after CSK spinner Karn Sharma. Manning the deep mid-wicket, Ravindra Jadeja timed his run with perfection and took a diving catch to dismiss Narine. As soon as Jadeja realised he is close to the boundary ropes, the gun fielder tagged in Faf du Plessis to complete the relay catch.

KIERON POLLARD'S ONE-HANDED STUNNER!

"Kieron Pollard what have you done," said match commentator Harsha Bhogle after Mumbai Indians' Kieron Pollard took a one-handed blinder to send an on-song Jos Buttler back to the pavilion. Fielding at long-on, Pollard literally grabbed the ball out of thin air before juggling it once while completing one of the most outrageous catches in the history of IPL.



MOST ONE-SIDED GRAND SLAM FINALS

Rafael Nadal's 6-0 6-2 7-5 thrashing of Novak Djokovic to claim a 13th French Open title was one of the most one-sided men's Grand Slam finals in the professional era but there have been worse beatings in a major final

HERE IS A LIST OF THE MOST LOPSIDED BEATINGS:

- 1974 U.S. Open: Jimmy Connors (U.S.) beat Ken Rosewall (Australia) 6-1 6-0 6-1
- 1977 French Open: Guillermo Vilas (Argentina) beat Brian Gottfried (U.S.) 6-0 6-3 6-0
- 2008 French Open: Rafael Nadal (Spain) beat Roger Federer (Switzerland) 6-1 6-3 6-0
- 1984 Wimbledon: John McEnroe (U.S.) beat Connors 6-1 6-1 6-2
- 2003 Australian Open: Andre Agassi (U.S.) beat Rainer Schuettler (Germany) 6-2 6-2 6-1
- 1978 French Open: Bjorn Borg (Sweden) beat Vilas 6-1 6-1 6-3
- 2002 Wimbledon: Lleyton Hewitt (Australia) beat David Nalbandian (Argentina) 6-1 6-3 6-2
- 2017 French Open: Nadal beat Stan Wawrinka (Switzerland) 6-2 6-3 6-1



“ A very tough year. Win here means everything to me. It's not the moment, to be honest, for me to think about the 20th, equal Roger on this great number.”

RAFAEL NADAL, Winner, French Open 2020

“ Always had the utmost respect for my friend Rafa as a person and as a champion. My greatest rival over many years. 20 is just another step on the continuing journey for both of us. Well done, Rafa. You deserve it.”

ROGER FEDERER in an Instagram post

“ I don't have much to say but that I was completely overplayed by Rafa, by the better player on the court. Certainly I could have played better, especially in the first two sets. But, you know, just he did surprise me with the way he was playing.”

NOVAK DJOKOVIC after losing finals

AMAZING NADAL!

➔ Rafael Nadal tied Roger Federer with 20 Grand Slam titles by producing a nearly perfect performance against

Novak Djokovic in the French Open final.

➔ His 2008 Wimbledon final triumph over Federer is widely regarded as the greatest ever

final at the majors.

➔ He has 86 career titles in total of which 60 have been on clay. At 19, Nadal won the 2005 French Open on his debut.

TEST YOUR KNOWLEDGE

SPORTS QUIZ | Theme: FIFA

Q1: In which year was FIFA World Cup started?
a) 1930 b) 1904
c) 1935 d) 1940

Q2: In the recently released FIFA/Coca-Cola World Ranking, which country is on the first number?
a) Belgium b) France
c) Brazil d) England

Q3: Which male football players has the highest number of FIFA World Cup wins to

his credit?
a) Lionel Messi
b) Diego Maradona
c) Pele d) Cristiano Ronaldo

Q4: Where will the 2022 FIFA World Cup be held?
a) England b) France
c) Portugal d) Qatar

Q5: Who is the current president of FIFA?
a) Sepp Blatter
b) Gianni Infantino
c) Issa Hayatou
d) None of the above

Q6: Who was awarded the Best FIFA Men's Player in the year 2019?
a) Lionel Messi b) Cristiano Ronaldo
c) Sergio Ramos d) Marcelo

Q7: Identify this sportsperson in the picture.
a) Megan Rapinoe b) Alex Morgan
c) Carli Lloyd d) Sarah Walsh



Q8: Who was awarded the Best FIFA Men's Coach in the year 2019?
a) Mauricio Pochettino b) José Mourinho
c) Pep Guardiola d) Jurgen Klopp

Q9: Who was awarded FIFA ballon d'Or in the year 2015?
a) Sergio Ramos b) Cristiano Ronaldo
c) Lionel Messi d) zlatan ibrahimovic

Q10: On July 15, 2018, FIFA World Cup champions France lifted the trophy at which stadium?
a) Stade de France b) Luzhniki Stadium
c) Krestovsky Stadium
d) Stadio Giuseppe Meazza

Q11: In the upcoming FIFA World Cup, which stadium

will be the stage for hosts Qatar to kick off the tournament on November 21, 2022?
a) Al Bayt Stadium b) Krestovsky Stadium
c) Luzinski stadium
d) None of the above

Q12: As per a recently signed contract who will be the coach of Belgium until the end of the FIFA WC 2022 in Qatar?
a) David Moyes b) Roberto Martinez
c) Ronald Koeman d) Rafael Benitez

Q13: Which country won the 1930 FIFA Cup?
a) Uruguay b) Brazil c) Germany
d) Portuguese

ANSWERS: 1- a) 1930 2- a) Belgium 3- c) Pele 4- d) Qatar 5- b) Gianni Infantino 6- a) Lionel Messi 7- a) Megan Rapinoe 8- d) Jurgen Klopp 9- c) Lionel Messi 10- b) Luzinski Stadium 11- a) Al Bayt Stadium 12- b) Roberto Martinez 13- a) Uruguay



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➤ How to kick-start your day the right way?
➤ Learn to make book cookies
PAGE 2



➤ Students and educationists express their views on various issues
PAGE 3



➤ Top overseas players, who are yet to shine
➤ Enjoy cricket quiz
PAGE 4



STUDENT EDITION

MONDAY, OCTOBER 12, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

World Food Programme wins Nobel Peace Prize

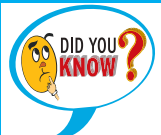
The 2020 Nobel Peace Prize has been awarded to the United Nations agency for its efforts to combat hunger and improve conditions for peace in areas affected by conflict. The pandemic has further boosted the agency's relevance, and strengthened the reasons for awarding the prize, including the need for "multilateralism" in a time of global crisis. "Until the day we have a medical vaccine, food is the best vaccine against chaos..." the Nobel committee said in its citation.



➤ The Rome-based World Food Programme (WFP) estimates that it helps about 97 million people a year in 88 countries. According to the WFP, one in nine people still do not have enough to eat globally in its citation.

➤ Around 211 individuals and 107 organisations were nominated for the prize this year
➤ While the other Nobel prize laureates are announced in Stockholm, the peace prize is awarded in the Norwegian capital, Oslo

One hundred Nobel peace prizes have been awarded since 1901 to individuals and 24 organisations



Three Indian students have made it to the final list of the Children's Climate Prize 2020 to be held on November 18

A 'Green' thumbs up for INDIAN TRIO

malini.menon@timesgroup.com

Vinisha Umashankar, 13; Aadya Joshi, 17 and Dhruv Sanjay, 13, are among the seven finalists competing for the Children's Climate Prize 2020. Two out of these seven would ultimately be declared the winners and awarded SEK 100,000 (Swedish Krona) and a medal on November 18 via a digital broadcast from Stockholm.

The award honours young innovators and pioneers in the area of climate.



CHILDREN'S CLIMATE PRIZE 2020

➤ USA, India and Mexico dominate the finalists' list this year
➤ More than 70 nominations were received from 24 countries; from these,

the jury and its advisory board have selected seven finalists
➤ The winners will be announced on November 2, 2020; the prize will be awarded on November 18

MEET THE CHANGEMAKERS

VINISHA UMASHANKAR, 13

(SOLAR IRONING CART: The making of a sustainable ironing cart)

Around 10 million ironing carts that are running on the streets of India, burn about 50 million kg of charcoal every day, contributing to climate change. Vinisha created a solar-powered ironing cart, an innovation that is safer and more sustainable



DHRUV SANJAY, 13

(3E STECHULIKA: Sustainable cooking equipment)

Dhruv Sanjay and his team developed a pollution-free solar-powered stove that could be a solution to phase out the outdated cooking equipment, eradicating the risk of having respiratory diseases from polluted air



AADYA JOSHI, 17

(THE RIGHT GREEN: Know how about biodiversity restoration)

Aadya Joshi founded 'The Right Green' and developed a database including

over 2,000 plants from different eco-regions of India. The vision is to empower and enable communities to restore healthy ecosystems



Looking for pieces of Venus? Try the Moon

A growing body of research suggests that planet Venus may have had an Earth-like environment billions of years ago, with water and a thin atmosphere. Yet testing such theories is difficult without geological samples to examine. The solution, according to Yale astronomers Samuel Cabot and Gregory Laughlin, may be closer than anyone realised.

Cabot and Laughlin say pieces of Venus, perhaps billions of them, are likely to have crashed on the Moon. The researchers said, asteroids and comets slamming into Venus may have dislodged as many as 10 billion rocks, and sent them into an orbit that intersected with Earth and Earth's Moon. "Some of these rocks eventually landed on the Moon as Venusian meteorites," said Cabot, a Yale graduate student and lead author of the study.

Cabot said catastrophic impacts, such as these happen rarely, every hundred million years or so, and occurred more frequently billions of years ago.



SPACE

➤ According to researchers, the Moon offers safe keeping for these ancient rocks
➤ They have offered two theories on

why samples of Venus can be found on Moon: First, asteroids hitting Venus are usually going faster than those that hit Earth, launching even

more material. Second, a huge fraction of the ejected material from Venus may have come close to the Earth and the Moon

JAPAN AIRLINES GOES GENDER-NEUTRAL

Japan Airlines has stopped using gendered terms like "ladies and gentleman" during its in-flight and airport announcements, the company said recently. They have started using "gender-friendly" expressions instead, such as "passengers" and "everyone". This, however, applies only to English-language announcements, as the phrases used in Japanese are already gender-neutral.



Spotlight

IGA SWIATEK



Iga Swiatek, an unseeded teenager from Poland, won her first tour title at the French Open on Saturday with a 6-4, 6-1 defeat of Sofia Kenin, the reigning Australian Open champion and No. 4 seed at Roland Garros. Swiatek, 19, the youngest woman to reach the French Open final since 18-year-old Kim Clijsters in 2001, became the first from Poland to win a Grand Slam singles title. She entered the tournament with a No. 54 world ranking, and a recently-acquired high school diploma.

ENTERTAINMENT

INDIA GOES GLOBAL WITH CHHOTA BHEEM



Mighty Little Bheem is a global hit, courtesy OTT platform Netflix, as viewers seek alternatives to the white-dominated storylines. From his mother's sari to his love of laddoos, everything about the star toddler is Indian. His giant fan base stretches from Seattle to Sao Paulo, making it Netflix's most-popular show for pre-schoolers. Since its launch last year, it has been seen by more than 27 million households.

TODDLER ON RECORD BOOKS FOR EXTRAORDINARY MEMORY SKILLS

At only 21 months, a toddler from Hyderabad, Aadith Vishwanath Gourishetty, has bagged five records, including one in the 'World Book of Records' on account of his sharp memory skills. According to reports, Gourishetty has bagged the World Book of Records, India Book of Records, Telugu Book of Records, and two more National Records for his exceptional memory skills.



According to the World Book of Records, Aadith is adept at recognising objects, along with an awe-inspiring memory to recognise countries' flags, car logos, pictorial objects, and vehicles from shadows, mapping the professionals with tools, reciting, and identifying alphabets

YOUNG ACHIEVER

Facebook launches 'Emotional Health' for your well-being



TECH BUZZ

To help people cope with growing mental health issues during the pandemic, Facebook has introduced 'Emotional Health', a centralised resource centre on the

main app with tips and information from leading experts. The resource will be available globally, with locally-relevant information from mental health officials.

- 1 Facebook also launched a WHO 'Digital Stress Management Guide', which provides easy-to-follow techniques designed to reduce stress and promote mental well-being
- 2 It is available on the WHO Health Alert chatbot on WhatsApp
- 3 The social network has also announced a sticker pack on Messenger designed with the WHO to facilitate conversations around mental health

THE TIMES OF INDIA

presents

SCHOOL SUPER LEAGUE

In association with BYJU'S

Powered by THE TIMES OF INDIA



Do you want to be India's next Quiz Whiz?

Challenge yourself and participate in **India's Largest Quiz Contest**

Exciting prizes await the winners



Winners of DSSL will win a fully paid trip to NASA



Category toppers of Round 1 from every school will win a 1-year BYJU'S subscription

For more details, contact Times NIE Teacher Coordinator.

Kick-start Your Day The Right Way

Plan the night before

Put down just 1-3 of the most important things you want to get done on a to-do list. By keeping the list very limited it becomes easier to actually get the most important thing(s) done. And to not start procrastinating by doing a few of the less important and often easier tasks that you know you always used to add to a longer to-do list.



Photo: THINKSTOCK

Go slow

When you start your day slowly and keep doing things at a slow pace then it becomes easier to keep the stress away. It becomes easier to focus on what you are doing and keep your priorities in mind. When you go slow, you stay in the present moment more of the time and so less negative feelings come your way. And you appreciate the everyday things in life more because your attention is focused outward and not aimlessly inward towards what happened in the past or may happen in the future. When you start your day slowly, you sometimes get worried that this slow pace will mean that you get less done during the day. But at the end of the day you will discover that you actually got more done.



Photo: GETTY IMAGES

Prepare the night before

Reduce the stress during your morning by getting the simple de-

tails out of the way the night before.
SO:
➤ Pack your bag.
➤ Pack your and pencil case.

➤ Put your geometry box and water bottle near your bag. So you can quickly find and grab them before heading out of the door.

Keep a simple reminder on your bedside table

What you see during your first minutes after you are awake can have quite the effect on the morning and as an extension of that the whole day. Things you could put on that 'positivity note' are:

➤ ONE OF YOUR FAVOURITE QUOTES

A powerful and timeless quote is one of the easiest ways to charge the mind with positive emotions and to find a helpful perspective. So write down one of the own favourite quotes. Also remember the quote when you go about the chores for the day.

Get some positive information into your mind over breakfast

Start your day with something that does not depress you or makes you feel powerless to change your life or the world in some small or bigger way. Add inspiration and optimism like this:

- Reading one or a couple of new posts from positive, funny or uplifting blogs or websites.
- Listening to a podcast that boosts your motivation.
- Reading a chapter from a book that inspires you.
- Watching a motivating or uplifting video on YouTube.



Photo: THINKSTOCK

Start your day with the most important task

Find the most important task on the very limited to-do list you created. Do it first thing when your day starts. This task is often quite hard so it is easy to fall for the temptation to procrastinate. If you feel that urge, then just be still and do nothing. The most powerful part of the impulse to procrastinate by

Build a right think string

Doing what you deep down think is the right thing will make you feel good. It will boost your self-esteem and put a spring in your step for an hour or more. One way that you would like to do that is by creating a right think string.

HERE'S WHAT YOU DO:

- Do something that you deep down think is the right thing. Do it right now.
- Give a genuine compliment to someone at school or in your home.
- Help someone who seems lost with directions.
- Unclutter your workspace for two minutes.
- Go and work out.
- Then add another thing that you think is the right thing to do.
- Have an apple instead of an unhealthy snack.

HOW TO

- After you have added a right thing to your string - no matter how small it is - make sure to take a few seconds to pause and to appreciate the good thing you did.

THESE ARE THINGS YOU COULD SAY TO YOURSELF:

- Awesome!
- Well done!
- That was a good thing to do.
- That was fun! (and then smile).
- This boosts the positive mood within and ups the motivation to add another thing to your string.
- If you break the string, no worries. Don't beat yourself up.
- Take a deep breath and then start a new string instead.



Photo: THINKSTOCK



checking email or Facebook passes pretty quickly.

When the worst is over then go easy on yourself instead of trying to push yourself hard. Tell yourself that you will only work for 1-3 minutes on this important task. Then you can stop

if you like. But you may not want to do that once you have gotten started. This will set the tone for you for the rest of the day. Because getting started is most often the hardest part.

Credit: www.positivityblog.com

Make your Home Healthier

From stocking up on house plants to hoovering cuddly toys, making some tiny tweaks to your living environment could cut stress and boost well-being. Here, we reveal some simple ways to help you turn those familiar four walls into a health-boosting sanctuary.

SOUND OF SILENCE

Noise pollution isn't just an irritant, it can impact health too. A 2011 study by the World Health Organization showed that prolonged exposure to excess noise not only increased stress levels and lowered concentration, but also led to a higher risk of heart disease. Soundproofing experts say excessive noise levels are a "proven health hazard". To dampen

ALLERGEN ALERT

Even the cleanest homes can be full of allergens such as dust, which can set off sneezing, runny noses and rashes. Experts suggest to vacuum floors and clean surfaces regularly, as this minimises the amount of dust in the air. Vacuum your beds and fabrics to help remove dust and pet allergen particles. Keep toys in a cupboard to prevent the build-up of allergens (It may help to vacuum the toys too). And if you have pets, keep them off sofas and beds as much as possible. Ensure that they are really well groomed to minimise pet allergens.

BREATHE EASY

The air inside our homes often contains more pollutants than outside, thanks to chemicals released by everything from cleaning products to cooking. But investing in house plants can help redress the balance. Plants are brilliant anti-pollutants. They increase oxygen levels and have been shown to reduce cold-related illnesses.

Peace lilies are one of the best plants for removing indoor pollution, as they purify the air by absorbing pollutants through leaves and roots.

Meanwhile, Boston ferns are ideal for bedrooms as they improve humidity. Aloe vera purifies the air of formaldehyde and benzene - chemicals commonly found in household cleaning products. And snake plants are recognised by Nasa for removing toxins and releasing oxygen at night, helping you breathe easier - so this one is definitely right for your bedside table.

COLOUR BOOST

"Colours don't just change the look of a room, they can affect health too. Many of us don't realise the impact colour has on our mood," says Dr Nerina Ramlakhan, psychologist and sleep expert. A study by Minnesota State University found the colour red increases the body's stress response, while green and white calm it. Soft green is a restful, restorative colour. Another study found that soft pink was also a restful colour. Use only a couple of colours per room and choose accessories in shades you find calming, such as green and white.



sound, invest in some thick curtains and soft furnishings in plush fabrics such as suede and chenille. Use rugs on hard flooring and place wall hangings or upholstered furniture against walls that are shared with neighbours or face roads with heavy traffic.

LIGHT IT UP

One of the key elements in feng shui is letting natural light flow around your home - and for good reason. Natural light can improve mood, concentration and even sleep quality. To maximise natural light in a room, try hanging a mirror opposite the window. This will reflect and double the sunshine coming in. Also set up your workspace as close to the window as possible to take advantage of the light, and give your eyes a screen break by looking outside.

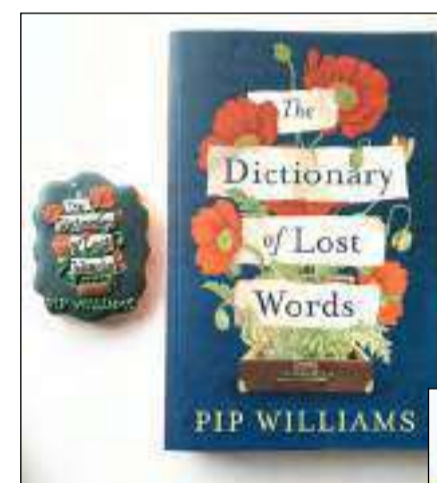


IDEAS TO TRY



Inspired by literature, her love for books and baking, a Twitter user @lauren1750 has been baking and posting pics of cookies that look like her favourite books! The talented baker, who goes by the name Lauren Farrell, has painstakingly decorated the cookies to resemble her favourite novels. We certainly like her in-

Book Cookies



genious lockdown creativity. The secret? A combination of simple sugar cookie recipe, perfectly mixed coloured icing, and a love for reading.

➤ Readers, did you make something based on your love for reading? Art perhaps or a book cover? Share with us via FB or Twitter. Get your folks to upload it online and give us a shout saying, 'Hi @TOIstudent, I made art! And we'll share it.'



QUIZ TIME (MIXED BAG)

Q.1) In which city did President Ram Nath Kovind inaugurate the first-ever World Youth Conference?

- A. Delhi B. Punjab
C. Delhi D. Tamil Nadu

Q.2) _____ is known as the "Lungs of the World".

- A. The Himalayas
B. Amazon
C. Sundarbans Reserve

Forest
D. Congo Basin Forest

Q.3) Indian Railway's 2nd double-decker Uday (Utkrisht Double-Decker Air Conditioned Yatri) Express will run between _____

- A. Cochin and Vishakhapatnam
B. Hyderabad and Secunderabad
C. Visakhapatnam and Vijayawada

Q.4) In which year was the Paper Currency Act enacted by the British Government of India?

- A. 1861 B. 1865
C. 1961 D. 1878

ANSWERS

1. A) Delhi 2. B) Amazon
3. C) Visakhapatnam and Vijayawada 4. A) 1861

CHECK YOUR APTITUDE

1. What is the least common multiple (LCM) of the numbers 90, 60, 75 and 35?

- A. 5600 B. 6300
C. 5800 D. 1100

2. Which of the following statement is true?

- A. 1 is not a prime number
B. 1 is a prime number
C. 1 is a composite number
D. 2 is not a prime number
3. The place value of zero in 1341.01 is:
- A. Hundreds B. Tens
C. Units D. Tenths

4. Three-fourth of the number of girls in a school is equal to half of the number of boys. If the school has 1420 pupils, how many of them are boys?

- A. 345 B. 678 C. 852 D. 655

ANSWER: 1. 6300
2. 1 is not a prime number
3. Units 4. 852

THE EDUCATIONIST

"Being a teacher, is not easy!"

SUKANTI LATA MISHRA, EDUCATOR, COLOURTEX ENGLISH MEDIUM SCHOOL, SURAT



Sukanti Lata Mishra

"The art of teaching is the art of assisting discovery", these words of Mark Van Doren hold true for every educator. The first educator for any child is his/her mother as it is the mother who can go deep into the child and bring that child just like a miracle through her motivational power, trust, patience, and tolerance.

Her unconditional love, affection, sacrifices bring a beautiful relationship in the children. When same mother turns into an educator, she shapes several lives simultaneously. She unlocks the potential of every child and shows the way through the light of knowledge.

For every student, she is a role model, whom they follow consciously and subconsciously. She cannot be weak or go wrong as several eyes are continuously seeking inspiration from

her. Donning multiple hats including that of an educator, mentor, friend, guide, philosopher, she works towards the growth of each and every child that comes in her contact.

She works just like a great warrior for her family and also for society. Her smile is an encouragement for others. Her speechless feelings sometimes come out in form of tears, anger, or smile but never demands anything other than appreciation. A greeting from a student, a kind word from a parent, or a little appreciation from the school management, motivates a teacher to do her best.

WORLD MENTAL HEALTH DAY CELEBRATED

The human body consists of body and soul, of which any perplexities on the former one are visible and talked about freely, but the latter gets often neglected. Rightly is it said that the physical injury gets healed, but the stains of an injury on the mind stay for longer.

Celebrating the World Mental Health Day with a view to create awareness among the children, the counselors at Udgam School for Children had intensified working on this subject and conducted different activities for the entire past week.

Smita Jalla, the counselor at Primary Section, taught the students the values of kindness and gratitude by conducting different activities including mood meter, stories, emotion wheel, and many more.

Archita Pradhan, the counselor at Middle Section created awareness about mental health and why it is important. Moreover, Taranjitkaur Dave, the counselor at high school, created awareness, and asked the students to come forward and share their thoughts.



Kaavya Shah, Class X

Niharika Gupta, Class X

Aarsh Mehta, Class IX

Palak Burad, Class IX

Students showed great success and helped a lot, especially during this lockdown, when many children are experiencing a huge behaviour change.

HANDLE CHILDREN WITH CARE!

The importance of mental health was never felt the way it has been during this time of the pandemic, which is a unique and one of its class experiences by the entire human race. It has been more than six months that we have been surviving these stressful times. In this situation, children need the utmost care. We need to focus on the Social and Emotional Learning of a child. It will help them to understand and reflect upon themselves and

enable them to express their thoughts and feelings to others. They will learn the skills to recognize and regulate their emotions, as well as form and sustain positive and healthy relationships in life. It is crucial how one mirrors his/her sentiments and deals with failures and challenges in life. Social and Emotional learning leads to positive social behaviour and fewer behavioural problems. It enhances academic success and teaches us to become sensitive and empathetic towards others.

ARCHITA PRADHAN, Counsellor, Middle Section

VALUE OF FITNESS

Sports give us a sense of identity and national pride. To highlight the importance of sports day, the students of the Atmiya Vidya Niketan School, Ahmedabad celebrated this day virtually with pride and enthusiasm. Different fun and fitness-oriented online competitions were held for different classes. The games are leg stand, jumping jacks, bouncing a ball, maximum sit-ups, etc.



"TAKE GOOD CARE OF YOUR MENTAL HEALTH"

Susan Jacob, a student of class XII (Humanities) at Zydus School for Excellence, Ahmedabad scored 86.6% in her board exams. She shares her success Mantra

Q How did you motivate yourself to keep going during the COVID pandemic?

To be honest, the constant negative news around the world did affect me and wore me out, but the persistent motivation by my teachers and parents made me focus on myself and my future. I aspire to be a fashion designer and just the thought of that motivated me to perform.

of fretting myself about it, I gave equal time to both and performed to the best of my ability.



Q How did you deal with the pressure to perform?

Whenever I felt overwhelmed, I would start sketching, play video games or talk with my friends. I put my mental health before anything and this helped me in dealing with stress.

Q Describe briefly the study plan you opted for while preparing for the boards.

The few months before my boards took place, I devoted myself to studying regularly for 3-4 hours and focussed on the subjects that I found tough. In addition, I didn't neglect the subjects at which I thrived and this way, it was easier for me to learn and understand all topics.

Q How did you balance academics with other activities?

I allotted the time for studies during the afternoon and this gave me enough time to relax and enjoy the evening. I avoided studying at night. I was attentive in my classes which helped me understand different concepts in a short period of time.



Q What were the key challenges and how did you tackle them?

I had my college entrance exams and interviews before and in between my pre-board exams. I had to prepare for both and I wanted to perform well in both. I felt pressure, but instead

Q What would you like to tell future aspirants?

A- Focus and be attentive during classes. Always put your mental health first, exhausting yourself continuously will not do any good in the long term. Take breaks in between study hours and give time to the things you love doing.

Express YOURSELF

Jaival Trivedi, Class IV, Zydus School Of Excellence



Daksh Shah, Class VII, Udgam School For Children



Dhyani Jagad, Class VIII, Zebar School For Children

Sakshi Verma, Class II, Podar World School, Sama

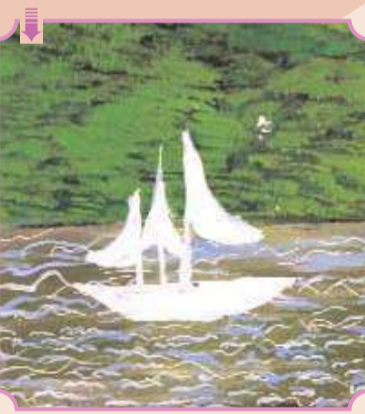


Kavya Patel, Class III, Mother Teresa World School



Priyanshi Jadav, Class XII, Essar International School, Surat

Rishit Savaliya, Class V, Delhi Public School, Rajkot



Medhavi, Class V, St Kabir School



Harsh Maheshwari, Class IV, Zydus School for Excellence



IF YOU SAVE WATER WATER WILL SAVE YOU

Coronavirus my teacher!

I think this coronavirus pandemic is a great teacher for me because it has taught me the value of all the doctors, nurses, police officers, health care workers, and many more. This pandemic has locked all of us inside our homes, but actually, it was not that bad. We have all learned something new, something creative. Don't you think that this pandemic can be called a teacher? I have learned so many things during this lockdown period like fighting the odd times, by being happy. I am sure that you must have also done something more creative than me. The best thing that I learned is family values, I could not spend quality time with my family before this pandemic because everyone was so busy. The most significant outcome of this pandemic was that I saw my

mother in a new light and I started to value her more. I think mothers deserve to be included as corona warriors. I just want to thank my mom for doing so much for us. I also want to extend a big thank you to all my teachers for teaching us virtually during this pandemic. AANYA JAIN, Class VII, Global Indian International School

EUTHANASIA: THE WORLD IS SUFFERING!



Euthanasia or "mercy death", has been a controversial topic since its inception. It is basically hastening of death of a patient to prevent further suffering. Active euthanasia refers to the physician deliberate act, usually, the administration of lethal drugs, to end an incurably or terminally ill patient's life. Passive euthanasia refers to withholding or withdrawing treatment

which is necessary for maintaining life. It is applicable when a person finds death more preferable to the quality of the life that you have while suffering from what seems like an incurable affliction. People are entitled to a life of dignity, free from torture, and keeping someone alive forcefully even as they suffer, is not apt. Many countries have legalized Euthanasia as it is a necessary evil to end the suffering. BUSHRA HAWA, Class IX, St. Kabir School, Navrangpura

ODE TO THE PEN

CHILDREN

Growing up! Growing up, That how, missing those days we had spent, And thinking about the time which has not come yet. Busy with all our dreams and aspirations, And that how we got our different destinations. Remembering those memories, how I feel I have lost my wonderful days. And growing up, For the time which has not come yet!

JIYA VORA, class XI, Gajera English Medium School, Surat

FUTURE MAKERS

They are the educators, instructors, tutors, gods, and goddesses. They are the ones who never say "Stop dreaming" They are the reason for your confidence brimming. They never say you are weak, You're bright future they seek. They make you strong and sure; Your success they secure. They make us laugh smoother, We call them our guru or

SUMAN BAGADIYA, Class IX, Aga Khan School, Mundra

teacher. They are called before God's name. They bring respect, love, unity, and fame. They give us laughter, They bless our future, They make us shine brighter, They make us strong fighters. They are an ever-lasting treasure of Knowledge - I say clear and loud. The only gift we can give you is our secure future, to make you proud.

DAD



I glad that I have a Dad. Sometimes good, Sometimes bad, sometimes he gets mad. I can't understand what in him is lack, but he is always considered at the back. Mom cooks for the house, for the house he earns but back he turns. Both equally love the children but he is at the back of the train I can't understand what in him is lack but he is always considered at the back But it's necessary for him to stay at the back, He is the backbone from which we can stand up straight

JIT SHAH, Class VII, Udgam School for Children

A look at the overseas stars who were expected to take the IPL 2020 by storm but are yet to fire on all cylinders

TOP 5 FOREIGN PLAYERS WHO HAVEN'T FIRED YET

ANDRE RUSSELL (KKR)

Andre Russell, one of the standout performers of last season, has fared way below expectations with the bat so far, scoring just 55 runs in six matches. The only saving grace for KKR has been his performance in death overs with an economy rate of 8 and 5 wickets. Russell's performance with the bat is central to how far KKR will go in the series. KKR batsman Shubman Gill says Russell is saving his best for the last.

JOS BUTLER (RR)

Jos Butler's has been a huge disappointment. The Englishman has failed to give RR a strong opening stand, scoring a meagre 130 runs in 5 innings. Time has come for Butler to deliver or else the Royals will make a quick exit before the playoffs.

GLENN MAXWELL (KXIP)

In seven IPL games, Glenn Maxwell has scored 58 runs at an average of 14.50 and a strike rate of less than 100. With the ball, the Australian all-rounder has taken just 1 wicket, conceding at over 9 per over. No wonder, his team is at the bottom of points table. On his disappointing show, former cricketer Virender Sehwag said, "It has to be kept in mind that he scored his last half-century in 2016."

STEVE SMITH (RR)

The woeful run of form of Captain Steve Smith is giving Rajasthan Royals sleepless nights. In six innings, he has scored a meagre 157 runs. This has led to Royals slipping to seventh position. Acknowledging his poor batting, Smith said, "We have not been able to get a good start and the top four just haven't been able to score a lot of runs in games. We'll have to address that."

AARON FINCH (RCB)

Australia limited-overs captain Aaron Finch, the first to play for eight franchisees in IPL, was expected to take the load off Virat Kohli and AB de Villiers. But his performance has been below par. Despite playing every match this season, he averages 20.66 at a strike rate of 109.73.

'Was putting too much pressure on myself'



Back-in-form Royal Challengers Bangalore skipper Virat Kohli said he was "putting too much pressure" on himself but the Super Over game against Mumbai Indians "opened his mindset" and helped him turn it around for the better. Kohli, who was struggling with his form, blasted an unbeaten 90 off 52 balls in RCB's 37-run win over Chennai Super Kings. Virat credited the pull shots against Jasprit Bumrah in the super over against Mumbai Indians in a September 28 clash for freeing him up.

"I was trying to do too much, taking focus away from what I need to do - watch the ball and bat. Sometimes you forget you're only a player out there, and the responsibility kicks in." RCB skipper Virat Kohli

'It's crazy'

Iga Swiatek reacts after becoming first Polish to win Grand Slam singles title



"I'm overwhelmed. Two years ago I won a junior grand slam and now I'm here. It feels like such a short time. It's crazy for me because I watched Rafael Nadal lift the trophy every year and now I'm in the same place."

Iga Swiatek, Winner, French Open 2020

Messi could be convinced to stay at Barcelona: Suarez



TEST YOUR KNOWLEDGE

SPORTS QUIZ | Theme: Cricket

Q1: The first official international cricket match was held in 1844 between which countries?

- a) India and Afghanistan b) England and Australia c) The United States and Canada d) England and India

Q2: Test matches are the most extended format of International Cricket. It lasts for how many days?

- a) Six days b) One day c) Five days d) Eight days

Q3: Which of the following statements is associated with Duckworth-Lewis method?

- a) The awarding system for victory in matches interrupted by the weather b) A training schedule in which the batsmen practice blindfolded c) A tactic that requires every fielder to be placed on a side d) None of these

Q4: In a cricket match, LBW stands for?

- a) Loss by weather b) Last ball win c) Leg before wicket d) None of the above

Q5: What is the meaning of the phrase 'bowl the maiden over'?

- a) Colliding with other fielders when attempting to catch the ball b) When the batsmen do not score any runs in six successive balls bowled c) Having 100 runs and taking five wickets in the same game d) None of these

Q6: Identify the sportsperson shown in the picture.

- a) Ravi Bishnoi b) Yashasvi Jaiswal c) Kamlesh Nagarkoti d) Abdul Samad



Q7: Who is the Sri Lankan right-arm fast bowler commonly used as a specialist death bowler, and is well known for his distinctive round-arm action, sometimes referred to as a sling action?

- a) Lasith Malinga b) Muttiah Muralitharan c) Kumar Sangakkara d) Mahela Jayawardene

Q8: Who is the current president of the board of control for cricket in India?

- a) Rahul Dravid b) Virender Sehwag c) VVS Laxman d) Sourav Ganguly

Q9: Which cricketer was announced as the inaugural recipient of the BCCI's Lifetime Achievement Award for Women?

- a) Mamta Maben b) Mithali Raj

- c) Shantha Rangaswamy d) Harmanpreet Kaur

Q10: Who has been named as Coach of India A and Under-19 cricket teams after the first meeting of BCCI's advisory committee in Kolkata?

- a) Sourav Ganguly b) Rahul Dravid c) Ravi Shastri d) VVS Laxman

Q11: Who remains the only captain to have not gotten a chance to bat in a WC final so far?

- a) Steve Waugh b) Ian Chappell c) Wasim Akram d) Graham Gooch

ANSWERS: 1 c) The United States and Canada 2 c) Five days 3 a) The awarding system for victory in matches interrupted by the weather 4 c) Leg before wicket 5 b) When the batsmen do not score any runs in six successive balls bowled 6 a) Ravi Bishnoi 7 a) Lasith Malinga 8 d) Sourav Ganguly 9 c) Shantha Rangaswamy 10 b) Rahul Dravid 11 a) Steve Waugh



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STUDENT EDITION

SATURDAY, OCTOBER 10, 2020



IN TODAY'S EDITION

ON PAGE 2: Learn how to be a better public speaker PLUS: Know idioms related to time

ON PAGE 3: Why we love Timothée Chalamet? PLUS: Books to handle uncomfy emotions

ON PAGE 4: Like tennis and want to learn more? Check our ready reckoner

LESSONS FROM

PREPPERS

In a crisis, would you rather be a hoarder, an opportunist or survivalist?

Survivalism is a movement of individuals or groups who actively prepare for emergencies, including possible disruptions in social or political order

From reading about preppers preparing for the end of the world, we came to playing preppers ourselves. It would be so much better to cultivate a habit of preparedness into a lifestyle.

Who are the preppers?

Simply put, preppers are peo-

ple with foresight and preparedness for worst-case scenarios, like solar flares, economic collapse, pandemics, nuclear war, terrorism, food shortages and more. They are heavily self-reliant. They were either raised to take care of things themselves, or they seek out various

skills that make them well rounded. Most people had to prepare to various extents in the past. Because of the high possibility of natural disasters and economic instability, preparation is a good idea now.

Collective action

Often considered paranoid, preppers have spent years being

ridiculed by capitalist societies. But the present pandemic has changed that. While we were scrambling for food and medical supplies, these folks were sitting pretty in their shelters. Also, the crisis has been a stark reminder of the importance of collective action, something the preppers are deeply rooted in. We can't aid our elderly, immunocompromised or poorer neighbours in a pandemic if we haven't done the bare minimum of preparations ourselves. Centred in community values, survivalists teach each other off-grid living through simple things - like how to choose the best solar panels, as well as the importance of growing organic produce, collecting rainwater, harvesting coffee, and storing it all in a root cellar.

MAKINGS OF A SURVIVALIST

Life skills you can pick from them...

- 1 Live life debt-free and with minimum commodities:** Preppers share a lot of values in common with sustainability crusaders. They bring to fore an urge to return to simpler lives that are less consumption-driven.
- 2 Grow your own food:** There are people that garden for fun and those who garden for food. Closer you come to gardening for food, more likely you are a prepper.
- 3 Maintain low household energy demands:** Live close to your place of work so that you have lower vehicle fuel demands. In winter, dress warm, shut off any unused areas of the house and use solar power to heat water.
- 4 Stock up in advance:** Always have a stocked pantry and a box of bottled water as well as candles or battery-operated lamps. The most basic level of prepping includes the items you would take camping or for any outdoors trip. Can come handy in the event of an earthquake.
- 5 Make a bug out bag:** A BOB is a portable kit that normally contains the items one would require to survive for 72 hours when evacuating from a disaster, like cutting tools, sleeping bag, bandages, a portable water filter, SOS medicines, food etc. During disasters, you need your mind and body to stay sharp.
- 6 Learn first-aid skills:** You have to fill your mind with essential skills like learning how to administer first aid to a wound or injury.
- 7 Train your mind:** Disasters take a heavy toll on one's mental health. Learn techniques on how to calm down, so you can have a sharp mind to make crucial decisions.

GOOD TO KNOW

How is your TOXIC HOME?

While we are staying home to beat the virus, we might be overlooking the downside of staying indoors. Lack of ventilation and indoor pollution can not only increase your chances of getting sick but also cause long-term health issues. Any given house has multiple sources of pollution - from heating, cooking, cleaning, smoking, perfumes to furnishings. Even the simple act of moving about stirs up particles! Odours from household cleaners; fumes from dry cleaned garments; gas stoves; saliva and dander from pets... the list of environmental toxins is endless. It is therefore important to have a check of the air quality inside our homes.

they also have the ability to remove indoor pollutants such as benzene and formaldehyde. One can also have a kitchen garden or a small garden space by the windows that eliminate the harmful elements present in the air. Rather than buying plastic products, opt for recycled products that are now 100% organic. Encourage everyone to consume limited sources of energy. Turn off electronic devices when not in use, switch off lights, air-conditioner and fans when not in the room. Maintain indoor humidity below 50% to prevent mould growth. Use alternative cleaning products such as natural, non-toxic cleaning agents that are eco-friendly. You can also remove carpeting and keep shoes at the door. Avoid smoking indoors, minimise air freshener use. Test your home for radon. Don't light scented candles. Fix water leaks.

HOW TO FIX IT
Indoor house plants not only serve as great home decor, but



- Supriya Sharma

JK ROWLING, AUTHOR

Everyone knows that JK Rowling conceived the idea of Harry Potter in 1990, and the first book came out in 1997. The seven-year period that followed saw the death of her mother, birth of her first child, divorce from her first husband and relative poverty. In 1993, she took to writing as catharsis. She said, "What was the worst that could happen? It could get turned down. Big

The Rock says that "You have to realise, you're not alone"

FAMOUS PEOPLE, THEIR STRUGGLE

AND WHAT LESSONS YOU CAN LEARN

deal." **What you learn:** Channelise yourself. It's important to find a ray of hope.

DWAYNE JOHNSON, ACTOR/PRODUCER

Dwayne Johnson aka The Rock may be a tough guy but has gone through bouts of depression. In Oprah's Masterclass, he said, "I found that, with depression, one of the most important things you could realise is that you're not alone. You're not the first to go through it. You're not going to be the last."

What you learn: Contextualise your situation and always know that you are not alone.

PRINCE HARRY, FORMER BRITISH ROYAL

In April 2018, the Prince told 'The Telegraph' that he "shut down all his emotions" for almost two decades after the death of his mother, Princess Diana. It wasn't until he was 28 years old that he began to see a professional

to address his grief. He has encouraged others to open up about their own struggles. **What you learn:** He said, "Once you start talking about it, you suddenly realise that actually, you're part of quite a big club." Seek support.

MILEY CYRUS, SINGER

In an interview with 'Elle', Miley said "[Depression is] more of an issue than people really want to talk about. Because people don't know how to talk about being depressed - that it's totally okay to feel sad... There's not much that I'm closed off about, and the universe gave me all that so I could help people feel like they don't have to be something they're not or feel like they have to be fake happy. There's nothing worse than being fake happy." **What you learn:** Don't force yourself to be happy. Sadness is an emotion - experience it.

LENA DUNHAM, AC-

TOR/WRI-TER

On one of her Instagram posts, Dunham, who experiences anxiety and depression, wrote: "To those struggling with anxiety, OCD, depression: I know it's mad annoying when people tell you to exercise, and it took me about 16 medicated years to listen. I'm glad I did. It ain't about the a*, it's about the brain."

What you learn: Endorphins are real. Exercise can make you happy.

SHAWN MENDES, SINGER

In an interview to 'People', he said, "Talking about the problem, putting it out there, was one of the scariest but most important things I've ever done." Speaking to 'The Sun', he said: "I still struggle with it but just remember every day that everyone deals with some level of anxiety or pressure; we're in it together." **What you learn:** Even though it seems huge, it's important to talk about your issues.

LADY GAGA, SINGER/ACTOR

In 2016, Lady Gaga revealed she suffers from post-traumatic stress disorder (PTSD). In an open letter for the Born This Way Foundation she wrote: "There is a lot of shame attached to mental illness, but it's important that you know that there is hope and a chance for recovery." She is open about her struggles and says that fighting for mental health has good and bad days. **What you learn:** Good mental health is constant work.

ZAYN MALIK, SINGER

In his autobiography, 'Zayn', Malik details how the pressures of performing and touring with One Direction led him to restrict his food intake to an unhealthy extreme. He talks openly about his mental health.

He told 'The Sunday Times', "People are often afraid to admit difficulties, but I don't believe that there should be a struggle with anything that's the truth." **What you learn:** Everyone is going through a struggle, empathise.

LILLY SINGH, YOUTUBER

With over 12 million subscribers, Lilly Singh (a.k.a. Superwoman) is one of the most popular YouTubers in the world. In 2013, Lilly talked about her battle with severe depression. "I eventually learned to talk about my feelings, create healthy relationships and most importantly, to love myself. It became my goal to take all the pains of depression and transform those pains into lessons and tools I could use to better my life," she said. **What you learn:** It's OK to feel sad from time to time, but if you're feeling upset all of the time, it's important to get help.

Zayn Malik says keep introspecting

Lady Gaga says, "Mental health has good days, bad days"

"Everyone deals with some level of anxiety," says Shawn Mendes

Are you suffering from ONLINE FATIGUE?

Pallavi.Shankar@timesgroup.com

Navigating the world of video calls and group chats is not always convenient - even if you are clad in comfortable home clothes. After all, in the physical world, no one expects every statement to be acknowledged instantly. In the online universe, there is a rush to perform...to be seen.

Too fast and furious Everything in digital life is instant - from texting to online classroom questions. People are scared of fading out of view if they are not prompt enough. This universe is where "major human connection" is taking place. "Six months of functioning in the new online system has affected the ecosystem of body and mind," says psychiatrist Dr Jitendra Nagpal. People are seeking validation for work or otherwise through online channels.

Catching attention Children are especially struggling as they try to get the teacher's attention on their microphones. In the absence of real-life contact, the less talkative kids - still in the evolving stage of learning to communicate effectively, are struggling to be "seen" in a sea of voices. "Introverts are feeling less noticed and less relevant and in the process of going the extra 'online mile' to make their presence felt, which leaves them emotionally drained. After all, who wants to become invisible from the sight and mind of their teachers and classmates?" asks Nagpal. The socialising scene is also largely online. Not everyone is confident with the camera on. The online

Online video is the connector but also the intruder making people conscious about how they look and sound digitally

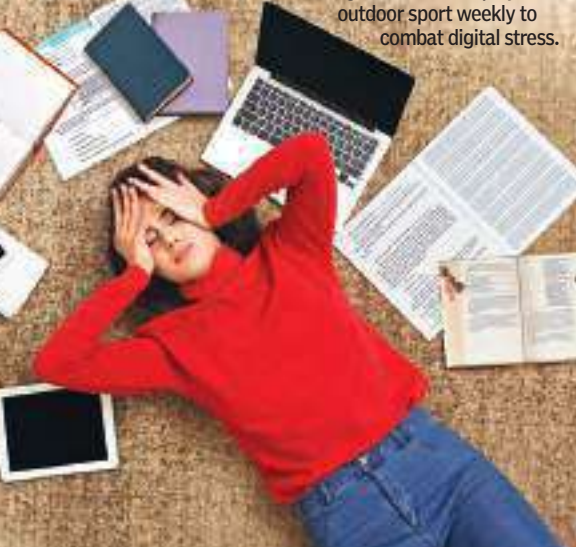
video is the connector but also the intruder prying and making people conscious about how they look and sound digitally.

Manage this fatigue **Fewer video calls:** Limit video calls to those that are necessary. Psychiatrist Dr Sanjay Chugh recommends, "Turn on the camera only in classes/meetings where your visual presence is required in a serious enough way. Else, interact without the pressure of 'video on' mode." **No FOMO please:** Making an effort to stay away from the FOMO zone is also important. You won't be forgotten if you miss one activity discussion on a weekend. "Switch off and sleep if you want to rather than being present in a space where you are around just because the rest of your schoolmates are also doing that trendy activity," advises Nagpal. **Get some space:** You need to

Introverts are feeling less noticed and the process of making their presence felt leaves them emotionally drained

create buffers between your work (or school image) and private personas. When the cool headboy is being curtly asked by his mom to lower the laptop volume, it may create tension and low self-esteem in the student who has the

image of a toughie. To avoid this identity crisis drama, have a quiet corner for your classes. **Sleep:** "Target 8 hours of sleep. When eyes are strained, sleep quantity and quality becomes all the more essential," says Nagpal. Listen to nature sounds 30 minutes before your bed time. **Don't be harsh on yourself:** "Refrain from being too critical of yourself if you feel you are not articulate enough or not smart enough in your digital interactions," adds Chugh. Do your best - eat healthy, go out for regular walks and play an outdoor sport weekly to combat digital stress.



Feeling the pinch? Or riding the gravy train...

THE ORIGINS OF POPULAR FINANCIAL PHRASES

BALLPARK FIGURE

Means: An educated guess; a rough but considered estimate
Many think that the origin comes from baseball, but it actually began with the US Military and NASA. A "ballpark figure" simply refers to the fact that, during a landing test/missile test/splashdown, a single point was far too inaccurate to use as a target. So, a "ballpark figure" would be given instead.

GRAVY TRAIN

It means: A situation where lots of money can be made for little-to-no effort
This term has nothing to do with a delicious dinner. Railroad workers in the 1920s adopted the term to refer to an easy but high-paying run - hence riding the "gravy train".

FOOL'S GOLD

Means: Something mistakenly believed to have potential
"Fool's Gold" is the name given to iron pyrites, which look a bit like gold but are worth little-to-nothing - as

MONEY MATTERS

CENTS

Means: An opinion, or piece of advice, that is often unwelcome
The origin are assumed to be the same as the British counterpart, giving your "tuppence worth"/"two pennies' worth". Alternately, could come from starting bet in poker.

NEST EGG

Means: An amount saved for the future; often life savings
A 'nest egg' is a fake ceramic egg added into a hen's nest to encourage her to lay. It is said to have grown out of the assurance that a 'nest egg' would yield extra eggs.

WHEELER DEALER

Means: An individual or the act making a situation profitable - come what may
The origins comes from the motor trade, where advertisements for 'wheel deals' - great value cars - were commonplace in the 1930s. This became a verb and evolved to usage beyond just the motor trade. Anyone who was shrewd enough to make a good sale became a "wheeler dealer".

MY TWO

FEEL THE PINCH
Means: To be under financial hardship
Originating from 'a pincher' means to be "in a pinch" or to feel the squeeze. In 14th Century, pinch started getting associated with money like 'to pinch' or pinching pennies.



Public speaking is not about getting rid of the nerves. It's about managing them

Hi friends. We are **HOPPER & CROCKY**. We get a lot of mails from our readers asking us how to overcome the fear of public speaking. Don't worry! We got you covered. Darlene Price gives 11 tips for calming your nerves before a big presentation:

DARLENE PRICE, President and Co-Founder of Well Said!, Inc

Prepare

Preparation is the key. Make sure you do a complete research of the topic, curate your content, and know your material well in advance. Price suggests, "Just remember the six Ps: Proper Preparation and Practice Prevent Poor Performance," she says. "Procrastination only leads to increased anxiety."

Know your venue

"Don't wait until you arrive on stage to realise that there's a structure blocking your view of the audience, or that there are problems with the audio-visual equipment provided," says public speaking coach Ian Cunliffe. Research the venue, become familiar with the schedule of events surrounding your presentation, and test the equipment beforehand.

Rehearse aloud

There's no better way to calm your nerves and ensure a winning presentation than to rehearse aloud, with an audience if possible. "Ideally, record the rehearsal and review your performance," Price says.

Visualise your success

Sports psychologists have proven that an athlete's ability to vividly visualise his or her success cre-

ates a higher win rate, she says. "Before your next presentation, mentally walk yourself through the presentation. Picture yourself speaking with confidence and poise; see your audience responding positively."

Positive self-talk

"Replace negative thinking with affirmations, which comes from the Latin affirmative, 'to make steady or



Photos: Getty Images

As a speaker facing an audience, we often fear failure, criticism, judgment, embarrassment, comparison, or rejection. Physically, nervousness and anxiety may cause an increased heart rate, a queasy stomach, sweating, shaking, shortness of breath, weak knees, dry mouth, a quivering voice, blushing, muscle tension, headache, stuttering, lightheadedness, or even fainting. Despite the scary list of symptoms, the good news is this: There are no negative consequences from feeling nervous; the trick is to avoid showing it.

DARLENE PRICE

strengthen," Price says. "Say to yourself, 'I am a dynamic speaker.' 'I am enthusiastic and engaging.' 'I am prepared and confident.'" As Henry Ford once said, "Whether you think you can or think you can't — you are right."

Know your audience

"Do a little research beforehand in order to find out what your audience expects from your presentation," says Cunliffe. "Arrive early and talk to a few audience members about their needs. This way, you'll have insider information and friendly faces that you can focus on when you take the stage." Price says, "Conversation helps relax your nerves, creates a bond with your audience, and sets the stage for 'personable' speaking versus 'public' speaking."

Take a deep breath

Find a private area beforehand where you can do some light stretching or a few kneebends. Another option is to take a brisk walk down the hall and back. "This rids the body of excess energy," she explains. "In addition, take several deep breaths. Inhale through the nose on a slow count of three; and exhale through the mouth on a slow count of three. Deep breathing floods the brain with oxygen."

Memorise your opening

The beginning of the presentation often carries a rush of adrenaline. Learn your first few sentences so well you don't have to think about it. "This empowers you to start strong and make a confident first impression despite nervousness," says Price.

The three audience truths

ONE: They believe you're the expert, so don't tell them otherwise. **TWO:** They want you to succeed, so they're on your side. **THREE:** They won't know when you make a mistake, so don't announce it.

Smile

Sincere smiling emits chemicals in the brain that calms the nerves and promotes a sense of well being, she says. "Plus, it shows your audience that you're happy to see them and is enthusiastic about the message."

Source: Business Insider

Common terms used in international trade

Consumer Spending

We all buy goods and services for our personal and household use. That makes us all consumers. So then, consumer spending refers to the purchase of goods and services by consumers like us

Economic interdependence

A relationship between two or more people, regions, nations or other entities in which each is dependent on the other for necessary goods or services.

Tariff

A fee charged for goods brought into a country from another one.

Embargo

A law that cuts off most or all trade with a specific country.

Balance of payments

The difference between the amount of money a country pays to foreign



Photo: Getty Images

countries and the amount it receives from them.

Subsidies

A government payment that helps cover the cost of an economic activity that can benefit the public.

Market turbulence

The sudden rise and fall of stock market. It can occur from geopolitical turmoil, poor earnings reports across many companies in a single market segment or even irrational investor fears.

Balance of trade

The difference between the value of a country's imports and exports.

Trade deficit

The amount by which the cost of a country's imports exceeds the value of its exports.

Free trade

Free trade is the unrestricted importing and exporting of goods and services between countries. The opposite of free trade is protectionism.

Incorrectly used phrases

1. EACH ONE WORSE THAN THE NEXT VS. EACH ONE WORSE THAN THE LAST

Unless you can foresee the future, "each one worse than the next" doesn't make sense. For example, you can't compare two bicycles until you've tested them both. So logically, you would compare the current bicycle to the last bike you tested. **Example:** Sam made three cakes today, each one worse than the last.

2. ONE IN THE SAME VS. ONE AND THE SAME

When you really sit and think about it, "one in the same" doesn't mean anything at all. The correct phrase "one and the same" means that two things are the same.

3. GIVING AN EXAM

You never give an exam, you take an exam. **Incorrect:** I am giving my History exam today. **Correct:** I am taking my History exam today.

4. DEEP-SEEDED OR SEATED?

CORRECT: Deep-seated. This phrase means something is firmly fixed in place, not that it is planted deeply, as the latter implies.

5. PERQUISITE VERSUS PREREQUISITE

A perquisite is a payment or profit given in addition to regular wages or salary. A prerequisite is something that is required as a prior condition. **Example:** He satisfied all the prerequisites for employment as the CEO, and after he landed the job, he en-

joyed myriad perquisites, including use of a corporate jet.

6. ALL AND ALL

We believe that what you meant to say was "all in all," which is an idiom meaning "everything being taken into account." **Example:** We both thought that all in all it might not be a bad idea. **Example:** All in all, it seems like the set-up for an intelligent thriller.

7. I COULD CARE LESS

This is the incorrect way to say you don't care. If you say I could care less, it means you care a little. **CORRECT:** I couldn't care less.

8. I'D LIKE TO WELCOME YOU ALL TONIGHT

Use either 'you' or 'all of you'. You is a singular and a plural pronoun. **CORRECT:** I'd like to welcome you/all of you tonight.



Photo: Getty Images

DID YOU KNOW

■ Kertz-

Who would have thought it? This is not the name of the villain in a bad science fiction movie, but the act of gulping something down in haste. It's pronounced as 'zerts'.

■ The word cereal comes from the Roman Goddess Ceres, and her association with edible grains.

■ Do you know that a group of flamingos is called flamboyance.

■ The burnt or used part of a candlewick is called the snaste.

■ Xenoglossy is the apparent ability to speak a language that you've never actually learned.

■ Anything described as transpontine is located on the opposite side of a bridge.

■ To quomodocunquize means "to make money by whatever means possible."

IDIOMS RELATED TO TIME

Third time's a charm

MEANING: The third time you do something it will finally work.

EXAMPLE: Mahek: I've called Priya twice, but she doesn't answer her phone. Rani: Try again. The third time's the charm.

The crack of dawn

MEANING: Time when sun rises.

EXAMPLE: I used to have to get up at the crack of dawn, but nowadays I don't have to.

The early bird catches the worm

MEANING: If you do something in a timely manner you will succeed.

EXAMPLE: I'll go to work early today. After all, the early bird catches the worm.

To buy time

MEANING: To postpone an event hoping that the situation will improve.

EXAMPLE: The policeman tried to reason with him in order to buy time until backup arrived.

On someone's watch

MEANING: During the time that someone is in charge, while someone is on duty.

EXAMPLE: I guess I have to bear the blame since it happened on my watch.

From the cradle to the grave

MEANING: The whole of your life.

EXAMPLE: She lived in the same village from the cradle to the grave.

Be stuck in a time warp

MEANING: To remain unchanged from a time in the past.

EXAMPLE: This town is so entrenched in its backward ideals, like it's stuck in a time warp!

When the time is ripe

MEANING: When the time is appropriate.

EXAMPLE: The time was ripe to talk about peace.

Time off

MEANING: To have a period of time free from employment.

EXAMPLE: I decided to take some time off to visit my family.

Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on

toiniel75@gmail.com



Photo: Getty Images



"A good deed here, a good deed there, a good thought here, a good comment there, all added up to my career in one way or another."
SIDNEY POITIER, actor



WHY WE ALL LOVE TIMOTHÉE CHALAMET

The French-American actor eases into his roles and attires with an emotional and sartorial maturity not expected out of a 24 year old

Haimanti.Mukherjee@timesgroup.com

HE'S AN 'ARTTHROB'

"In 2019, being soft is cooler than being a hard-edged hero," writes Douglas Greenwood in 'Vogue', describing the 'arthrob' that is Timothée Chalamet. Writer Anne T Donahue coined the term describing new male stars like Chalamet, who are consciously portraying a softer, fluid side of their personalities and consciously moving away from the traditional trappings of being the macho man.

HE'S A TRUE HERO

Apart from 'The King', all of Chalamet's roles — that made him a superstar in just a couple of

years — were non-lead roles; albeit complex ones. Or characters to which he brought such ease and complexity to at the same time that audiences and critics both fell in love with him. From 'Lady Bird' to 'Little Women', Chalamet has played the love interest of powerful female characters without any hesitation or insecurity that plagues most actors well into their adulthood. And he's just 24.

HE CAN RAP

Did you know Chalamet used to be a rapper who went by the name Lil' Timmy Tim? While at LaGuardia, he briefly pursued a rap career. He wrote a song about how much he loves his high school statistics teacher, Ms Lawton. You've got to

watch it to believe it.

HE WAS TOO ANXIOUS TO PLAY SPIDEY...

Chalamet auditioned for 'Spiderman', a role that ultimately went to Tom Holland. In an interview with 'The Hollywood Reporter', Chalamet said that he "read twice and I left sweating in a total panic" after auditioning. He also considered going back to audition again but decided against it. The ease with which he discusses his anxiety issues makes him a superstar of our times, and gives hope to young people all over the world to open up and talk candidly about their own anxieties without the fear of being judged.

Sources: Vogue, PopSugar

FASHION ICON

"While many other conventionally attractive actors have built a personal brand on their staunch masculinity over the years, beefing up to take on the role of the macho man, Chalamet has segued into a different state of being," adds Greenwood. (From left to right) Pic 1. A suit by Sarah Burton for Alexander McQueen that Chalamet wore to a London premiere of one of his films. Pic 2. The avant-garde silver suit by Haider Ackermann that he wore to Venice Film Festival in 2019. Pic 3. Chalamet displaying his love for the band 'Gorillaz', with a tee paired with drop-crotch trousers by Isabel Marant, while promoting 'Lady Bird'

Dialogue-baazi

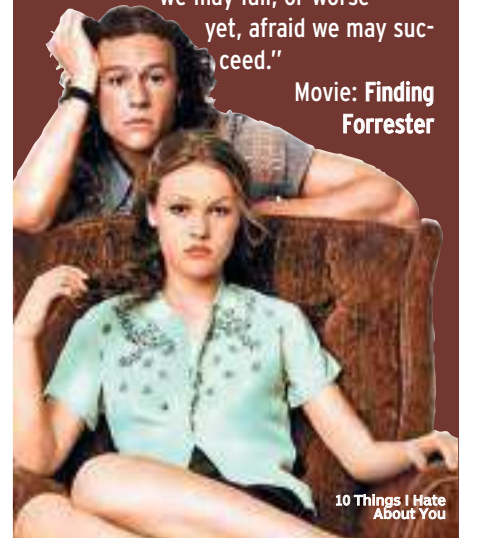
"A wise man can learn more from his enemies than a fool from his friends."
Movie: Rush

"Don't let anyone ever make you feel like you don't deserve what you want."
Movie: 10 Things I Hate About You

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."
Movie: Ferris Bueller's Day Off

"Sometimes, it is the people who no one imagines anything of who do the things that no one can imagine."
Movie: The Imitation Game

"We walk away from our dreams afraid we may fail, or worse yet, afraid we may succeed."
Movie: Finding Forrester



KNOW YOUR GENRE Transhumanism

DEFINITION Transhumanism is a movement that believes in the transformation of humans through the addition of technology to their physiology. Many propose that the goal of transhumanism is to ultimately transcend immortality.
WHAT'S THAT NOW? Take the case of artist Neil Harbisson, who was born completely colour blind. To correct this, he had a small device attached to his head which converts colour into audible frequencies. Yes, this 'Sonochromatic Cyborg Artist' hears colours!



Explore in books:

- This genre comes within the realm of science fiction:
- 'Cyborg' by Martin Caidin (above pic.)
- 'Accelerando' by Charles Stross
- 'The Transhumanist' by Zoltan Istvan
- 'Stranger In A Strange Land' by Robert A Heinlein
- 'The Night's Dawn Trilogy' by Peter F Hamilton



incredibly human experience in which our enormous capacity for love is equal to our capacity to feel pain. Expect incredible advice like: "Every day, I try to do one thing I can be proud of. Then, when I go to bed, I think very, very hard about this one thing."

THE HEART AND THE BOTTLE by Oliver Jeffers

Author E B White ('Charlotte's Web', 'Stuart Little') famously said: "Anyone who writes down to children is simply wasting his time. You have to write up, not down." That is how books can address children's experience of life's darkest moments without overprotecting them. Oliver Jeffers is one such author. His book 'The Heart and the Bottle' is about a



"What matters most are the simple pleasures so abundant that we can all enjoy them... Happiness doesn't lie in the objects we gather around us. To find it, all we need to do is open our eyes"
- 'The Little Prince', Antoine de Saint-Exupéry

girl who locks away her heart and emotions. It's a gentle reminder of what happens when we block our emotions. The answer, as per this fantastically illustrated fable, is that while there are plenty of dark moments in life, there is much to lose when we avoid our difficult emotions.

LAYLA'S HAPPINESS by Mariahadessa Ekere Tallie and Ashleigh Corrin

If we asked you to think about your idea of 'perfect happiness', what would it be? A cup of iced tea? A piece of warm toast with melted butter? Reading books? Watching the sunset? Go ahead, and give it a think because the answer that you come up with will be as unique as you. For example, anthropologist Jane Goodall's answer was, "sitting by myself in the forest of Gombe National Park, watching one of the chimpanzee mothers with her family". Reading this book is a deceptively simple exercise. As you go on reading her list of things, you'll realise that none of them cost a thing. Sometimes, life is about savouring the little joys — that's all it takes to be goofy and smiley. This book will remind you that it's important to be kind to yourself. It's full of brilliant illustrations.

Ask by Deborah Malcolm
A superbly illustrated picture book about one boy's journey through depression.

The Present is a Gift by Echanan Ogorek
A journey into achieving mindfulness for oneself through various ways.

Everybody Gets the Blues by Leslie Staub and R G Roth
A Blues man helps remind a young boy that it's okay to feel bad, sad and mad, all at once.

How to say 'I'M SAD'

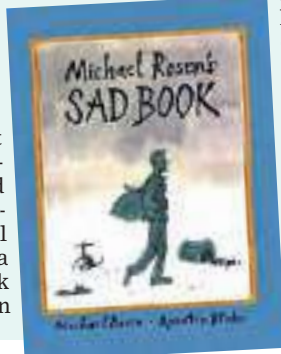
...and other uneasy emotions that get us down more often than ever these days

Nitya.Shukla@timesgroup.com

MICHAEL ROSEN'S SAD BOOK by Michael Rosen and Quentin Blake

"Sometimes I'm sad and I don't know why. It's just a cloud that comes along and covers me up." The 'Sad Book' is a touching story of loss by Michael Rosen, wrapped as a beautiful picture book illustrated by Quentin

Blake. It has resonated with children and adults alike ever since it was released in 2005. In the book, Rosen appears as lead character/narrator, a grown man, who explains he is sad because his 18-year-old son has died. Thinking that other people won't like him if he shows his sadness, he covers it up. But he often feels angry, lonely, hurtful, nasty, and desperate. That's what he talks about in the book while taking the readers on a journey of accepting one's emotionally turbulent thoughts. Slowly, he helps us wake up to our



FUN MOVIE TRIVIA

- Director Stanley Kubrick would reportedly call author Stephen King at 3am to ask him questions about 'The Shining'. According to King, one famous exchange had the director ask the author, "Do you believe in God?". When he replied in the affirmative, Kubrick yelled "I knew it!" and slammed the phone down.
- Those green symbols trailing down in 'The Matrix' (pic left) aren't complicated algorithms. A production designer scanned symbols from his wife's sushi cookbooks and manipulated them to create the code!
- Sean Connery wore a toupee in every James Bond movie. The actor started balding at age 17.
- The set used as Sirius Black's home in 'Harry Potter and the Order of the Phoenix' was reused for 'Sherlock Holmes' (2009), starring Robert Downey Jr. and Jude Law. The film was directed by Guy Ritchie.

Robert Downey Jr (left) in 'Sherlock Holmes' and Gary Oldman as Sirius Black in the 'Harry Potter' series

CHARACTER OF THE WEEK

ELLE WOODS IN LEGALLY BLONDE (2001)

"Whoever said orange is the new pink was seriously disturbed."
Why the world fell in love with Elle Woods... Fashion merchandising student and sorority girl Elle Woods, played brilliantly by Reese Witherspoon, is taken to an expensive restaurant by her boyfriend, the governor's son, and dumped, because he doesn't think Elle is smart enough for a Harvard student like him. Hurt but not dejected, Elle takes it upon herself to get into Harvard and prove to everyone that she's smart. The film is about having faith in yourself, and not getting intimidated by anything that life throws your way. Witherspoon is a delight to watch as Woods in this film adapted from Amanda Brown's novel of the same name. The brilliant screenwriters were Karen McCullah and Kirsten Smith.



ROLE REVERSAL

While everyone loves Viggo Mortensen as Aragorn, it was Stuart Townsend who was first chosen for the role in Peter Jackson's epic 'Lord of the Rings' trilogy. In fact, the shooting had started when Jackson realised Townsend appeared too young to play Aragorn. The film's unit got in touch with Mortensen but he wasn't interested at all... till his son told him all about the role and begged him to do it.

Stuart Townsend



WHAT THE CRITICS SAID...

'A Life on Our Planet' by naturalist David Attenborough is a must-watch documentary. Here's why...

THE WORLD AS HE SEES IT

"It's striking how Attenborough isn't just playing his typical role as the erudite commentator with a contagious enthusiasm for life... but is showing us the world as he sees it. For all of the incredible things he's captured with his camera, 'A Life on Our Planet' is perhaps the first time Attenborough is acting as its lens."
'IndieWire', David Ehrlich

FINDING HOPE

The most devastating sequence finds Attenborough charting the disasters we face in future decades — global crises that he, as a man now in his 90s, will not experience. Yet he finds hope by extrapolating small successes. Sustainable farming in the Netherlands... Fishing restrictions around the Pacific archipelago nation of Palau...

'The New York Times', Natalia Winkelman

LUSH NARRATION

"...the footage is paired with equally lush narration, in which the historian explains the ways he saw the world shift from his up-close-and-personal vantage point. Species that were once common became scarce and hard to find... More trees were cleared for agriculture. "We are facing nothing less than the collapse of the living world," he says in the movie.
'Gizmodo', Dharna Noor



Meet Mafalda from Argentina

This six-year-old comic strip character is a cultural icon whose creator, Argentine cartoonist Joaquin Salvador Lavado, recently died. Here are some things we want you to know:

The comic book hero was created in 1964 by Lavado, also known as Quino. He portrayed Mafalda as an irreverent, satirical girl, who was unafraid to speak her mind, and as a result, became popular across Spanish-speaking countries.

Mafalda is a compassionate, inquisitive six year old, who loves The Beatles, hates soup, and cares deeply about world peace. She became famous because she questioned social ideals and political issues with a humorous and refreshing perspective.

Did You Know?

Oscar-winning screenwriter John Ridley is writing a four-issue comic book mini-series about Batman in which the Dark Knight will be an African-American character, and not Bruce Wayne. Ridley has also hinted that the focus of the comic series will be the family of Lucius Fox (played by Morgan Freeman in Christopher Nolan's Batman trilogy), as head of Wayne Enterprises. The series is expected next January.



Christian Bale and Morgan Freeman in 'Batman Begins'



TENNIS

for beginners

Tennis is one of the world's most widely played sports. To help pique your interest in it we've created a cheat-sheet of tennis terms you must know

1 SERVE

The shot that begins each point, in which the server hits the ball after tossing it into the air.

EXAMPLE: Andy Roddick and Jo-Wilfried Tsonga win many points with their powerful serve.

2 RETURN

To hit a shot back to the opponent.

EXAMPLE: The young player had to return well as her opponent had the best serve among the players in the tournament.

3 CROSS-COURT

A shot in which the ball is hit diagonally across the court.

EXAMPLE: The champion struggled to handle his opponent's cross-court backhands at first, but slowly gained control.

4 VOLLEY

A shot on which the ball is hit before it bounces.

EXAMPLE: Volleys can be hard to control if there's a lot of spin on the ball.

5 BASELINE

A line at each end of the court, marking the boundary of the playing area.

EXAMPLE: Petra Kvitova dominated the game playing mainly from the baseline.

6 RECEIVER

The player receiving a serve.

EXAMPLE: The receiver mis-hit the serve, leading to a service winner.

7 ACE

A winning serve which the receiver fails to touch with his or her racket.

EXAMPLE: Roger Federer has hit more than 10,000 aces in his career.

8 DROP SHOT

A gentle shot that just drops over the net.

EXAMPLE: Her game now also incorporates more drop shots rather than just shots fired down either flank.

9 LOB

A shot that is hit in a high arc, usually over the opponent's head.

EXAMPLE: The stylish player sealed the victory with a backhand lob from the baseline.

10 RALLY

A long series of shots.

EXAMPLE: The game came to a halt after a player slipped during a rally on the muddy baseline.

11 FAULT

A missed serve, served into the net or served outside the correct service box.

EXAMPLE: A woeful fault by the teenager gave the veteran a decisive break.

12 DOUBLE FAULT

Two faults served in a row, resulting in the server losing the point.

EXAMPLE: Coco Gauff was looking to keep the Stars and Stripes flying but she eventually flagged, serving two double faults in the last game.

13 GROUNDSTROKE

A shot hit from the back court after the ball has bounced; the standard shot in tennis.

EXAMPLE: Jelena Ostapenko is known on the tennis circuit for her booming groundstrokes.

14 FOREHAND

A shot hit from the racquet-arm side of the body.

EXAMPLE: The American bagged the fourth match-point with a splendid forehand.

15 BACKHAND

A stroke in which the ball is struck on the opposite side of the body to the racquet hand.

EXAMPLE: Herbert produced some dazzling play with a searing backhand pass after a dropshot.

16 SERVICE BOX

The two boxes on either side of the net. This is the area the ball must land in when serving.

EXAMPLE: When serving, you must place the ball in the opponent's service box on the opposite side from where you stand.

17 JAMMING

To hit the tennis ball straight to the opponent's body not allowing them to extend the racquet to hit the ball well.

EXAMPLE: Williams unleashes a powerful serve over the net directly at Johnson, giving her no chance for a clean return.

SCORING

The aim of each game is to be the first player to score four points. Tennis points are numbered as follows:

LOVE
meaning zero

15
when a player wins the first point of a game. If the opponent wins the next point we say 15-all

30
when a player wins two points in a game

40
when a player wins three points in a game

DEUCE
when the score is 40-40 it is called Deuce. A player must win two consecutive points from deuce to win a game

ADVANTAGE
the point played after deuce. If the player with the advantage wins the point the game is over

What is Grand Slam?

The four most important tennis championships – the Australian Open, French Open, the US Open and Wimbledon – make up what are known as the Grand Slam tournaments, or the majors. Any player who wins all the four titles in one calendar year is said to have won the Grand Slam.



Petra Kvitova



Rafael Nadal



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Use Newton's first Law of Motion in real life
➤ Brush up your English skills
PAGE 2



➤ Easy ways to reconnect with your family
➤ Activities to engage in for better mental health
PAGE 3



➤ A look at the unsung heroes of IPL
➤ Take our quiz on computers
PAGE 4



STUDENT EDITION

FRIDAY, OCTOBER 9, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

PM for a day!

Finnish Prime Minister Sanna Marin had a quieter than usual day on Wednesday after she handed her power to a 16-year-old girl as a part of a campaign to promote girls' rights in the country. Marin made a teenager the Prime Minister of the country for a day!

Sixteen-year-old **Aava Murto**, an active campaigner on issues relating to climate changes and human rights, spoke to several MPs and ministers on development and foreign trade, as part of her duty as the PM.

'PM for a day' is a part of a global 'Girls Takeover' campaign by children's rights charity, Plan International, which aims at raising awareness on girls' digital skills in technological industries and highlight the problem of online harassment of women.

What action would you take, if you are made the PM for a day?

Share your thoughts at toinie175@gmail.com. Post your comments at toistudent.com

Best entries will be published in Times NIE



PANDEMIC FATIGUE



PM Narendra Modi's 'Jan Andolan for Covid-19 Appropriate Behaviour' campaign endeavours to be a 'low cost, high intensity campaign' with the key messages to 'wear mask, follow physical distancing and maintain hand hygiene'

WHAT: The World Health Organisation has warned the European countries about 'pandemic fatigue', which it says threatens the continent's ability to tackle the coronavirus. According to health experts, pandemic fatigue can occur when people get tired of the pandemic measures, and become less likely to follow the public health practices.

WHY: According to experts, it is common to develop a natural sense of burnout, as we've had to stick

to these public health measures for a prolonged period of time. Though pandemic fatigue can be experienced differently for everyone, often it presents itself

as feeling restless, irritable, lacking motivation, and difficulty concentrating on tasks.

HOW TO OVERCOME IT?

- Remember our actions impact a greater number of people than just ourselves and our immediate social circles
- Realise that each interaction

can have a ripple effect to spread the virus

- Respect the fact that everyone is going to 'return' at their own pace
- Choose activities/locations that will make it easy for you to continue to follow public health

guidelines

- Try to become more self-aware; recognise possible feelings of pandemic fatigue
- Follow self-compassion, it's okay not to be okay
- Reach out for support if you become overwhelmed

X-PLAINED

HOW COUNTRIES ARE TACKLING IT?

- A local authority in the UK has consulted communities to gauge the feelings of the public
- A municipality in Denmark has involved students in drawing up restrictions that allow them to return to university
- Turkey has employed social media polls to understand public sentiment
- Germany has consulted philosophers, historians, theologians, and behavioural and social scientists

Citizens have made huge sacrifices over the last eight months to try and contain the coronavirus. In such circumstances, it is natural to feel apathetic and demotivated to experience fatigue

HANS KLUGE, Europe Director, WHO

Spotlight

AMERICAN POET LOUISE GLUCK WINS 2020 NOBEL LITERATURE PRIZE

THE NOBEL PRIZE FOR LITERATURE has been awarded to American poet Louise Glück "for her unmistakable poetic voice that with austere beauty makes individual existence universal." Glück has become the first American writer to win the Nobel prize for literature in 27 years. She is the 16th woman to win the Nobel.



NEMONTE NENQUIMO

Nemonte Nenquimo's tenacity to save the ancestral lands in Amazonian jungle region has earned her a spot on Time magazine's list of 100 most influential people in the world in 2020.



➤ She lives in the 444,780 acres of virgin jungle belonging to her indigenous Waorani tribe, which she has been fighting to protect from exploitation by oil prospectors

➤ In 2019, she led a legal challenge by the Waorani to prevent oil companies from entering their territory in the eastern Pastaza province

➤ She travelled more than 250 kilometres to capital Quito to protest against the encroachment of their land by the oil companies

VIEWPOINT



MANKADING SHOULD BE RECHRISTENED TO BROWNED: SUNIL GAVASKAR

Former Indian skipper Sunil Gavaskar has insisted that the word 'Mankading' should be removed from cricket's terminology, as it is disrespectful to former all-rounder Vinoo Mankad, and instead should be rechristened as 'Browned'. "If it has to be referred by somebody's name, it should be (named after) the non-striker, Bill Brown, who, despite being warned twice by Mankad ... left (his crease). And, the third time, when Mankad removed the balls, an uproar was created by the media," he said.

➤ The term 'Mankading' was coined by Australian journalists after Vinoo Mankad, who ran Bill Brown out for backing up too far before the ball was bowled, on India's tour of Australia 1947-48

➤ Mankad did not refrain from using it again in the second Test at Sydney Cricket Ground (SCG), after which it garnered more heat

THE CONTEXT

➤ The comments from the former Indian skipper came a fortnight after the Marylebone Cricket Club (MCC) approved changes that will put more onus on the batsman to stay in his ground

➤ The rare act of running out the bowler at the non-striker's end, despite being within the rules, has long been considered unsportsmanlike

➤ The MCC has moved to eradicate such controversy by extending the point at which a bowler can attempt the run out, and also changing the name of the law to "put the onus on the non-striker to remain in his/her ground"

Q Should Mankading be replaced with Browned?

Share your views at toinie175@gmail.com. You can also post your comments at toistudent.com

NEWS IN BRIEF

CLICK HERE FOR MORE

2020 HAD THE WARMEST SEPTEMBER ON RECORD

Last month was the warmest September on record worldwide, topping a record set just a year before, European scientists have said. It was also the hottest September on record for Europe. Northern Siberia, western Australia, the Middle East and parts of South America that similarly recorded above-average temperatures. According to the Copernicus Climate Change Service, last month was 0.63 degrees Celsius warmer than average and topped the average for Sept 2019 by 0.05 degrees Celsius.



Photo: Getty Images

➤ The announcement by the Copernicus Climate Change Service, an inter-governmental agency supported by the European Union, comes after nine months of devastating wildfires, and during the most active Atlantic hurricane

ENVIRONMENT

season since 2005

➤ It also came as Arctic sea ice plunged to its second-lowest levels on record, driven by record temperatures in late June. ➤ Many experts predict that by 2050, Arctic sea ice could melt completely during the summer

Quote unquote

My wish is that my win will provide a positive message to the young girls, who would like to follow the path of science, and to show them that women in science can also have an impact through the research that they are performing

EMMANUELLE CHARPENTIER, 2020 Chemistry Laureate



FACTOID \$10.2 tn

■ The surge of wealth among the billionaires during the coronavirus pandemic, according to a report by Swiss bank, UBS. The billionaires increased their wealth by more than a quarter (27.5%) at the height of the April-July crisis, when millions of people around the world had lost their jobs or struggled to go by government plans, claimed the report. Interestingly, the fortunes of billionaires have grown by \$ 4.2 billion (or 70%) in the last three years

MUKESH AMBANI REMAINS INDIA'S RICHEST MAN FOR 13TH CONSECUTIVE YEAR

MUKESH AMBANI, THE CHAIRMAN AND MANAGING DIRECTOR OF RELIANCE INDUSTRIES (RIL), ON THURSDAY EMERGED AS INDIA'S WEALTHIEST FOR THE 13TH STRAIGHT YEAR, AS HIS NET WORTH SWELLED TO \$88.7 BILLION (AROUND ₹6.65 LAKH CRORE), WHILE THE WEALTH OF 100 RICHEST ROSE BY 14 PER CENT TO \$517.5 BILLION, DESPITE THE CORONAVIRUS OUTBREAK, ACCORDING TO FORBES



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A MOVING STORY OF NEWTON'S FIRST LAW

OBJECTIVE: TO STATE, EXAMINE AND RELATE NEWTON'S FIRST LAW OF MOTION TO SOME INTERESTING REAL LIFE EXAMPLES

Hema Jayaram, Teacher, Daffodils Foundation for Learning, Bengaluru, explains the theory in simple terms

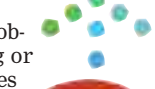
Look at the world around you. All objects are either visibly moving or resting. Your favourite football lies at rest and moves when kicked, your Lego car moves when pushed, the pushed car or ball stops after some time, cycling needs effort when you start but goes easy as you move, your paper rockets may not move the way you want them to move, a shotput takes a lot of effort to throw, and so on. If you have ever wondered why these objects move or stop, classical mechanics is here to give you answers logically.



Galileo Galilei



Sir Issac Newton



Three Laws of Motion

Almost about 300 years ago, Sir Issac Newton, the renowned English mathematician and physicist, inspired by his Italian predecessor Galileo Galilei, published three laws for the states of motion. He established a relationship between the moving/stationary objects, their tendencies and the forces acting on them. These laws are universally known as Newton's Laws of Motion. Let us methodically state, examine and relate Newton's laws with some interesting real-life examples.

NEWTON'S FIRST LAW: IT'S ALL ABOUT INERTIA

STATEMENT: An object remains in a state of rest or in uniform motion in a straight line unless acted upon by an external unbalanced force. The above law is based on a tendency for a body to remain at rest or in motion. This tendency is called 'inertia'. Inertia has an opposing or resisting effect. In fact, a few physicists metaphorically call it 'laziness'!

The first Law of Motion is also called 'The Law of Inertia', as it ushers in the concept of inertia.

Let us look at some real-life examples. A football at rest, tends to remain at rest unless an external force like a kick acts on it and makes it move. On the other hand, a moving football will continue to move till another player stops it or if it hits the goal post or if there is ground friction.

A football remains at rest until it is acted by an external unbalanced force that will accelerate it.



The famous coin trick- the coin will tend to remain at rest because of inertia.



The carrom striker can suspend the stack of coins above while the bottom one is hit!



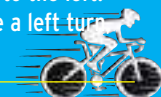
We move forward when brakes are applied because of inertia. Seat belts are saviours!



Disturbing objects at rest will help us understand Newton's first law practically. It is as simple as that!

OBSERVE THESE TO UNDERSTAND THE CONCEPT OF INERTIA:

1 When your bicycle/scooter/car moves to the right, you lean to the left. Likewise, when you take a left turn, you lean to your right.



2 When wet clothes are hung, water particles seem to emerge from them.



TRY THESE ACTIVITIES:

1 Stack your dominos next to each other with uniform gaps between them. What happens when you simply flick the first one?

2 Rotate a globe and touch it lightly, will you observe any change in its motion? Will it try to stop? Try the above simple activities and record your observations in your diaries.

Playing any game and wondering about how objects move brings us closer to mechanics in Physics. Throwing a throwball needs less force than flinging a shotput, kicking a shotput may hurt, while kicking a football will not, a sensible fieldman takes his hand behind to catch a ball to avoid an impact...we save ourselves from getting hurt through our own reflex actions. Newton's theories can justify most of them!

POST SCRIPT: Watch this wonderful video https://www.youtube.com/watch?v=JGO_zDWmkvK.
References: NCERT Science textbook grade 9, Images courtesy: Microsoft Bing search engine.

Quiz

SUBJECT: Physics, class IX
TOPIC: Motion

1 Path Length: Distance :: Shortest distance : ?
Displacement

2 Displacement = 0, but distance „ 0, when,
a. Initial position of the object and final position are both same
b. Object comes back to its initial position after covering a distance
c. Object is stationary
d. Both a and b
Option d- Both a and b

3 Speed will be equal to velocity when:
a. A body moves in a straight line without change in direction
b. A body does not move at all.
c. A body comes back to its starting point
d. None of the above
Option a - A body moves in a straight line without change in direction

4 An athlete swings a disk after he completes three rotations. Choose the options below:
a. The rotations are at variable speed.
b. The rotations are at variable velocity and therefore accelerated.
c. The motion is accelerated because the direction is changing in the circular path.
d. Both b and c
Option d- both b and c

5 If a train is approaching a station, it is
a. gaining speed
b. accelerating
c. slowing down, decelerating
d. not moving
Option c- slowing down, decelerating

Stress Not

Let go of all the exam stress. Take a deep breath if you feel stressed out. Have proper sleep and try to study in the morning hours.

Health is very important, so make sure you add nutritious food to your diet. Avoid taking any gadgets to your study room to avoid distraction. After every one hour of study, take 5 to 10 minutes break. Prepare flow charts, diagrams of the problems you face while studying and stick it in your study room. Start to revise early and go through previous exam papers.

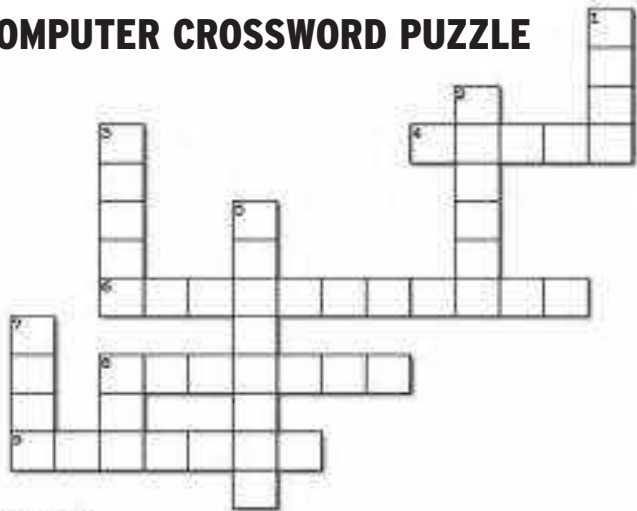


On the day of the exam, read the guidelines provided to you. Do not forget to read the question paper carefully before attempting the questions. Divide the time for each section and make sure you do not miss out the things you know. Try to keep at least 15 minutes to crosscheck your answers before submitting it to the examiner.

Meena Mishra,
Principal, Apple
I EM School,
Visakhapatnam



COMPUTER CROSSWORD PUZZLE



Horizontal

- A peripheral device used to connect one computer to another over a phone line.
- A program arranged in rows and columns that manipulates numbers.
- A program used to view World Wide Web pages.
- A collection of computers that are connected.

Vertical

- Unsolicited email messages sent out in bulk and generally commercial in nature.
- A small text file sent to your computer by a web site you have visited.
- A piece of software that can copy itself and which attaches itself to some other program.
- Software provided at no cost to the user.
- A small picture used to represent a file or program in a GUI interface.
- A computer's most basic unit of information.

ANSWERS

Vertical 1) spam 2) cookie 3) virus 5) freeware 7) icon 8) bit
Horizontal 4) modem 6) spreadsheet 8) browser 9) network
Nidhi Chaturvedi, teacher, PSBB LLA, Bengaluru

MY SCHOOL PROJECT

AERIAL AFFORESTATION USING DRONES

WHAT IS IT?

- Global warming is a major issue impacting the world today and afforestation appears to be the most prudent solution to counter this.
- Afforestation can be difficult to be conducted manually over large areas and hence we thought the use of drones would be apt in this project.



SALIENT FEATURES

- The key aspect of this project is to use unmanned means such as drones for afforestation.
- In this project, we combined several tasks involved in the process of plantation into one by making seed bombs which are a mixture of soil, organic compost (fertiliser) and clay to act as the perfect carrier for the seeds. Pre-monsoon timing took care of the irrigation aspect.
- A drone is like a flying robot that can be remotely controlled or can fly autonomously through software-controlled flight paths.
- Using GPS, one can control and observe where to drop the seed bombs.



MORE FACTS

- Indian scientists in Bengaluru have already experimented on seed bombing using drones.
- This process not only eliminates labour and covers a wider area faster, but the seed bomb also acts as a shield to protect the seeds (which are inside) from being eaten by rats, birds, etc.



Sumukh Satish Prabhu,
Class VIII, C N M School,
Vile Parle (West),
Mumbai



HOW WE WENT ABOUT IT

- We first assembled a drone (nano-drone) by buying its spare parts.
- We then made small seed balls or seed bombs using clay, water, fertiliser and fenugreek seeds which were then dried.
- We attached a special part called a servomotor to the drone to help us drop the seed bombs or seed balls on the barren land via this pipe.
- We put the seed bombs in the drone after which the servomotor (connected to the pipe), tilts the pipe vertically down and drops the seed bombs on the barren land via this pipe.
- This is done just before monsoons so that adequate water is available.
- We observed that the fenugreek plants grew well after two weeks.
- Thus our project that afforestation can be unmanned was successful.



BRUSH UP YOUR ENGLISH!

MIDDLE CLASS & ABOVE CAN WRESTLE THEIR MINDS

Find the errors in use of **adjectives/determiners**, and justify your answer :

- Kolkata is further from Alwar than Jaipur, the capital of Rajasthan.
- Ramesh is smarter enough to get selected for this post, without any recommendation.
- This shirt is comparatively better than that we saw in the corner shop yesterday.
- She does not have some money to buy a new refrigerator, so she is worried.
- Whole the chapter of this book is full of errors.
- It is well known that Mrs Indira Gandhi was the first statesman of her time.
- A lots of books on English grammar are available with me but this one is the best.

- Nowadays the weather is getting more cold and colder.

ANSWER

- Change 'further' to 'farther'. Comparative degree of 'far'
- Use positive degree before enough. 'Smart' not 'smarter'
- 'Better' is already comparative. So do not use 'comparatively'
- 'Any money' instead of 'some money', because it's a negative sentence
- 'The whole' instead of 'whole the'
- Use 'foremost' instead of 'first'
- Use either 'lots of' or 'a lot of'
- Do not use 'more cold'. Use 'colder and colder' instead

Subhashish Bhaumik, HOD English Department, Doon Heritage School, Dehradun

OCTOBER 10 IS WORLD MENTAL HEALTH DAY

Eat, Play and Love

THESE EASY WAYS TO RECONNECT WITH YOUR FAMILY CAN HELP CREATE A SUPER POSITIVE DYNAMIC

1 FUN UP FAMILY MEALS. We know that eating together can boost achievement in children, lower the chance for eating disorders in girls, and reduce depression rates in both girls and boys. But that doesn't mean meals have to be serious, formal affairs. Simple, humorous rituals are what children remember as adults. Try a monthly 'backward day,' serving breakfast for dinner and vice versa, or watch Saturday-morning cartoons together over breakfast. "Silly things that don't cost a dime will bring you closer together," says Michele Borba, EdD, author of 'The Big Book of Parenting Solutions'.



2 STAY HOME, STAY TOGETHER. Tape a note to the telephone that says 'No!' to remind you not to spread yourself too thin, especially during the holidays. It's fine to make cupcakes for the school party, but do it with your child. And staying home for a night of reading books or watching movies may be a lot more meaningful to your family than a flurry of parties.

lar, is a great way to stimulate family conversation," Borba says.

3 BE THE COOL PARENTS. Creating a welcoming space for your kids and their friends is one of the smartest things you can do. So, install a basketball goal and stock up on board and video games and healthy snacks. "As your kids get older, they tend to be friend others with similar values and interests," Borba says. "You can find out a lot about your child by who they hang with."

4 CREATE (AND UPHOLD) BOUNDARIES. Families that set strict, clear expectations for their children are happier, according to Scott Haltzman, MD, author of 'The Secrets of Happy Families.' "Kids may tell you they want to be free, but the idea is actually frightening to them," he says. Make sure your children know and understand family rules.

5 HAVE AN ADVENTURE. A vacation breaks down the traditional way of doing things. In fact, being in a new place increases dopamine (feel-good chemicals) in the brain, which helps bring everyone closer together. Research also shows that people who give (time or money) are happier. "It's important that children learn that they are not the centre of the universe and that they can have an impact on the world

around them. Volunteer at a local soup kitchen or shelter," Dr Haltzman says. If time is tight, ask your children to donate a portion of their allowance to a charity of their choice, and tell them you will match it.

6 CELEBRATE YOUR HISTORY. Sharing details from your family tree will help your kids feel like they belong to something greater than themselves and make them feel more grounded. Look through old photo albums with them and share family memories, stories, and adventures.

7 START TEXTING. It's one of the best ways to stay plugged in to your kids life. A simple, short 'How are you?' keeps you in their mind. And it's an easy way to say, "I love you" without embarrassment.

Activities to engage in for better mental health

Here are four simple ways to heal your body and mind

WALK TO REDUCE YOUR DEPRESSION

Multiple studies show physical activity can be an effective treatment for mental health problems. And it doesn't have to be intense cardio activity to provide benefits. Studies show 200 minutes of walking per week (which is less than 30 minutes per day) greatly reduces depression and improves quality of life. In fact, some studies show walking can be just as effective as antidepressant medication. But you don't have to be depressed to experience the mental health benefits of walking. Taking regular walks boost emotional health in people who aren't depressed too.



SMILE TO DECREASE YOUR PHYSICAL PAIN

Researchers have discovered there's some truth behind the old saying, "Grin and bear it." If you're in pain, smiling can help you feel the pain less intensely. **Frowning, on the other hand, can intensify your pain.** Studies show smiling influences your physical state. A smile can decrease your heart rate during a stressful activity, even if you don't feel happy.



TAKE DEEP BREATHS TO IMPROVE YOUR ATTENTION SPAN

A few minutes of deep breathing can improve your concentration. Counting those breaths can be especially beneficial if you're a heavy media multitasker. Studies show people who multi-task have trouble taking tests that require sustained concentration. **Taking a few deep breaths can provide an immediate boost in focus.**



LIFT WEIGHTS TO COMBAT ANXIETY

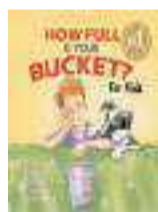
A lot of people report frequent anxiety lasting 15 to 30 days a month. Symptoms include nervousness, fear, apprehension and worry; without intervention, anxiety can lead to poor sleep, aches and pains, poor health and physical limitations. **Studies show that weight lifting is a meaningful intervention for anxiety.** Perhaps the best news is, you don't have to do high-intensity weight lifting to reap the benefits.



BOOKS ON MENTAL HEALTH FOR 10-YEAR-OLD READERS

How Full is your Bucket

by Tom Rath and Mary Reckmeyer
A gentle reminder that every moment matters. Readers meet Felix, a young boy, who begins to see how every interaction in a day either fills or empties his 'invisible' bucket.



The Scar

by Charlotte Moundlic and Olivier Tallec
A moving story about a young boy who learns to understand, accept and cope with the grief of losing his mom.



Don't Feed The WorryBug

by Andi Green
In this book, Wince who worries a lot discovers the secret to keeping his worries from getting monstrous.



TEEN/YOUNG ADULT READERS

Kissing Doorknobs

by Terry Spencer Hesser
11-year-old Tara's 'quirks' start innocently before they develop into deeper compulsions. This book will help to understand obsessive-compulsive disorder and how to deal with it.



The Perks of Being a Wallflower

by Stephen Chbosky
A touching story that helps up learn about a series of mental health issues, mainly depression, anxiety, and PTSD; and hope.



Fangirl

by Rainbow Rowell
A story of twins who grow up without a mother and a busy father. It shows the effects of mental illness, not just on the patient but on the people around them.



Have you tried red rice noodles?

Can noodles ever be healthy? Well yes! Red rice noodles is a nutritious alternative to instant or regular noodles. Made with red rice and whole-wheat flour, they are rich in fibre and antioxidants. What's more, you can easily get them from food marts or order them online and cook at home.

REASONS FOR ITS POPULARITY

- * The bran in red rice keeps you fuller for a longer period of time.
- * The presence of wholegrains makes red rice noodles easy to digest.
- * You can make it in a jiffy as it cooks very fast.
- * You can make it healthier by adding lots of green vegetables like broccoli, red/green bell peppers and also chicken or eggs.



Brown versus red rice

So, you thought brown rice was healthier? Red rice not only adds colour to our diet, but has 10 times more antioxidants than brown rice and regular polished rice. It is also rich in iron, calcium, vitamin, phosphorus, fibre and comes with an amazing nutty flavour.

QUIZ TIME (SCHOOL FACTS)

Q.1) This primary school located in Tibet is considered the highest school in the world.

- A. Phumachangtang
- B. Dhujachangtang
- C. Omunchangtang
- D. Komachangtang

Q.2) The ___ in Canterbury, England is the world's oldest school.

- A. Queen's School
- B. King's School

Q.3) A school in the Philippines is made entirely of ___.

- A. Hay B. Glass
- C. Recycled pop bottles
- D. Mud

Q.4) The largest school in the world in terms of number of students is the ___.

- A. City Montessori School in Nasik
- B. City Montessori School

in Lucknow
C. City Montessori School in Chennai
D. City Montessori School in Mumbai



ANSWERS

- 1. A) Phumachangtang, Tibet 2. B) King's School
- 3. C) Recycled pop bottles
- 4. B) City Montessori School in Lucknow

KNOWLEDGE BANK (EDUCATION)



Gurukul

It was a residential schooling system whose origin dates back to around 5000 BC in the Indian subcontinent. It was more prevalent during the Vedic age where students were taught various subjects and how to live a cultured and disciplined life. The Gurukul was actually the home of teacher or acharya and was the centre of learning where pupils resided till their education got complete. All were considered equal at the Gurukul, the guru (teacher) as well as the shisya (student).

WORD WISE

Circumlocution: (noun) Using more words than are necessary, instead of speaking or writing in a clear, direct way

Synonymous words: **Circuitousness, indirectness, long-windedness, verbosity, beating about the bush, etc**

Examples:
■ She does not

like people using **circumlocution** when facts are sought.

■ Siddharth was **indirect** in his speech as he tried to convey the tragic news.

■ The girl put aside the book as she got bored with the **verbosity** in it.

■ She loved to **beat about the bush**.

TELL US A STORY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinle175@gmail.com



IDENTIFY THE PERSONALITY



Few know that this famous poet worked as an English teacher at New Hampshire's Pinkerton Academy from 1906 to 1911.

Answer: Robert Frost

GRAMMATICAL MISTAKES

GOOD/GOODS

THE RULES:

- "Good" means having the right or desirable qualities.
- "Goods" implies movable property, merchandise.

HOW NOT TO DO IT:

- His workmanship is **goods**.
- The **good** sent by train were damaged in transit.

HOW TO DO IT PROPERLY:

- His workmanship is **good**.
- The **goods** sent by train were damaged in transit.
- This food smells **good**.

IDIOM OF THE DAY

EXPERIENCE IS THE BEST TEACHER

Meaning: Most wisdom is gained by experiencing different things

CHECK YOUR APTITUDE

1. A boat goes 11 km/hr along the stream and 5 km/hr against the stream. The speed of the boat in still water is....

- A. 3 km/hr B. 5 km/hr
- C. 1.8 km/hr D. 9 km/hr

2. A motorboat, whose speed in 15 km/hr in

still water goes 30 km downstream and comes back in a total of 4 hours 30 minutes. The speed of the stream (in km/hr) is....

- A. 4 B. 10 C. 6 D. 5

3. What least number must be added to 1056, so that the sum is completely divisible by 23 ?

- A. 3 B. 2 C. 18 D. 21

ANSWER: 1. 8km/hr 2. 5 3. 2

FLYING UNDER THE RADAR

We are done with one third of the tournament. There are strong contenders emerging for orange and purple caps, but there are other unsung heroes who perform admirably without getting the due credit. We list such players...



MOHAMMED SHAMI (KXIP)

A veteran of 49 Tests, 77 One-Day Internationals and 11 T20s, Shami has been in top form in the recent past. He has picked up eight wickets in four games though his team is struggling. He says, "I like to perform to the best of my ability."

KIERON POLLARD (MI)



Kieron Pollard is a vital clog in Mumbai Indians' scheme of things. Pollard's 163 runs in 6 innings at a strike rate of over 200 shows his class. His 24 ball 60 against RCB and 20 ball 47 against KXIP displayed his superhuman abilities. That's not all, he comes in handy with the ball too.

PRITHVI SHAW (DC)

Prithvi Shaw has been a key player for Delhi Capitals who won four of five games to hit the second spot in the points table. Shaw has scored two half-centuries and missed one by just eight runs. Experts attribute a change in technique to the improvement. Shaw has moved a bit to the off-stump, opening for himself space on the leg-side to score runs and correcting a small error that was seemingly causing him trouble.



It was very pleasing to see Prithvi Shaw, we are starting to see the real class of the top order players in the IPL. He is technically very good, he is very good against fast bowling and spin bowling.
Ricky Ponting, head coach DC

AXAR PATEL (DC)



Axar Patel was given a chance against RCB, and the spinner returned with the figures of 2-18 from his four overs as Delhi Capitals defeated the Kohli-led side by 59 runs. Patel is regarded as a 'hero' within the Delhi Capitals side.

JAMES PATTINSON (MI)



Defending champions Mumbai Indians signed Australian speedster James Pattinson ahead of the tournament and he certainly has not disappointed. Pattinson has taken nine wickets in six innings with an economy rate of 7.72. With his fabulous performance, he has kept pacers Nathan Coulter-Nile and Michell McClenaghan out of playing XI.

Batsmen let team down: MS



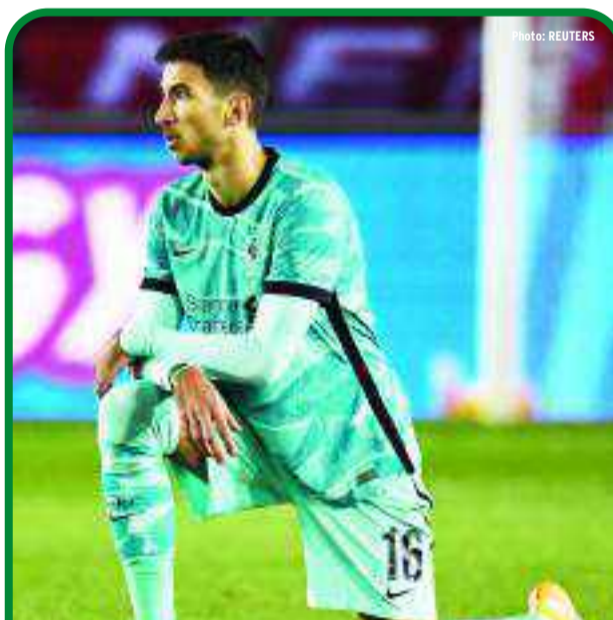
Dhoni promoted himself to No. 4 but was cleaned up by spinner Varun Chakravarthy

Chennai Super Kings skipper Mahendra Singh Dhoni said the batsmen let the team down after a spirited comeback by the bowlers in their Indian Premier League game against Kolkata Knight Riders. Chasing 168, veteran opener Shane Watson struck his second successive fifty to give CSK a perfect start on Wednesday, but the team choked at the back end of the innings and was restricted to 157 for five to suffer its fourth defeat in five matches.

In the middle overs, there was a phase when they bowled two-three good overs. Then we lost two-three wickets in a row. If our batting was different during that period, the result would have been different.

You have to be slightly innovative in these scenarios. If someone is bowling just back of a length, you have to find a way to hit boundaries. We did not adapt well

MS Dhoni, CSK captain



Liverpool midfielder Marko Grujic joins FC Porto

Djokovic defeats Busta to reach 10th semi-final



World number one Novak Djokovic defeated Spain's Pablo Carreno Busta 4-6, 6-2, 6-3, 6-4 to reach the last four of a major for the 38th time

HIGHLIGHTS

In other men's singles semifinal, 12-time champion Rafael Nadal will lock horns with Diego Schwartzman.

In the women's singles event, Kvitova booked her place in the last four following a 6-3, 6-3 win over Laura Siegemund in 78 minutes. Kvitova will face this year's Australian Open champ Sofia Kenin for a finals place

TEST YOUR KNOWLEDGE

GK QUIZ | Theme: Internet, Computer and its devices

Q1. Who is the father of the computer?

- a) Charles Newman b) Charles Babbage
c) Henry Babbage d) Henry Luce

Q2. Charles Babbage designed two engines. They are?

- a) Addition and Subtraction Engine
b) Analytic and Digital Engine
c) Analytic and Difference engine
d) Addition and Multiplication Engine

Q3. What is the full form of HTTP:

- a) Hyper Transfer Text Protocol b) Hyper Text Transfer Protocol
c) Hexagonal Text

- Transfer Protocol d) Hexagonal Transfer Text Protocol

Q4. Which type of software is an operating system?

- a) Utility Software b) System Software
c) Application Software d) Firmware Software

Q5. Which generation of computers used VLSI (Very Large Scale Integrated Chips) technology that brought changes into the hardware industries?

- a) First Generation b) Second Generation
c) Third Generation

- d) Fourth Generation

Q6. What is the full form of URL?

- a) Uniform Resource Locator b) Uniform Resource Link
c) Uniform Registered Locator d) Unified Resource Locator



Q7. Which of the following precisely define computer?

- a) A machine which is lightweight and used for calculation. b) A unit record machine

- c) An electronic device that can store and process data to give desired result. d) A program instruction machine.

Q8. Which was the first computer installed in India?

- a) ENIAC b) HEC-2M
c) SZ 40/42 d) Harwell CADET

Q9. What is the name of the first supercomputer in India?

- a) Saga 220 b) Param 8000
c) ENIAC d) Param 3000

Q10. Binary Codes as used in computer sciences are codes made up of which of the following two numbers?

- a) 0 and 9 b) 1 and 3
c) 0 and 1 d) None of these

Q11. Who was the inventor of (Paste) and Ctrl+C (Copy), Ctrl+V (Paste) and Ctrl+X (Cut)?

- a) Bill Gates b) Larry Tesler
c) Christopher Latham Sholes
d) David Sundstrand

Q12. The first Generation Computer used _____ for circuitry and _____ for memory.

- a) Transistors, Magnetic Drums
b) Vacuum Tubes, Magnetic Drums
c) Circuits, Magnetic Drums
d) None of these

ANSWERS: 1 b) Charles Babbage 2 c) Analytic and the Difference engine 3 b) Hyper Text Transfer Protocol 4 b) System Software 5 d) Fourth Generation 6 a) Uniform Resource Locator 7 c) An electronic device that can store and process data to give desired result. 8 b) HEC-2M 9 b) Param 8000 10 c) 0 and 1 11 b) Larry Tesler 12 b) Vacuum Tubes, Magnetic Drums



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Author Apeksha Rao tells you how to write a spy fiction
➤ Did you know about the hygge trend?
PAGE 2



➤ How do you plan to spend your weekend
➤ What are you reviewing this week?
PAGE 3



➤ Leg-spinners are the flavour of all seasons
➤ Take our quiz on mountains and peaks
PAGE 4



STUDENT EDITION

THURSDAY, OCTOBER 8, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Meet the first national online Spelling Bee champion

Arjun Narsimhan, a class VIII student from Gurugram's The Shri Ram School, is the winner of the first Collins National Online Spelling Bee competition. Arjun won the trophy by spelling out the word, 'excusable'. Suyash Manchali of class VI from MESKKPS, Bengaluru, was adjudged the first runners-up, while Marika Kiran, a class VI student of Villa Theresa High School, Mumbai, was declared the second runners-up.



■ The competition that took place on October 1 had three preliminary rounds of quizzes that tested the participants on their vocabulary, grammar and spelling skills. Nearly, 10,000 students participated in the competition

APPLE TO LAUNCH IPHONE 12 SERIES ON OCT 13

Ending a long wait, Apple is all set to lift off the curtains from its highly-anticipated and delayed iPhone 12 series during a digital event on October 13.

➤ Apple is expected to release four models of the iPhone 12 – the 5.4-inch iPhone 12 Mini, the 6.1-inch iPhone 12, the 6.1-inch iPhone 12 Pro and the 6.7-inch iPhone 12 Pro Max

➤ Recently, it was revealed that the upcoming iPhone 12 could cost somewhere between \$699 to \$749, while the iPhone 12 Max could be priced around \$799-849 ➤ All the four iPhone models are expected to feature OLED displays and 5G support, according to foreign analysts



TECH BUZZ

Astronomers have found a rogue planet, which has the same mass as our planet, Earth. It is currently adrift in the Milky Way, and is not a part of any star system

THE PLANET

■ Called OGLE-2016-BLG-1928, it was discovered using the OGLE (Optical Gravitational Lensing Experiment) collaboration and the KMTN (Korean Microlensing Telescope Network) collaboration.

■ Microlensing is a kind of gravitational lensing, where the light originating from a background source like a star is bent by the gravitational field of a planet in the foreground or multiple images



Rogue Earth-like planet with similar mass found floating in Milky Way

WHAT ARE ROGUE PLANETS

➤ Rogue planets are homeless worlds. They have neither sunrises nor sunsets. These lonely worlds aren't tethered to a star. Instead, they travel in solitary arcs around the Milky Way's core

FEATURES

➤ Rogue planets are molten at the core, but frozen at the surface. There may also be oceans of liquid water in the zone between those extremes

HOW ARE THEY FORMED

➤ Planets are usually formed in protoplanetary

discs, which is a swirling flat disc of dust, rock, and gases that form around a star being born. However, according to astronomers, there are times when some low mass planets get ejected from their host star's gravitational control—very early in the planetary formation process—due to the high energy nature of planetary formation processes, leading them to float

in every galaxy. Scientists assume that there are many rogue planets in our Milky Way as well

SIGNIFICANCE

➤ According to astronomers, these planets could reveal more information about how planetary systems form and evolve over time. It is a challenge to spot rogue planets

(Source: NGC)

ENTERTAINMENT

James Bond film 'No Time To Die' release pushed again to 2021



The release of the James Bond film 'No Time To Die' has been delayed again, this time to 2021, because of the effects of Covid-19 on the theatrical business. MGM, Universal and Bond producers, Michael G Wilson and Barbara Broccoli said on Twitter that the 25th installment in the franchise will now open globally on April 2, 2021.

■ 'No Time To Die' was originally supposed to open in April 2020 but was pushed back to Nov 12 in the UK and Nov 20 in the US. It was one of the first Hollywood films to abandon its release before cinemas in the US shut down in mid-March because of the coronavirus pandemic ■ Some major releases are still planned for 2020. They include, 'Wonder Woman 1984', which was pushed back to Christmas after multiple delays, and Kenneth Branagh's mystery, 'Death on the Nile.' It is now set for December 18



Which famous rock band was initially called the New Yardbirds?

CLUE 1: Formed in 1968 in London, the band received a Grammy Lifetime Achievement Award in 2005

CLUE 2: 'Count Physical Graffiti', 'Houses of the Holy' and 'Presence' are some of the hit albums of this band

CLUE 3: The group disbanded in 1980 after the drummer John Bonham died of asphyxia

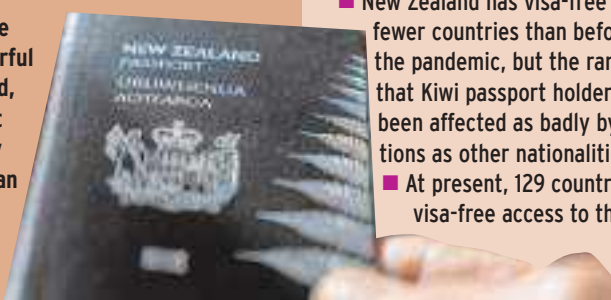
ANSWER: LED ZEPPELIN. The British rock band won a long-running legal battle over the claims that it stole the opening guitar riff from its signature 1971 song, 'Stairway to Heaven'. The band had been accused in the six-year long case of lifting the riff – one of the best-known openings in rock music – from a song called 'Taurus', written by the late Randy Wolfe of the American band, 'Spirit'

NEWS IN BRIEF

CLICK HERE FOR MORE

New Zealand's passport is now the most powerful in world

New Zealand now has the most-powerful passport in the world, according to a latest ranking. The country has knocked off Japan from the joint top position. India ranks 58th on the list.



■ New Zealand has visa-free access to fewer countries than before, owing to the pandemic, but the rankings show that Kiwi passport holders have not been affected as badly by travel restrictions as other nationalities.

■ At present, 129 countries are offering visa-free access to the Kiwis

Flowers are changing colour to save pollen from global warming, ozone depletion

Just like the animal kingdom, plants too adapt to the changing climate of the Earth. According to a latest study, plants are altering ultraviolet (UV) pigments in their petals, and are essentially changing their colours in response to climate change.

NATURE-O-MAGIC

■ The study that examined a total of 1,238 flowers from 42 different species from different locations, dating back to 1941, found that over the past 75 years, flowers have evolved to alter the UV pigments in their petals in response to the rising temperatures as well as the declining ozone layer of the Earth

■ The scientists found that the pigment in flowers increased at an average of 2% per year from 1941 to 2017 at all the locations. These changes, however, were found to be different across different species



Spotlight

Charpentier and Doudna win 2020 Nobel Prize in chemistry



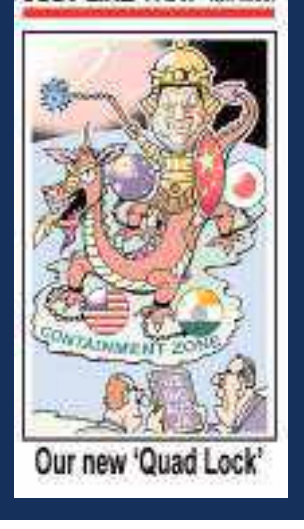
Scientists Emmanuelle Charpentier and Jennifer Doudna have won the 2020 Nobel Prize for chemistry for the development of a method for genome editing. "This technology has had a revolutionary impact on the life sciences, is contributing to new cancer therapies, and may make the dream of curing inherited diseases come true," the award committee said.

NADIA PODOROSKA

Argentina's Nadia Podoroska became the first qualifier in the Open era to reach the women's singles semi-finals at Roland Garros after stunning third seed Elina Svitolina of Ukraine 6-2, 6-4. The World No. 131 had never won a Grand Slam main draw match before the tournament, and is the only third female qualifier to make it to the last four of a major championship.



JUST LIKE THAT



AN 'AWE WALK' might do wonders to your well-being

Consciously watching for small wonders in the world around you during an otherwise ordinary walk could amplify the mental health benefits of the stroll, according to a new psychological study, of what the study's authors call, "awe walks." In the study, people who took a fresh look at the objects, moments and vistas that surrounded them during brief, weekly walks, felt more upbeat and hopeful in general than the walkers, who did not. The findings are subjective but indicate that awe walks could be a simple way to combat malaise and worry. They also underscore that how we think and feel during exercise can actually change how the exercise alters us.



1 A somewhat nebulous emotion, awe is defined as the sense that you are in the presence of something larger and more consequential than yourself, and which is mysterious and ineffable

2 Feeling a sense of awe also seems to up our overall feelings of gladness and improve health, feel scientists

HAVE FUN, BE SENSITIVE: AAMIR

Aamir Khan, one of the top actors of India, has had his share of successes and failures as an actor. Sharing his journey as an actor in an address to the students of Bennett university recently, Aamir likened his career to being stuck in quicksand after his films flopped soon after the release of blockbuster 'Qayamat Se Qayamat Tak'. "After

'Qayamat Se Qayamat Tak', I signed about eight or nine films on the basis of stories, as the directors were all new and unknown at that time. These films started bombing and I was called a 'one film wonder' by the media. My career was sinking. It felt like I was in a quicksand. I was very unhappy. I used to come home and cry," he told the students.

“Touch people's hearts, make them happy... the moments that we have given to people is something that we can leave behind”
Aamir Khan's message to the students



EXPERT COLUMN

How to write spy fiction

by Dr Apeksha Rao



While you must include serious spy craft in your book, you can take the liberty of being as adventurous as you like with things like gadgets and missions...

Dr Apeksha Rao is the author of 'Along Came A Spyder'. The book, touted as India's first young adult spy fiction is about a teen spy, Samira Joshi, whose family of RAW agents want her to be a doctor. But she (obviously) wants to be a detective. In this column, she explains how she came to write in this genre and shares the best lessons that will help you write your own.

My biggest and most enduring teenage fantasy was to be a spy

The logistics of a teenager being an undercover covert operative didn't faze me, for I was wrapped up in a world of disguises, coded messages and secret doorways and passages, thanks to 'Nancy Drew' and 'The Hardy Boys'. When I grew up, I was drawn deeper into the world of international espionage through the books of spy fiction stalwarts such as Ken Follet, John le Carré, Frederick Forsyth and Stella Rimington. To my delight, I discovered a separate genre of young adult spy fiction, which successfully blended teenage sarcasm and angst with spy craft. Ally Carter, Robin Benway, Robert Muchamore and Anthony Horowitz took this genre to another level. After being on such a steady diet of spy fic-

tion, it was hardly surprising that my first foray into writing should be in the same genre. It took me two years to write my first book, and here's what I learned along the way.

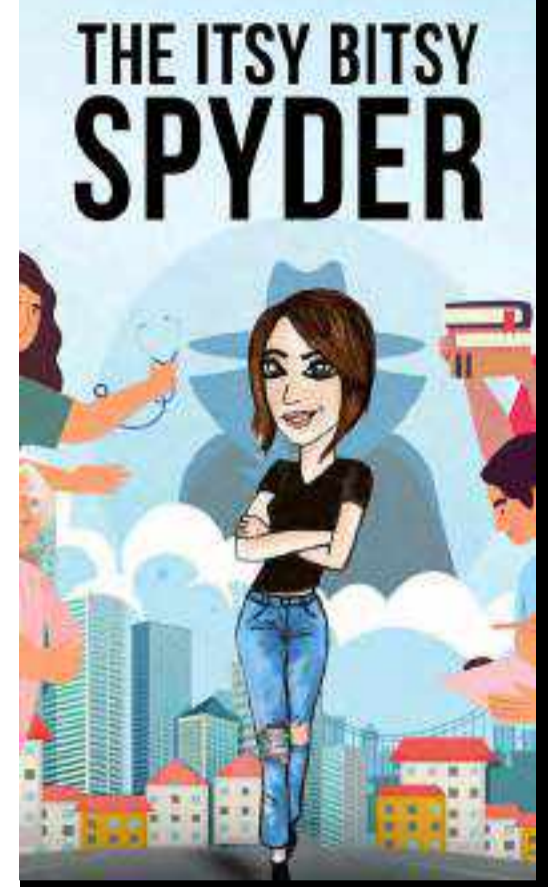
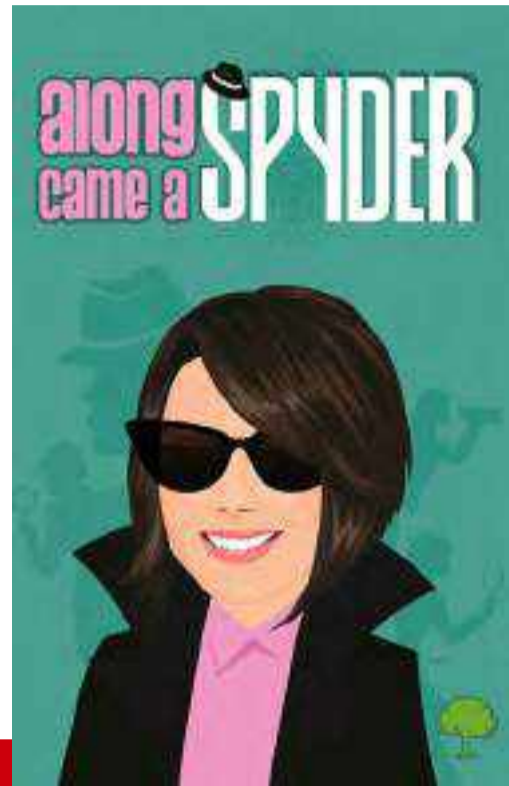
Three tips to write exciting spy fiction

READ: This one might seem like a doozy, but it needs to be stated. As regards writing in any genre, you need to read a lot of great spy fiction, before you start writing one. The adage, "Read a thousand books before you write one," certainly holds true for this genre. Not only do you get a feel of the genre, but you also know what standards you should aspire to.

RESEARCH: Do your homework. Read up on history as well as current affairs. Read as

READERS CAN

- 1) Write a work of spy-fiction under 300 words and send us on timesnie175@gmail.com. Subject line must be 'I wrote my spy fiction'. The best one will be featured on www.toistudent.com - Bookmark section.
- 2) Have a favourite literary crime solver/detective? Illustrate one and tell your folks to upload it on their social media on FB and/or Twitter and tag us with the line 'Hey @TOIstudent, I made art!' Include your name, class, school and email for sure.



many books as you can about the various Intelligence agencies, their relationships and politics. Read accounts by former spies. There are some excellent books that tell you all you need to know about RAW, MOSSAD, the CIA and so on. Read them all.

LET YOUR IMAGINATION RUN WILD: This is the most important bit, like say, if you're writing about a secret sisterhood of teen spies, as I did in my debut novel, 'Along Came A Spyder'. Make it as fun, slick and exciting as you can.

As always, while writing any story, you're limited only by your imagination.

#trending

Beat the nip in the air by giving your home a hygge makeover



If your solution to the dropping temperature has been to layer up and look like an eskimo, how about making a few changes to your home decor for a warm and cosy feel?

Curtains and rugs can do the trick

Abhinayah Sundaramoorthy, co-founder of a Bengaluru-based home decor brand says, "With the weather changing, the demand for curtains, rugs and cushion covers has gone up. People are increasingly making changes to their homes according to the season. Adding different-shaped cushions and a throw, in addition to changing your curtains will instantly convert your living area. Similarly for your bedroom, you can use layers, by adding rugs and throws and have a side table with fairy lights or candles," says Abhinayah.



Makeover with jugs, mugs

The key to get hygge right is to make small changes. "I place pine cones on my table or tie them on my plants with a jute rope," says Seema.

Bring out the candles

Interior decorator and decor blogger Preethi Prabhu says that the coming

TURN YOUR HOME INTO A HYGGE DEN

- Introduce warm lights like fairy lights and candles. Avoid tubelights at all cost
- Have autumn elements like twigs and pine cones
- Place rugs and throws around the house
- Include patterns like checks and aromas of cinnamon and vanilla through diffusers and candles
- Bring in colours like mustard, rust and ochre
- Add plants or even dry twigs or branches into your rooms

Have you watched



WHY YOU SHOULD WATCH IT ?

'Serious Men' is a subtle critique of the Indian education system and questions many deeply rooted vices of the Indian society. It shows the difference between haves and havenots and how education is the most unaffordable commodity if your means are limited.

REFLECT

- Understand the meaning of privilege and learn to respect it.
- Know that being a 'genius child' is not the solution to societal ills.
- Realise that lies can be harmful.
- Learn to respect one and all irrespective of their social status.

Send us your review of the film on timesnie175@gmail.com



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Punjab and Haryana High Court started its first virtual court through video conferencing in _____.

- A. Panipat B. Rohtak C. Hisar D. Faridabad

Q.2) _____ has unveiled new missile defence system 'Bavar-373'.

- A. China B. Russia C. Iran D. Israel

Q.3) Who has been appointed as Cabinet Secretary recently?

- A. Rajiv Gauba B. Sachin Tanwar C. Arun Lal D. Vivek Bansa

Q.4) Who was appointed as the head coach of Bangladesh Cricket Team?

- A. Mashrafe Mortaza B. Russell Domingo C. Gary Kirsten D. Russell Domingo



ANSWERS

1. D) Faridabad 2. C) Iran 3. A) Rajiv Gauba 4. D) Russell Domingo

GRAMMATICAL MISTAKES

DIDACTIC/PEDANTIC

THE RULES:

- "Didactic" teaches a lesson.
- "Pedantic" just shows off the facts.

HOW NOT TO DO IT:

- As a pedantic and elegiac poet, Stephen Kohari is much esteemed.
- Its touch on classical mythology is original, rarely imitative or didactic.

HOW TO DO IT PROPERLY:

- As a didactic and elegiac poet, Stephen Kohari is much esteemed.
- Its touch on classical mythology is original, rarely imitative or pedantic.

IDIOM OF THE DAY

ALL BARK AND NO BITE

Meaning: When someone is threatening and/or aggressive but not willing to engage in a fight.

KNOWLEDGE BANK (FUN FACTS)



The Space Needle

The Space Needle is an observation tower in Seattle, Washington, US. Once the tallest structure west of the Mississippi River, it is built to withstand winds of up to 200 mph (320 km/h) and earthquakes of up to 9.0 magnitude, as strong as the massive 1700 Cascadia earthquake. It also has 25 lightning rods. The Space Needle has an observation deck and the rotating SkyCity restaurant (currently closed).

WORD WISE

Assiduous: (adj) Constant in application or effort; working diligently at a task; persevering; industrious; attentive.

Synonymous words: Diligent, exacting, laborious, scrupulous, zealous, active, attentive, busy, constant, perseverance, steady, studious, etc.

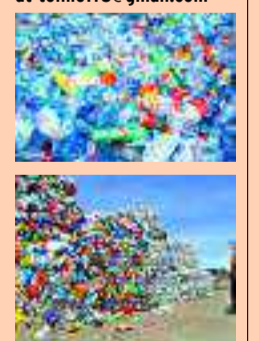
Examples: Seema is considered to be a

very assiduous student. There has been some assiduous work of the political establishment too.

As an intern at The Nation in 1989, Ronald was amiable and assiduous in his work. The team members were assiduous in their search for all the latest facts and figures on the project.

EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinie175@gmail.com



CHECK YOUR APTITUDE

1. A salesman sold twice as much pears in the afternoon than in the morning. If he sold 360 kilograms of pears that day, how many kilograms did he sell in the morning and how many in the afternoon?
A. 267 kg B. 240 kg C. 440

kg D. 340 kg
2. Mary, Peter, and Lucy were picking chestnuts. Mary picked twice as much chestnuts than Peter. Lucy picked 2 kg more than Peter. Together the three of them picked 26 kg of chestnuts. How many kilograms did each of them pick?

- A. 6, 12, and 8 kg
B. 6, 22, and 9 kg
C. 3, 13, and 1 kg
D. 5, 14, and 10 kg
3. A student chose a number, multiplied it by 2, then subtracted 138 from the result and got 102. What was the number he chose?
A. 160 B. 120 C. 190 D. 420

ANSWERS: 1. 240 kg 2. 6, 12, and 8 kg 3. 120

KABIRIANS REJOICE IN ACTIVITIES

FUN time for students with 'JUST A MINUTE' GAMES!!



With the need to stay indoors to remain safe due to the Covid-19 pandemic, the children are not only missing their school but are prey to boredom as well.

Hence in order to make the day interesting and challenging for the students, St. Kabir School, Drive-In (New) had designed a novel way for the students of class I to V where they could play as well as enjoy 'Just A Minute' games.

Different games were planned for each class virtu-



ally where the students participated in the games along with their parents. They tried their level best to complete the tasks are given to them as well as enjoyed playing the exciting games right from the comfort of their homes.

VIRTUAL FUN

To engage the students in some fun activity during this pandemic, St. Kabir School, Navrangpura conducted Just-A-Minute (JAM) activities for the students of the Primary section via a zoom app.

Various fun games like cup stack, fun with balloons, clip game, pyramid building with playing cards, etc. were planned as per the standards and were played with full enthusiasm. The entire session was filled with innocent laughs and wide smiles. Students seemed to be thrilled throughout the whole session and demanded such games to be played in the future too. Such activities not only increase students' critical thinking skills but also teach them time management along with having fun. Overall the event was enjoyed by the students of class I to V.



From playing games to making games!

Aarya Khatri, a class III student of St Kabir Navrangpura has transformed her passion into professional learning. During the lockdown, she utilized her time in being a certified game developer. Aarya, a 9-year-old realized

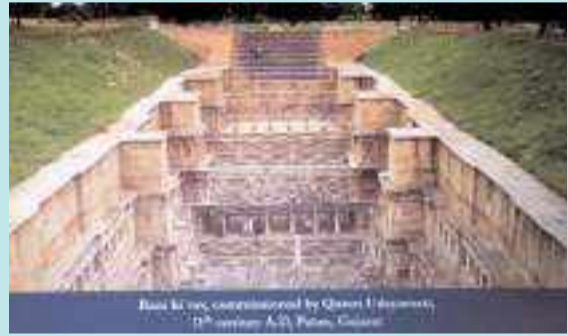


that she had ample time in hand as the schools were closed due to the corona pandemic. She joined a coding class on her mother's motivation. The classes provided her with a personal teacher, who taught her coding. Sonia Sharma, her tutor, was a patient and kind person. She even taught her how to create an app. Aarya aspires to make a future in coding!



VIRTUAL TOUR TO LD MUSEUM

In a bid to encourage the children during the ongoing pandemic, St. Kabir School Drive-In (New) had arranged for a virtual tour to Lalbhai Dalpathai Museum recently for the students of class V. Lalbhai Dalpathai Museum, Ahmedabad houses Indian sculptures, bronzes, manuscript paintings, drawings, miniature paintings, ancient coins, and bead-works.



The students were taken on a virtual tour themed 'The Stories of Water' which was beautifully presented and explained by curator Priyanka Kundu. Priyanka explained the importance of water connecting it with few mythological stories where water bodies were associated with the stories.

Pictures of various stepwells like Rani Ki Vav at Patan, Adalaj ki Vav

near Ahmedabad were shown and first-hand information was given about their construction and history. An interactive session was conducted where the children promptly answered the questions related to mythological stories and did not fail to impress Priyanka madam who felt happy that the Kabirians have a lot of knowledge about mythology and our Indian culture.

VEGETABLE DAY CELEBRATED



With an objective to create and educate children about the importance and consumption of vegetables in regular diet, the youngsters from pre-primary section of Ananda Global School virtually celebrated Vegetable Day. Teachers had made interesting stories about encouraging children to have vegetables in their meal. The tiny tots also learned more about the taste, smell, colour and texture of each vegetable. Children and teachers sang the vegetable rhyme with great zest, enthusiasm and vigour, enjoying the moments of joy and happiness on this special day. All the children were found to be quite thrilled and were positive on the fact that vegetables are better than junk food.



Student shines!

Amtiya Vidya Niketan's student Dhnavi Gandhi of class VII brought laurels to the school by participating in DCIS FEST 2020 on Virtual platform and winning the Interschool Solo dance competition by beating 17 school participants' entries across the city. The Fest was organized recently by Divine Child International School, Gandhinagar.



WEEKEND PLAN

"RELAX, ENJOY AND LEARN"

Better days are coming, they are called Saturday and Sunday". On this weekend, I have a series of activities lined up, but to start with, I plan to sleep a lot and get up late afternoon.

Apart from completing my pending homework and revising chapters, I have promised time to my cousin. The idea is to do some drawings and art and craft together. Another important task that I have taken is to make my parents tech-savvy so that their work gets easier. The effort is to make them handle gadgets properly and make optimum use of them.

Morning and evening, I have plans to dedicate time to my passion cycling, which will also bring in some exercise in my routine. My parents do not allow me to go out of society, so will confine myself to society ground.

I also plan to attend a webinar on "how to make most of online studies" conducted by my friend's father on Saturday. Reading the book, "The Cat in the Hat" By Dr. Seuss and watching TV are some of the other activities that will be part of my weekend. Last, but not the least, spending quality time with my parents' post-dinner and updating myself about happenings of the world by discussing with them, is also an important must-do in my list. I am all set to enjoy my weekend. What about you?

DHRUV MANGANI,
Class VIII,
Saint Paul's School,
Rajkot

All educators are COVID warriors!

This year has been very tough for us. But a lot of things have gone well this year. Our creativity has come out, we can spend good quality time together with our family, pollution has decreased, people learned to spend the money sparingly, more people learned to operate electrical devices, people learned to live without the cin-

emas, outside food, and a lot more. Even we miss our friends, classmates, and teachers a lot and desire to meet them. Teachers are the COVID warriors, fighting for the nation and shaping the future for tomorrow. I thank all the teachers for the efforts taken by you all to teach us while staying home and taking measures for our bright future.

ANNIE GHELANI, Class VIII, The H.B. Kapadia New High School, Memnagar



Mishri, Class I, St Kabir School

WORLD OZONE DAY CELEBRATED

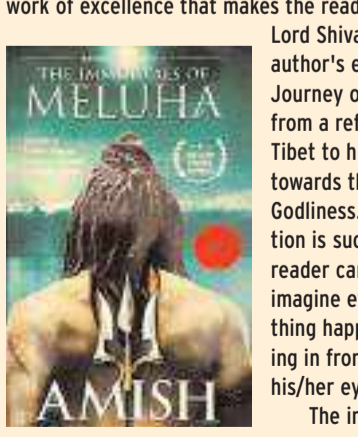


In the present times of pandemic when the people are locked indoors with a limited access to their routine work, the nature is getting a blissful time to rejuvenate itself. One of the striking example is the recovery of the ozone hole. This is indeed a very positive sign for the environment on the Earth.

The students of Sid-dharth's Miracles School celebrated the "World Ozone Day" by participating in many activities to bring an awareness about the importance of ozone layer on Earth. They made many posters emphasizing the importance of protecting ozone layer. Many students gave speeches and wrote articles elaborating the importance of ozone layer. People should take a cue from these children and always work towards protecting the ozone layer.

"JOURNEY OF LORD SHIVA"

The Immortals of Meluha" by Amish, the first book of Shiva Trilogy is an amazing read for those who are fascinated by mythology.



tants of this period called it Meluha - a near perfect empire. The book revolves around the tussle between Suryavanshis and Chandravanshis. The matters become worst as Chandravanshis allied with Nagas. As the legend says the Neelkanth will save the Meluha, who's none

another than Shiva. You have to read and find that will Shiva live up to the expectation of Suryavanshis?

The story has a racy narration style including twists and turns of comedy, drama, rage, and emotions which leaves you hooked till you read the last chapter and then, the other two books.

RAKSHIT DUBEY, Class IX, Zebur School for Children, Ahmedabad



PAINTINGS OF THE DAY



Arham Singhvi, Class IX, CN English Medium School



Komal Ghiya, Class VIII, St. Xavier's, Loyola Hall



Nimisha Soni, Class VIII, Zebur School



Daksh Shah, Class VII, Udgam School

TEACHERS

School life is a beautiful phase of life, But those who make it the best are our teachers, They are the ones with whom we smile, Their lectures make the journey of learning worthwhile. Students are houses unfurnished, But those who make them furnished are our teachers, Students are paintings unfinished, But those who make them colourful are our teachers. From listening to our good morning song, To our daily excuses strange and long, And cooperating with our mischievous gang, We "Thank you" for bearing with our slang. We "Thank you" for making our life worth living. By your giving and forgiving.

SNEHA PANDOR, Class X, Aga Khan School, Mundra

A look at the statistics of the previous IPL seasons show that two of the top three all-time wicket-takers are leg-spinners. So, it should not come as a surprise that leggies have become the most trusted lot in the T20 format, and IPL in particular

LEGGIES are ruling the ROOST

YUZVENDRA CHAHAL (RCB)

Attacking leg spinner Chahal has the knack of picking wickets at regular intervals. With 8 wickets in 5 matches backed by economy rate of 7.57, he leads the leggie race in IPL 2020. "Not many other spinners got too much out of the pitch, but Chahal has showed that if you have skill in the wrist, you can get purchase on any track," said Virat Kohli.

Mat-5 Wkts-8
Econ 7.57
BF 3/18

RASHID KHAN (SRH)

He enjoys the best bowling economy of 6.55 at an average of 21.69 in IPL. "My focus is on bowling economically. It helps bowlers on the other end take wickets," Rashid said. Former cricketer-turned-commentator Aakash Chopra says, "His (Rashid) biggest strength lies in bowling quickly through the air and accurate googly."

Mat 5 Wkts 5
Econ 5.20
BF 3/14

RAHUL CHAHAR (MI)

The youngster has loads of talent and has been used by MI captain Rohit Sharma to great effect in powerplays. His 2/26 against Kings XI Punjab deserves a special mention as he uprooted crucial wickets of KL Rahul and Glenn Maxwell. His leg break googly has come in handy for MI's spin attack. Rahul grabbed 22 wickets in as many matches in IPL so far.

Mat-6 Wkts-7
Econ 7.95
BF 2/26

PIYUSH CHAWLA (CSK)

Piyush Chawla's crafty control over the ball gives him an edge over batsmen. His vast IPL career is laced with 156 wickets in 162 matches with an economy rate of 7.85, proving his potential as a leg spinner. Chawla, roped in by CSK for a whopping ₹6 crore, has a unique record of bowling more than 1000 dot balls in his KKR career.

Mat 5 Wkts 6
Econ 8.88
BF 2/33



It is simple. If the ground is big, the bowler tends to take more risks. If I am bowling knowing the boundaries are bigger, then I will try to tempt the batsman more and use variations in pace with confidence. When the batsman sees the flight and variation in pace, he gets confused and commits a mistake. Narendira Hirwani, former leg-spinner



On certain grounds, the role of spinners will be really big. In a place like Abu Dhabi, spinners have traditionally played a big role, it is a bigger ground and spinners come into equation. But it probably doesn't spin as much as it does in Dubai and Sharjah. Mike Hesson, RCB's Director of Cricket

Ponting terms Rabada 'one of the best T20 bowlers in the world'



Delhi Capitals head coach Ricky Ponting praised team's Kagiso Rabada saying that the South African pacer is "one of the best T20 bowlers in the world". Rabada put out an impressive show during Delhi Capitals' 59-run win against Royal Challengers Bangalore (RCB) in the Indian Premier League (IPL) on Monday. The pacer picked four wickets to help his side defend a target of 197 runs.

"@KagisoRabada25's start this season is great reward for his work, one of the best T20 bowlers in the world. Holding RCB to 137 given their power was pleasing, building off the work of our batsmen who set things up. Couple of days now to reset before looking ahead to Rajasthan."

Ricky Ponting, DC head coach



KL Rahul shouldn't be bothered with wicketkeeping in Indian squad: Lara



Diego Schwartzman grinds down Dominic Thiem



HIGHLIGHTS

Nadia Podoroska entered semi-finals by beating Elina Svitolina 6-2, 6-4.

Rafael Nadal entered semifinals as he overpowered Jannik Sinner 7-6(4) 6-4 6-1.

Polish teenager Iga Swiatek humbled Martina Trevisan 6-3 6-1 to enter semis.

Argentina's Diego Schwartzman outlasted Dominic Thiem in a 5 set thriller of 7-6(1) 5-7 6-7(6) 7-6(5) 6-2 to reach his first Grand Slam semi-final.

TEST YOUR KNOWLEDGE

GK QUIZ | Theme: Mountains, peaks and waterfalls

Q1. Which one of the following is the second tallest mountain in the world?

- a) K2 b) Lhotse
c) Kangchenjunga d) Mount Everest

Q2. Which one of these mountains is also known as Sagarmatha in its home country?

- a) Mount Everest b) K2
c) Manaslu d) Dhaulagiri

Q3. Which one of the following mountains is also known as Mount Godwin-Austen?

- a) Himalchuli b) Mount Everest
c) Nanga Parbat d) Mount K2

Q4. The ninth highest mountain in the world, Nanga Parbat is located in which country?

- a) Pakistan b) India c) Nepal
d) Afghanistan

Q5. The name of the world's third tallest mountain is...

- a) Kangchenjunga b) Lhotse
c) Cho Oyu d) Makalu

Q6. Which of these mountains has the highest altitude, above mean sea level?

- a) Kangchenjunga b) Mount Everest
c) K2 d) Lhotse

Q7. Mount Everest is located in which country?

- a) On border between Nepal and China
b) On border between Nepal and India
c) On border between India and China
d) None of these



Q8. Dudhsagar falls is located in which of the following states in India?

- a) Kerala b) Goa
c) Karnataka d) Madhya Pradesh

Q9. Which continent hosts the Atlas Mountains?

- a) Africa b) Europe c) Asia
d) Australia

Q10. The highest waterfall in the world is?

- a) Tugela b) Angel
c) Cuquenan d) Takkakaw

Q11. Virginia Falls is located in which country?

- a) Norway b) Italy
c) Canada d) Mexico

Q12. Nevada Falls is located in which country?

- a) Guyana b) India c) the USA
d) Italy

Q13. Jog Falls are located in which of the following states in India?

- a) Kerala b) Manipur c) Meghalaya
d) Karnataka

Q14. Where is Niagara Falls located?

- a) On the border between Canada and the USA
b) On the border between India and China
c) On the border between India and Pakistan
d) On the border between India and Nepal

ANSWERS: 1 a) K2 2 a) Mount Everest 3 d) Mount K2 4 a) Pakistan 5 a) Kangchenjunga 6 b) Mount Everest 7 a) On border between Nepal and China 8 b) Goa 9 a) Africa 10 b) Angel 11 c) Canada 12 c) the USA 13 d) Karnataka 14 a) On the border between Canada and the USA



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Biodegradable is not what you think it is
➤ Try your number skills with Mathdoku
PAGE 2



➤ Students share their travel diaries
➤ Missing school? Relive your school days
PAGE 3



➤ A look at some high profile players, who are struggling to find form
PAGE 4



STUDENT EDITION

WEDNESDAY, OCTOBER 7, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

#BIRDWATCH

Well, it's not about watching birds. Twitter is all set to launch a feature called 'Birdwatch,' which according to the company is an attempt to address misinformation across its platform by providing more context for the tweets in the form of notes.

TRENDING

- According to a report by TechCrunch, now tweets can be added to Birdwatch, meaning flagged for moderation, from the tweet's drop-down menu, where other blocking and reporting tools are found
- A small binocular icon will also appear on the tweets published to the Twitter timeline
- When the button is clicked, users will be directed to a screen, where they can view the tweet's history of notes
- Based on the screenshots of Birdwatch, a new tab called 'Birdwatch Notes' will be added to the Twitter's sidebar navigation, alongside other existing features, like lists, topics, bookmarks and moments



SOPs FOR SCHOOLS' REOPENING: Cleanliness, security, social distancing

The education ministry has released guidelines for the reopening of schools from October 15, which include thorough cleaning and disinfection of premises, flexibility in attendance, no assessment for up to three weeks, and ensuring smooth transition from home-based schooling during the Covid-19 lockdown to formal schooling. It has also asked states and union territories to frame their own Standard Operating Procedures (SOPs) for health and safety precautions based on their local requirements.

Schools can implement re-adjusted school calendar and redesigned Annual Curriculum Plan (ACP), remedial classes or conduct back to school campaign, among other steps



THE GUIDELINES

- Schools must arrange and implement thorough cleaning and disinfecting of all areas, furniture, equipment, stationery, storage places, water tanks, kitchens, canteen, washroom, laboratories and libraries on school campus, and ensure air flow in indoor space, the ministry said
- Students may attend schools only with the written consent of parents
- Students may opt for online classes rather than physically attend school
- There shall be no assessment up to 2-3 weeks of school reopening, and use of online learning will continue

QUAD

WHAT: Foreign ministers from — India, US, Japan and Australia — known as the 'Quad group', held talks in Tokyo on Tuesday to counter China's growing assertiveness in the region.

WHY: All the four Quad members have an ongoing tiff with Chi-



X-PLAINED

na. Tensions between the US and China have escalated over issues like the coronavirus, trade, technology, Hong Kong, Taiwan and human rights. India and China are locked in a tense military stand-off in eastern Ladakh. Relations between Australia and China have also deteriorated in recent months. Japan is concerned about China's claim to the Japanese-controlled Senkaku Islands.

Also known as the quadrilateral security dialogue, Quad was first mooted by the former Japanese PM Shinzo Abe in 2007. The first meeting was held on November 12, 2017

Spotlight

3 SCIENTISTS SHARE NOBEL PHYSICS PRIZE FOR COSMOLOGY FINDS

THE 2020 NOBEL PRIZE FOR PHYSICS has been awarded to Roger Penrose for black hole discovery, and Reinhard Genzel and Andrea Ghez for discovering "a supermassive compact object at the centre of our galaxy".



NOVAK DJOKOVIC

Top seed and World No. 1 Novak Djokovic continued his bid to become the first man in half a century to win all four Grand Slam titles twice, dispatching 15th seed Karen Khachanov in straight sets 6-4, 6-3, 6-3. The Serb has reached the French Open quarterfinals for the 11th consecutive year, dropping just 25 games en route.



Quote unquote

We want India to become a global hub for Artificial Intelligence. Many Indians are already working on this. I hope many more do so in the times to come. In today's age of IT, India is making outstanding contributions. Some of the brightest tech leaders belong to India. India has also proved to be the power-house of the global IT services industry. We will continue to digitally excel and delight the world
Narendra Modi, PM at the RAISE 2020 virtual summit

UNRAVELLED

Choosing to handwrite over keyboard use yields best learning, memory: Study

When writing by hand, both children and adults learn more and remember better, suggest the results of several studies. However, a new study has revealed that choosing to handwrite over keyboard use yields the best learning and memory.



- According to researchers, the brain produces electrical impulses, when it is active. The sensors in the electrodes are very sensitive and picks up the electrical activity that takes place in the brain
- Handwriting gives the brain more hooks to hang on to the memories
- Writing by hand creates much more activity in the sensorimotor parts of the brain
- A lot of senses are activated by pressing the pen on paper, seeing the letters you write and hearing the sound you make while writing. These sensory experiences create contact between different parts of the brain and open the brain up for learning, thus helping us to learn better and remember better

NEW NASA PROJECT ALLOWS PUBLIC TO SEARCH FOR NEW WORLDS



You can now help discover new worlds beyond our solar system from the comfort of your home, thanks to a new citizen science platform called Planet Patrol launched by NASA. The Planet Patrol platform allows members of the public to collaborate with professional astronomers as they sort through a stockpile of star-studded images collected by NASA's Transiting Exoplanet Survey Satellite (TESS). Volunteers will help determine which TESS snapshots include signals from potential planets and which ones show planet impersonators, NASA said.

- TESS uses its four cameras to take full images of one patch of sky, called a sector, every 10 minutes for a month at a time
- This long stare allows TESS to see when planets pass in front of their stars, or transit, and dim their light

NEWS IN BRIEF

CLICK HERE FOR MORE

NIGHTS WARMING FASTER THAN DAYS, SHOWS RESEARCH

Global warming is affecting daytime and night-time temperatures differently, and greater night-time warming is becoming more common than greater daytime warming worldwide, shows a new research.



- According to scientists, who studied warming from 1983 to 2017, there was a difference in mean annual temperature of more than 0.25°C between daytime and night-time warming in over half of the global land surface
- Days warmed more quickly in some locations, and nights did in others, but the total area of disproportionately greater night time warming was more than twice as large, claimed the researchers
- The study has shown that this phenomenon termed "warming asymmetry" has been driven primarily by changing levels of cloud cover
- Increased cloud cover cools the surface during the day and retains the warmth during the night, leading to greater night time warming. Whereas, decreasing cloud cover allows more warmth to reach the surface during the day, but that warmth is lost at night, believe the researchers

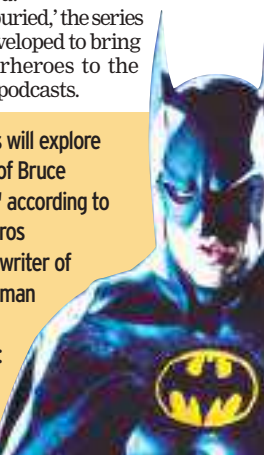
THE IMPACT

- Species that are only active at night (nocturnal) or during the day will be particularly affected, scientists have warned
- Besides, scientists have said that increased night-time warming has led to less vegetation growth, where it rained more, likely due to the increased cloud cover blocking the sun. Whereas, vegetation growth was limited by water availability due to less rainfall, where the days warmed more

NEW BATMAN STORY TO DEBUT ON SPOTIFY PODCAST IN 2021

An original story about Batman's alter-ego Bruce Wayne will debut next year as a podcast series on the Spotify streaming service, the producers have announced. Called 'Batman Unburied,' the series is the first being developed to bring DC Comics' superheroes to the world of narrative podcasts.

- The Batman series will explore "the darker aspects of Bruce Wayne's psychology," according to Spotify and Warner Bros
- David S Goyer, co-writer of the 2005 movie, 'Batman Begins' and 2016's 'Batman v Superman: Dawn of Justice,' has developed the story



10 YEARS OF INSTAGRAM

As the world's most-loved photo-sharing app turned 10 recently, here's some interesting facts on it...

Instagram, which was created by Kevin Systrom and Mike Krieger, was originally launched on iOS in 2010. It came to Android two years later. There's a Windows and Fire OS version of Instagram too. Initially, Instagram allowed content to be framed in a square (1:1) aspect ratio with 640 pixels to match the display width of the iPhone. Only in 2015, Instagram

eased the restrictions and allowed 1080p images. Mike Krieger uploaded the first picture on Instagram. It was reportedly taken from Dogpatch labs incubator, a cheap rented office space. Krieger posted the picture of South Beach Harbour at Pier 38 on July 16, 2010, much before the app's official release on October 6, later that year. Facebook bought Instagram at \$1 billion in 2012. At that time, Instagram had just 13 employees. Now, Instagram is valued well over \$100 billion, and is about one-fifth of Facebook's market cap.



As of October 5, 2020, the most-liked photo on Instagram is a picture of an egg, posted by the account @world_record_egg. It was reportedly created to beat the previous record of a Kylie Jenner post. The picture currently has over 54 million likes



FACTOID \$59

That's the price of a 50ml perfume, inspired by the planet Jupiter! All set to launch on October 26, 2020 by perfume brand Toli, the scent sports subtle notes of a rotten egg and cleaning products on a heady base of bitter almonds—hints of hydrogen sulphide and ammonia, that give way to the fragrance of hydrogen cyanide. The scent, according to the company, will allow wearers to be transported to a planet that no human has directly experienced — or likely ever will, given its inhospitable nature

- THESE COMPOUNDS ARE ALL FOUND IN SMALL AMOUNTS WITHIN THE ATMOSPHERE OF JUPITER, WHICH IS MAINLY MADE OF ODOURLESS MOLECULAR HYDROGEN AND HELIUM
- THE GAS GIANT'S ATMOSPHERE HAS THREE DISTINCT 'CLOUD LAYERS', COMPRISING AMMONIA ICE AT THE TOP, AMMONIUM HYDROSULPHIDE CRYSTALS IN THE MIDDLE AND WATER VAPOUR BELOW
- JUPITER'S COLOURFUL BANDS ARE FORMED DUE TO THE EMERGENCE OF SULPHUR AND PHOSPHORUS FROM THE PLANET'S WARMER INTERIOR



PAPER (When It's Just Paper)

It's what's on the inside that counts. Similar to the push from some restaurants to replace plastic straws with paper ones, paper bottles are seen as a possible option to replace plastic ones. Because they can be made of sustainable, renewable materials (from trees!), paper bottles are getting the attention of major companies.

Paper, of course, is recyclable — as long as it is just paper. However, paper-based bottles and containers tend to be made with several layers of

materials other than paper, including plastic or foil, to form barriers. One paper bottle maker's website calls 100% biodegradability a "goal."

Hypothetically, you could strip away the layers and recycle the paper, but who's actually going to do that?

Biodegradable isn't what you think

You care about the planet, and would like to avoid bottles and other goods made of single-use plastic. But it's complicated. Choosing products with packaging that claims to be "biodegradable" or "compostable" might mean that they degrade only under special conditions, and could complicate recycling efforts, said Jason Locklin, director of the New Materials Institute at the University of Georgia. "It's tremendously confusing, not just to the consumer, but even to many scientists," he said. Here are four examples of the kinds of products you might see on shelves or at the takeout counter.

BACTERIA-PRODUCED BIOPLASTIC

Promising, but economically challenging. PHA, or polyhydroxyalkanoate, has been the next big thing in biodegradability for years. This bioplastic, which can be produced by bacteria, has promising properties: Research suggests it can break down in conventional landfills. In ocean water, it will degrade within a few years, a fraction of the 450 years that it takes standard plastic. Producing the material economically, however, has been a technical challenge. Cove, a bottled water company, says it is about to bring out its product in containers made from PHA. RWDC Industries, introduced drinking straws made from the material last year in Singapore, where the company is based.



CORN-BASED PLASTIC

It isn't petroleum-based. But in a landfill, it may be just as bad. Food service items made from polylactic acid, or PLA, include bottles, disposable cutlery, plastic films, some grocery bags and other products. They look like plastic made from petroleum, but PLA is usually made from corn, though it can come from other plants, including beets, cassava and sugar cane. The labels on PLA products often describe them as compostable. But that doesn't mean you can just throw the stuff into your backyard compost pile, if you have one. To properly degrade, they have to be sent to commercial compost facilities. The process of industrial composting involves high heat and precisely controlled moisture, among other conditions, and it isn't available in many parts of the country. Worse, PLA products look enough like regular recyclable plastic bottles, that they can get mixed in at the recycling plant, and can contaminate the recycling stream.



FIBER BOWLS

Looks compostable, but may end up in the landfill anyway. Some fast-casual restaurants use bowls designed and marketed to be compostable. They are made from bagasse, a fiber produced as a byproduct from sugar cane mills. Sweetgreen, for instance, put the message in a slogan: "Nothing from inside Sweetgreen goes to the landfill." But getting to current levels of compostability has been a struggle for Sweetgreen and Chipotle, whose previous bowls turned out to contain PFAS, a family of chemicals linked to cancer that can remain in the environment even after the bowl has been composted. They fixed that problem. But while your bowl may be compostable, if you don't compost at home you have to throw it into a dedicated composting bin in the restaurant, or use a composting service. Don't put it in the recycling bin: Materials that come contaminated with food get rejected by recyclers. And throwing the bowl into a trash can at the office or at home means it's likely to go to a landfill anyway.



BOOK LAUNCH

PUNCHING THE AIR

by Yusef Salaam

Written in verse, 'Punching the Air' is a collaboration between Yusef Salaam, a member of "The Exonerated Five" (formerly known as "The Central Park Five") and Ibi Zoboi, author of 'Pride' and the US National Book Award finalist, 'American Street'. 'Punching The Air' follows Amal Shahid, a teenager, who has always been an



artist and a poet. But even in a diverse art school, he's seen as disruptive and unmotivated by a biased system. Then, one fateful night, an altercation in a neighbourhood escalates into a tragedy. "Boys just being boys" turns out to be true, only when those boys are white. Suddenly, at just sixteen years, Amal's bright future is upended: he is convicted of a crime he didn't commit, and sent to prison. Despair and rage almost sink him, until he turns to the refuge of his words: his art

MANE MANAGEMENT

7 tips to prevent hairfall

Hairfall is one of the most common hair issues. Thankfully there are ways to arrest hairfall. Follow these tips and keep your mane strong and thick, come snow or sunshine.

1 Protect your hair

Excessive exposure to the sun, pollution, rainwater, and dust without proper protection makes the hair dry, brittle and limp. Try to protect hair as much as possible and if exposed to rain or dust, wash it the same day.

2 Don't skip the conditioner

While shampooing, always condition your hair with a nourishing and hydrating conditioner. Also, try to use cold water to wash off the conditioner. This can help to close the pores and keep the scalp cleaner for a longer time.

3 Regular trimming

Trimming and cutting your hair regularly not just gives good shape and style but also helps get rid of the annoying split ends and dryness. It may also boost hair growth.

4 Control frizz

High humidity levels can make the hair frizzy, which may lead to hairfall. An easy way to tame the unruly mane is the application of serum on towel-dried hair.

5 Change your hairstyles

Keep your hairstyle fuss-free, that will help in preventing tangling and frizziness. During harsh weather conditions, keep hair covered with a cap or a scarf.

6 Detangle to avoid breakage

Use wide-toothed combs to detangle hair while wet. To avoid breakage, comb your hair at the bottom and then start combing from the roots.

7 Eat right

Have a good diet to boost hair growth and maintain the quality of the hair. Intake of proper nutrients, including proteins, fats, vitamins, and minerals are especially essential for strong & healthy hair and may help to reduce hairloss.

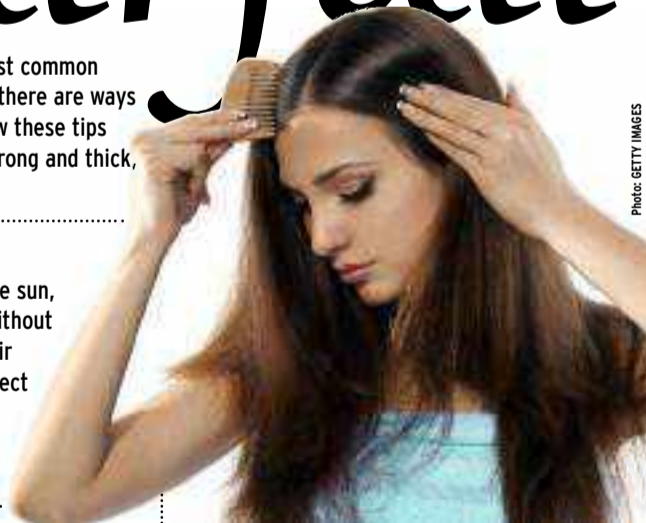


PHOTO: GETTY IMAGES

BE A DETECTIVE!

4 by 4 MathDoku Puzzles

Fill in the numbers 1 to 4 in such that each number appears only once in each row and column. The grid is divided in so called cages with operators and target numbers. The numbers in each cages must produce the target number by using the operator of that cage.

12x	6x	8x	4+
4÷	3+		1-
		7+	
1-			

5+	4+	7+	
		5+	
2x	4+		8x

		1-	24x
8x			
		1-	

		5+	8+
		2÷	
		72x	
			7+

copyright: www.mathinenglish.com

QUIZ TIME (MIXED BAG)

- Q.1) Who is the author of 'Anandamath'?**
A. Rabindranath Tagore
B. Bankim Chandra Chattopadhyay
C. Sarojini Nayadu D. Jyotiba Phule
- Q.2) Who is the author of the book "The Judgement"?**
A. Kuldip Nayyar B. Mathili Saran Gupta C. Amitabh Ghosh D. None
- Q.3) Who said, "I therefore, want freedom immediately, this very night, before dawn, if it can be had"?**
A. Mahatma Gandhi B. Edwina Mounbatten C. Jawaharlal Nehru D. Taslima Nasreen
- Q.4) 'Asian Drama' is a book on which of the following subjects?**
A. Theatre Movement in Asia
B. Economics C. International Politics D. Look East Policy of India



Gunnar Karl Myrdal was a Swedish economist and sociologist. In 1974, he received the Nobel Memorial Prize in Economic Sciences with Friedrich Hayek for "pioneering work in the theory of money and economic fluctuations and penetrating analysis of the interdependence of economic, social and institutional phenomena."

ANSWERS

1. B) Bankim Chandra Chattopadhyay, 2. A) Kuldip Nayyar, 3. A) Mahatma Gandhi, 4. D) Economics

PUZZLES and BRAINS

6 BY 6 NUMBRICKS (EASY NO. 1 AND 2)

FILL THE GRID WITH THE NUMBERS 1 TO 36 TO MAKE A PATH IN SEQUENTIAL ORDER, GOING HORIZONTALLY OR VERTICALLY. YOU MAY NOT CONNECT THE NUMBERS DIAGONALLY.

	15	10	9	8	
17				6	
18	12	3		1	
19	25	26		30	
20				31	
	22	35	34	33	

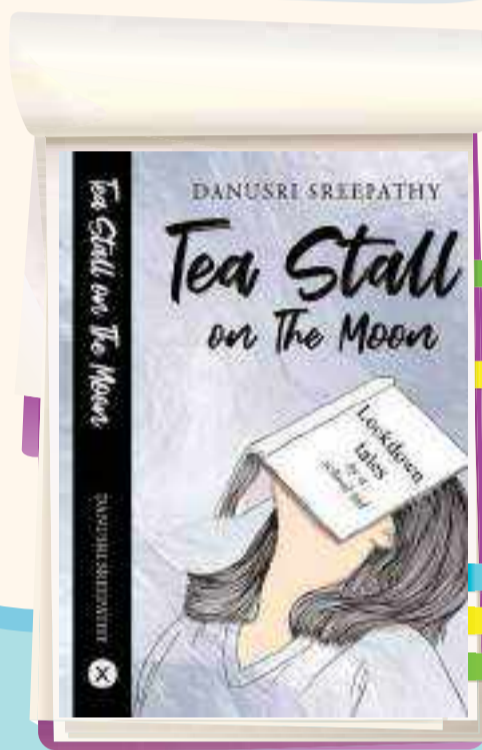
	28	25	22	19	
	27	26	21	20	
	34	35	12	13	
	3	36	11	10	

0606 EASY 1 copyright: www.puzzlesandbrains.com

0606 EASY 2

This 13-year-old writer is a class VIII student at Delhi Public School (Ahmedabad). The first-time author has tried to give a sneak peek into life in middle school. This book is an organised collection of complicated interpretations of activities and mysteries, seen through the wacky eyes of a teen. Danusri loves playing football and enjoys drawing in her free time.

Lockdown Author: Danusri Sreepathy



Q: WHAT IS YOUR BOOK ABOUT?

My book "Tea stall on the moon" is a semi-autobiographical account, which I wrote during the lockdown. The underlying theme throughout is lockdown. Even if it's an autobiography, it is peppered with travelogues, monologues, and adventures, etc. Many chapters are exclusively about narratives from home and school.

Q: HOW DID YOU PICK THE GENRE/ AND SUBJECT? WHAT IS THE MESSAGE PEOPLE HAVE LEFT AFTER READING YOUR BOOK?

I chose non-fiction as I love writing from my personal experiences. The responses include 'it was a remarkable work as a teen' and 'Author is so natural' and also 'Author has 'a wry sense of humour.'

Q: WHEN/WHERE DO YOUR BEST IDEAS COME FROM?

My best ideas come when something happens in my life. Like it could be a total disaster, a road trip, a new book, or a maths class.

Q: HOW MUCH TIME DID YOU TAKE TO FINISH YOUR BOOK?

It took me about 4 months to complete my book. Usually, I used to write, after my online classes got over.

Q: WHAT IS THE BEST/WORST PART ABOUT WRITING A BOOK?

The best part is that it gave me satisfaction and made me happy. It was wonderful to be able to express my thoughts and ideas. It stretched too long- that's the only bad thing I can think of.

Q: WHO MENTORED/ HELPED YOU IN WRITING THE BOOK?

The people around like my family, friends, and teachers were all my mentors. Also, many other things in my life were my inspirations. The rat that crept into my cupboard was not an intruder but turned out to be a muse.

Q: WHAT IS ONE WRITING ADVICE/ RULE/ TIP/ METHOD THAT DOESN'T WORK?

Sometimes choosing the most complex words or writing long sentences can work best, but only sometimes!! And don't always stick to the point, it's mostly really boring.

Q: WHO IS YOUR FAVOURITE AUTHOR? WHY DOES SHE INSPIRE YOU?

My favourite author is Elizabeth Gilbert. Her writing style is straight-up amazing. And she has a knack for always keeping the reader wanting more. I would give anything to have her storytelling skills.

Q: WHAT IS THE BEST ADVICE YOU CAN GIVE TO YOUR PEERS WHO WANT TO WRITE ALSO?

You have to write what you feel like you should. Like the topic, you think you can write best, even if it's about your dog's birthday.

Q: IN THE FUTURE, I WILL BE...

I will either be a journalist or a Civil servant.

Q: SHARE A FUNNY WRITING ANECDOTE.

It has to be when I saw real-life ghosts lurking at a (so-called) haunted place. When I heard the stories about ghost sighting, I had shivers running down my spine. But then, after I got home, I immediately started working on an article based on that topic.

Q: THE SENTENCE I CAME MOST PROUD OF CREATING IN MY BOOK.

When I came up with the line 'The Tea Stall on the Moon' I was like this has to be the title of my book! I'm really proud of that line.

As told to Ragini Bharadwaj



Students take a virtual tour of Kankaria



The fun and frolic of the joyous bus rides is a memory to cherish. Though the pandemic has limited mobility and the enjoyment get-aways, nothing can stop the spirit of team Global Indian International School, Ahmedabad. We fondly remember our school excursions, picnics, and tours for a lifetime. The school excursions are the best way to learning the fun way. Who might have wondered about the virtual

tours someday? The students of class II went on a virtual tour to 'The nocturnal Zoo Kankaria' with enthusiasm and excitement. The amazement and the excitement of enjoying the trip with friends and learning, new things were very evident with smiles on their faces. The students learned about various nocturnal creatures, their habitat, and their attributes. The tour was full of joy, fun, and energy.

Kabirians celebrate NUTRITION WEEK

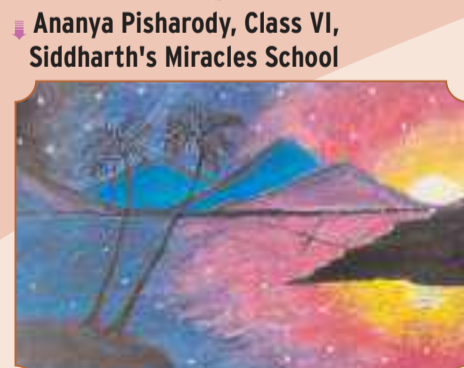
National Nutrition week is celebrated from 1st September to 7th September every year to make people aware of the importance of nutrition for our human body. As we all know nutritious food helps us to stay healthy and keeps us away from various diseases. The idea of health and nutrition has gained much attention and importance as we continue to stay at home amid the pandemic. While people across the globe are trying to make healthy diet and changes in lifestyle, we the Kabirians of Drive In New tried flameless cooking, organic farming, framing slogans, illustrations and poetry to create awareness to follow "Eat Right, Bite by Bite" as this time the theme focuses on the main source of nutrition which should be chosen wisely and requires us to explore the nutritious food options.



PAINTINGS OF THE DAY



Hirpara Malhar, Class VI, SGVP



Ananya Pisharody, Class VI, Siddharth's Miracles School



Devanshi Patel, Class VI, GIIS



Jenil Thakkar, Class V, St Kabir School



Nimisha Soni, Class VIII, Zebor School For Children

MY HOPEFUL TOMORROW

It was fun to be together each school day, learning in our class and going out to play. We used to meet for assembly, To pray, sing and start the day. COVID-19 has changed the pleasing scene, I don't know when will we meet again...?? Even though we are restricted in lockdown, Teachers take care, we don't knockdown. Our proud teachers are an inspiration, They teach us calmness and patience. We attend live classes using head-phones, Teachers send us all notes in PDF forms. My heart is hopeful for beautiful tomorrow, We will shine like the sun and make a rainbow.

HETA SAFI, Class VI, Sheth C N Vidyavihar English medium

KASHMIR SURPRISES EVERYONE!



During these times when everyone is missing traveling, I'm no different. One such memorable trip is the one when we went to Jammu and Kashmir. The Kashmiris have a welcoming aura which immediately makes you feel comfortable as you enter the valley. This place is a true delight to a nature lover with its snow-capped mountains, to gushing streams, to lakes, and lush green gardens. A trip to Kashmir is incomplete without a 'Shikara' ride in Dal Lake. The "Houseboat

Market" is fun as it offers Pashmina and the handicrafts. After spending 2 days in Kashmir, we left for Gulmarg. The first thing that we opted for was "Gondola Ride" or ropeway. The view from the Gondola was absolutely breath-taking and from height, it appeared as if someone has painted the entire valley white. It was an amazing experience. Though I'm not a mountain person, if it is Kashmir to travel, my answer is "YES"! MANYA OJHA, Class VIII Maharaja Agrasen Vidyalaya, Ahmedabad

"SCHOOL PUTS A SMILE ON MY FACE"

Mention word 'school' and sweet memories make a beeline to make me smile! My school life has been beautiful in different cities as my father is an army man. My school changed as my father got transferred. Every change of school meant new adjustments, new teachers, and new friends. During my school years, I have scored amazing marks but at times I have also scored poorly. I joined Shanti Asiatic School in class VIII and now I am in class XII. The environment I got here along with the support of teachers and friends, has helped me grow in a holistic way! A routine day at school is flooded with learning and fun moments. Be it school assemblies, school picnics, field trips, cultural or sports event, cant role in polishing my personality and has enabled me to shine in all the spheres of life. This is not all, my school also provides me an opportunity to unwind as I share jokes with friends, debate on issues, and share tiffin boxes. Those early morning activities, those class- es, and staying after school activities, all spread joy in my life! NUPUR VAISHNAV, Class XII, Shanti Asiatic School, Ahmedabad



ONCE FEARED, NOW FAILING

Cricket can be cruel sometimes. Stars who performed exceedingly well in the previous editions of IPL are now struggling for form. Will they find their mojo back? We list some of the players who are yet to prove their worth in IPL 2020

MS Dhoni (CSK)

Dhoni hasn't looked at his best since returning to professional cricket with CSK in IPL 2020. He has admitted being not confident over his form with the bat. "It will take some time for him to get back to his old touch. He played a match after about one year six months. It's not easy however good you are. It will take some time," BCCI president Sourav Ganguly said.

Matches - 2
Wickets - 0
Best figures- 0/35

Glenn Maxwell (KXIP)

A powerful hitter, Maxwell specialises in unconventional shots along with reverse sweeps and pulls. His fielding is eye catching too. In 74 IPL matches, he has amassed 1438 runs at a rate of 157. A costly buy at ₹ 10.75 crore, he needs to prove himself as he has fared poorly with 41 runs in 5 matches. He needs to replicate the role he played when OZ beat England in the ODI series just before the IPL.

Matches - 5
Runs - 41
HS - 13

Umesh Yadav (RCB)

In 2018, Umesh gave his career best for RCB snatching 20 wickets in 14 matches. But in IPL 2020, Yadav returned with figures of 0/48 and 0/35 in the first two matches against SRH and KXIP. He was dropped for subsequent matches.

Karun Nair (KXIP)

A fabulous batsman, who is only the second Indian after Virender Sehwag to score a triple century in Tests. Karun was the third-highest run-getter for KXIP in 2018, scoring 301 runs. In 2020, he has scored a poor 7 runs in 3 matches, pointing to abject loss of form. No wonder, he has been dropped.

Matches - 3
Runs - 7
HS - 7

Dinesh Karthik (KKR)

KKR skipper Dinesh Karthik has come under scrutiny, after Kolkata's loss to Delhi Capitals. Former India pacer S Sreesanth opines the wicketkeeper-batsman should not lead KKR. "Genuinely feel @Eoin16 ... WC-winning captain should lead ipl side", he tweeted.

Matches - 4
Runs - 37
HS - 30

Manchester United sign Brazilian left back Alex Telles from Porto

Alex Telles

Another transfer deal

Bayern Munich confirmed the transfer of former Paris Saint Germain forward Eric Maxim Choupo-Moting and the return of Brazil winger Douglas Costa on loan from Juventus, with both players signing for a year.



First and final warning for 2020:

Ashwin on Mankading

Let's make it clear !! First and final warning for 2020. I am making it official and don't blame me later on.

R Ashwin



Delhi Capitals spinner Ravichandran Ashwin said he wouldn't be giving any more warnings after he resisted taking a controversial 'Mankad' run-out in the Indian Premier League under strict orders from his coach Ricky Ponting. Ashwin, who famously Mankaded England's Jos Buttler in last year's competition, instead stopped his

WHAT IS MANKADING?

The rare mode of dismissal was named after India's Vinoo Mankad, who ran out Australia's Bill Brown by removing the bails at the bowler's end during the 1947 Sydney Test. While legitimate, the Mankad dismissal has been widely considered unsporting.

run-up and warned Aaron Finch when the Australian ventured out of his crease at the non-striker's end. Before the tournament, Ponting had said Mankading was "not within the spirit of the game" and that he would be having a "hard conversation" with Ashwin on the subject. AFP

Kvitova sweeps into French Open quarter-finals

HIGHLIGHTS

Tsitsipas became first Greek man to reach Roland Garros quarter-finals.

Novak Djokovic beat Russia's Karen Khachanov 6-4 6-3 6-3 to enter quarter-finals for the 14th time.

Unseeded German Laura Siegemund defeated Spaniard Paula Badosa 7-5 6-2.



Petra Kvitova reached the French Open quarter-finals for the first time in eight years as she overpowered China's Zhang Shuai 6-2 6-4.

TEST YOUR KNOWLEDGE

GK QUIZ | Theme: Indian monuments

Q1: Which temple dedicated to the sun-god and is shaped like a chariot?

- a) Sun Temple, Konark b) Lotus Temple, New Delhi c) Surya Pahar Temple, Assam d) Jagannath Temple, Puri

Q2: Which of these monuments is a white marble structure built in the Mughal style of architecture?

- a) Qutub Minar b) Red Fort c) Taj Mahal d) Fatehpur Sikri

Q3: What is common to the historical places Ajanta

and Mahabalipuram

- a) Both were built in the same period b) Both belong to the same religious sect c) Both have rock-cut caves d) Both were built by the same sculptures

Q4: The Brihadisvara temple at Thanjavur, in Tamil Nadu, was built by

- a) Marthanda Varma b) Tipu Sultan c) Vikramaditya d) Raja Raja Chola-1

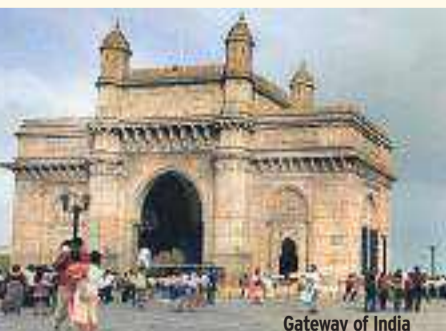
Q5: Which of these monuments was built by the Mughal emperor Akbar?

- a) Qutub Minar b) Red Fort c)

- Charminar d) Fatehpur Sikri

Q6: Which monument was built to commemorate the visit of King George V and Queen Mary to Bombay?

- a) India Gate b) Gateway of India c) Victoria Terminus d) Elephanta Caves



Q7: Which of these is the astronomical observatory in Rajasthan, built in 18th century?

- a) Red Fort b) Qutub Minar c) Jantar Mantar d) None of these

Q8: In June 2002, which of these temples became a UNESCO World Heritage Site?

- a) The Mahabodhi Temple b) Akshardham c) Konark Sun Temple d) Tanjavur

Q9: Which famous monument was built by Mohammed Quli Qutab Shah in 1951 to commemorate the end of Plague?

- a) Charminar b) Jama Masjid c) Mecca Masjid d) Toli Masjid

Q10: Karla, one of the best-preserved Buddhist Caves, is in which state?

- a) Madhya Pradesh b) Uttaranchal c) Uttar Pradesh d) Maharashtra

Q11: Which of these heritage sites depicts the fine Dravidian style of architecture?

- a) Akshardham b) Khajuraho

- c) Hampi d) Ajanta

Q12: Where are the Elephanta

- a) Kerala b) Tamil Nadu c) Maharashtra d) Madhya Pradesh

Q13: When emperor Shah Jahan Agra to Delhi, he built...

- a) Taj b) Qutub Minar c) Red fort d) Sanchi

Q14: Which World Heritage Site was built by Begum Bega?

- a) Humayun's Tomb b) Taj Mahal c) Red Fort d) Qutub Minar

ANSWERS: 1 a) Sun Temple, Konark 2 c) Taj Mahal 3 c) Both have rock-cut caves 4 d) Raja Raja Chola-1 5 d) Fatehpur Sikri 6 b) Gateway of India 7 c) Jantar Mantar 8 a) The Mahabodhi Temple 9 a) Charminar 10 d) Maharashtra 11 c) Hampi 12 c) Maharashtra 13 c) Red fort 14 a) Humayun's Tomb



THE TIMES OF INDIA

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TODAY'S EDITION

■ You can disagree without being rude!
■ Want to make Nutella at home?
PAGE 2



■ Introducing the Times NIE Edit, powered and steered exclusively by students
PAGE 3



■ How pacers are breathing fire in IPL 2020?
■ Take our quiz on English preposition
PAGE 4



STUDENT EDITION

TUESDAY, OCTOBER 6, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

JEE-Advanced results announced; Pune boy Chirag Falor tops exam

Pune boy Chirag Falor has bagged the top rank in the Joint Entrance Exam (JEE)-Advanced, securing 352 marks out of 396 marks. The second and third rank have been bagged by Gangula Bhuvan Reddy and Vaibhav Raj respectively. "Kanishka Mittal is the national topper among girls," said an official of IIT, Delhi. The results were announced on Monday.

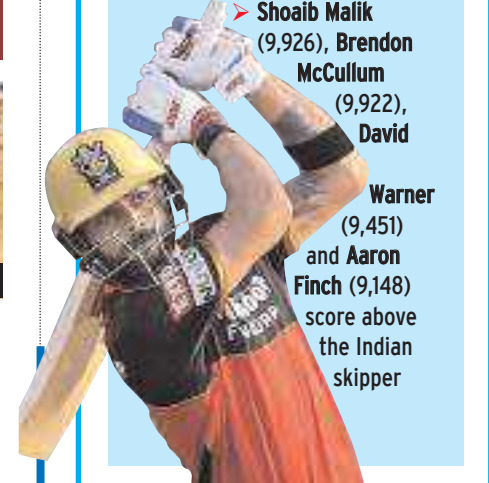
IIT, Delhi conducted the JEE-Advanced exam this year for admission to the IITs across the country. JEE-Mains, which is an entrance exam for admission to engineering colleges across the country, is a qualifying exam for the JEE-Advanced

Virat Kohli set to create history, 10 runs away from becoming first Indian to score 9k T20 runs

Royal Challengers Bangalore (RCB) captain Virat Kohli is set to achieve another milestone in his T20 career. He needs 10 more runs in the ongoing Indian Premier League (IPL) to become the first Indian batsman to breach the 9k-mark in the shortest format. The batsman has scored 8,990 runs in 285 T20s, he has played so far.

Overall, the list of most runs in the shortest format is topped by Chris Gayle with 13,296 runs in 404 matches. He is followed by Kieron Pollard, the second batsman with over 10,000 runs. The West Indies' white-ball captain has scored 10,370 runs, while playing for a number of teams

Shoib Malik (9,926), Brendon McCullum (9,922), David Warner (9,451) and Aaron Finch (9,148) score above the Indian skipper



What India has reiterated its commitment to its policy of 'no first use' (NFU) of nuclear weapons, and to a complete non-discriminatory nuclear disarmament at the special session of the UN. It may be noted that after the successful completion of the nuclear tests in 1998, India adopted a 'no first use' policy. The government had asserted then that the arsenal would only be used as a nuclear deterrent

How Most of the nuclear states in the world maintain policies that permit them to use nuclear weapons in case of a conflict. Pledges to use these weapons as a strict 'no first use' policy are rare. In 1964, after China carried out its first nuclear test, it pledged a NFU policy. These policies, are, however, generally declaratory in nature, **THERE IS NO DIPLOMATIC ARRANGEMENT IN PLACE TO EITHER VERIFY OR ENFORCE IT.** Countries, who have pledged, can still use the nuclear weapons first, in case there's a conflict. As of today, China and India are the only nuclear weapon states that have maintained an unconditional NFU pledge

Who **RESERVES THE RIGHT TO FIRST USE NUKE WEAPON:** The US has pledged that it would not use nuclear weapons against others, who do not have them. For those who have nuclear weapons, Washington has stated that it would consider using nukes first to defend itself or its allies. In 1982, Soviet leader Leonid Brezhnev pledged that Moscow would have a NFU policy and not launch nukes during conflict. However, in 1993, Russia did away with the stance, and said that it would not use nukes against countries, who do not possess nuclear arsenal. France maintains the right to use nukes first under any circumstances. The UK has a vague policy and does not rule out anything



WHERE DOES PAKISTAN STAND? Islamabad does not have a nuclear doctrine, and it remains unclear under what conditions it may use the nuclear weapons. From time to time, Pakistan has threatened India by saying that it would use nuclear weapons, if the situation demands. In 2002, the then President Pervez Musharraf stated that "nuclear weapons are aimed solely at India," and would only be used if "the very existence of Pakistan as a state" was at stake. General Khalid Kidwai, who served as the head of Pakistan's Strategic Plans Division (SPD), had said that Islamabad may consider using nuclear weapons, if India attacks its neighbour

“The world is living in the shadow of nuclear catastrophe, fuelled by growing distrust and tensions between the nuclear powers Antonio Guterres, Secretary General, UN”



In January 2003, the government released its first official nuclear doctrine. Among the major points in the doctrine was a 'no first use' posture. However, the doctrine made it clear that India's nuclear retaliation to a first strike will be massive and designed to inflict maximum damage. The doctrine also stated that the government may consider using nuclear weapons to retaliate against attacks using chemical and biological weapons (CBW)

'No First Use' OF NUKES

AWARDS Three win Nobel Prize in medicine for discovery of Hepatitis C virus



Americans Harvey J Alter and Charles M Rice, and British scientist Michael Houghton were awarded the Nobel Prize for Medicine or Physiology on Monday for the discovery of the Hepatitis C virus.

■ The medicine prize carried particular significance this year due to the coronavirus pandemic, which has highlighted the importance that medical research has for societies and economies around the world ■ The award is among the first of the six prizes being announced through Oct 12. The other prizes include outstanding work in the fields of physics, chemistry, literature, peace and economics

DID YOU KNOW? The World Health Organisation estimates that there are over 70 million cases of hepatitis worldwide and 400,000 deaths due to this disease each year

NEWS IN BRIEF CLIMATE CHANGE RESPONSIBLE FOR RECORD SEA TEMPERATURE LEVELS: STUDY

Researchers have found that global warming is driving an unprecedented rise in sea temperatures, including in the Mediterranean sea. The Ocean State Report has revealed an overall trend globally of surface warming based on the evidence from 1993 to 2018, with the largest rise in the Arctic Ocean.



ENVIRONMENT

➤ According to researchers, **European seas experienced record high temperatures in 2018**, a phenomenon, which the researchers attribute to extreme weather conditions – a marine heatwave lasting several months
➤ In the same year, a large mass of warm water occurred in the northeast Pacific Ocean, according to the report. This was similar to a marine heatwave, dubbed 'the Blob', which was first detected in 2013 and had devastating effects on marine life
➤ The report also identified other major strains on the world's seas and oceans due to climate change, including acidification caused by carbon dioxide uptake from the atmosphere, sea-level rise, loss of oxygen, and sea ice retreat



A statue of Harry Potter, flying a Nimbus 2000 broom over the Hogwarts Quidditch pitch, was unveiled recently in London's Leicester Square. The bronze statue, which shows Potter, played by Daniel Radcliffe, is just a few steps away from where the film, 'Harry Potter and the Philosopher's Stone' had its world film premiere in November 2001



Potter joins other film icons, including Laurel & Hardy, Mary Poppins, Mr. Bean and Paddington as part of 'Scenes in the Square', an interactive film trail in Leicester Square

A Taj Mahal made of matchsticks!

A 22-year-old woman has created an image of the iconic Taj Mahal using over 3 lakh matchsticks. Saheli Pal from West Bengal made the image on a 6 feet by 4 feet board. An MA English student from the Calcutta University, Saheli is seeking to break a world record with her artwork. A video of her artwork has been made and will be sent to the Guinness World Records soon.

In 2018, Saheli had set a world record by making the smallest clay sculpture of the face of Goddess Durga. The sculpture measured 2.54 centimetres by 1.93 centimetres by 0.76 centimetres, and weighed 2.3 gram



UNIQUE FEAT
Iran's Meysam Rahmani holds the Guinness World record for making UNESCO's logo, using 1,36,951 matchsticks in 2013

WE HAVE TO RAISE BETTER SONS: AYUSHMANN KHURRANA

Actor Ayushmann Khurana, who has been roped in by UNICEF India as a celebrity advocate for their global campaign, 'End Violence Against Children', said, he is committed to bringing the much-needed attention to this priority issue. Brutality against minors is unacceptable but preventable, he added.

CELEB TALK Violence against children is pervasive, but how often do we hear about it being reported or discussed? I will be drawing attention to this issue, making violence against children visible. We need more and more people acknowledging that violence happens, taking steps to end violence as well as to report it
Ayushmann Khurana, actor



SMARTPHONE REVEALS HOW SPIRITUAL TEXTS can promote well-being

Smartphones not only reveal your screen time, chat history or gaming preferences but are a useful tool to find a link between individuals' daily spiritual experiences and overall well-being, say researchers.



While studies have found such a connection between spirituality and positive emotions, the new study is significant because frequent texting over smartphones made it easier to capture respondents' moment-to-moment spiritual experiences over 14 days rather than only one or two points in time

The findings suggest that stable, consistent spiritual experiences as well as short-term periodic ones serve as resources to promote human flourishing and help individuals cope with stressful conditions

TECHTONIC

HOW TO HAVE A DISAGREEMENT LIKE AN ADULT

According to **DEEPAK CHOPRA**



STEP 1: Choose if you even want to engage

It's useless to engage in certain debates. It's highly unlikely that you are going to change someone's mind if they still refuse to wear a face mask this far into 2020, for example. There are simply some confrontations that are not worth it. When these pop up, Chopra's strategy is to walk in a different direction: "That's it." And as far as when to call it, he said: "There is no general rule to follow except this: Walk away any time you detect an impasse. Anything else is futile."

STEP 2: OK, you've decided to engage. ... So first, listen

If you don't start with an open ear, you've lost your opponent. The key is to listen to the other person enough to get to know them in an authentic way – at least a little bit. "If you're not aware of what is going on in their mind, in their life, in their relationships, in their personal experience of everyday reality, where is the solution?" Chopra said. "You're just going to attack them." Listening also allows you, and the other person, to cool down.

STEP 3: Learn about the other person's values.

The simplest way to learn about someone else is to ask about what is meaningful to them. Chopra has used the following strategy whenever he has been enlisted to resolve conflicts, even among his highest profile clientele: "I tell them to go out and have Chinese food together and talk about their mother or their father or their teenage years," he said. "Something that shows you that you are a regular human being and that you can be also vulnerable." He said that expressing your vulnerability is a sign of strength. **This is the best way to understand a person's values, which Chopra defines as core beliefs. "They pertain not to politics, religion or money. They fit the description 'Speak your truth,'"** he said. "Find your truth before you spout off."

STEP 4: Try awareness and a pause.

Now that you have listened to the other person (and maybe even understand them more), you might be angry. When a person is feeling challenged, Chopra said a natural reac-



Deepak Chopra, the wellness and meditation star who has served as a spiritual adviser to Lady Gaga and is friends with the Dalai Lama, defines a disagreement as "a clash of egos." In order to appropriately engage in a disagreement, then, the point cannot be to win it or change another's opinion — "otherwise, they devolve into stubborn, angry arguments," Chopra said. Instead, "disagreements exist as a place to start negotiating." Over his career, the New Age celebrity and author of 91 books has clashed with scientists and doctors for championing alternatives to medicine and for statements that contradict accepted re-

search. tion is "fight-flight-freeze" mode. This reaction immediately makes it impossible to be calm and calculated. Another common impulse is the reactive response, or as Chopra calls it, "the ego response." This, he said, is something we learn at a young age. But there are far more productive approaches. Chopra said to tackle a disagreement with "insight, intuition, inspiration, creativity, vision, higher purpose or authenticity integrity." This, he said, means moving past flight-flight-freeze and taming the ego enough to advance to other options.

STEP 5: Don't engage in black-and-white thinking

Chopra quoted George W Bush — "You're either with us or against us" — to illustrate a belligerent approach to disagreement (and said this type of behaviour is what he often sees world's leaders engage in). "It's like a schoolboy bully in fourth grade," he said. And you should refrain from

it. To further his point, he highlighted a statement by Nelson Mandela: "Having a grievance or resentment is like drinking poison and hoping it will kill the enemy."

STEP 6: When confronted, stop, take a deep breath

"Ask yourself, 'Am I going to be nasty? Am I going to be reactive? Or is there a creative solution to this?'" Chopra said. If someone were to attack him verbally, Chopra said he might respond with: "I'd like to hear your point of view. I also acknowledge that you are personally insulting me right now. I don't give permission to myself to be insulted. So thank you for insulting me. But now let's declare our values and our action plan for those values and get the personalities out of the way altogether." He advises cultivating mindfulness to be better at "noticing the instant before you get angry, and then letting the impulse die away before it gains any more energy." **If someone is attacking you, it is also OK to walk away. "Why not? Bullies need**

STEP 7: Don't try to prove them wrong.

Chopra said you can slap another person — figuratively — and they might forgive you, but if you prove them wrong, they'll never forgive you. Then, nobody has "won" the argument, he said. **The point of disagreeing is not to "win," but to start negotiating. People who are angry or upset believe they have been wronged in some way. "Recognize that your adversary, either consciously or unconsciously, feels a sense of injustice, no matter who they are,"** Chopra said. You could say: "I recognize that you feel that this is not a just solution for you. Tell me why."

STEP 8: Be prepared to forgive.

You might not think the other person in a disagreement deserves forgiveness, but consider it for the sake of your own peace.

STEP 9: Make a (gentle) joke.

In Chopra's mind, the world would be a happier place if everyone made a point of laughing more. (For him, this means going on YouTube and watching "Candid Camera" or putting on a Charlie Chaplin film.) **It's OK to bring humour into a tense conversation as long as it isn't cruel or demeaning.**

Make Nutella at home

Nutella is one such edible item that we all love. Be it waffles, crepes, pancakes or even paratha, a bit of Nutella on it works like magic. But if you have been avoiding store-bought Nutella or are looking for a healthy variant of the same, make sure you give this homemade alternative a shot. Here's the recipe:

Ingredients: Coconut oil, almond milk, vanilla essence, hazelnuts, cocoa powder, soaked dates, salt to taste and maple syrup.

How to make: In your blender, add the hazelnuts and mix to make nut butter. Keep folding the mixture and blending until it becomes a smooth paste. Once you achieve the required consistency, add de-seeded, soaked dates, along with vanilla essence and coconut oil. Mix well. To this, add cocoa powder and maple syrup. Mix nicely and add almond milk. Blend again and transfer it into a glass jar. Store it in a cool, dry and place. Make sure you consume it within 15-20 days.

LOCKDOWN DIY



Chia vs Basil seeds



What is the difference and which one is better for weight loss?



Chia and sabja seeds (basil seeds) are two popular foods for the weight watchers. Both are extremely nutritious and are known for their amazing health benefits. They are loaded with nutrients that can help to boost immunity and promote weight loss. Many people believe that chia and sabja seeds are the same because of their similar appearance. But when you will be able to see the difference. In this article, we will try to find out the difference in their nutrient content and determine which one is better for weight loss.

Nutrient content in Chia seeds

Chia seeds are low in calories and are gluten-free. You can either have chia pudding or add the seeds in your bowl of salad and smoothie and enjoy the benefits of this nutrient-dense food. In weight chia seeds contain 6 per cent water, 46 per cent carbohydrates, 34 per cent fat, and 19 per cent protein. 28 grams of seeds contain 138 calories.

The tiny seeds are loaded with antioxidants that can prevent our body from the damage caused by free radicals. Chia seeds are considered good for health as they are a source of high quality of protein and most of the carb content in them is fibre. The fibre keeps you fuller for a longer time. Also, the protein could help reduce appetite and food intake.

100 grams of CHIA seeds have:

- Calories: 486
- Protein: 16.5 grams
- Carbs: 42.1 grams
- Fat: 30.7 grams
- Omega-3: 17.83 grams
- Omega-6: 5.84 grams

13 grams of basil seeds contain 13 grams:

- Protein: 60
- Carbs: 7 grams
- Fat: 2.5 grams
- Omega-3: 1220 mg

Nutrient content in basil seeds

Chia and basil seeds contain the same amount of calories. You can soak sabja seeds in water and drink it. They have a mild basil flavour so you can add in all kinds of drinks for a refreshing taste or can sprinkle some on top of your smoothie.

How to have them

You can either soak chia seeds or can have them raw. Chia seeds have no taste of their own. So you can add them to any dish. They take 30-40 minutes to absorb the water. On the other hand, basil seeds absorb the water instantly and cannot be consumed raw.

Which one is better for weight loss

The nutrition content of chia and basil seeds is more or less the same. Both are nutritious and healthy. They increase satiety and prevent you from indulging in unhealthy foods. There is a lot of evidence that proves that eating chia seeds can be beneficial when trying to shed kilos, but when it comes to basil seeds that are limited studies. You can include both in your diet for better results. However, remember that weight loss is a byproduct of eating healthy and exercising.



KNOWLEDGE BANK (Technology)

Augmented Reality

This an interactive experience of a real-world environment where the real objects are enhanced by computer-generated perceptual information, be it visual, auditory, olfactory, haptic or somatosensory. It could be additive to natural environment (constructive) or mask it (destructive). AR changes one's perception of a real-world environment while virtual reality replaces the user's real-world environs with a simulated one.



WORD WISE

Blandishment: (n) Often blandishments, something, as an action or speech, that tends to flatter, coax, entice, etc.

Synonymous words: adulation, allurements, blarney, coaxing, praise, enticement, fawning, sweet talk, sweet words, etc

Examples: ■ Our blandishments left him unmoved. ■ We succumbed to the blandishments of tropical living. ■ Every blandishment was used to soothe him.

QUIZ TIME (MIXED BAG)

Q.1) Who is the author of "War and Diplomacy in Kashmir"?

A. G Parthasarathy B. Sir Own Dixon
C. C Dasgupta D. Kuldeep Nayar

Q.2) Mozart had written his first symphony at the age of?

A. 8 years B. 10 years C. 12 years D. 5 years

Q.3) Who is the author of the book "Conquest of Happiness"?

A. Thomas Hardy B. Aldous Huxley
C. Bertrand Russell
D. George Bernard Shaw

Q.4) Who wrote "Sarfarooshi Ki Tamanna Ab Hamare Dil Mein Hain"?

A. Mohammed Iqbal B. Ram Prasad Bismil
C. Kazi Nazrul Islam D. Firaq Gorakhpuri



DAL LAKE, SRINAGAR

ANSWERS

1. (C) C Dasgupta, 2. (A) 8 years, 3. (C) Bertrand Russell, 4. (D) Ram Prasad Bismil

Times NIE Editorial Powered by students

In The DEEP Blue

Learn about remaining endangered species and the challenges they face in today's world

Click here to view the article online



By ADITYA KAUSHAL, batch of 2020, Ekya Schools, Bengaluru



We live in a world where speed and efficiency is everything; fast-paced development, increasing manufacturing requirements and growing networks both physical and digital spanning the entire globe. Human beings have transformed their environment faster than any other species. That has resulted in us changing the face of the entire planet and not always for the better. We have already eradicated many species, either as a direct consequence of our actions or through a chain of compounding problems starting with us.

Economic importance

As you can probably guess, whale-watching is an elusive tourist experience. Tourism agencies at various locations offer 'Whale watching' experiences - where one can get on a boat and catch a 'glimpse' of these beautiful creatures when they surface for air.

As such, the experience in the islands of Luzon, Philippines is unparalleled. The Philippines are home to a nearby cousin of the Humpback whale - the Oslob Whale-Shark. **These whales are relatively smaller than their cousins, but are known for their distinctive white spots throughout their body.** Since they



these whales, they are very passive and friendly. **These whales, and especially the humpbacks, are of more economic importance than we realise.** These whales consume plankton from the depths of the ocean, in the process they circulate vast amounts of water making sure vital dissolved gases like nitrogen are continually refreshed at the upper layers of the ocean. This abundance of nitrogen ensures that several other species of fish are sustained and have enough nutrients to eat and thrive. Further, they also bring up some of the phytoplankton to the top of the surface. These phytoplankton now see the light of the sun, can photosynthesize, and produce over 15% of the oxygen present in the atmosphere at any given time. Oxygen, that we breathe. Oxygen, that sustains us.

WALKING THE TALK

Through my series of articles, we'll learn about some of the few remaining endangered species left, and the challenges they face in today's world.

Whale of a concept

We have all perhaps had our first encounter with this magnificent species at an early age - through pictures in our science or general knowledge books, or through television cartoons, but few of us know more about them than the statement 'Largest mammals in the world'. Whales. Apart from being the world's largest, they are also among the oldest living species on the planet - **some scientists estimate their ancestral species (the species which they are closely related to) might even have been around at a time predating dinosaurs!** The anatomy of whales is something of a mixed bag. Despite living in the cold, dark waters several metres below the surface, whales do not have gills. They have lungs, just like we do; they need oxygen. This is why whales will come up to the surface - to catch a whiff of the fresh air of the open sea they need to survive. This is also the time one can truly appreciate the size of a huge humpback whale.

The Hunter Games

However, with the advent of a growing economy and demand for fisheries - people have been hunting and killing these very whales for their massive amounts of fats and oils which are used in making soaps and industry reagents. They are also hunted for their meat

swim closer to the surface, at Philippines, one can interact with them a little more closely. Tourists can snorkel or scuba dive with

and bones. Whale hunting has been practiced for centuries, but never at this rate. **In the 1900's, poachers in Iceland killed the largest blue whale known to ever exist. It was said to be a rare hybrid, one that has not been seen ever in recorded history.** Iceland and the Faroe Islands are still

one of the only countries in the WORLD that refuses to end their whale hunting policy - instead they annually celebrate their whale hunting festival (I am not joking, this is a thing, look it up). **Since 1986, Iceland poachers have killed over 30,000 whales of all sub-species.**

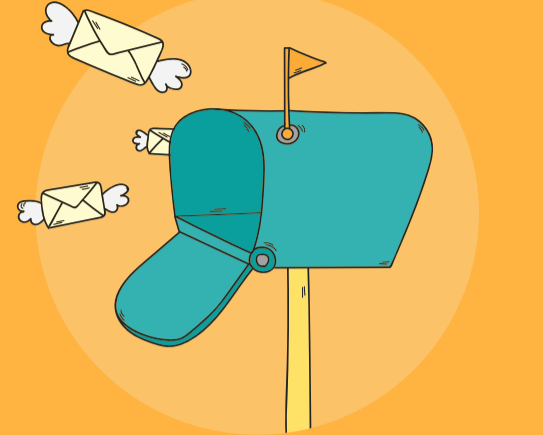


In 2017, the ocean turned red.

It was only in May 2020, in wake of the Covid-19 pandemic and increasing awareness among consumers that demand for whale meat in Japan went down. In May, the Icelandic government announced it would not hold its whale hunting festival for at least one year; a small win for the environment and one step closer to a permanent ban. People are beginning to prefer watching them annually, rather than hunt. **It is people like us, people like you and me that can make a difference. The whale population is still critically endangered, but is beginning to make a comeback.** It is up to us to ensure they have a chance at survival. It is up to us to be aware and to stop wrongs. Being aware can make all the difference, just like the consumers in Japan. **By being aware, somewhere deep within the ocean, you will have saved a life. You will have saved a species.**



Letters to the author can be sent on timesnie175@gmail.com under the subject: Letter for Aditya. If you want to 'walk the talk', pick a relevant topic and write to us!



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WE ARE WAITING

Big Q

Is safety for women a distant dream?

In India, crimes against girls/women are at an all-time high. As I write this, there has been an exponential rise of about 64%. Although some women activists have relentlessly worked towards empowerment of women, the crime against the fairer sex is on an upward spiral. As a society, we should all begin by asking tough questions. Why is safety of the girl child still such a distant dream? Why are the laws against such heinous crimes not strict? Why have we turned a blind eye towards skewed population ratio in some cities of the country? Why is girl child education still not given importance? Let us all be responsible citizens and direct our angst to the right issues. Rather than teach our children about good touch and bad touch, how about telling them 'Just Don't Touch!' Or let us start by teaching our kids the importance of consent. **SR DHIVYA, class X, Sri Ramakrishna Matric Hr Sec School, Coimbatore**



Is the treatment to RTE unconstitutional?

Some petitioners claim that Gujarat Government is hiding the actual numbers of RTE (Right to Education) in the school. Petitioners have approached Supreme Court to get help. They also claim that RTE figures are misleading on school portal. Some schools restrict taking RTE students in the school which is against the fundamental rights that states - "Every child below the age of 14 years has the right to education and studies." Most school nowadays, are shying away from giving admission to students from the RTE quota. Why are they allowed to manipulate data and get away by doing this which is not in compliance of the law? **RIYA KOTHARI, class VIII, Udgam School for Children, Ahmedabad**



Should we not look at new options for real heroes?

The conversation around nepotism and substance abuse is woefully myopic. Bollywood also reflects the fissures of the society it inhabits, naturally. Celebrities aren't heroes and reel isn't real. It's time to challenge this notion. **ASISH SINGH, CLASS XII, ST AUGUSTINE'S DAY SCHOOL BARRACKPORE, WEST BENGAL**

Bollywood is under constant fire - from nepotism to substance abuse - so is it a good time to focus on 'real heroes'? Our students tell you more...

Bollywood actors are not real life heroes. They're regular people like you and me with a job. It's unfair to label them as such. The real heroes emerged this year in the form of doctors, nurses, sanitation workers, ambulance drivers, etc. **CHARVIE JOANNA, CLASS X, VIDYODAYA MATRICULATION ACADEMY, CHENNAI**

Many of our favourite actors have become victims of hate... either rightfully, or wrongly, is not yet known to us. Perhaps it's time to make people like authors, musicians, activists, our idols. They play a crucial role in this world, and are more deserving. **PIA OZA, CLASS IX, SSPM'S SRI SRI RAVI SHANKAR VIDYA MANDIR (BORIVALI EAST)**

IN THE DOCKYARD

A true 'Hero' is the one who works for others selflessly. It is time we show our gratitude to each of those sanitation workers, doctors, teachers who have been working round the clock in hard times. No denying that among the reel-life entertainers too exist a few real 'heroes'. **AKSHAY SINGH, CLASS XII, SADHU VASWANI INTERNATIONAL SCHOOL, PUNE**

It is very crucial in today's time to generate inspiration from real life heroes. As the world faces a pandemic and climate crises, it's essential to find real-life heroes like Nelson Mandela, Greta Thunberg and others who have worked towards the benefit of the world. **HUNAR, CLASS XII, CARMEL CONVENT SCHOOL, CHANDIGARH**

It is unfair to discredit entire Bollywood just because few celebrities have been accused of substance abuse. We have to remember that Bollywood is an entertainment industry, and is also one of the most impactful media for communicating with the masses. **AVNI DEV PHARASI, CLASS VIII, DOON INTERNATIONAL SCHOOL, DEHRADUN**

Heroes have always been around us and amidst us, it's just that we have been failing to take note. Now with Bollywood actors failing us as role models, let's take a look - new heroes could be women fighter pilots, ISRO scientists who we don't know much about, our school principals and so on. **ANUPAMA SHARMA, CLASS XII, INDUS VALLEY PUBLIC SCHOOL, NOIDA**

People take inspiration from leaders and stars but one should never forget that they too are human beings. They are no different from us. They just lead a different life. Reel or real heroes, both make mistakes since no one is perfect. **ZANKHNA PATHAN, CLASS XII, MAHARAJA AGRASEN VIDYALAYA, AHMEDABAD**

Is current news really NEWS these days?

Iwould be lying if I said I haven't been following all the Bollywood drama but at some point, even I stopped. Because if you're sensible enough then you ought to stop due to the irrelevance of the subject that has become big national news. I agree that the death of SSR needs to be scrutinised but that is not the only unfair thing happening in our country. The main idea of journalism is to make people aware of affairs that are happening behind closed doors. The media HAS to be rational and not take sides. In the past few weeks, we've had the law passed against farmer's benefit. We've had a teenage girl brutally abused, she died, and her parents weren't even allowed to perform her last rites. Now, if we deal with this kind of inhumane behaviour as much as we did with the SSR issue, our people would have felt a little more secure. **MANMEET BEDI, PG student in Book Publishing**



Whatever one says about IPL T20 being a batters' paradise, some bowlers still have made a deep impact in the tournament with their scorching pace and accuracy. We track some of these speed guns and their envious records

Fearsome, Fastest on the PROWL

ANRICH NORTJE (DC)

Fastest Ball

149.70
kph

- ★ Matches- 4
- ★ Wickets- 5
- ★ Best

figures-3/33
This is his maiden IPL season for Delhi Capitals. From the start, he has made deep inroads with his scorching pace. He keeps clocking around 150 kph with the ball. Last year he was contracted by KKR but could not play due to a shoulder injury. This time, he is set to prove his mettle as a fast bowler.

- ★ Matches- 4
- ★ Wickets- 3
- ★ Best figures-2/25

Saini was bought by Royal Challengers Bangalore for tag of ₹3 crore. His scorching pace gave him death bowling responsibilities. Among Indians, he bowled the fastest delivery at 147.92 kph. His terrific yorkers helped his team to victory in the Super Over against MI on Sept 29.

NAVDEEP SAINI (RCB)

Fastest Ball

147.92
kph

JOFRA ARCHER (RR)

Fastest Ball

152.13
kph

- ★ Matches-4
- ★ Wickets- 8
- ★ Best figures-2/18

Definitely, he has been breathing fire with the ball. Rajasthan Royals bought him for a whopping ₹7.20 crore and he has not let them down. Rated as the most impactful player, the Caribbean flavour comes handy with the bat too. Archer has bowled the fastest ball of the season (152.13 kph) as he has bowled 16 among top 20 fastest deliveries.

- ★ Matches- 4
- ★ Wickets- 8
- ★ Best figures-3/26

Rabada was responsible for enabling Delhi Capitals to reach the semifinals in the last IPL by taking 25 wickets. Commentator Harsha Bhogle was awestruck with his performance against KKR and Rajasthan Royals, where he consistently hit the deck hard. His strength lies in mixing deliveries along with deadly Yorkers. He is known as the 'King of Super Over'. His record in two Super Over record reads: nine balls bowled, nine runs given, and three wickets taken.

KAGISO RABADA (DC)

Fastest Ball

147.60
kph

- ★ Matches-4
- ★ Wickets- 2
- ★ Best figures- 1/13

Cummins, who plays for KKR, is the most expensive buy of IPL 2020, at a whopping ₹15.50 crore. In a match against Sunrisers Hyderabad, he troubled both Rajasthan Royals openers Baird and Warner with his uncanny pace and is set to raise his game in coming matches. His effectiveness at death overs makes him a class bowler.

PAT CUMMINS (KKR)

Fastest Ball

151.70
kph

- ★ Matches-5
- ★ Wickets- 8
- ★ Best figures- 3/15

Shami is a complete bowler whose death bowling is nearly unplayable. Kings XI Punjab bought him for ₹4.8 crore. In 2019, he finished the season as Kings XI Punjab's highest wicket-taker with 19 scalps from as many as 14 games. The main reason for his success can be attributed to his steadfast pace hovering around 145 kph and his unique skill to move the ball, both old and new.

MOHAMMAD SHAMI (KXIP)

Fastest Ball

145.66
kph

I have enjoyed watching the quicks bowl this year. You don't always get to say that but Kagiso Rabada and Jofra Archer and Pat Cummins are getting us all excited again and see fast bowling not just respected again but even a bit feared.

Harsha Bhogle, cricket commentator

We back our players way longer than possible: Fleming



Chennai Super Kings' "reticent" approach to change when faced with poor results has been the key to its success over the years, said head coach Stephen Fleming, citing veteran Australian all-rounder Shane Watson as a shining example of what the side has achieved. Watson finally came good with an unbeaten 83 off 53 balls in his fifth game as an opener, helping the three-time IPL champions record an emphatic 10-wicket win over Kings XI Punjab on Sunday after a hat-trick of defeats.

"I think it helps as players know they get more opportunities... We are reticent to changing the team, other than realising the areas that we are not happy with. Also you are not sure if that change will help or not. We try and improve and if players are doing the right thing we will back them, even longer than possible. Stephen Fleming, CSK head coach

Aston Villa crush champions Liverpool



A superb first-half hat-trick from Ollie Watkins helped Aston Villa to a stunning 7-2 victory over Liverpool in the Premier League to end the champions' 100% start to the season in extraordinary fashion.

ANOTHER SHOCKER

Spurs humiliate Man U with 6-1 win

Polish teen Swiatek sends top seed Halep packing

HIGHLIGHTS

Rafael Nadal blew away American qualifier Sebastian Korda 6-1, 6-1, 6-2 to enter quarters.

Austrian Thiem survived five-set thriller to overcome Hugo Gaston 6-4, 6-4, 5-7, 3-6, 6-3.

Argentine 12th seed Diego Schwartzman overwhelm Lorenzo Sonego 6-1, 6-3, 6-4 to reach quarters.



World No 2 Simona Halep, who came into the clash on a 17-match unbeaten streak, was knocked out in the 4th round by teenager Iga Swiatek.

TEST YOUR KNOWLEDGE

GRAMMAR QUIZ | Theme: Prepositions

Q1: The milk is _____ the refrigerator.
a) to b) of c) at d) in e) from

Q2: Never look directly _____ the sun. It is bad for your eyes.
a) to b) for c) through d) of e) at

Q3: I'm surprised because rain _____ was not _____ in the weather report.
a) prediction b) predicted c) predictable d) predictably e) predict

Q4: _____? There is just a little.
a) Is there any ice cream left? b) There's some ice cream left? c) Is there an ice cream left? d) Is there left any ice cream? e) Is there many ice cream left?

Q5: _____ are you having dinner with? I'm having dinner with Junko.
a) Who b) Where c) What d) How e) Why

Q6: Nitya frequently travels _____ Europe on business.
a) in b) to c) at

d) on e) into

Q7: _____ tired from working so much?
a) Are you b) She's c) Is d) You are e) Are she

Q8: How many days are there _____ in February?
a) There is 28. b) They are 28. c) In February, there are 28. d) Are only 28 days. e) There in February are 28 days.

Q9: I ran _____ Sanjay while I was in the library. I haven't seen him for ages.
a) on b) at c) in d) into e) on

Q10: The Olympic champion _____ the swimming pool from ten meters high.
a) to b) into c) onto d) inside e) through

Q11: Sorry, I can't. I _____ my daughter to work at that time.
a) will be taking b) 'll take c) won't be take

Q12: At noon tomorrow, I _____ on a beach somewhere.
a) 'll be relaxing b) relax c) will being relax

Q13: We _____ at a fancy restaurant tonight. Vikas decided this yesterday.
a) eat b) are eating c) eats

Q14: _____ they coming over for dinner?
a) Is b) Are c) Am



ANSWERS: 1. D 2. E 3. B 4. A 5. A 6. B 7. A 8. C 9. D 10. B 11. A 12. A 13. B 14. B



THE TIMES OF INDIA

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TODAY'S EDITION

■ #endcolourism, appeals
Suhana Khan
■ Know how to lose weight
via NEAT
PAGE 2



Students share their experiences on a wide range of issues
PAGE 3



Is T20, a batsman's game?
PAGE 4



STUDENT EDITION

MONDAY, OCTOBER 5, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2



Name the only Indian on the Forbes'20 list of the world's 10 highest-paid male actors

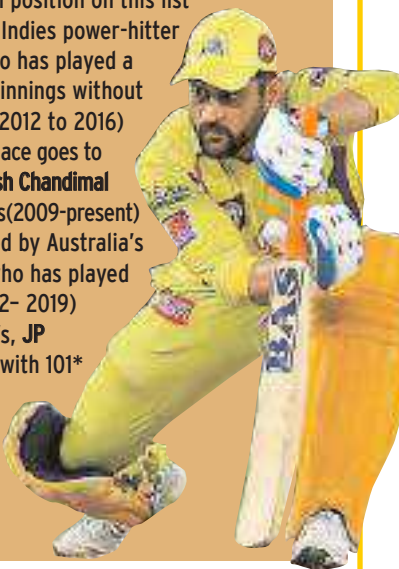
- CLUE 1:** He made his first appearance in the 1987 film, 'Aaj'
- CLUE 2:** The Indian-born naturalised Canadian citizen boasts two National Awards, and was awarded the Padma Shri in 2009
- CLUE 3:** While studying martial arts in Bangkok, Thailand, he also worked as a chef and a waiter

ANSWER: AKSHAY KUMAR. The 53-year-old actor has wrapped the shooting of 'Bell Bottom', making it the first film in the world to start and finish during the pandemic

DHONI ONLY INDIAN WITH NO DUCK IN 100 consecutive T20 innings

MS Dhoni has registered yet another feather to his illustrious cricket career by becoming the only Indian and fifth overall batsman to play 100 or more innings without scoring a duck in the shortest format of the game. In other words, MS has not gone back to the pavilion without scoring a run since 2015. In the last game against Hyderabad, he played his 100th consecutive innings without a duck.

- > The number 1 position on this list is held by West Indies power-hitter **Chris Gayle**, who has played a record 145 T20 innings without scoring a duck (2012 to 2016)
- > The second place goes to Sri Lanka's **Dinesh Chandimal** with 106* innings (2009-present)
- > He is followed by Australia's **Shaun Marsh**, who has played 102 innings (2012-2019)
- > South Africa's, **JP Duminy** is next with 101* innings to his name (2014-2019)



US POLLS

WHAT IF DONALD TRUMP CAN'T RUN?

President Donald Trump testing positive in the coronavirus test has raised the possibility, however remote, that he could become incapacitated. So, what's the scenario? The US Constitution has put in place a plan of succession to ensure that the nation is protected from adversaries and internal conflict, when the elected president cannot serve...

- The US Constitution makes it clear that the **vice president** is first in line to succeed the president, should he or she die in office, and can step in to take on the duties of the presidency temporarily, should the commander in chief become incapacitated

- The US Constitution leaves it to the **Congress to decide what should happen, if the vice president also dies or cannot serve;** several laws have been enacted to lay out the contingencies



WHAT IF THE PRESIDENT IS TOO ILL TO PERFORM HIS DUTIES?

Under the 25th Amendment, ratified in the 1960s to clarify presidential disability and succession planning, Presidents can voluntarily designate powers to their vice presidents, if they become seriously-ill or are unable to perform their duties

CAN THE PRESIDENT BE INVOLUNTARILY REPLACED?

The 25th Amendment of the US Constitution also allows for the forcible removal of a President, including, if he is too ill to designate his authorities or simply refuses to do so

Since the amendment on discharge of duties was ratified in 1967, the VP of US has taken power in only three instances—each of them exceedingly brief. In 1985, when President Ronald Reagan was put under anaesthesia for a colon procedure, he granted his powers to VP George Bush for about eight hours, though he avoided formally invoking the amendment. In 2002 and 2007, President George W Bush temporarily transferred his authorities to VP Dick Cheney during colonoscopies



ATAL TUNNEL: WORLD'S LONGEST ROAD TUNNEL



Prime Minister Narendra Modi on Saturday inaugurated the strategically-important Atal Tunnel in Rohtang...

1 THE LONGEST HIGHWAY TUNNEL: The Atal Tunnel, at 9.02 km, is the longest highway tunnel in the world, which connects Manali to Lahaul-Spiti Valley. It will ensure movement throughout the year. Earlier, the Valley was cut off for about six months each year, owing to heavy snowfall

2 BUILT IN THE PIR PANJAL RANGE OF THE HIMALAYAS: The tunnel is built with ultra-modern specifications in the Pir Panjal range of the Himalayas at an altitude of 3,000 metres (10,000 feet) from the Mean Sea Level (MSL)

3 HORSESHOE-SHAPED: It is a horseshoe-shaped, single tube double lane tunnel with a roadway of eight metres

TECH BUZZ

WhatsApp's latest update will let you delete media from other people's phones



In a new update, WhatsApp users can now delete an image, video or gif from somebody else's phone after sending it to them. Called Expiring Media, it makes the media disappear after it has been viewed in a chat. It is similar to Instagram's image sending feature.

HOW IT WORKS

- To enable this feature, the sender will have to select the "view once" button, while they are sending the image, video, or the gif file
- When it appears on the phone of the recipient, it is only visible when they are in the chat. When they leave the chat, the message appears, which states, "The media will disappear once you leave the chat"
- If the users return to the chat, a bubble pops up, which says, "view once photo expired"
- The feature is under development

IN THE RECORD BOOKS

350 ONLINE COURSES IN 90 DAYS



Arthi Reghunath from Kochi, Kerala, has set a world record by completing 350 online courses in three months!

Reghunath, a second-year MSc Biochemistry student of MES College, completed the impressive number of courses listed on 'Coursera' platform, and made a world record at the Universal Record Forum. The courses finished by Reghunath were offered by several world-renowned universities, including John Hawkins University, Technical University of Denmark (DTU), University of Virginia, State University of New York, University of Colorado Boulder, University of Copenhagen, University of Rochester and Emory University.

NEWS IN BRIEF

CLICK HERE FOR MORE

ENTERTAINMENT

Priyanka Chopra teases her memoir 'Unfinished' by sharing intriguing clip

Actor Priyanka Chopra Jonas on Friday gave a teaser to her much-awaited memoir, 'Unfinished'. The 38-year-old actor took to Instagram to share an intriguing short clip featuring the posters of her films. The video that starts from a monochromatic picture of her parents, showcases some iconic characters essayed by the actor over the big

screen. The video is created in the form of a film reel, which plays horizontally, in the same fashion as a movie plays in a cinema hall, with the sound of the reel rolling up and down.

- The clip, featuring the posters, chronicle the journey of the actor from the very beginning. It puts on display the poster of 'The Hero: Love Story of A Spy', 'Fashion' 'Mary Kom', 'Dostana', 'Barfi', 'Bajirao Mastani', 'Quantico' and 'Baywatch.' It also summarises the journey of the actor—Bollywood to Hollywood
- Alongside the clip, Priyanka wrote, "This is my story, #unfinished" ■ It was in June 2018 that the star first announced of making her

- memoir, and had said that it "gives you an indescribable sense of accomplishment" when you tick off something from your "bucket list"
- 'Unfinished' will be a collection of personal essays, stories, and observations by the actor, producer, singer, and UNICEF Goodwill Ambassador, Chopra



WARS, ROWS AND SCANDALS: When the Nobels didn't go as planned

1 Not awarding the prize can also be an honour. In 1948, several months after the death of Mahatma Gandhi, the Nobel Peace Prize was not awarded, a homage to the Indian pacifist, who never won the prize—widely considered a historic omission. The committee at the time said, "there was no suitable living candidate".



2 The prize can also be postponed. That was the case in 2018, when a scandal engulfed the Swedish Academy, which selects the literature prizewinner. The 2018 prize was awarded instead the following year to Polish author, Olga Tokarczuk.



3 While Sweden remained neutral during the wars, the Nobel committees refrained from awarding the prizes, especially during World War II. Both moral and logistical reasons were cited, as well as the fact that the committees no longer had access to the scientific publications. The peace prize was not awarded between 1939 and 1945—the 1944 prize was awarded retroactively to the Red Cross.

5 The celebratory banquet traditionally held after the December 10 prize ceremony at Stockholm's City Hall was cancelled in 1956 to avoid inviting the Soviet ambassador because of the repression of the Hungarian Revolution. An unofficial, smaller dinner, was organised instead.

4 In 1924, the organisers cancelled the formal prize ceremonies in Stockholm and Oslo because of a combination of ailing laureates, including Polish writer Wladyslaw Reymont, and the fact that the chemistry and peace prizes were not awarded. That was the only time the ceremonies got cancelled in peacetime.

In total, 49 prizes have not been awarded since the first Nobels in 1901, most of them in the field of peace (16 times)

In the 1930s, three German scientists were awarded Nobels: Richard Kuhn (1938) and Adolf Butenandt (1939) in chemistry, and Gerhard Domagt (1939) in medicine. But Hitler, outraged over the prize to Von Ossietzky (Peace Prize), barred any German from accepting a Nobel, and they were forced to decline their prizes. They received their Nobels after the war



FOR A CAUSE

I am a pledged organ donor: Amitabh Bachchan

Actor Amitabh Bachchan has said that he has pledged to donate his organs. Bachchan, 77, took to Instagram recently, and posted a picture from the sets of his game show, 'Kaun Banega Crorepati' with a green ribbon to mark the gesture. "The distinction of the wear of the green ribbon. I am a pledged organ donor! Bearing the giving of life to another," the actor captioned.



Wars, jailed laureates, and diplomatic rows have occasionally put the brakes on the Nobel prizes over the years. This time it is the coronavirus pandemic that has thwarted plans. Here are some previous occasions when the Nobels were stalled..

Twelve ways to be kind this week

A 5th grader recently won '2020 Doodle for Google' for spreading kindness! Sharon Sara who is in the fifth grade in Texas has won the 2020 Doodle for Google contest who will receive a \$30,000 college scholarship from the tech giant. The Doodle made by Sara, titled 'Together As One,' highlighted the importance of inclusion and acceptance, and was inspired by her personal experiences with friendship and her strong commitment to spreading kindness.

"I thought about my personal experiences. People have not wanted to be my friend because of how I look, so I decided to draw what I do! No matter what people look like, you look on the inside and then decide if you want to be their friend," Sara said. "Kindness to me means to not look at someone from the outside, but look at their personality, and be open to their friendship".



Photo: GETTY IMAGES

WANNA SPREAD KINDNESS TOO? TRY DOING THE FOLLOWING THIS WEEK

1. Call your grandparents.
2. FaceTime a friend from school that you don't talk to often to say Hello.
3. Write a note to your mom or dad and let them know they are doing a good job being your parent.
4. Make your parents breakfast, lunch or dinner.
5. Don't fight with your siblings. Leave a note and a small gift for delivery drivers.
6. Do your chores without being asked and without complaining.
7. Stay at least 6 feet away from other people, even your grandparents.
8. Tell each of your family members one thing you love about them.
9. Give a parent a big hug out of the blue.
10. Host a virtual game night with friends.
11. Let someone else go first.
12. Forgive someone for a mistake.

Quiz

Only **October!**

In the old Roman calendar, October (Greek/Latin 'octo' for eight) was the 8th month of the year. Answer each question by choosing correctly from the four options

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

1 Which arm of the Indian Armed Forces was established on October 8, 1932?

- A. Army B. Navy C. Air Force D. Another

2 How many Indian national holidays are there, including October 2?

- A. 4 B. 3 C. 2 D. 1

3 What anniversary, observed in October, is controversial in the USA?

- A. Columbus Day B. Martin Luther King Jr Day

C. Presidents' Day D. Veterans Day

4 Which of these traditionally appears at Halloween, on October 31?

- A. Papaya B. Pineapple C. Potato D. Pumpkin

5 On what date in October is UN World Food Day?

- A. 20 B. 18 C. 16 D. 14

Answers: 1) C. Air Force 2) B. 3 3) A. Columbus Day 4) D. Pumpkin 5) C. 16



INSTAFIX #endcolourism

Suhana Khan shares a post on being called 'kaali' and what's wrong with our society!

There's a lot going on right now and this is one of the issues we need to fix!! this isn't just about me, it's about every young girl/boy who has grown up feeling inferior for absolutely no reason. Here are just a few of the comments made about my appearance. I've been told I'm ugly because of my skin tone, by full grown men and women, since I was 12 years old. Other than the fact that these



are actual adults, what's sad is that we are all Indians, which automatically makes us brown - yes we come in different shades but no matter how much you try to distance yourself from the melanin, you just can't. Hating on your own people just means that you are painfully insecure. I'm sorry if social media, Indian matchmaking or even your own families have convinced you, that if you're not 5'7 and fair you're not beautiful. I hope it helps to know that I'm 5'3 and brown and I am extremely happy about it and you should be too. #endcolourism Do you agree? What are the ways we can end this colour shaming. Let us know at timesnie175@gmail.com

Fitness Fundas

Lose weight by increasing your 'NEAT'

Weight loss isn't a cakewalk. Now what if you were told that you can lose weight simply by increasing your NEAT or non-exercise thermogenic activity? If you are unversed with the term, it involves daily activities that result in energy consumption or calorie burn...

What exactly is NEAT?

NEAT is the amount of energy spent by the body on various daily activities like eating, sleeping, gardening, typing, singing, climbing stairs or any other household chores. In short, NEAT excludes deliberate exercises. Before we delve deeper, let's understand thermogenesis.

Thermogenesis

Thermogenesis is the process by which the body produces heat or energy. There are multiple ways in which our body produces energy. Here are some of the major ways.

EAT (exercise-associated thermogenesis)

The energy released by the body through planned exercise and workout.

NEAT (Non-exercise activity thermogenesis)

The energy produced as a result of any physical activity done apart from planned exercise, eating and sleeping.

DIT (Diet-induced thermogenesis)

The energy spent by the body to digest food, metabolise and store it.

What it entails?

NEAT allows the body to burn more calories while doing daily activities. This does not include workouts, sports or any other form of intentional exercise. NEAT is affected by various factors like age, gender, genetics, body composition, weight and occupation.

People whose daily lives involve more physical activity, tend to have higher NEAT and lower body weight than people who live a sedentary lifestyle.

Weight loss through NEAT is more sustainable than gym-based workouts. It's doable and yields great results that lasts longer than fad diets

6 SIMPLE WAYS YOU CAN INCREASE YOUR NEAT



GET A STANDING DESK

Though the number of calories burned while using a standing desk versus sitting desk is not huge, but you are more likely to move around while you work on a standing desk as compared to sitting down. Many people have even claimed that they got relief from back pain by switching to a standing desk.



DO SOME STRETCHING WHILE WATCHING TV

We all love to relax on the couch while watching our favourite series. But what if we told you that stretching while watching TV can help increase your NEAT. All you have to do is simply sit on the floor and stretch out your legs, shoulders, back and hands while enjoying your favourite TV show.



COOKING AT LEAST ONE MEAL FOR YOURSELF

By cooking, we obviously don't mean just throwing something in the microwave. If you do proper cooking (from raw material), you can burn around 200 calories per hour. And an extra 75 calories for cleaning up afterwards. The benefits of cooking on your own are not just limited to this, you get to eat a healthy and nutritious meal too.

INCREASE YOUR DAILY NUMBER OF STEPS

We walk while doing daily chores in the house. You can increase the steps by parking your car at the farthest spot, walking to the grocery store and taking your dog for a walk. You can also increase your daily steps by simply walking while talking on the phone.



FIDGETING Activities that involve repeated tapping of fingers, playing with rings, bouncing of legs and other small movements of hand and feet, impatiently or restlessly, come under fidgeting. Spontaneous physical activities can increase your energy expenditure and control body weight.



QUIZ TIME (MIXED BAG)

Q.1) In which year was the Pulitzer Prize established?
A. 1917 B. 1918 C. 1922 D. 1928

Q.2) B C Roy Award is given in the field of....
A. Music B. Medicine C. Journalism D. Environment

Q.3) Gandhi Peace Prize for 2000 was awarded to the former President of South Africa. Who was the other recipient?

- A. Sathish Dawan B. C. Subramanian C. Grameen Bank of Bangladesh D. World Health Organisation

Q.4) The prestigious Ramon Magsaysay Award was conferred upon Kiran Bedi for her contribution in which field?
A. Literature B. Community Welfare C. Government Service D. Journalism



ANSWERS

1. A) 1917 2. B) Medicine 3. C) Grameen Bank of Bangladesh 4. C) Government Service

KNOWLEDGE BANK (GEOGRAPHY)



Taumata Hill

In New Zealand near Porangahau in Hawke's Bay is an unassuming hill known as "Taumata whakatangi hangakoauau o tamatea turi pukakapiki maunga horo nuku pokai whenua kitanatahu", which translated into English means "the place where Tamatea, the man with the big knees, who slid, climbed and swallowed mountains, known as 'land-eater', played his flute to his loved one." Locals simply call it Taumata Hill.

WORD WISE

factional: (adj) of a faction or factions. Self-interested; partisan. Synonymous words: parochial, partisan, dissident, fanatic, limited, local, provincial, bigoted, dogmatic, rigid, skeptical, etc.

Examples: ■ Factional interests had obstructed justice.

■ To improve the quality of life, factional disputes are being cast aside. ■ The factional balance between elitists and populists is no longer at equilibrium.

■ Make no mistake, there is a factional fight under way.



GRAMMATICAL MISTAKES

AMICABLE/AMIABLE

THE RULES:

- "Amicable" refers to a friendliness or goodwill between people or groups.
- "Amiable" refers to one person's friendly disposition.

HOW NOT TO DO IT:

- It was a relatively amiable separation and at least they remain on speaking terms.

HOW TO DO IT PROPERLY:

- It was a relatively amicable separation and at least they remain on speaking terms.
- One former roommate described him as amiable and talkative.

PANDEMIC PUTS FOCUS BACK ON JUST THE ESSENTIALS

Bapu's ideas unlocked for new generation

RAGINI.BHARADWAJ@TIMESGROUP.COM

The corona pandemic has brought in a 360° turn in the way we live. Experiences during the lockdown and adjusting to the new normal remind us all about Mahatma Gandhi's tenets and lifestyle, which seem ever more relevant today! The lockdown affected the basic essentials of living and spurred panic. Sudarshanlyenger, former vice-chancellor of Gujarat Vidyapith, said: "If the concept of Gram Swaraj was in place, each village would have worked as an independent unit and all needs would have been met within the radius of 5km." He added: "Bapu's idea of simple living also came to the fore when people ate home-cooked food and did not hoard clothes and other things. Need replaced greed, for good."

Echoing similar sentiments, Nupur-Vaishnav, a Class XII student, said: "During the pandemic, we have learned to live with bare essentials and this is a habit we should not do away with." Rakshit



Dubey, a Class IX student, said: "The lockdown actually made people live without restaurants, gyms, malls, theatres, and excessive shopping, making Gandhian principles of simple living shine beautifully." Surbhi Shah, a Class IX student, said: "The blessings are that nature is healing, and people are developing small gardens at their homes."

That Bapu's life is his message has been proven yet again. Narottam Sahu, senior scientist at Gujarat Science City, said: "Gandhiji's lifestyle, if followed sincerely, can go a long way in reducing carbon footprints and in easing the pressure on natural resources." Sahu added, "Besides, conservation, Bapu also laid emphasis on cleanliness - each individual needs to be the change." Anuja Singh, an educator, said that failures or hardships never deterred Gandhiji. She said, "I will adopt his composure for handling any challenge, and aim for social progress during these tough times." And lastly, his mantra "Vocal for Local" needs to be pursued in totality! Sahu said: "His vision was that of 'Atmanirbhar India', where globalization of ideas was welcome, but not of goods."

GANDHIAN VINDICATION

The Gandhian principle of "Sarvodaya" has become relevant. Be it a landlord exempting the tenant from paying rent or an employer giving employees work-from-home benefits, somewhere in our hearts, Sarvodaya is alive.

HELLY NAYAK, Student, St Xavier's College



Era of social media and WhatsApp university, it is difficult to tell truth from falsehood as the latter appears real. Facts today are tainted and twisted. But people want to know the truth

TANVI GARG, A Medical Student



Developing a strong willpower is the need of the hour. Some people refuse to wear masks, even for their own safety. Today's situation needs strong willpower to control one's movements, maintain social distance, and maybe weave a suitable face mask

SMITA GHOSH, Professional



"Be the change you wish to see in the world"

Students Across The State Remembered Father Of The Nation And Celebrated His 151st Birth Anniversary virtually

ST KABIR SCHOOL (NAVRANGPURA)



On the 151st Birth Anniversary of Mahatma Gandhi, was celebrated by Kabirians through a virtual assembly conducted by the young Kabirians of Primary section. The assembly began with inspirational speeches about Gandhiji given by the teachers, which was carried forward by wonderful dances and songs by the students. Bhajans like "Vaishnav Jan and Raghu Pati Raghav" were sung. The powerful quotes of Gandhiji were shared and quiz on Gandhiji was also conducted to familiarize the students even more about Gandhiji and his life. Our HM Mam explained the importance of Gandhiji's message of peace, harmony and non-violence. She not only paid homage to Gandhiji but also shared with children about Lal

Bahadur Shastri, the second Prime minister of India whose birthday falls on the same date as Gandhiji. special assembly was filled with lots of love and respect for our favourite national leader of India.

ST KABIR SCHOOL (DRIVE-IN-OLD)



To commemorate the 151st birth anniversary of the Father of The Nation, St Kabir School Drive in old carried out special Virtual assembly where the students explained the importance of three pillars of Gandhian philosophy - truth, non-violence and self-reliance and their relevance in today's world; about how his life has inspired millions across the world to follow the path of non-violence and patience. Students sang Gandhiji's favorite hymns like-Raghupati Raghav Raja Ram. All the students were very enthusiastic and also shared amazing facts about Gandhiji. A quiz on Gandhiji was also conducted. We concluded our celebration with the thought "Welfare of all (universal welfare) is our welfare."



Mahatma Gandhi. Many quotes of Gandhiji were discussed in the virtual classroom. Valuable efforts were made by the teachers to make them understand the personality of Bapu. Students participated with great passion and willingness to learn about the morals of Gandhiji. It was a nice learning session and students enjoyed it a lot.

ST KABIR SCHOOL (DRIVE-IN-NEW)



St. Kabir School, Drive In (New) had organized a special assembly live on the virtual platform of zoom on the occasion of Gandhi Jayanti. The students of class IV along with parents participated in the celebration. The celebration started on a musical note by one of the students playing our National Song "Vande Mataram" on piano. A beautiful Power point presentation was displayed showcasing Mahatma Gandhi's life followed by powerful speeches, poems and amazing unknown facts to understand more about this great iconic leader. The students sang melodious songs with full exuberance adding glory to the entire event. Mesmerizing dance performances by students with their parents and a wonderful skit depicting the story of Mahatma Gandhi along with Ahmedabad's mill owners and Anasuya Sarabhai was the highlight of the show.

A melodious song sung by one of our talented teachers Archana Joshi and a self-written poem by Sudha Mishra added charm to the celebration. The show was concluded by playing the instrumental music of National Anthem.

RANGOLI INT'L SCHOOL



The 150th Birth anniversary of Mohandas Karamchand Gandhi: the father of our nation, was celebrated at Rangoli International School with great zeal and enthusiasm. The students were given information on life events, principles, morals, values and were also introduced with the beliefs of Gandhiji. A poster making activity was also conducted to celebrate the day. All the students made posters on Mahatma Gandhi or on some of the quotes of Gandhiji. Students learnt few new values and understood the personality of

THE EDUCATIONIST

Tips to Remain Attentive in a Virtual Class

DR SAGAR PANDYA, EDUCATOR, SGVP INTERNATIONAL SCHOOL, AHMEDABAD

The Lockdown period has made a lot of students as well as parents edgy and hyper. As an educator, I did feel that some of the students were facing issues in paying attention in the online classes. So, here are some tips to remain attentive in a virtual class:

SIT ON A CHAIR: Don't sit on a bed keeping your laptop or pc resting on the mattress. Make some arrangements using a table and a chair. Remember: Education comes only to the ones who are disciplined.

STRETCH YOUR BODY: Whenever you have an opportunity, stand up and stretch your body. This will flex your muscles making you energized.



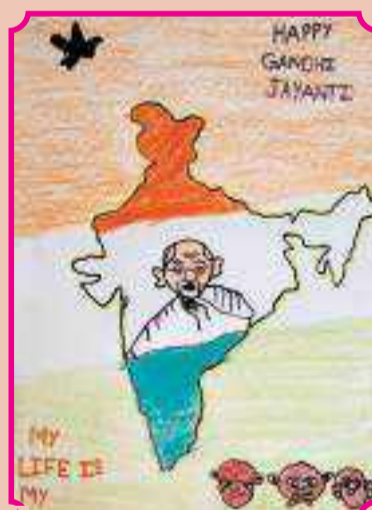
Dr Sagar Pandya, Educator, SGVP International School, Ahmedabad

WASH YOUR EYES: It is quite normal to have blurry vision after attending a virtual session for a long time. After every 45 minutes of screen gazing, you must splash some freshwater in your eyes. And yes, keep blinking! Don't stare at your gadget.

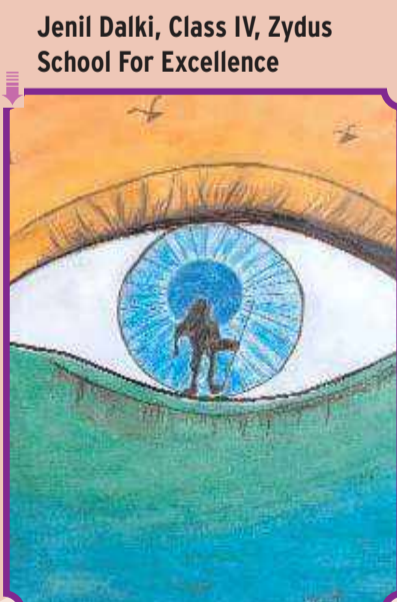
USE THE SPEAKERS RATHER THAN HEADPHONES: Continuous use of earplugs increase the bacteria count in your ears. Using headphones excessively would damage your ears in the longer run. Prefer using speakers during an online session.

PARTICIPATE: The easiest way to remain active is to take part in the Q-A sessions taken by your educators and respond as much as possible. Just take permission before unmuteing lest you would end up disturbing the class.

Express YOURSELF



Khushi Vaghela, Class III, Podar International School, Gandhinagar



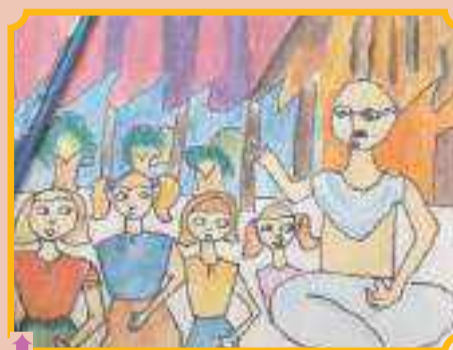
Jenil Dalki, Class IV, Zydus School For Excellence



Shoyam Saxena, Jr. KG, SGVP



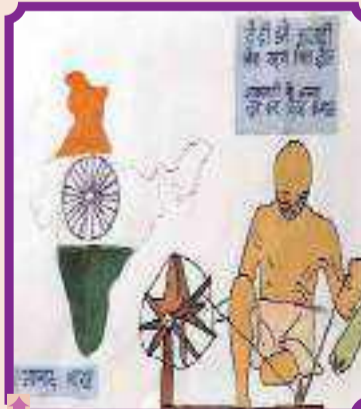
Sai Saswat Das, Class II, Siddharth's Miracles School



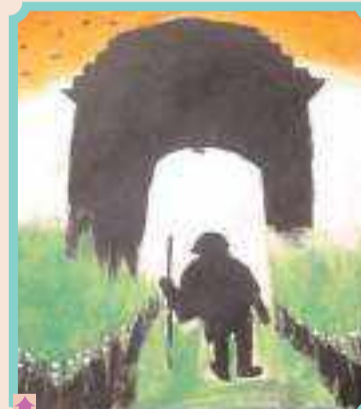
Jaival Trivedi, Class IV, Zydus School For Excellence



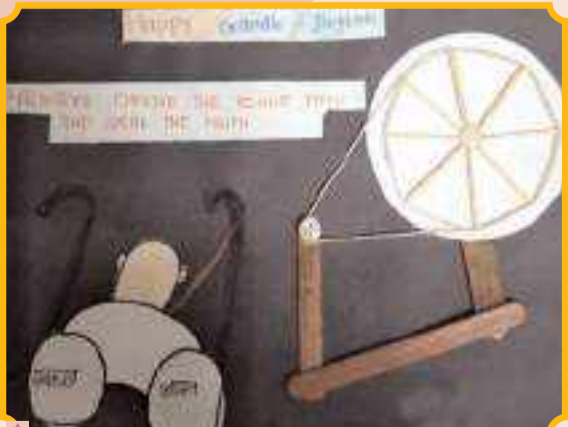
Vipra Patel, Class IX, Sheth CN English Medium School



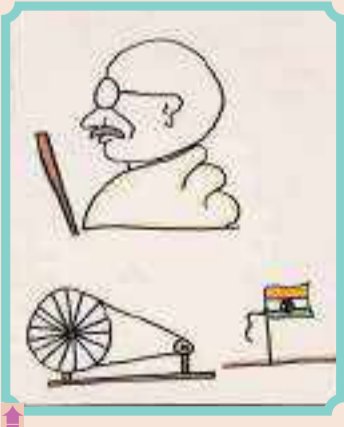
Kahan, Class I, St Kabir School



Prisha Shah, Class V, St. Kabir School



Aanshi Shah, Class I, St Kabir School



Ishita Patil, Class VII, Siddharth's Miracles School



Shanaya Soni, Class II, DCIS



Jaival Kshatriya, Class I, St Kabir School



Dhyani Mehta, Class V, St. Kabir School

STRANGE BEINGS

People are strange beings, stranger than all the other things. When all goes well, they forget God. When something goes wrong, they blame saying everything was a fraud. I find it strange, the nature of humans, One minute they act like a family, the next, like strangers. The value of something dear to us amounts to nothing when we have it. That 'something' can be anything, be it a person or a toy, We realize its importance only after we've lost it. Later, we cry and grieve and shout at God, Begging Him to give us another chance. Once lost, it won't ever come back again no matter what you do, This is the law of the universe, which will never change unless God wants to. What I've observed, is that acceptance is present in every human being. The only thing that stands in between is our ego, Sometimes, we suppress it, the other times, we let it win. This world might have been a place where we didn't know what the word 'war' meant, If only this being called ego never existed.

MANOVI MAINDAD, class IX, St. John's School, Abu Road

Is T20 format **TILTED** in favour of the

BATSMEN?

Batsmen dominating proceedings in the shorter formats of the game has become the norm now. That's why, there is a growing clamour to restore parity between the bat and ball



Suggested changes to T20 cricket - Warne

I would improve T/20 cricket by:
 1. Boundaries as big as possible at each venue & on small grounds keep grass on the outfield long
 2. Bowlers a max of 5 overs not four
 3. Pitch must = day 4 test match pitch & not be a flat rd As we all want a contest between bat & ball not just 6's
 Shane Warne, former Aus player

Get rid of leg byes

Like it Warnster (Shane Warne) the only thing you forgot which I've been saying for a while is get rid of leg byes. It should be a dead ball. Don't reward the batting team for missing the ball.
 Mark Waugh, former Aus player



For women cricket - smaller upper limit on ball diameter

Please can I add for women's cricket - smaller upper limit on ball diameter. And in women's cricket - pitch is so important. Need pace in it always and fast outfield
 Isa Guha, commentator



Everything favours the batsman

At the moment it's all about batting. The bowlers, they can't play cricket. A bowler trains hard to do the best for his team, oversteps the front mark and there's a free hit, the powerplays - I'm not for it.
 Curtly Ambrose, former WI pacer

Fields are small

There's so much in favour of batsmen. Fields are small, two new balls, powerplays, bigger bats, the list can go on. A 'no ball' and it's a free hit. I have never seen a rule change favouring bowlers.
 Dale Steyn, former SA pacer



Place limitations on the depth of a bat

The balance may have shifted a little bit too much because sometimes mis-hits are going for six. The bats are so good these days that the sweet spot is much larger than it would have been 10-15 years ago. The ICC will be looking at giving some consideration to placing limitations on the depth of a bat in particular.
 David Richardson, former CEO of ICC said in 2015

The fans deserve it

A score of around 150-160, giving team batting second an equal chance would make for quality viewing. After all, the fans deserve it. Stakeholders must ensure interest is alive.
 Krishnamachari Srikkanth, former Indian captain and opener

Wickets need to be more helpful for bowlers

Wickets need to change; they need to be more helpful for bowlers. In T20s, the greatest of bowlers are being reverse-swept. Three-hundred is no longer competitive in ODIs. There should be at least one format for bowlers to execute skills. Sachin Tendulkar, Ex India cricketer

There shouldn't be bat restrictions

There shouldn't be bat restrictions because the game's always moving forward. Bat companies are always trying to find a competitive advantage. As long as they're legal, then you can't restrict the size of a bat. Shane Watson, Ex-Aus player

Karthik should bat after Morgan and Russell: Gambhir

Two-time IPL winning Kolkata Knight Riders captain Gautam Gambhir believes current skipper Dinesh Karthik should bat after Eoin Morgan and Andre Russell and also wants Sunil Narine to be

dropped from the top of the order. Apart from a 23-ball 30 coming at no 3 against Mumbai Indians, Karthik has failed to produce any significant score despite batting ahead of Morgan so far in the tournament.



Rahul Tripathi goes up the order, Dinesh Karthik plays at no 6, not before Morgan and not before Russell as well. Probably Sunil Narine goes to bat at 8 or 9. If Morgan bats no 4 and Russell at 5 and Dinesh Karthik to follow

Gautam Gambhir, former Indian cricketer

Talented Padikkal has big future in front of him:

RCB head coach Simon Katich



Jabeur becomes first Arab woman to reach French Open last 16



Jabeur beat eighth seed Aryna Sabalenka 7-6(7) 2-6 6-3.

HIGHLIGHTS

- Novak Djokovic enters Roland Garros last-16 for 11th straight year
- Daniel Altmaier brushed past seventh seed Matteo Berrettini 6-2 7-6(5) 6-4 in 2 hours and 15 minutes
- Petra Kvitova required all her firepower to subdue Canadian teenager Leylah Fernandez by 7-5, 6-3.
- Pablo Carreno Busta won the all-Spanish battle against Davis Cup teammate Roberto Bautista Agut 6-4, 6-3, 5-7, 6-4.

Q.1) What is the full form of SAFF, which is related to sporting events held in the Asian sub-continent?

- A. South Asian Futsal Federation
- B. South American Football Federation
- C. South Asian Football Federation
- D. South American Formula one Federation

Q.2) Snooker player Thanawat Thirapongpaiboon represents which country?

- A. Indonesia
- B. China
- C. Thailand
- D. Malaysia

Q.3) With which sports is drag-flicker Gurjit Kaur associated?

- A. Football
- B. Hockey
- C. Ice hockey
- D. Basketball

Q.4) Bernardo Silva plays for which professional football club?

- A. Manchester City
- B. Arsenal
- C. Manchester United
- D. Chelsea



Q.5) Identify the sports personality in the picture.

- A. Cori Gauff
- B. Jennifer Brady
- C. Sofia Kenin
- D. Sloane Stephens

Q.6) Which country does javelin thrower Anderson Peters represent?

- A. Peru
- B. Uganda
- C. Grenada
- D. Yugoslavia

Q.7) Name the only cueist to win Asian and World championships in all formats of billiards and snooker.

- A. Pankaj Advani
- B. Geet Sethi
- C. Thanawat Thirapongpaiboon
- D. Ronnie Allen

Q.8) In which event did Mohammad Anas win a gold medal at the Kladno Memorial Athletics Meet



in 2019?

- A. 400 metres relay
- B. 4x100 metres relay
- C. 800 metres relay
- D. 4x100 metres mixed relay

Q.9) Cecil P Buddy Hall was an American professional _____ player.

- A. Pool
- B. Football
- C. Cricket
- D. Swimming

Q.10) How many gold medals did India pocket at the 21st Commonwealth Table Tennis

Championships in 2019?

- A. 4 golds
- B. 6 golds
- C. 7 golds
- D. 8 golds

Q.11) Identify the sports personality in the picture.

- A. Alphonso Davies
- B. Matthijs de Ligt
- C. Gianluigi Donnarumma
- D. Phil Foden

Q.12) Which city will host the 2024 Olympics?

- A. Tokyo
- B. New York
- C. Paris
- D. London

Q.13) Vaibhav Yadav is an Indian _____

- A. Pro boxer
- B. Pro footballer
- C. Tennis player
- D. Cricketer

Q.14) With which sport is Temba Bavuma associated?

- A. Hockey
- B. Weightlifting
- C. Cricket
- D. Tennis

Q.15) Name the pacer who became the first Indian since 1996 to take 5-wicket haul in 4th innings of Test match in India?

- A. Mohammed Shami
- B. Ishant Sharma
- C. Umesh Yadav
- D. Ravichandran Ashwin

Q.16) With which of the following sports was Ireland midfielder Roy Keane associated?

- A. Basketball
- B. Cricket
- C. Hockey
- D. Football

- ANSWERS**
- 1. C. South Asian Football Federation
 - 2. C. Thailand
 - 3. B. Hockey
 - 4. A. Manchester City
 - 5. C. Sofia Kenin
 - 6. C. Grenada
 - 7. A. Pankaj Advani
 - 8. A. 400 metres
 - 9. A. Pool
 - 10. C. 7 golds
 - 11. B. Matthijs de Ligt
 - 12. C. Paris
 - 13. A. Pro boxer
 - 14. D. Cricket
 - 15. B. Ishant Sharma
 - 16. D. Football



THE TIMES OF INDIA

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STUDENT EDITION



SATURDAY, OCTOBER 3, 2020

IN TODAY'S EDITION

ON PAGE 2: Tang to growing your own veggies - know how space food has evolved

ON PAGE 3: Why watch The Breakfast Club? PLUS: Billie Eilish 101; Du Maurier's Rebecca

ON PAGE 4: Do you know F1 cars can go upside down? Or F1 drivers lose 4kg per race?

LIVE SMART

Brush up on your PANDEMICQUETTE

Seven months into the lockdown if you are still making these mistakes, it's time to course correct

Nupur.Amarnath@timesgroup.com

We recently did a small exercise in my daughter's school. The task was for a 7-year-old to answer how the last few months has changed her. A ponderous question. Her reply: "It made me more creative as I had to find ways to manage my time." A thought that is resonated by etiquette and corporate grooming expert Konkana Bakshi, who says, "All things considered, what has really gone up in the last few months is efficiency. Because you just can't get away with a lackadaisical attitude towards your work or your school any longer." It is a call to pull up our collective socks and look at the lessons we can carry forward from here.

travelling, chit-chatting, prolonged lunches. Now, you have the luxury to cut down on the chaff. Focus on what you can do more to manage your time," she adds.

MISTAKE #2: YOU ARE STILL NOT DRESSING UP

You have to appear well groomed - from your hair to your clothes. Don't wear crumpled clothes. It's best to follow a dress code. It cuts down on decision-making time in the morning. If your school is letting you wear casuals, make sure they are not party dresses or home T-shirts. Wearing school uniform is best as it signals your brain that the class is in session.

MISTAKE #3: YOU HAVEN'T FIGURED YOUR CAMERA PRESENCE

Leadership and success coach Minocher Patel says that while the confusion of the initial days of

lockdown is over, many still haven't figured out a space and angle for their calls. By rule of thumb: make sure the camera is at eye level and the light source is from your front. "While the audio is mostly on mute, your face is in full view all the time.

What you do
Wear your shoes. It will always give you a classroom feeling

MISTAKE #4: YOU AREN'T GREETING EVERYONE IN THE MORNING

Bakshi says, now more than ever soft skills are a priority - it is what gives you the human connect. "A lot of young adults lack the first impressions connection," she says. It means that they don't start the class with a proper "hello" followed with a warm greeting. She attributes it to the lack of confidence or maybe just a casual attitude towards manners.

What you do
Start your class with a casual but firm "Good morning ma'am and friend. How are you today?" A greeting is a feel-good note to start the class

Bakshi says, "A well-mannered individual is not about wealth or education - it's a choice you make"

MISTAKE #5: YOU ARE NOT LISTENING

A big part of communication is listening. Sitting alert is a subset of your body language. A good way to develop alert body language is to exercise and build stronger muscles.

Etiquette is not a rigid system but a flexible one that adapts to situation. Etiquette is all about logic.

What you do
Stay present in the class by nodding and making eye contact regularly

MISTAKE #1: YOU ARE STILL NOT USING YOUR TIME CONSTRUCTIVELY

Bakshi says that if you still haven't figured out how to manage your time, you have already lost time. Successful people are not sitting and Netflixing, they are identifying and working on gaps in their profile. "Earlier, we would lose time in

What you do
Figure out what you want to learn more, with a clear answer for why you are doing this



AROUND THE WORLD

WHY WE NEED

To brave future pandemics and breathe cleaner air

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Teleworking, the drop in air and noise pollution, and bicycle boom, are encouraging urban planners across the world to rethink their car-oriented cities. It all started when Mayor of Paris, Anne Hidalgo, talked about building a "15-minute city" as part of her new election manifesto. Her motto being to "build a city intended for people, not cars." The idea that Parisians should be able to meet their shopping, work, recreational and cultural needs within a 15-minute walk or bike ride breathed life back into an old urban planning concept of 'la ville du quart d'heure' or 15-minute city. But why now? Because we have been home-bound, going out only for essential services and relying more on our neighbourhoods for

sustenance. Also, the dense city model has failed miserably when it comes to controlling the virus.

Bring back neighbourhoods

A 15-minute city is an urban planning tool aimed at improving the quality of life for city-dwellers. Work, education, healthcare, shopping, leisure and so on are mostly what clog the roads with traffic. This model is all about restricting vehicular trips and increasing paths and lanes reserved for pedestrians and cyclists. You can do your job, go to school, see your doctor, and be entertained - all within a 15-minute radius of where you live!

Good for your heart

The 15-minute (or 20-minute) city is also a practical solution to many problems facing municipal areas. First and foremost, it's easier to curtail a crisis in a concise city. Secondly, climate change and greenhouse gas emissions are a hot topic for city development, and one clear way to make cities greener is to reduce resident's dependence on private transport. Studies have also shown that residents of more walkable neighbourhoods have healthier bodies. In fact, residents of areas with limited walking space had an increased risk of developing cardiovascular problems.

Ingredients for a resilient city

- Bring back the neighbourhood school
- Make sure food and basic necessities are available locally
- Create more "third places" (social surrounding other than home and the workplace) or community hangouts
- Sweat the small stuff for true walkability
- Build enough cycling and pedestrian paths

Cycling towards the future

Portland: A forerunner of the movement, Portland has transformed more than 90 miles of busy roads into neighbourhood greenways - where street trees shade sidewalks and green swales provide sustainable drainage. **Ottawa:** The city is thickening up its existing neighbourhoods instead of expanding outward. **Milan:** The fashion capital has installed 35 km of new bike lanes and transformed thousands of square metres dedicated to car roads into walking areas and terraces. **Amsterdam:** Amsterdam has successfully removed 10,000 car parking spaces from the city centre. **Jaipur:** Historically speaking, the walled city of Jaipur is already an outstanding example of this concept, developed around 294 years ago. Essential services and recreational facilities, along with workplaces in the walled city are within a 15-minute reach of housing.



3 TAKEAWAYS FROM THE SOCIAL DILEMMA

What we consider mundane and unimportant may be changing our personalities; and not in a good way

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It's a documentary that everyone is talking about. We may think there's nothing new and we all know deep down that "this is how social media works, take it or leave it"; but it's not that simple. We live in a Digital 3.0 world. The internet craze was Digital World 1.0. The social media craze was 2.0. In our 3.0 world, the key word is virtual responsibility. Here's looking at three quotes from 'The Social Dilemma' while trying to understand how to navigate the virtual world in a way that doesn't take us too far away from the person we are, or ought to be.

"He (director Jeff Orlowski) assembles a squad of engineers and executives - people who built the addiction-machines of social media but have now repented - to talk openly about their feelings of guilt about the harms they inadvertently inflicted on society, and explain some of the details of their algorithmic perversions" - JOHN NAUGHTON in 'The Guardian'

may be at fault for falling into this trap, but make no mistake about the fact that this trap was carefully planned and laid for you to fall into it.

you realised how the ads are designed to suit your needs? You may ignore it for a long time but then what's the harm in clicking, buying, keep buying till it becomes an addiction. Uber cool boots or the most woke thoughts, it's you who's being sold.

3 "TYPING... IT IS NOT USED TO SAVE YOUR TIME BUT TO KEEP YOU ENGAGED FOR LONGER"

Let's scroll just for a while? That 'while' has stretched its definition quite a bit, hasn't it? There's an actual technical manipulation going on to make you keep writing and engaged for as many hours as possible. Yes, this too has been designed by the top tech honchos, with psychologists and marketing heads, actually coming together with a plan to rob you of precious time. Because it helps them make a lot of money.

TERMS TO NOTE

Techbro: Tech executives who have introspected their roles in making the behemoth that's social media today, after feeling guilty of being part of the process that has gone beyond anyone's control. They view their former employers as toxic, and are now on a path to reinvent themselves as humane tech experts

Surveillance Capitalism: Coined by Harvard professor and social psychologist Shoshana Zuboff, this term is a "mutant form of our economic system that mines human experiences as data" to profit from it

1 "WE WANT TO PSYCHOLOGICALLY FIGURE OUT HOW TO MANIPULATE YOU AS FAST AS POSSIBLE"

None of us want to be manipulated. But it's impossible to escape. The "suggested requests" go a long way in making our world just as big (read narrow) as our own views. Every opposing view then becomes a trigger for judgement and arguments. You



2 "IF YOU ARE NOT PAYING FOR THE PRODUCT, YOU ARE THE PRODUCT"

While scrolling through FB, Insta, have

HEALTH MICROGREENS

How To Grow And Eat Them

Often seen as embellishments in gourmet food, microgreens aren't as exotic as you think. Extremely simple to grow and low on maintenance, you can actually grow them on your kitchen counter.

WHAT ARE THEY?
Microgreens are the first leaves that grow from the seeds of herbs, vegetables or flowers. While their nutrient contents vary slightly, most varieties tend to be rich in potassium, iron, zinc, magnesium and copper. Loaded with up to 40 times more nutrition than their fully-grown counterparts, they come in some striking varieties, like Swiss chard, alfalfa, nasturtium, purple kohlrabi, Sango radish, kale micros, pink radish and more.



HOW TO GROW?

They do not require large space. One can use normal garden soil and place the seeds in a small pot. Natural sunlight and water are the most essential elements to grow microgreens. Place the pot in indirect sunlight for a few hours every day. Sprinkle water from hand to keep the soil moist for best results.

HOW TO COOK AND EAT?

Breakfast platters can be spruced up with microgreens which can add a variety of vitamins and minerals to omelettes, sandwiches and rolls. Microgreens vary in taste, which can range from neutral to spicy, slightly sour or even bitter, depending on the variety. Their flavour is considered strong and concentrated. All pizzas taste great when you add some microgreens on top.

- Inputs from Keya Salot, who home delivers 40 varieties of microgreens in Mumbai

STAY FIT

HOOP FOR JOY

Why hoop is a fun flow exercise

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You may not have thought of picking up a hoop, but this round piece of equipment can be the only thing you need to build core strength and stamina, burn calories and add fun to your daily workout. With most of us confined to our homes, hooping can be a great family exercise that needs little space and hardly any special equipment other than hoops.

How to start
It is simple to get started, as there are multiple hooping tutorial videos for beginners. These videos



flow right. A few sessions is all your need to perfect hooping around the waist. Then try the same around your arms,

Hoops are inexpensive, portable and you don't need any other equipment

feet and neck. NOTE: Just pick the hoop of the right weight and size.

Good for...

One of the most important benefits of hooping is that it boosts cardiovascular fitness. This helps strengthen your heart and lung and benefits in the long run. Since, balancing the hoop requires constant motion around the waist, it is one of the best exercises to strengthen core area. It is also considered one of the best exercises for improving body balance and posture, and working out muscles in the lower body. Best bit: it's inexpensive and portable.

#GOALS FIVE HABITS OF SUCCESSFUL PEOPLE

Will Durant wrote: "Excellence is not an act, but a habit"

#1: READ AND NEVER STOP LEARNING

WHO? BILL GATES

Gates is famous for being a Harvard dropout but it doesn't mean he is averse to learning. In fact, Gates loves learning and often sat in on classes he wasn't signed up for. This is something he shares with Steve Jobs. He is an avid reader. Most good CEOs read a variety of genres, from autobiographies to fiction to business books. He has his booklist available for anyone to read.



#2: WAKE UP EARLY, EXERCISE DAILY

WHO? TIM COOK

The Apple CEO is an early riser who starts his day at 4.30 am - and is found at the gym by 5. In fact, Sir Richard Branson had once said that successful CEOs are early risers. Waking up is a habit that needs to be worked on. It gives you quiet time, time to reflect, write, read or work out before you start your work day. In fact, exercising is one of the first habits all CEOs inculcate. Most say it's when they think and plan their day.



#3: PRACTISE MEDITATION

WHO? OPRAH WINFREY

Daily meditation, even for 10 minutes, is a great way to inculcate mindfulness and focus. Winfrey follows the practice of transcendental meditation and fits in 20-minute sessions every day. In fact, she has also got TM teachers in her company to guide those who want to learn it. In an article on her website, she writes: "The results have been awesome. Better sleep. Improved relationships... greater productivity and creativity all around."



#4 KNOW HOW TO SAY "NO"

WHO? WARREN BUFFETT

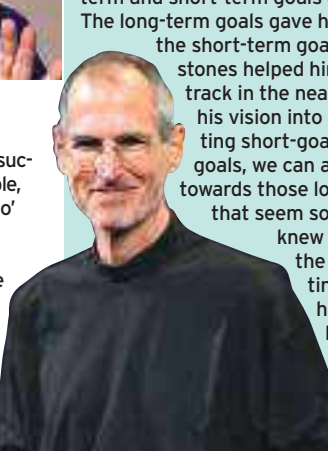
Buffet has said: "The difference between successful people and really successful people, is that really successful people say 'no' to almost everything." Buffett says that with all the demands on him every day, he simply mastered the art and practice of setting boundaries for himself. So, if you want to get more things done, you need to say NO more often. From energy sapping acquaintances to toxic friends.



#5 SET AND RESET YOUR GOALS

WHO? STEVE JOBS

Jobs was a fervent goal-setter, setting long-term and short-term goals along the way. The long-term goals gave him direction. And the short-term goals and the milestones helped him to stay on track in the near term, making his vision into a reality. By setting short-goals, even daily goals, we can all stay on track towards those long-term goals that seem so far out. Jobs knew how to leverage the art of goal setting by making it habitual, helping him to achieve monumental dreams during his lifetime.



World Space Week To Celebrate Legacy And Future Of Satellites,
October 4-10, 2020

SPACE FOOD EVOLUTION

Most of the ideas for what to eat in space had come from the military. For example, food in tubes had been developed for fighter pilots by the American Can Company in the late 1940's. Fighter pilots needed a way to eat without removing their helmets and gloves. So, food in tubes was used by both the Americans and the Soviets for the early flights. It made sense because of the concern that other types of food would produce crumbs which would fly around the space craft in the zero gravity environment and wreak havoc with the sensitive instrument



HEY FOLKS! I'M **EXPLORIA**. FROM APPLESAUCE IN A TUBE TO 'SPACE NOODLES,' HERE'S HOW ASTRONAUT FOOD HAS EVOLVED FROM THE 1960S TO TODAY

1960s

TANG'S POWDERED FORMULA BECAME POPULAR ON US SPACEFLIGHTS: The artificial drink Tang wasn't very popular when it was released in 1959, but it turned out to be the ideal formula for astronauts since it could be mixed with water. Starting in the 1960s, the drink became so popular on NASA flights, it generated a myth that the product was developed for space.



1961

YURI ALEKSEYEVICH GAGARIN WAS THE FIRST PERSON TO EAT IN OUTER SPACE. HE ATE BEEF AND LIVER PASTE SQUEEZED FROM A TUBE, FOLLOWED BY CHOCOLATE SAUCE FOR DESSERT. Apollo 15 was the fourth US Apollo mission to land on the moon. While the astronauts worked long hours collecting surface material, they reportedly snacked on apricot bars, which were also served on Apollo 17. Apollo 15 introduced new foods like beef steaks and hamburgers that were thermostabilised, or preserved by heat. Food packages came with a sulfate tablet to prevent them from spoiling, but some of them went uneaten.

GEMINI SPACE MISSIONS ALSO INCLUDED SUGAR COOKIES: To satisfy their sweet tooth, Gemini astronauts (from Gemini program) were given cubed sugar cookies designed to be eaten in a single bite. The cookies were coated in gelatin to prevent crumbs, which could clog electrical systems or air filters. Astronaut Virgil Grissom learned this firsthand when he tried to eat a regular corned beef sandwich on rye during a Gemini mission. The gelatin coating also kept the food from spoiling and preserved the flavour, though the astronauts still found their meals bland and lacking in texture.



1964

NASA DEHYDRATED FOOD AND SEALED IT IN PLASTIC BAGS: NASA's Gemini program conducted its first manned flight in 1965. In preparation for that launch, NASA began dehydrating food and sealing it in plastic bags. The bags were labelled with instructions on how to rehydrate the food in space using water. Food items prepared for Gemini astronauts included scrambled eggs, shrimp with cocktail sauce, curried chicken, and raisin rice pudding.



1965

THE APOLLO 11 ASTRONAUTS ATE PACKAGED BEEF AND VEGGIES: Apollo astronauts were the first to have hot water and eat their packaged food with a spoon. While on board Apollo 11, Neil Armstrong and Buzz Aldrin were reportedly served beef and vegetables, pork with potato scallops, and Canadian bacon and apple sauce – all out of a package. The meals were colour-coded, individually wrapped, and labelled for each day. If something went wrong, such as the cabin losing pressure, the astronauts had a backup food source that would feed them through a port in their helmet.



APOLLO 15 ASTRONAUTS ATE APRICOT BARS ON THE MOON'S SURFACE: Apollo 15 was the fourth US Apollo mission to land on the moon. While the astronauts worked long hours collecting surface material, they reportedly snacked on apricot bars, which were also served on Apollo 17. Apollo 15 introduced new foods like beef steaks and hamburgers that were thermostabilised, or preserved by heat. Food packages came with a sulfate tablet to prevent them from spoiling, but some of them went uneaten.



NASA ASTRONAUTS WERE SERVED ICE CREAM, BUT IT WASN'T THE KIND SOLD IN GIFT SHOPS: Science museums are known to feature freeze-dried "astronaut ice cream" in their gift shops, but the concoction likely never made it to space. Whirlpool developed the product for the Apollo missions, but since there were no freezers, the substance would have been too crumbly to eat. That all changed with NASA's 1973 Skylab mission, which was equipped with a refrigerator. The astronauts on board ate normal ice cream, not the freeze-dried substance.



ASTRONAUTS ON BOARD NASA'S NINTH SPACE SHUTTLE MISSION ATE RICE PILAF: NASA's Space Shuttle program launched crews into space for three decades (1981 to 2011). During the ninth Space Shuttle mission in 1983, astronauts ate

from trays containing foods like meatballs with barbecue sauce, rice pilaf and Italian beans, and thermostabilised chocolate pudding. To make it easier to season their food, they were also given liquid pepper and salt.



PILOT RELEASED A POCKETFUL OF M&M'S ABOARD SPACESHIPONE: Chocolate has long been a favourite item among US astronauts. In 2015, the manager of the Space Food Systems Laboratory at NASA's Johnson Space Center told Smithsonian (journal) that NASA astronauts request chocolate "on pretty much every flight." In 2004,

Chocolat has long been a favourite item among US astronauts. In 2015, the manager of the Space Food Systems Laboratory at NASA's Johnson Space Center told Smithsonian (journal) that NASA astronauts request chocolate "on pretty much every flight." In 2004,

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THE "SPACE NOODLE" WAS INTRODUCED IN JAPAN: The Japanese food company Nissin released the first instant ramen noodles in 1958. Decades later, the company delivered a similar product for astronauts under the name "Space Ram." In 2005, Japanese astronaut Soichi Noguchi brought the noodles to space for the first time.



2006



NASA ADAPTED FIVE RECIPES FROM CELEBRITY CHEF EMERIL LAGASSE: Astronauts from the 2006 Space Shuttle Discovery launch received personalised menus based on their favourite foods. NASA even enlisted celebrity chef Emeril Lagasse to come up with a few recipes. NASA ultimately chose five of Lagasse's dishes to send into space: Mardi Gras jambalaya, mashed potatoes with bacon, green beans with garlic, rice pudding, and mixed fruit.

2011



ASTRONAUTS AT THE INTERNATIONAL SPACE STATION EAT FROM A SET MENU: The first long-term residents of the International Space Station (ISS) arrived in November 2000. At that time, NASA thought it could personalise foods like it did for the Space Shuttle program. The plan turned out to be difficult, since NASA sends its cargo shipments separately from the astronauts, preventing crew members from receiving their food choices on time. The organisation now offers a nutritionally-balanced menu with around 200 foods and beverages so astronauts still have some variety.

2015



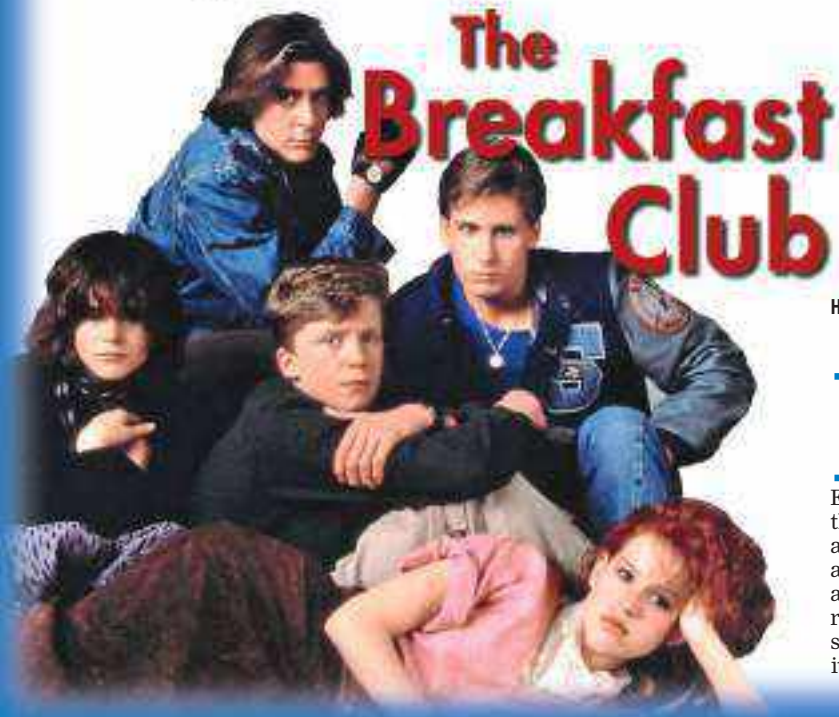
NASA FUNDED RESEARCH TO MAKE FOOD FROM ASTRONAUT POOP: A trip to Mars would take longer than the typical stay on the International Space Station. To prepare for this scenario, NASA has considered whether astronauts would be able to sustain themselves by eating their own feces. In 2005, the organisation offered chemists and bio-engineers at Clemson University \$200,000 a year to research whether human waste could be recycled into space food.

2019

ASTRONAUTS COULD EVENTUALLY GROW THEIR OWN FOOD USING LED LIGHTS: NASA plans to build a moon-orbiting space station known as the Gateway with the goal of achieving a moon landing by 2024. One of the prototypes for this new station includes a "space garden" that can grow a head of lettuce in 24 days using LED lights. The garden can also produce strawberries, carrots, and potatoes without requiring much water.



Why every teen must watch



Here's why this mid '80s John Hughes' coming-of-age drama will never go out of vogue

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How are you known in your circle of friends? How do you see other students? In school and Plus II, snap judgements are common. Either someone is the studious one or the carefree one, maybe, the smart aleck, or mean girl, the nerd... labels are impossible to escape as a teen. It's a complicated age, and writers and directors have — in their own unique style — tried capturing all or some of it in their works. Coming-of-age drama

(see Wordplay section on this page) is one of the most sought-after genres by publishers and producers worldwide.

"The Breakfast Club" was made two decades before internet friends and social media came into our lives; but the thing about classics is that whenever you watch it, it makes so much sense that it almost feels like the characters in the film are either you, or talking to you in a way that people in real life still don't. Part of being a teen or an adolescent is to be misunderstood, not always because people around you aren't trying hard enough, but because you have barely started to scratch the surface of the person you are — or the person you can become in the future. Now, imagine in this turbulent age, if four or five of you in school, who don't particularly like one another or even thought about one another, are sent to a whole-day detention... Tough, isn't it? Or, could it be the best learning experience of your life?

Individuality + universal feelings

The genius of Hughes' film is how it brings forth all of the five characters' individuality while simultane-

ously connecting them to universal feelings of being lost, fighting the idea of perfection set by society, being pigeonholed, and trying to search for answers.

It answers the WHY of angst

"The Breakfast Club" is a classic coming-of-age film because Hughes has not just explored angst but provides an in-depth understanding of the emotion. The film provides answers as to

TRIVIA
American film director, writer, and producer John Hughes established the modern American teen movie as a genre in the 1980s. His success lies in portraying the reality of adolescent life while maintaining a lighthearted tone. His other famous movies include 'Ferris Bueller's Day Off', 'Sixteen Candles', 'Pretty In Pink', 'Weird Science' and 'Some Kind of Wonderful'. He's also the writer of the 'Home Alone' series.



why we are so angst-ridden at an existential level. That's a lesson that's universal and needs a relook all over again because of the complicated times we live in right now.

Predictable yet timeless

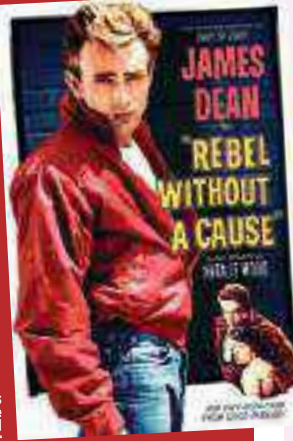
Legendary reviewer late Roger Ebert wrote in 'Chicago Sun-Times' when the movie came out... "The truths that are exchanged are more or less predictable, and the kids have fairly standard hang-ups." And yet... it worked, and continues to 35 years after its release.

That familiar trepidation

Douglas Perry wrote in 'The Oregonian' about why this film is classic among classics. He says, "Young adults who know they're not going to grow out of their problems — not really. The Breakfast Club's teens are sitting around sharing their typical adolescent gripes, but there's an undercurrent there, sizzling like an electrified fence. They recognise there is a world outside their insular, quirky suburban school. They understand they're soon going to have to join it — they're the screws falling out into the imperfect world." Familiar feeling, isn't it?

WORDPLAY

COMING-OF-AGE MOVIES... always have one or more than one protagonist, who experience life's grey zone for the first time and are conflicted about most things called 'life'. Because they have just started to understand that life involves a lot of "figuring it out" along the way, and it often will be a painful process. Coming to a profound realisation about their future is also a part of the storyline of such films. These films may be about first romances, graduating high school, getting in trouble with the law, and other significant events in a soon-to-be-adult's life.



It was actor James Dean's portrayal of teen angst that made him a youth icon and Hollywood superstar

NOT A BAD GIRL

Hailed as the future of music, here's all you need to know about teenager Billie Eilish

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She started writing music at age 11

Billie Eilish and her brother Finneas (her frequent music collaborator) were homeschooled by parents Maggie Baird and Patrick O'Connell — both actors — with special emphasis on music. Billie began writing at the young age of 11 after she joined the Los Angeles Children's Choir. She said in an interview with 'Vogue' that joining the choir taught her how to sing without ruining her voice as well as singing from the heart.

She doesn't like to smile

It can be pretty difficult to find a picture with Billie smiling. She has famously said that smiling makes her feel weak and powerless!

She's vocal about issues she cares about

In 2018, she appeared in a campaign with the mayor of Los Angeles to try to get young people to register to vote. In a Facebook ad she said: "As young people we have to own and use our power to make a difference." She sang her song 'My Future' at the 2020 Democratic National Convention in August and slammed American president Donald Trump without mincing her words: "We need leaders who will solve problems like climate change and COVID, not deny them."

Leaders who will fight against systemic racism and inequality."

She controls her life and social media

Unlike popular celebrities, Billie manages her own self and is not guided by her parents in her decisions. She even controls what messaging goes out through her social media. With a 66.9 million followers on Instagram, she creates posts completely underplaying her superstar status.

SHARE THE DEETS

Billie Eilish Pirate Baird O'Connell
American singer and songwriter
 ■ Born: December 18, 2001
 ■ Awards: 5 Grammys, 2 American Music Awards, 2 Guinness World Records, 3 MTV Video Music Awards, and 1 Brit Award
 ■ Also: Youngest and second person ever to win four main Grammy categories in the same year. In 2019, 'Time' magazine placed her on their inaugural 'Time 100 Next' list. Only singer born in the 2000s to have a #1 single on Billboard and the youngest woman to have a #1 album in the UK
 ■ And: Apple to release its documentary 'Billie Eilish: The World's a Little Blurry' in February 2021
 ■ Hits: 'Ocean Eyes', 'When the Party's Over', 'Bad Guy' and 'No Time to Die'

She wears oversized clothes to avoid being bodyshamed

Billie enjoys wearing baggy clothes to express herself and side-step judgement from body shammers. She told 'Vogue Australia': "It kind of gives nobody the opportunity to judge what your body looks like." But she also doesn't call out women who wear form-fitting clothes. In 2018, she had said she chose the look to "look memorable". Billie said that she "proved to people that [she's] more important than they think." A legitimate argument considering she hit big time in 2015 when she was just 13.

She is vegan

Billie grew up vegetarian and officially switched to a vegan lifestyle in 2014. Regarding her choice, she wrote on her Tumblr blog in 2018: "I went vegan like four years ago. There were a lot of reasons. I love animals and I just think there's no point in creating something out of an animal when the animal is already there. Leave animals alone."

She's her own genre

Many musicians mix genres but Billie seems to have hit such a creative sweet spot that her music defies categorisation. It has been described as indie electronic, EDM, dance-pop, synth-pop, R & B, jazz, pop, avant-pop, art pop, and more.
 — Sources: pepsugar.co.uk, musicminnesota.com, news reports



Three reasons why you should read...

'The House of Jaipur: The Inside Story of India's Most Glamorous Royal Family' by John Zubrzycki

Gayatri Devi used to send Alphonso mangoes for Prince Philip every year

The former Rajmata of Jaipur, the charismatic Gayatri Devi and her husband were great friends with Queen Elizabeth II and Prince Philip, and every year, she would send a box of Alphonso mangoes from India for the Duke of Edinburgh's birthday.



AYESHA AND JAI

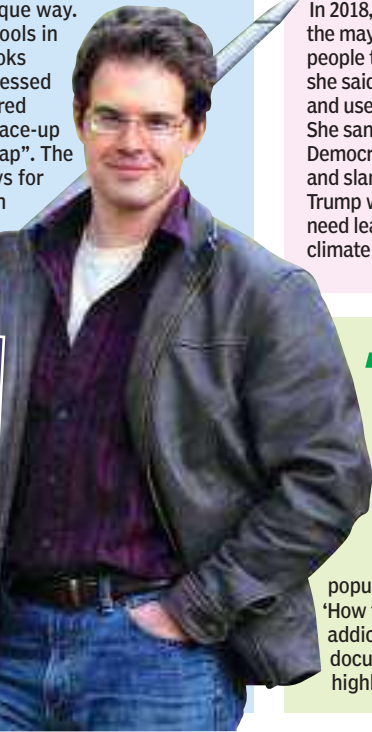
Gayatri Devi and husband Man Singh II, the last ruling Maharaja of the erstwhile Jaipur state — Ayesha and Jai as they were known to their friends — are central to the story of Jaipur over the past century. The author says: "In the 1950s and 1960s, Jai and Ayesha were India's golden couple, its answer to John and Jackie Kennedy, Queen Elizabeth and Prince Philip."

GLAM LIVES

The erstwhile couple were the only Indians invited to Truman Capote's Black & White Ball in 1966 at New York's Plaza Hotel. According to the author, Ayesha was the only woman who was allowed to break the dress code, arriving in a gold sari and a necklace of emeralds.

TRIVIA

Christopher Paolini, author of 'The Inheritance Cycle' series, finished school when he was 15 years old. Soon after, he began working on what would become the novel 'Eragon', the first of a four-book series set in the mythical land of Alagaësia. He promoted his work in a unique way. Paolini toured over 100 schools in the US to talk about his books and writing all the while dressed in "a medieval costume of red shirt, billowy black pants, lace-up boots, and a jaunty black cap". The author is in news these days for his first ever science fiction book 'To Sleep in a Sea of Stars', which follows a human in deep space.



TECH IT AWAY

Time to unplug

Along with DIY videos online over the last few months, another most popular Google search has been 'How to avoid social media addiction'. With multiple documentaries and videos highlighting social media

addiction, it is important to know how to use it well from an early age. With everything — from classes to assignments moving online, it is



essential to know what to watch as well as how to keep track of screen time.

1 If you get anxious when you cannot access social media for a while, and if you anxiously keep looking at your phone for notifications, it's the first sign of addiction.
 2 The first thing is to limit your

time spent online. Rather than your parents setting a timer and it leading to a friction, set your own timer and decide on limited screen time. Turning off notifications is a good way to begin.

3 One of the first positive signs of getting over the need for a phone or being on social media is when you see yourself stop measuring moments with friends and family, and really start to see the merit of face-to-face conversations.

Amin.Ali@timesgroup.com

Nitya.Shukla@timesgroup.com

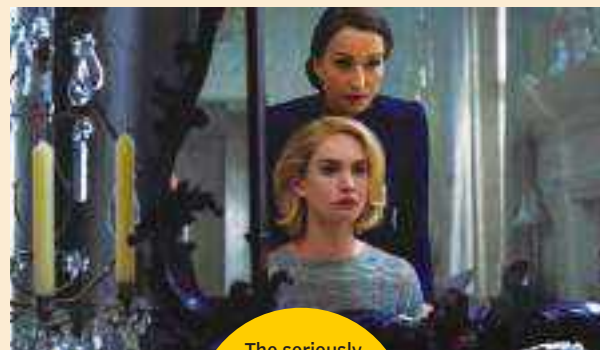
Do you believe in ghosts?

No, we are not talking about the ones that lurk in the shadows, in all black apparel, about to pounce on the fool who decided to go 'investigate'. We mean the ghosts of people who — though very much dead — feel very much alive.

This is precisely what happens to the protagonist, the second Mrs de Winters (Lily James). Having married her husband, Mr Maxim de Winters after a short courtship in Monte Carlo, she finds herself in a horrifying ménage à trois with his late first wife, the title character, Rebecca. It's a psychological drama knit together by a series of spine-chilling events.

Upon reaching the dreary Manderley Mansion, she meets

Fact: A best-seller which has never gone out of print, 'Rebecca' sold 2.8 million copies between its publication in 1938 and 1965



The seriously chill inducing 'Rebecca' will be released via an online streaming platform on October 21

the housekeeper Mrs Danvers, a key character, who is passionately devoted to her former mistress, and bitterly resents the new Mrs. Our protagonist is shown repeatedly that not only is she undeserving of the uber wealthy Mr de Winters, but also how she will NEVER match up to the mysterious, glamorous Rebecca, whose shoes she cannot hope to fill.

How do you battle the

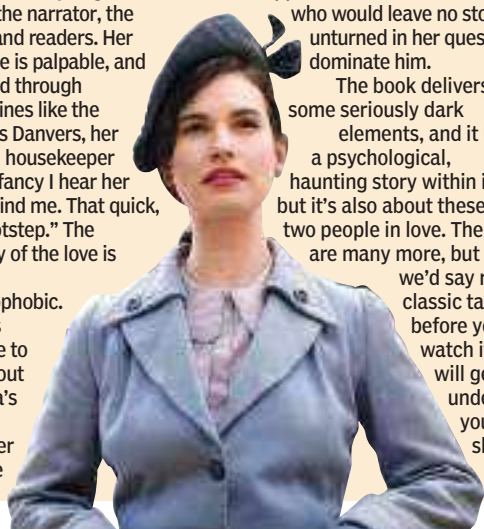
stifling presence of a person who has left her mark on everything? In the 82 years since it has been published, the world has still not had enough of 'Rebecca' adaptations. The author, Dame Daphne du Maurier, has described the plot of her 1938 classic as "a sinister tale" calling it "psychological and rather macabre". While there have been numerous adaptations of book, the most

famous one is master filmmaker Alfred Hitchcock's 1940 version which won the best picture at the 13th annual Academy Awards.

Perhaps, a reason why this sinister tale has captivated multiple generations of readers is the endlessly enchanting enigma of Rebecca. Dead even before the story begins, she haunts the narrator, the house, and readers. Her presence is palpable, and delivered through creepy lines like the time Mrs Danvers, her devoted housekeeper says, "I fancy I hear her just behind me. That quick, light footstep." The intensity of the love is almost claustrophobic. Debates continue to rage about Rebecca's true character because

we only hear about her from other characters. Was she the wronged wife or the vampiric femme fatale? Another reason why this tale is so popular is Du Maurier's psychological exploration of the power balance between the sexes, as seen through the relationship shared between Maxim and Rebecca. As it happens Maxim hated Rebecca who would leave no stone unturned in her quest to dominate him.

The book delivers some seriously dark elements, and it has a psychological, haunting story within it, but it's also about these two people in love. There are many more, but we'd say read classic tale before you watch it. It will get under your skin.



DOPPELGÄNGERS

This one's freaky. British actor Tom Hardy, 44, and American actor Logan Marshall Green, 43, look so alike they could be brothers, twins in fact. Here's how the story turns even more dramatic. Marshall actually has an identical twin brother, Taylor Marshall Green! Let's stop right here before the story gets too confusing. For now, can you tell Hardy (left) and Green apart?



ROLE REVERSAL

James Cameron's 'Titanic' consolidated the careers of then 20-somethings, Kate Winslet and Leonardo Di Caprio. It's one of those comfort movies we often go back to. But as it often happens, the female lead role did not come to Kate Winslet first. It was offered to Claire Danes, who fresh after the success of 'Romeo+Juliet' (with Di Caprio), did not want to sign up for another romance story. Danes said in an interview a while ago, "I was really clear about it, I wasn't conflicted." Gwyneth Paltrow was considered for the role too. But it was Cameron's casting director, the late Mali Finn, who eventually suggested Kate Winslet.



F1 CARS CAN DRIVE UPSIDE DOWN



Yes, it's true! According to the official F1 website, "A modern Formula One car is capable of developing 3.5 g - which is three and a half times its own weight - thanks to aerodynamic downforce. That means that, theoretically, at high speeds they could drive upside down." There are many other incredible facts about Formula 1 racing that will blow your mind

1 AN AVERAGE F1 DRIVER LOSES 4 KG PER RACE

Since F1 drivers have to endure high G forces at extremely hot temperatures in the cockpit, they tend to lose close to 4 kg after every race! Hence, the drivers are also advised to take in large amounts of water before the race, even if they do not feel thirsty. This is done to avoid dehydration through sweating.

2 F1 CARS CAN ACCELERATE FROM ZERO TO 100 MPH AND BACK TO 0 IN JUST 4 SECONDS

Only a real Formula 1 car can survive such drastic changes in speed. This is why drivers of F1 racing go through a lot of training to help them apply brakes abruptly when approaching corners. F1 racing is a game of both time and speed at the same time.

3 EACH CAR HAS 80K ASSEMBLED COMPONENTS

Every F1 race car has more than 80k assembled components. Each component is an essential part of the vehicle. Considering the enormous speed at which an F1 car moves, these pieces are assembled with the highest accuracy. Even the minutest error can lead to a drop in performance. There is no margin for error.

4 F1 ENGINES MUST BE PREHEATED

F1 racing car engines are engineered such that they have to be preheated before they can be fired up. It is impossible to turn on the engine when it is cold. The gearbox also needs to be on par with the operating temperatures, even before the first gear is engaged. This necessitates the use of an external heater pump. This is also why a F1 engine can never be fitted on a passenger car.

5 THE F1 ENGINE HAS A LIFE-SPAN OF FIVE RACES

The Formula 1 car is engineered with utmost precision to ensure peak performance. Yet, the engine of the car, that can produce over 800 HP of power, cannot last more than 5 races. The high level of wear and tear effectively means the car can only perform for a few hours.

7 A TEAM IS MADE UP OF AS MANY AS 600 PEOPLE

There might only be about 50 people on the trackside on race day, but there are many more in the team - up to 600. Most of these people work behind the scenes to make their team the best of the best.

8 ONLY 1 FEMALE DRIVER HAS MANAGED TO SCORE A POINT

Lella Lombardi is the most successful female driver. She scored half a point in the 1975 Spanish GP, a feat which no other female has been able to achieve till today. She managed to qualify for a total of 12 out of the 17 races she participated in. She had a 3-year career in which she drove for Williams, March, and RAM F2 teams.

9 CREW TAKES 3 SECONDS TO CHANGE THE TYRES

Time and speed are crucial for the pit crew. The average crew takes no more than 3.0 seconds to change the tyres. The fastest tyre-change record is held by Felipe Massa's crew that took just 1.92 seconds in 2016.

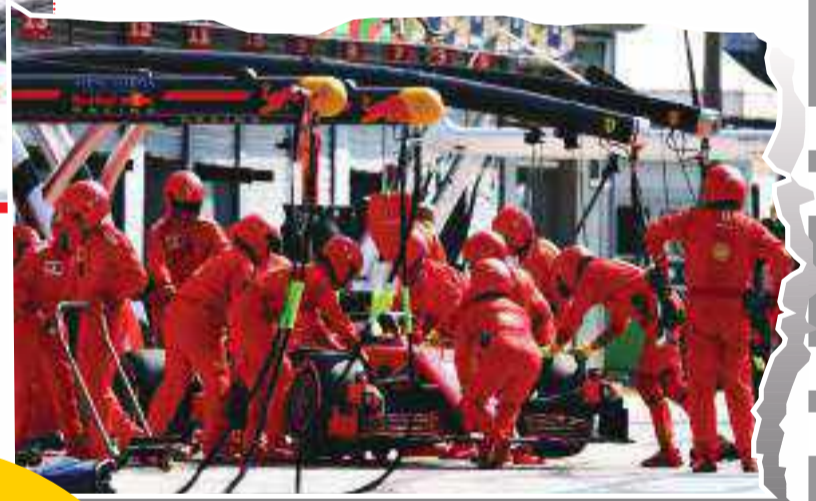


Lewis Hamilton

Lella Lombardi

6 BRAKE DISCS TEMPERATURE CAN PEAK AT 1000 DEGREES CENTIGRADE

The brake discs of F1 race cars can get superheated, reaching temperatures of up to 1000 degrees centigrade. This is almost as hot as molten lava. Numerous improvements have been brought in over the years, including designs with up to 1500 ventilation holes. The brake discs are made from composite material reinforced with carbon fiber.



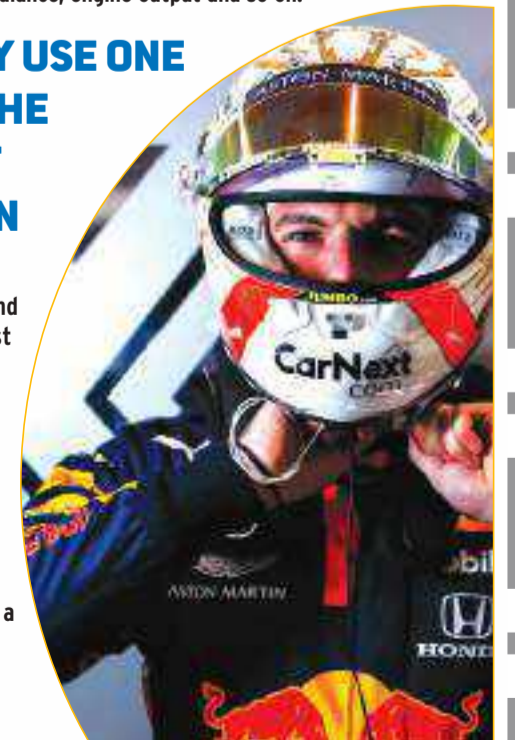
10 STEERING WHEEL ALMOST LOOKS LIKE ONE IN AN AIRCRAFT

The steering wheel of an F1 car is the central controlling unit for the driver. It is covered in buttons, switches, lights, dials and paddles. The wheel almost looks like one in an aircraft. There are usually 20 to 25 controls and a small screen too, all of which relate to specific functions in the car, like brake balance, engine output and so on.



11 THEY USE ONE OF THE STRONGEST HELMETS IN THE WORLD

Trauma to the neck and head are the biggest injury threats of F1 racing. To reduce that impact, drivers use the toughest helmets that are of very high standards, and yet light. They are made of robust carbon fiber material. These helmets are subject to a series of fragmentation and deformation tests while being manufactured.





TODAY'S EDITION

Students & teachers share how the lockdown made them re-engage with Bapu's lifestyle **PAGE 2**



" Gandhi said, "I have been known as a crank, faddist, mad man." Who was the real Gandhi? **PAGE 3**



The young troika of Gill, Mavi and Nagarkoti have risen to the occasion **PAGE 4**



STUDENT EDITION
FRIDAY, OCTOBER 2, 2020
WEB EDITION

CLICK HERE: PAGE 1 AND 2

Be the change that you wish to see in the world —Mahatma Gandhi

Gandhiji practised what he preached. As the world faces a multi-layered crisis—from Covid 19 pandemic to economic recession, from rising violence and racism to climate change— on his birth anniversary, experts on Gandhian philosophy, dwell on what the Mahatma would have done to troubleshoot these problems...

GANDHIGIRI REIMAGINED

AS A LEADER
Man becomes great exactly in the degree in which he works for the welfare of his fellow-men
- Mahatma Gandhi

AS AN ECONOMIST
That economics is untrue, which ignores or disregards moral values
- Mahatma Gandhi

VOCAL FOR LOCAL
My nationalism is as broad as my swadeshi, I want India's rise so that the whole world may benefit - Gandhiji

A people's leader, the Mahatma always united the masses to fight for a common cause. In this fight against Covid-19, he would have kept the people united and positive by propagating the principles of satyagraha. A firm believer in cleanliness and hygiene, Bapu would have led from the front in following a healthy lifestyle
Suneet Kumbhat, founder, www.kasakaimumbai.com

For Gandhiji, economy and morality were inter-linked. Each according to own's needs was his mantra. He believed India lived in its villages, and encouraged Gram Swaraj—empowerment at the grassroots level. The problem of migrant labourers wouldn't have arisen, had he been alive today, as each village would have functioned as an independent unit.
Sudarshan Iyenger, former VC, Gujarat Vidyapith

Bapu used 'swadeshi' goods as the main weapon to fight the British rule. He envisioned an atmanirbhar India. Gandhiji would have welcomed globalisation of ideas, not goods, and shunned the MNCs, who have become powerful than the govts.
Radhakrishna, educationist, Bengaluru

If I were Gandhi...

AUSTERITY, MY DHARMA: Bapu was an ultimate minimalist, who believed in 'simple living, high thinking'. As we cope with a pandemic, we need to rethink the way we lived, and go back to the Gandhian lifestyle.
Kunika Saluja, class XII, PML SD Public School, Chd

SWACHHTA, MY MISSION: The coronavirus has highlighted the importance of cleanliness and staying hygienic, all over again. So, I would follow his path and spread awareness on cleanliness.
HINA NAELA, XII, G D Goenka Public School, Lucknow

STAYING CALM DESPITE ADVERSITIES, MY AIM: Failures or hardships never deterred Gandhiji. I would adopt his composure for handling any challenge, and aim for social progress during these tough times.
AASHIKA UNNIKRISHNAN, class X, RPS, Kalamassery

BELIEVE IN SELF, MY FOCUS: Gandhiji always encouraged self-belief. So, during these tough times, I would follow his principles, and encourage my fellow citizens to stay united and face challenges without any kind of fear.
DEVINA SINGH, class XII, Shikshantar School, Gurgaon

AS A SATYAGRAHI
In a gentle way, you can shake the world
- Mahatma Gandhi

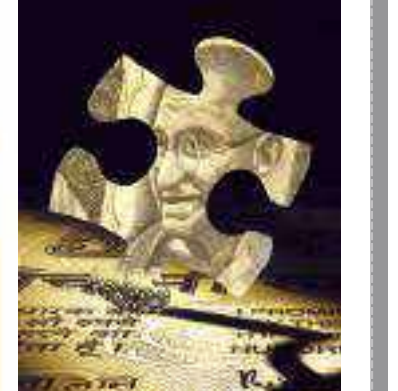
Unlike today's leaders, Gandhiji had the power to bring down governments through satyagraha of truth and non-violence. With racism, violence, increase in crimes against women on the rise, Gandhiji would have surely been disappointed. But true to his character, he would have stuck to his potent weapon:

Satyagraha, and would have possibly gone on a fast unto death to compel his countrymen to bow down to his wishes for a harmonious co-existence.
Piali Ray, granddaughter of Sarat Chandra Bose, Netaji's elder brother. (Gandhiji would always put up at their residence, whenever he was in Kolkata)

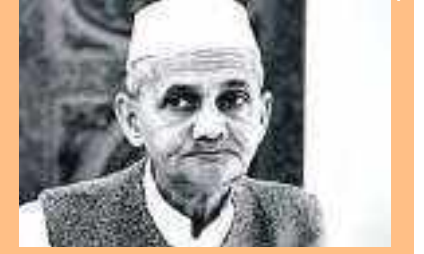
AS A CLIMATE CRUSADER
Earth provides enough to satisfy every man's needs, but not every man's greed
- Mahatma Gandhi
a mirror reflection of what we are doing to ourselves and to one another." His words hold true till date. Pained by the rising carbon footprints, the Mahatma would have ensured that all of us embraced a vegan lifestyle. He would have encouraged an austere lifestyle—each according to one's needs.
Narottam Sahoo, Senior Scientist, Gujarat Science City

DID YOU KNOW

- Gandhi's civil disobedience was inspired by American Transcendentalist Henry David Thoreau, whose famous essay, 'Civil Disobedience', he read, while he was in prison
- In 1930, Gandhi became the first Indian, who was honoured with the 'Time Person of the Year' title
- Gandhi never won a Nobel Peace Prize, despite being nominated five times. In 2006, the committee publicly admitted its regret at having never honoured him with the award
- Mahatma Gandhi's funeral procession was 8 kilometres long
- Around 48 roads outside India are named after Bapu
- Gandhiji was arrested 14 times and spent a total of 6 years in prison
- Mahatma Gandhi was a football aficionado; he founded two football clubs—in Johannesburg and Pretoria, South Africa, known by name of 'The Passive Resisters', while working as a lawyer between 1893-1915
- Gandhi's title, 'Father of the Nation' was first used by Subhas Chandra Bose on July 6, 1944, when the Indian National Army started its march to Delhi



You share your BIRTHDAY with LAL BAHADUR SHASTRI TOO!!!



Born on October 2, 1904, Mughalsarai, UP, Lal Bahadur Shastri was the second prime minister of India. A member of Mahatma Gandhi's non-cooperation movement against the British rule in India, Shastri was a man of

Jai Jawan Jai Kisan (Hail the soldier, Hail the farmer)
- LAL BAHADUR SHASTRI

great integrity and competence. Humble and tolerant, he understood people's language, and was a man of vision towards the country's progress. As a transport minister after Independence, he introduced the provision of female drivers and conductors in public transportation

When the MAHATMA CONQUERED the World

MARTIN LUTHER KING, JR
Often referred as the "American Gandhi", Martin Luther King, Jr. followed and embraced Mahatma Gandhi's legacy of satyagraha, especially, non-violence for championing the rights of the blacks in the US. King not only travelled to India, but also read Gandhi's writings. One of Gandhi's greatest disciples, he wrote, "while the Montgomery boycott was going on, India's Gandhi was the guiding light of our technique of non-violent social change."



NELSON MANDELA

Dubbed as the 'Gandhi of South Africa', Nelson Mandela had strong Indian connections and striking similarities with the 'Father of the Nation'. By practising Gandhian non-violence in South African politics, Mandela became one of the key models for global Gandhism in the 21st century. Like a true Gandhi follower, he said, "There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountain top of our desires."



GANDHIJI'S TALISMAN

I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man/woman whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him/her. Will he/she gain anything by it? Will it restore him/her to a control over his/her own life and destiny? In other words, will it lead to swaraj (freedom) for the hungry and spiritually starving millions? Then you will find your doubts and your self melt away

ARAB SPRING

The non-violent democratic awakenings in the Middle East from 2009 to 2012 was a key indicator that Gandhian non-violence stood tall, irrespective of the changing ideologies. The young Egyptians, Tunisians and Iranians, protested non-violently against an unjust authority, and demanded their governments to be based on public accountability and popular sovereignty. Though these non-



violent social movements were not homogeneous, they offered the Middle East societies a new Gandhian tool of struggle beyond the rule of political parties.



Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man

Gandhiji



Simple living In times of pandemic

The deadly coronavirus has brought the mighty human race to its knees. Silently, it shattered the shield of invincibility that humans wore with arrogance. The pandemic has taught us several lessons, lessons that our father of the nation, Mahatma Gandhi, advocated. His values of simple living and 'glocalisation' have dawned upon us now like never before, as the glamour of materialistic living slowly fell apart. Students, teachers and parents share how Covid-19 made them re-engage and revisit Gandhiji's notions of health, hygiene, family, society and resources...

I believe the lockdown made us realise that in simplicity lies richness. Our true wealth is our health and can be attained by leading a simple life grounded in values. Gandhiji's principles of simple living and high thinking proved to be an edifying guide during lockdown.



Manju Sharma, principal, DPS South, Bengaluru

The lockdown taught the world a great lesson, which was Gandhiji's principle of simple living. The urge to visit malls, restaurants or theatres was curbed. People realised that spending time and money isn't happiness, spending time with family is.



Bharath National School, Coimbatore

Kimberly Ann Joseph, Class VI, Nava

Living a minimalistic life had become a necessity. Gandhiji's mantras were something each one of us practiced during these difficult times of lockdown. Maintaining a high degree of hygiene too was essential, another of his biggest teachings.



Dr. Sobhana Nair, Co-ordinator, Guardian High School and Jr. College, Mumbai

Bapu's philosophy stimulates us not only politically, but also morally. The Gandhian principle of Sarvodaya, progress of all, was put into practice. We were forced to adopt a lifestyle that accentuated self-regulation, thereby curbing rampant greed and consumption-centric approach.



Monica Chawla, principal, St Joseph's Sr Sec School, Sec 44, Chandigarh

Asish Singh, class XII, St Augustine's Day School, Barrackpore, West Bengal

Gandhi promoted judicious utilisation of resources. The lockdown refreshed this notion, teaching everyone to live with limited resources, utilising them creatively. It actually made people live without restaurants, gyms,

malls, theatres and excessive shopping, making Gandhian principles of simple living shine beautifully.



Rakshit Dubey, class IX, Zebar School for Children, Ahmedabad

Gandhi's life beacons an organic philosophy, which can be highly reformative if absorbed in its fundamental form. Gandhiji's talisman is one such aspect that has resonated yesterday, does today and forever will. It is the key to the soul of morality and the searchlight in the darkest hours of moral dilemmas.



Latesh Chaudhary, Principal, Lancers Convent, Rohini

Gandhi's mantra of simple living should be practiced by everyone. Never ever did people feel the need for simple living as much as during the lockdown days. Unbridled materialism only leads to wastage of precious resources and makes the poor much poorer.



M Aasritha, class IX B, DAV Public School, Ibrahimpatnam, Vijayawada



Simple living is something Gandhiji advocated and one can safely say that has been the way to live during the lockdown. It included healthy eating habits and hygiene. Shopping for unnecessary items has been curbed. Meditation is popular again.

V V Ramarathnam Iyer, class IX C' 18, Bharatiya Vidya Bhavan's Public School, Hyderabad

Covid-19 has had an impact on both the powerful and powerless. We knowingly or unknowingly started following Gandhian principles of health & hygiene. They are being advised by our doctors to keep us safe. Promoting native medicines to boost immunity is something Babu gave importance to.



N M Shalika Banu, Teacher, Fathima Central Senior Secondary School, Chennai

We used to hate being reminded of the principles of dignity of labour, self-reliance, cleanliness and more. But now we are upholding this Gandhian way of life. We're on a cleaning spree, I see myself evolving for the better each day.



Varshanandini P, class X, Kendriya Vidyalaya, Pattom Thiruvananthapuram

BAPU'S ADVICE TO STUDENTS

"IF YOU BECOME YOUR OWN SCAVENGER, YOU WILL MAKE YOUR SURROUNDINGS CLEAN. IT NEEDS NO LESS COURAGE TO BECOME AN EXPERT SCAVENGER THAN TO WIN A VICTORIA CROSS."

FACTOID

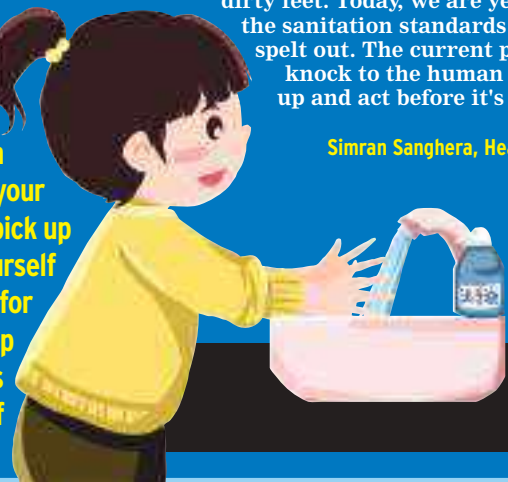


SWACHCH SPREE



Everyone must be their own scavenger" - MK Gandhi

It is well documented how Gandhiji gave utmost importance to sanitation and hygiene. But we raced ahead without giving it much thought until the pandemic stopped us in our tracks and reminded us of the basics: wash hands, sanitise your surroundings, pick up the broom yourself without waiting for help and clean up the toilets yourself



More than a century ago, the Father of the Nation had emphasized that sanitation was more important than Independence when he said that he'll not let anyone walk through his mind with dirty feet. Today, we are yet to achieve the sanitation standards that he had spelled out. The current pandemic is a knock to the human race to wake up and act before it's too late.



Simran Sanghera, Headmistress, Asian International School, West Bengal

Gandhiji believed that cleanliness and hygiene are essential for the physical well-being of an individual. Habits such as washing hands, brushing teeth, bathing, if inculcated from a young age become a part of the personality. Our elders have always told us to wash our feet, hands, and face when we come home from outside. Today, in the pandemic-ridden world these habits are crucial.



Sakshi Sadashiv Kadam, Sophia College for Women, Mumbai

In this unprecedented pandemic scenario, where every human has become an 'untouchable,' let us ponder over Gandhiji's letter to Nehru in 1945: "When a moth approaches its doom it whirls around faster till it is burnt up." Let us not be a 'moth' but a 'firefly' and light ourselves up by abiding by the Gandhian principles. The new normal demands personal hygiene, community hygiene and changes in lifestyle.



R Sumithra, English Facilitator, The Geekay World School, Chennai

AS LONG AS you do not take the broom and the bucket in your hands, you cannot make your towns and cities clean. - MK Gandhi

LESSONS TO LEARN

Gandhiji's policy of honesty and simplicity are most relevant today. Saving water and its proper utilisation was a huge project at Sabarmati ashram. This is a great learning from Gandhiji for all of us. He could foresee the problem of water scarcity 60 years back. His entire life is a case study for us.



J Bhuvaneshwari, Director/Principal, Presidency School South, Bengaluru

Man has always been chasing his greed. Now, confined to our homes, all our luxuries stopped and the battle was to keep the essentials flowing. This decoded Gandhiji's tenet of simple living and made us realise that resources are sufficient for all and what a beautiful world it is if we know how to regulate self.



Mona Shah, parent of Manini Shah, student of Udgam School for Children, Ahmedabad

DID YOU KNOW?

WHEN GANDHI DIED, he had less than ten possessions including a watch, spectacles, sandals and eating bowl. He was a man of non-possession and didn't even possess a house.



BACK TO ROOTS

As the virus spread, the magic word to fight it was 'immunity'. Building immunity with local herbs, spices & a healthy diet. Babu had spoken about the need to keep the food on the plate organic and simple. The spotlight was back on this, as people shunned processed food in favour of local produce



Chaitanya Bansal, class IX, Yadavindra Public School, Mohali

Plant-based foods are loaded with nutrients. Our yogis say that vegetarian diet not only improves physical health but also mental health. In the times of pandemic, vegetarian diet proved to be a blessing. Even if people do not turn vegetarian to save animals, this pandemic could be a beginning towards that path.



Sunir Negi, Principal, Pallavi Model School Alwal, Hyderabad

DID YOU KNOW?

GANDHIJI WROTE extensively on food and diet in his books 'Diet and Diet Reforms' and 'The Moral Basis of Vegetarianism' where he stressed on intermittent fasting and paleo diet



Know

Mr Gandhi

72 years after his passing, Gandhiji continues to be a part of every Indian's daily life. His face adorns our currency, and his powerful persona has frequently featured in films, latest one being 'Welcome Back Gandhi'. While he is the subject of many books, we loved him in Jason Quinn's graphic novel, 'Gandhi: My Life is My Message'. But what was he like in real life? We dig out some rare pictures to find out more...

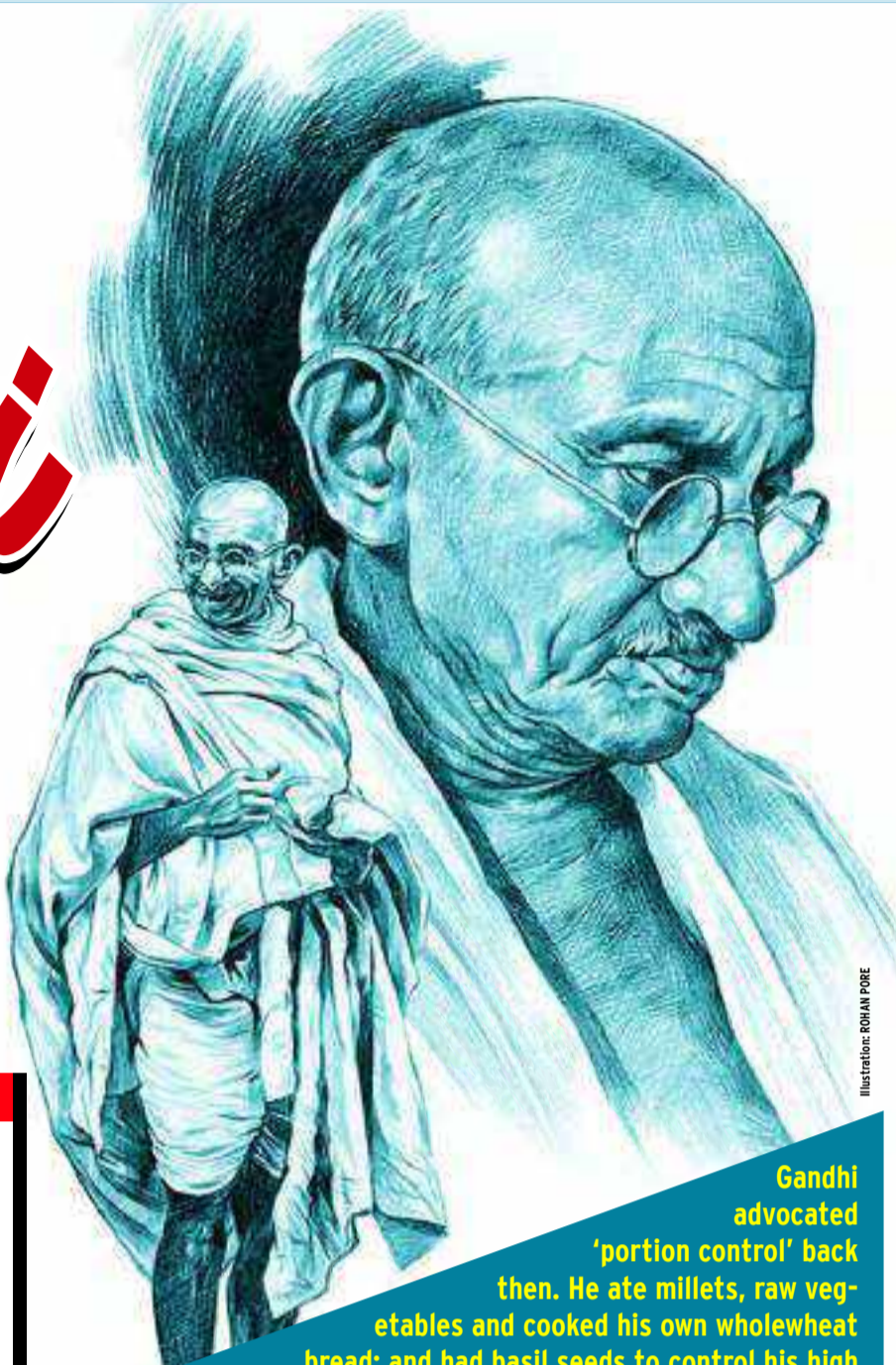


Illustration: ROMAN POPE

GANDHI AS THE FAMILY MAN...

There are estimated to be 120 living relatives of Mahatma Gandhi. They are the descendants of the four sons - Harilal, Manilal, Ramdas and Devdas - that Gandhi had with his wife Kasturba, whom he married when he was 13 (see pic 1). How was he as a father? Rajmohan Gandhi, his grandson, said in an interview that the "all-demanding and remarkably effective effort" of Gandhi to realise his goal came at a price and he should have devoted more time and attention to his wife and sons. "But when he was there he was a 100% family man." Pic 2 With granddaughter Ava and physician Dr Sushila Nayar. Pic 3 With Indira Nehru and Pic 4 With his grandson in Juhu beach.



Gandhi advocated 'portion control' back then. He ate millets, raw vegetables and cooked his own wholewheat bread; and had basil seeds to control his high BP. Eating frugally was his health mantra. "The body was never meant to be treated as a refuse bin, holding all the foods that the palate demands," he had said famously.

GANDHI THE ARTIST ... his tryst with art fraternity and sportsmen

He believed that art too had a purpose, and was not merely decorative. In his philosophy, art is a harmony between the soul and the outer appearance of a human being. He was also connected deeply to theatre and literature. According to Professor Tridip Suhrud, Babu's life changed with the play 'Harishchandra'. Gandhi liked team sports that could foster a spirit of camaraderie. He started three football clubs in Durban, Pretoria and Johannesburg. Seen here: Pic 1 With Charlie Chaplin. Pic 2 With Rabindranath Tagore and Pic 3 With Grayville Cricket Club in Durban.



ROTI, KAPDA AND GANDHI ... his lifestyle was hatke



The year was 1920 - in the Nagpur session of the Indian National Congress - when Gandhi announced his mission to promote 'khadi' as the national fabric of India. Eventually, khadi became a material artefact of a new national community, spun on a 'charkha'. It became a democratic fabric that united the country. His diet: Gandhi would not touch fish, poultry, meat or even eggs. His experiments did not end there: he would write that he had "a hobby of a lifetime, namely, dietetic experiments. They are to me as important as many of the most important activities which have engrossed me from time to time". Seen here: Pic 1 Gandhi in his loin cloth Pic 2: Having his meal Pic 4: When Winston Churchill called him a "naked fakir" Pic 5: Him spinning the charkha.



Pic 3: Gandhi gave a diet plan to staunch political rival Subhash Chandra Bose. Here's the food plan he made: "Eat leafy vegetables in the form of salads. Have potatoes sparingly. Eat dates for healthy stomach; raw garlic for immunity..."



Gandhi's iconic Dandi March in 1930 put American media spotlight on him and he was featured on the cover of the Time magazine with the title 'Saint Gandhi'. The cover feature called "A Pinch of Salt" argued that had an English politician in a loin cloth walked 80 miles to London barefoot, "the Englishmen would have thought him mad". In 1931, the magazine had declared Mahatma Gandhi as the world's 23rd most famous person; he was ranked ahead of Charles Dickens and Beethoven

THE 'INFLUENCER' ...if Gandhi had an Insta account, he would have had countless followers



Gandhi's greatest legacy is the fame he achieved for advocating non-violence as a means of overcoming oppression. Centuries later, the new crop of student activists are using Gandhian principals to raise their voice. In a truly Gandhian way, Greta Thunberg, turned weekly school strikes into a global movement. In India, the mantle is being taken forward by many like environmentalist Licypriya Kangujam. Wherever Gandhi went, he transformed people, as he regarded them not as they were, but who they wished to be. Seen here: Pic 1 Gandhi recuperating after being beaten in S Africa. Pic 2: Gandhi in London. Pic 3 and 4: Gandhi's Civil Disobedience and Salt March in India. Pic 5: Policeman in Durban stopping Gandhi



From New Zealand to UAE, KKR's promising Under-19 World Cup trio finally clicked together

The FABULOUS THREE

Rising opener Shubman Gill performed well in both of KKR's wins against Sunrisers Hyderabad (70 not out) and Rajasthan Royals (47) while his U-19 India teammates Shivam Mavi and Kamlesh Nagarkoti ran through Royals' line-up

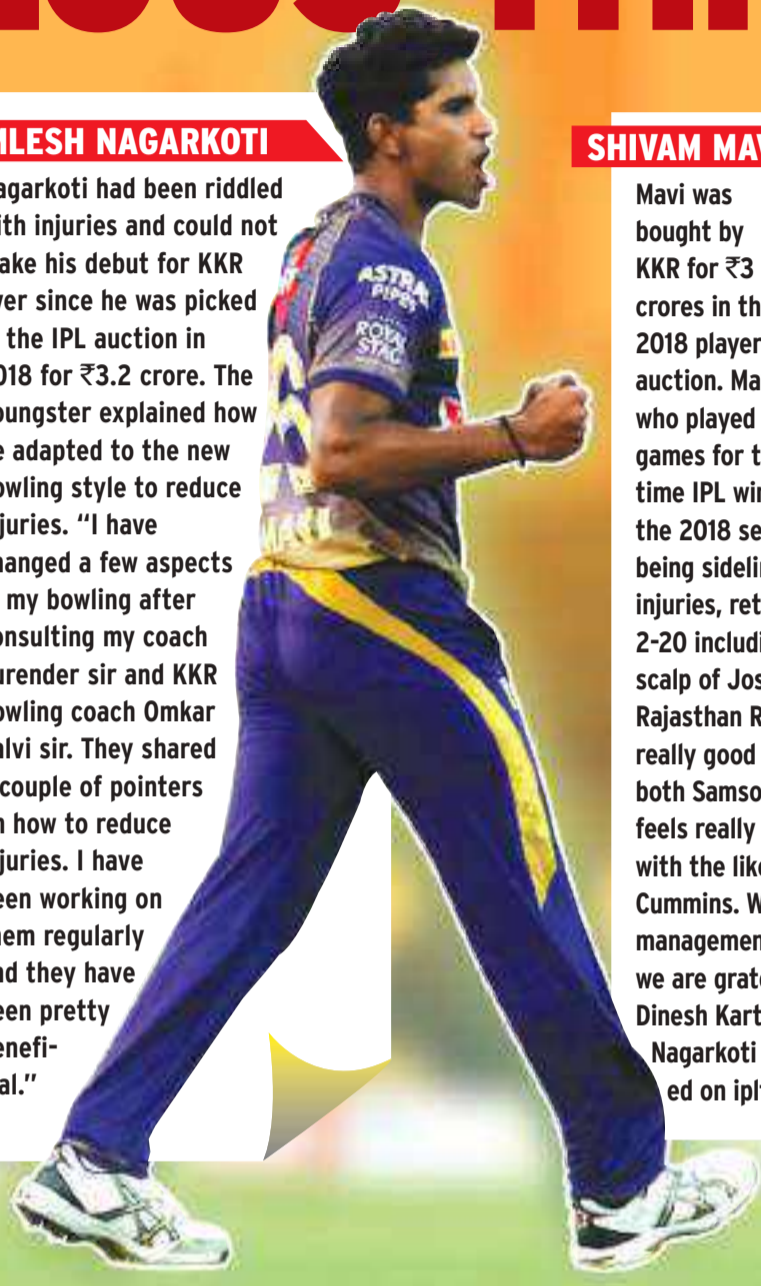
SHUBMAN GILL

Impressed with youngster Shubman Gill's composure with the willow prominent former cricketers have started to consider him as a future leader. Former Kiwi fast bowler Simon Doull said during an interview with Cricbuzz, "I won't be surprised if we see him leading an IPL side two years down the line at the ripe age of 22-23. I think he should spend a lot of time with Dinesh Karthik and Eoin Morgan and pick their brains." Former England captain Kevin Pietersen took to his official Twitter handle and wrote, "He should be the captain of KKR - @RealShubmanGill!" Gill was the 'Emerging Player of the Year' during last year's IPL edition, played in India.



KAMLESH NAGARKOTI

Nagarkoti had been riddled with injuries and could not make his debut for KKR ever since he was picked in the IPL auction in 2018 for ₹3.2 crore. The youngster explained how he adapted to the new bowling style to reduce injuries. "I have changed a few aspects in my bowling after consulting my coach Surender sir and KKR bowling coach Omkar Salvi sir. They shared a couple of pointers on how to reduce injuries. I have been working on them regularly and they have been pretty beneficial."



SHIVAM MAVI

Mavi was bought by KKR for ₹3 crores in the 2018 players' auction. Mavi, 21, who played nine games for the two-time IPL winners in the 2018 season before being sidelined with injuries, returned figures of 2-20 including the prized scalp of Jos Buttler against Rajasthan Royals. "It felt really good to dismiss both Samson and Buttler. It feels really nice to spend time with the likes of Russell and Cummins. We were injured but the management showed faith in us and we are grateful for that," Mavi told Dinesh Karthik and Nagarkoti in a video posted on iplt20.com.



'Shouldn't get carried away by our youngsters' performance'

I don't want to add pressure on them by making them feel that they are the ones that we are dependent on... There are fabulous cricketers around them as well who will play a role and make them look even better than what they are.

Dinesh Karthik, KKR skipper

Source: Agencies

Serena Williams withdraws from French Open due to Achilles injury

Photo: PTI

Uthappa spotted applying saliva on ball in IPL clash against KKR

ICC has banned the use of saliva on the ball due to COVID-19



In a violation of the ICC's COVID-19 protocol, India and Rajasthan Royals batsman Robin Uthappa was seen applying saliva on the ball while fielding against Kolkata Knight Riders in an IPL match. The incident happened right after Uthappa dropped a Sunil Narine skier in the fifth ball of the third over here. He was seen applying saliva after collecting the ball at the mid-on region and the video of it has since gone viral on social media. The IPL has not issued any statement on the incident so far.

WHAT'S THE PUNISHMENT FOR APPLYING SALIVA?

"If a player does apply saliva to the ball, the umpires will manage the situation with some leniency during an initial period of adjustment for the players, but subsequent instances will result in the team receiving a warning," it had stated in its Standard Operating Procedure for the game.



"A team can be issued up to two warnings per innings but repeated use of saliva on the ball will result in a 5-run penalty to the batting side. Whenever saliva is applied to the ball, the umpires will be instructed to clean the ball before play recommenced," the ICC notification read.

RCB management introduces 'mentorship programme'

Skipper Virat Kohli has been paired with youngster Devdutt Padikkal and pacer Navdeep Saini has been paired with Proteas great Dale Steyn

What is this 'mentorship programme'?

The mentorship programme is something Simon Katich (head coach) was very keen to introduce, it's something that happens in many sports, and it's something that can take place when players are keen to share their experiences. The players can exchange ideas with each other, we spent a lot of time to pick who will spend with whom, generally we have done it around the skill group. Players will be able to spend time with each other and be away from the practice. They can talk about the game, for example, Navdeep Saini is paired with Dale Steyn," said RCB's Director of Cricket, Mike Hesson in a video posted on the official Twitter handle of RCB.



Photo: ANI



TEST YOUR KNOWLEDGE

GK QUIZ | Theme: Indian states

Q1. Before Hyderabad was made the capital in 1956, which city was the capital of Andhra Pradesh?

- a) Warangal b) Vijayawada c) Kurnool d) Visakhapatnam

Q2. In which year was Telangana state separated from Andhra Pradesh

- a) 2014 b) 2012 c) 2011 d) 2010

Q3. In Arunachal Pradesh, the river Brahmaputra is known by the name

- a) Jamuna b) Siang c) Tsangpo d) Dihang

Q4. The total number of National Parks in Assam are

- a) Five b) Eight c) Twelve d) Six

Q5. Who was the last king of Ahom Kingdom in Assam

- a) Chandrakanta Singha b) Kamaleswar Singha c) Purandar Singha d) Jogeswar Singha

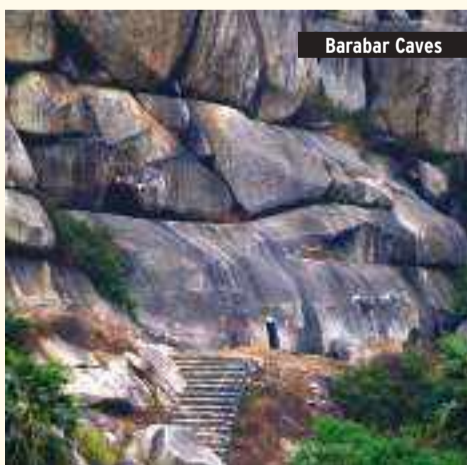
Q6. Who ruled over Goa before it became a part of India?

- a) British b) Portuguese

- c) Americans d) Mughals

Q7. In which state are the Barabar Caves located?

- a) Bihar b) Uttar Pradesh c) Assam d) Rajasthan



Barabar Caves

Q8. In which year was the capital of Gujarat shifted from Ahmedabad to Gandhinagar?

- a) 1870 b) 1970 c) 1980 d) 1880

Q9. Which city is also known as the Diamond City of India?

- a) Surat b) Ahmedabad c) Chandigarh d) Hyderabad

Q10. In which year was Bombay city officially renamed as Mumbai?

- a) 1995 b) 1997 c) 1998 d) 1994

Q11. Pushkar Lake is located in which state and district?

- a) Rajasthan, Ajmer district b) Uttarakhand, Almora district c) Uttar Pradesh, Aligarh district d) Kerala, Kollam district

Q12. In which year did Vasco da Gama first come to Kozhikode in Kerala?

- a) 1432 b) 1498 c) 1447 d) 1487

Q13. Which is the largest state in India in terms of area?

- a) Rajasthan b) Madhya Pradesh c) Maharashtra d) Gujarat

Q14. In the year 1970, which state claimed to have achieved 100% electrification in rural areas?

- a) Haryana b) Uttarakhand c) Uttar Pradesh d) Maharashtra

Q15. Which of the following state and UTs is also known as 'French Riviera of the East'?

- a) Daman & Diu b) Puducherry c) Goa d) Kochi

ANSWERS: 1-C) Kurnool, 2-A) 2014, 3-B) Siang, 4-A) Five, 5-C) Purandar Singha, 6-B) Kamaleswar Singha, 7-A) Bihar, 8-B) 1970, 9-A) Surat, 10-A) 1995, 11-A) Rajasthan, Ajmer district, 12-B) 1498, 13-A) Rajasthan, 14-A) Haryana, 15-B) Puducherry



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

Did you know fashion trends have changed according to the socio-political dynamics? **PAGE 2**



How do you plan to spend your weekend? What are you reviewing this week? **PAGE 3**



What can Sunrisers Hyderabad do to keep the momentum going? **PAGE 4**



STUDENT EDITION

THURSDAY, OCTOBER 1, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2



WHO MADE HIS DIRECTORIAL DEBUT WITH THE 1983 MOVIE 'MASOOM'?

CLUE 1: The 74-year-old is a Chartered Accountant from the Institute of Chartered Accountants in England & Wales

CLUE 2: Born in Lahore, Pakistan, he's also a nephew of legendary actor Dev Anand

CLUE 3: He debuted as an actor in the 1974 movie, 'Ishq, Ishq, Ishq'

ANSWER: SHEKHAR KAPUR. The Union ministry of information and broadcasting has appointed the filmmaker as the new President of Film and Television Institute of India (FTII) Society, and as the Chairman of FTII Governing Council

DJOKOVIC FINDS HIS FOOTING AFTER US OPEN DEBACLE



Three weeks after he defaulted in the US Open for hitting a line judge with a ball, Novak Djokovic got his quest for an 18th Grand Slam title, back on track with a 6-0, 6-2, 6-3 victory over Mikael Ymer in the French Open on Tuesday.

Russian 13th seed Andrey Rublev came two sets and 5-2 down to beat American Sam Querrey 6-7(5), 6-7(4), 7-5, 6-4, 6-3 in three hours and 17 minutes

In the women's singles, surprise US Open semi-finalist Jennifer Brady let slip two match points in a 6-4, 3-6, 9-7 loss to 17-year-old Clara Tauson. Tauson, a former junior World No.1, is making her Grand Slam debut

United under the Swedish activist Greta Thunberg, young people rallied worldwide recently to demand urgent action to halt the catastrophic climate change, in their first global protest, since the coronavirus crisis began. With wild weather wreaking havoc across the world - from fires ravaging the US West Coast, to abnormal heatwaves in the Siberian Arctic, and record floods in China - the organisers said, their aim was to remind politicians that while the world focused on Covid-19, the climate crisis was more acute than ever. The protesters also called for a 'Global Day of Climate Action'.



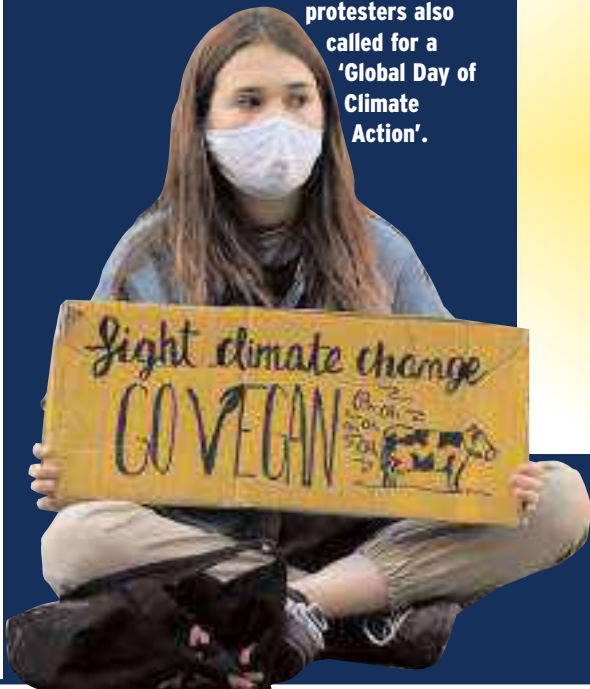
'PLANET IS DYING', 8-YEAR-OLD CLIMATE CRUSADER WARNS

One of the world's youngest climate change activists, **Licypriya Kangujam**, is leading a youth movement on climate change, and has urged PM Narendra Modi and lawmakers to pass a new law, aimed at capping carbon emissions in the world's third-largest producer of greenhouse gases. Born in Manipur, Kangujam has been outraged by the air quality, she has seen in Delhi. "I am fighting to save our planet and our future," she said as she protested outside parliament in New Delhi recently.

I will go to the Moon, and I will research on how we can get fresh air to breathe, how we can get fresh water to drink, and how to grow crops there, because our planet is dying soon



Fridays for future IS BACK!



SADHGURU TO WRITE ABOUT KARMA AND DESTINY IN HIS UPCOMING BOOK

Spiritual teacher and author Sadhguru is all set to write a book on karma, its many aspects and destiny in his upcoming book, titled, 'Karma: A Yogi's Guide to Creating Your Own Destiny'. Sadhguru said, "When I looked at the variety of misconceptions surrounding the word 'karma', I saw that it is one of the most misunderstood aspects of life. This needed clarification. People need to see that karma is not just bondage, it can also become a process of liberation. This book has been conceived as a manual of this process."

The book will dive deep into understanding karma, its different aspects and its consequences- all decoded with new perspectives by Sadhguru. The book will give the readers a sense of awareness and an opportunity to create and navigate their destinies

'Karma: A Yogi's Guide to Creating Your Own Destiny' is expected to be released in early 2021

4 IN 10 CONSUMERS IN INDIA VICTIM OF ONLINE BULLYING: MICROSOFT



Nearly four in 10 consumers have been involved in a bullying incident online at their workplaces and outside, a Microsoft study has revealed. Across India, 38 per cent of consumers (34 per cent adults and 43 per cent teenagers), said they were involved in a "bullying incident". Nearly 25 per cent respondents said, they were the target and 17 per cent a bystander or witness to bullying or harassment.

The results also show that 38 per cent of people in 32 countries say they've been involved in a bullying incident as the target of the bullying, someone who displayed bullying behaviours, or as a bystander. The study polled teenagers, aged 13-17 and adults aged 18-74, about their online experiences and exposure to online risks

NEWS IN BRIEF

\$25,400

Price of Beatles memorabilia that is likely to fetch at the Sotheby's auction. Sotheby's is hosting an online auction this month of Beatles memorabilia to mark the 50th anniversary of the British band breaking up.

The sale offers items spanning the band's entire performing career, including a signed copy of the Fab Four's first single from 1962, 'Love Me Do', valued at between \$19,000-\$25,400. Other items on sale, include a pair of John Lennon's unmistakable glasses and his school detention sheet



FACTOID

SALTY LAKE, PONDS MAY BE GURGLING BENEATH SOUTH POLE ON MARS

A network of salty ponds may be gurgling beneath Mars' South Pole alongside a large underground lake, raising the prospect of tiny, swimming Martian life, scientists have claimed. The scientists widened their coverage area by a couple hundred miles, using even more data from a radar sounder on the European Space Agency's Mars Express orbiter, two years after identifying what they believed to be a large buried lake.

In the latest study, the scientists provide further evidence of this salty underground lake, estimated to be 20 kilometres to 30

Roughly 4 billion years ago, Mars was warm and wet, like the Earth. But the Red planet eventually morphed into a barren, dry world, it remains today. All this potential of the presence of water, raises the possibility of microbial life on or inside Mars. High concentrations of salt are likely keeping the water from freezing at this frigid location, the scientists noted. The surface temperature at the South Pole is an estimated minus minus 113 degrees Celsius, and gets gradually warmer with depth. These bodies of water are potentially interesting biologically and "future missions to Mars should target this region," the researchers wrote

kilometres across, and buried 1.5 kilometres beneath the icy surface. Even more tantalising, they've also identified three smaller bodies of water surrounding the lake. These ponds appear to be of various sizes and are separate from the main lake.

IDEAL WEIGHT NOW 5KG MORE: 65KG FOR MEN, 55 FOR WOMEN

The National Institute of Nutrition (NIN) has added another 5kg to the ideal weight of Indians. While the weight of an ideal or reference Indian man was 60kg in 2010, it has now increased to 65kg. In case of women, it has gone up to 55kg from 50kg, a decade ago

Along with this, the earlier height for a reference Indian man was 5.6 feet (171cm) and a woman was 5 feet (152cm). It is now revised to 5.8 feet (177cm) for a man and 5.3 feet (162cm) for a woman. This will now be taken for normal body mass index (BMI)

The visible fat intake for individuals with sedentary, moderate and heavy activity has

According to the scientists, this was because nutritional food intake had gone up. Also, data from rural and urban areas was taken into account this time as against only urban data 10 years ago. A premier nutrition research body of the Indian Council of Medical Research, NIN, has also revised its recommended dietary allowance (RDA) and estimated average requirement (EAR) of nutrition for Indians in its 2020 report

been set at 25, 30 and 40 grams per day, respectively, for an adult man and 20, 25 and 30 grams per day, respectively, for an adult woman

The calcium requirement proposed as RDA for an adult man and an adult woman is 1,000mg per day. It was 600mg per day in 2010

Common salt intake remains at 5 grams per day with the sodium intake limited to 2 grams. An intake of 3,510mg potassium is recommended per day



ENTERTAINMENT

M NIGHT SHYAMALAN UNVEILS TITLE OF NEXT FILM



The title of M Night Shyamalan's upcoming thriller is 'Old', the director has announced. The filmmaker took to Twitter to share the update. "Feels like a miracle that I am shooting the first shot of my new film. It's called 'Old'," tweeted a masked Shyamalan holding a clapperboard. He also shared the artwork of the film - a depiction of an hourglass, with people tumbling instead of sand, and the text reading, "A New Trip from writer/director M Night Shyamalan. It's only a matter of time." Shyamalan, who has written the script, will also produce the project.



How Fashion trends have changed...

SOCIO-POLITICAL AND ENVIRONMENTAL MOVEMENTS LED TO THESE TRENDS

1 In the '60s and '70s, people experimented with styles such as bell-bottom pants, unbuttoned shirts, and flowing jumpsuits – all of which were influenced by music and social movements.

2 By the '80s and '90s, people favoured celebrity-inspired ensembles, especially those worn by icons like Naomi Campbell and the late Princess Diana.

3 Throughout the 2000s, designers have borrowed heavily from clothing trends popular in past decades, like animal-print garments and tiny handbags.

4 In 2020, welcome cottagecore. Know more here...

THE STYLE MAP

1960-1961:

- Matching coats and dresses were all the rage.
- In the early '60s, many people still sported styles that were popular in the '50s. During this time, women often layered loose-fitting coats over matching dresses and completed their ensembles with coordinating hats, gloves, and short heels.

1960-1963

- Bow collars came into style.
- According to 'Paste' magazine, bow collars were common-

ly worn by women entering male-dominated work fields in the early '60s. The look was said to blend masculine and feminine styles beautifully.

- The style is still worn frequently today – sometimes even as a political fashion statement.

1965:

- The mod trend spread from the UK to the rest of the world.
- Mod, short for modernism, was a subculture known for its focus on music and style. The



QUIZ TIME (BOOKS AND AUTHORS)

Q.1) Which is the first Harry Potter book?

- A. HP and the Goblet of Fire
- B. HP and the Philosopher's Stone
- C. HP and the Chamber of Secrets
- D. HP and the God of Small Things

Q.2) What was the nationality of Robert Louis Stevenson, writer of 'Treasure Island'?

- A. Scottish B. Welsh C. Irish D. French

Q.3) 'Jane Eyre' was written by which Bronte sister?

- A. Anne B. Charlotte C. Emily D. None of the above

Q.4) What is the book 'Lord of the Flies' about?

- A. A round trip around the USA
- B. A swarm of killer flies
- C. Schoolboys on a desert island
- D. None of the above

Q.5) In which century was Geoffrey Chaucer's Canterbury Tales written?

- A. 13th-14th B. 14th-15th C. 15th-16th D. 16th-17th

ANSWERS

- 1. B) HP and the Philosopher's Stone 2. A) Scottish 3. B) Charlotte 4. C) Schoolboys on a desert island 5. A) 13th-14th

KNOWLEDGE BANK

FLORA

Bat flower

Tacca chantrieri is an unusual plant with black flowers. Also called the bat flower, it is a species of flowering plant in the yam family, Dioscoreaceae. The flowers can grow up to 28 inches and have long 'whiskers'. They are somewhat bat-shaped. Native to tropical regions of Southeast Asia including Thailand, Malaysia, and southern China, they prefer shade to sunlight and need lots of water. Bat flowers grow best at high humidity in well-drained soil with good air circulation.



GRAMMATICAL MISTAKES

FORMERLY/FORMALLY

THE RULES:

- "Formerly" is something that happened before.
- "Formally" (adj) in a formal manner.

HOW NOT TO DO IT:

- The store was **formerly** opened on Tuesday.
- It was a custom **formally** observed.

HOW TO DO IT PROPERLY:

- The store was **formally** opened on Tuesday.
- It was a custom **formally** observed.
- Gaidar was **formerly** the vice governor of the Kirov Region.
- He was **formally** certified as a CA.

REIMAGINING ANCIENT STORIES IN THE MODERN WORLD

SHUBIRA PRASAD, author of The Demons of Jaitraya

As modern India takes big leaps in areas of science, technology and research, it is also finding itself deeply steeped in ancient Indic culture. Our ancient texts have stood the test of time from the Satyuga or the era of the truth to the present Kalyug which is the era of Kali. Ancient stories have taught generations about the art of living. They teach us the difference between right and wrong. And they teach us about respect and care.

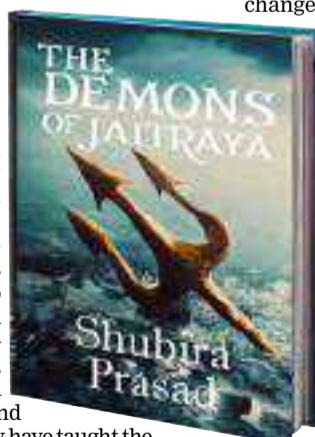
From time immemorial our gods have been believed to have come down from the heavens, take human forms or avatars, mingle with them and lead them to fight and destroy the evil. They have taught the rest of the humanity the code of conduct for living a righteous and happy life. These teachings were captured in our Vedas and Puranas. In the present age where crime, corruption and immoral behaviour is at its peak, the teachings of these great ancient texts like Ramayana, Mahabharat and the Bhagwad Gita continue to spread its message for leading a better life. Through decades and centuries of



change in scenario and the human civilization, the narrative too, has been transposed into the modern times.

Many modern day writers are reimagining our texts and making it interesting and suitable for young people. In 'Demons of Jaitraya', I too have reimagined Hanuman who is believed to be immortal, to be training a team of young warriors in our century to fight the demons and the negative energies. All writers bringing alive these stories through mythology are doing so to ensure that the young follow the tenets of these epics that form the core of our culture and our identity.

Being rooted helps young become more confident. It is only when our young understand and follow the principles of our ancient books that we will comfortably sail through this Kalyug.



lonable at the start of the '80s. Women also wore a mix of fitted and loose styles throughout 1980, and paired their ensembles with chunky jewelry.

1986:

- Women mixed athletic wear into their everyday attire.

1990:

- At the start of the '90s, jackets became a staple part of many outfits.

► **What is Cottagecore?** Is "an aesthetic movement that draws together all of the best parts of going off and living in a cabin in the woods." The rustic lifestyle became extremely popular around March 2020, when the COVID-19 pandemic began, and has now extended into fashion...

1970:

- Hippie-inspired pants and mod-style shirts were popular at the start of the '70s.
- According to Vintage Dancer, fashion in this decade "Couldn't decide what direction to take or what past decade to emulate." As a result, men wore a mix of everything, including turtlenecks, neck scarves, and wide-legged pants.

1972:

- Rather than following a single trend, people aimed to dress in a way that expressed their individuality.

1973:

- Disco styles started to emerge from the fashion industry.

1974:

- Both men and women donned suits.
- Suit-style dresses became very fashionable.

1975:

- Everyone wanted to wear a jumpsuit.

1980:

- Bold, bright colours were fashionable.

1992:

- Platform shoes came back into style.

1994:

- Plaid was extremely popular in the middle of the '90s.

1998:

- Logo-mania originated in the late '90s.

2001:

- Many people wore head-to-to denim.

2012:

- Wedge sneakers became trendy.

2017:

- Men started wearing patterned suits.

2018:

- People couldn't get enough of monochromatic outfits.

2020:

- An aesthetic called cottagecore has completely taken over.



Food Court

Is tofu healthier than paneer?



Soft, creamy, mushy and delicious, both paneer and tofu can amp up the taste of any bland meal with their delightful taste and texture.

While paneer has been predominantly used in Indian cuisine to add soul to curries, pakodas and what not, tofu has been a quintessence of Oriental cuisines like Chinese, Thai and Japanese.

Why Paneer

Cottage cheese is loaded with the goodness of healthy fats and milk proteins, which makes paneer a great source of nutrition for healthy bones, teeth and skin.

Why Tofu

Made with soybean milk, tofu is prepared by curdling the soy milk and is believed to be a low-calorie substitute to regular cottage cheese. This is great for weight watchers.

Interestingly, both paneer and tofu are a great source of protein. However, with an increasing inclination towards healthy eating, tofu has paved its way, claim-

ing to be a much healthier alternative than paneer (cottage cheese). With around 37% of vegetarians, India has been predominantly a vegetarian nation, wherein the consumption of plant based proteins has been more than animal protein.



But deciding what's better – tofu or paneer – can be a bit tricky. If you have been a weight watcher or a fitness enthusiast or want to switch to a protein rich diet, then here's all you need to know about the differences between paneer and tofu, before you add these to your regular diet.

Cadets make to the merit list of NDA



Twelve students of Sainik School Balachadi Jamnagar brought laurels to school after their names appeared in the final merit list for National Defence Academy, Khadakwasla, Pune. Cadet Aditya Kumar Ravi, Cadet Akash Ranjan, Cadet Sudhanshu Kumar, Cadet Aman Kumar, Cadet Shubham Mayank Singh, Cadet Vishal Parmar, Cadet Dev Singhania, Cadet Nishant Kumar, Cadet Aditya Kumar,

Cadet Gopal Borkhatariya, Cadet Shubham Kumar and Cadet Rajiv Ranjan are proud students of the school who cleared UPSC NDA written examination and SSB successfully and got their names entered in the merit of NDA result. Sainik School Balachadi has been engaged in preparing Cadets for entry to NDA and has been successful in sending more than 400 Cadets to Defence Services since its inception. Gp Capt Ravinder Singh, Principal, Sainik School

Balachadi congratulated these Cadets on this occasion. He wished that the success of these Cadets will definitely motivate the other students of Sainik School Balachadi as well as the students of different schools of Gujarat state 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.



Educator Honored

Zebar School For Children Vice-Principal Mili Bhattacharyya, has been conferred with the Certificate of Excellence in Education. The award was handed over to her in a virtual ceremony by the International Institute of Hotel Management on Teachers' Day. Mili has been associated with Zebar School for two years and was earlier associated with Udgam School. She loves teaching and being a Vice-Principal she still looks forward to opportunities to interact



with students directly. Her close bonding with her students and camaraderie with teachers have worked wonders for the school. Her dedication to students of middle and secondary section as well as her approach towards dealing with digital challenges has been appreciated by parents too. She never takes a leave, donning several hats as a friend to her students, an advisor to the teachers, and a guide to parents, her tireless efforts have resulted in the spectacular performance of our students in several competitions at the state and inter-school level.

Student Council takes charge at e-ceremony

PRIMARY WING

Inspiring speeches by Director-Principal Abhay Ghosh, HM (Senior Wing) -Hiral & HM (Primary wing) Sumeet enthused the young leaders with a renewed zeal towards their new roles and responsibilities. They spoke about the need of right attitude in a leader, courage in times of trouble and core leadership skills. Advising the Council to develop humility along with their knowledge, for character building, they also laid emphasis on the importance of staying happy, positive and being extra responsible during the pandemic period.



As the event progressed further, the choir group & the student council sang the school's anthem in the chorus - their words echoed the hopes & aspirations of Shanti Asiatic School. The event ended with the national anthem. Despite the pandemic situation and the all the restrictions revolving

SCHOOL CAPTAIN: Sadhnashree Karthik
SCHOOL VICE-CAPTAIN: Nivedita & Rohan
AGNI HOUSE CAPTAIN: Daksh Sharma
AGNI HOUSE VICE-CAPTAIN: AaradhyaTatsat
JAL HOUSE CAPTAIN: Driti Prajapati
JAL HOUSE VICE CAPTAIN: Jia Parekh
PRITHVI HOUSE CAPTAIN: Hanshit Tiwari
PRITHVI HOUSE VICE-CAPTAIN: Vipra Gupta
VAYU HOUSE CAPTAIN: Ria Srikant
VAYU HOUSE VICE-CAPTAIN: Sanaya Sharma

ing around it, Shanti Asiatic School, kept up the tradition & formally vested its student leaders.

Kabirians rejoice in an informative virtual tour

L.D. Museum Ahmedabad had hosted a virtual event recently for the students of St. Kabir, Navrangpura. The event was conducted via zoom app and it kept the kids glued to their screen as it was both interesting and informative.

Students of class IV were taught about the importance of museums and were shown various ancient sculptures, different forms of Indian Art, and information about the traditional form of writing and Ganjifa, the indigenous playing cards were also



on a virtual tour of Adalaj ki vav (stepwell architecture of Gujarat) and first-hand information was given about its construction and history. A brief summary of the importance of water and the representation of water in Indian Mythology was also presented beautifully. It was a great initiative by L.D. Museum and St. Kabir Navrangpura. The event was appreciated by parents and students. Once again it proved that Kabirians are Unstoppable and pandemic cannot stop learning.

Class V students were taken on a virtual tour of Adalaj ki vav (stepwell architecture of Gujarat) and first-hand information was given about its construction and history. A brief summary of the importance of water and the representation of water in Indian Mythology was also presented beautifully.

W E E K E N D P L A N

"COOKING WITH FAMILY IS A REAL JOY"

I am so bored, if I don't watch anime or play video games, what else can I do?" - said my younger brother when we asked him to get off the screen and do something productive. My brother loved playing football in the evening, but now his classes have shut down and everyone's taking precautionary measures by staying home.

In the Covid 19 Era, when every day is the same, it is important to break out of the mundane to do something fun once in a while through these weekends. There is no escaping the fact that the world outside our home lies on a 14-inch screen of a laptop. Why not take control and make the most of it?

The need is to divide your time consciously between on-screen and off-screen activities. So, this weekend, I plan to get up late

and attend a sign language workshop and an anime discussion forum. Of course, this would be after having my brunch.

There is a plan to watch a movie with friends online, after which I have committed my younger brother to play scrabble. Some family time as we savour our dinner has come up as new normal whereas before we did not even have time for that.

Sundays for my family and me are more about gardening and cooking together something special. We try to make different cuisines. There is an infinite number of things to do over the weekend. Don't just look out for opportunities, try to seek them yourself!

KHYAATI TAPADIA, ex-student, DCIS, Ahmedabad

ODE TO THE PEN

The grief of a teenager

Dear Hormone, You make me happy, you make me sad
You make me crazy & sometimes mad
You make me angry without a reason
And change my emotions every season
You change my feelings and my thoughts
And it is very difficult to fight with you.
For you even change my behaviour overnight
And stop me from thinking wrong or right
But not today I challenge you again,
Fight with me but there is going to be no gain
Enough you have done harm to me,
Sticking & stinking copying a bee
What fun is there in doing what everyone else do?

MIRA SHAH, Class IX, Sheth CN English Medium School

Like being trapped in the enchanting forest by you
The real fun is there when you do something extraordinary
Nothing so simple like eating rice and curry
And that'll not be possible with you around,
For the success doesn't knock with the comforts around
The lion inside me is roaring today,
Back to overcome any challenges which are there on the way
My self is burning in this fire
Thinking of the day at my funeral pyre
What will I answer to myself when she asks me what did you really do,
I won't be able to say because some years ago a guest arrived at my front door and I was too weak to control my guest alone...

MIRA SHAH, Class IX, Sheth CN English Medium School

BOOK: READ AND ENJOY THE MAGICAL WORLD!

The famous series of Harry Potter written by J. K Rowling, should be your next pick if you have not read before. The story is of a young child Harry, who lost his parents in his early childhood, and lives with the Dursleys in the small town. At the age of 11, he discovered that he was a wizard when Hagrid (the keeper of keys in Hogwarts) came to wish him on his 11 birthday. Despite opposition from his uncle and aunt, he goes with Hagrid and discovers his qualities being a wizard. He meets Ron Weasley and Hermione Granger on the train which was going to Hogwarts (the school for wizards) in Scotland. As Harry was growing

he learned to overcome the problems that he faced. He discovers that he was not an ordinary wizard.

In the 7 books, Harry tackles the hardest of situations with the known dark evil "Voldemort". These books are all about Friendship, Bravery, and Love. The moral these books convey is "The things we lose have a way of coming back and being unique is not shame it means you are very brave to be different."

PIA THAKKER, Class VIII, St Pauls School, Rajkot

PAINTINGS OF THE DAY

Swara Shah, Class II, St Kabir School

Shoyam Saxena, Class Jr. KG, SGVP International School

Devarshi Chavda, Class V, Podar International School

Aarna Soni, Class VII, St Kabir School

Jaini Shah, Class V, Sheth C N English Medium School

After two losses on the trot, Sunrisers Hyderabad notched up its first win after beating Delhi Capitals by 15 runs. Going forward they must tick all the right boxes

Can Sunrisers Hyderabad keep the **MOMENTUM** going?



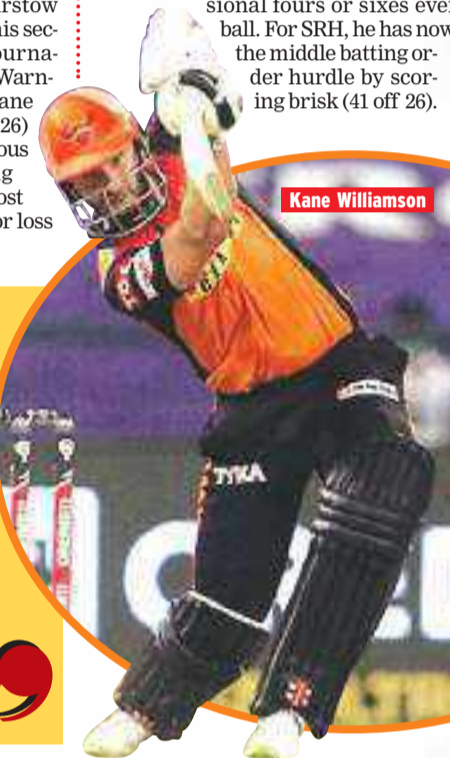
1 OPENERS ARE CRUCIAL FOR SRH

David Warner and Jonny Bairstow did the bulk of the scoring for SRH last season. Warner was the leading run-scorer in the 2019 edition, scoring 692 runs in 12 matches at an average of 58.50. Bairstow scored 445 runs in 10 matches at an average of 44.50. Put in to bat against DC, Bairstow (53 off 48) scored his second fifty of the tournament, while David Warner (45 off 33) and Kane Williamson (41 off 26) also came up with precious contributions, helping Sunrisers Hyderabad post a fighting total of 162 for loss of four wickets.

It was a big call (inclusion of Williamson in playing XI) but, at the end of the day, if we get our top four batting right and back our bowlers, we will come good. For us, it is important to establish in the middle. David Warner, SRH skipper

2 WILLIAMSON MUST KEEP THE MIDDLE ORDER INTACT

To strengthen SRH's batting, the seasoned Williamson was drafted in at the expense of Mohammad Nabi. There is no doubt that Kane Williamson is an intelligent cricketer. He with his deft moves kept Sunrisers scores ticking. Converting one into twos is his forte which he does by running hard but now he also cracked occasional fours or sixes every fifth ball. For SRH, he has now solved the middle batting order hurdle by scoring brisk (41 off 26).



Kane Williamson

3 ACCURATE BOWLING IN DEATH OVERS

Sunrisers Hyderabad's (SRH) skipper David Warner revealed that the side had worked "really hard" on their death bowling after the two defeats in the ongoing Indian Premier League. Rashid Khan's brilliant performance and Bhuvneshwar Kumar's gutsy show with the ball guided SRH to a 15 run win over Delhi Capitals. It was also their first win in the tournament. "We worked really hard on our death bowling, and today they were all fantastic. We pride ourselves on our running between the wickets. If we are not getting boundaries, we run hard," Warner said.



Rashid Khan

3

MI, KXIP look to move on after heartbreaking losses

PREVIEW

Coming off heartbreaking losses, the Indian Premier League game between Mumbai Indians and Kings XI Punjab will be a test of character for both sides as they look to regain momentum. KXIP were at the receiving end of the highest successful run-chase in the tournament history as Rajasthan Royals overhauled a target of 224 with three balls to spare on Sunday. While Kieron Pollard and

Ishan Kishan led a remarkable fight-back, chasing 202, before Mumbai went down to Royal Challengers Bangalore in a Super Over. Defending champions Mumbai Indians lost their opening game but bounced back to beat Kolkata Knight Riders. However, Rohit Sharma's men failed to cross the line against RCB. Similarly, after losing to Delhi Capitals in their opener, KXIP came back strongly to register their first points by defeating RCB. But, despite a fabulous batting display, they lost to Rajasthan.

KXIP have failed to tighten the screws when it mattered most. In their two losses, they were in a good position but could not grab the moments. Their bowling looked out of sorts against Rajasthan as they failed to defend a big total with Rahul Tewatia hitting pacer Sheldon Cottrel for five sixes in an over to win the match for his team.

Bumrah's inconsistency is a big worry

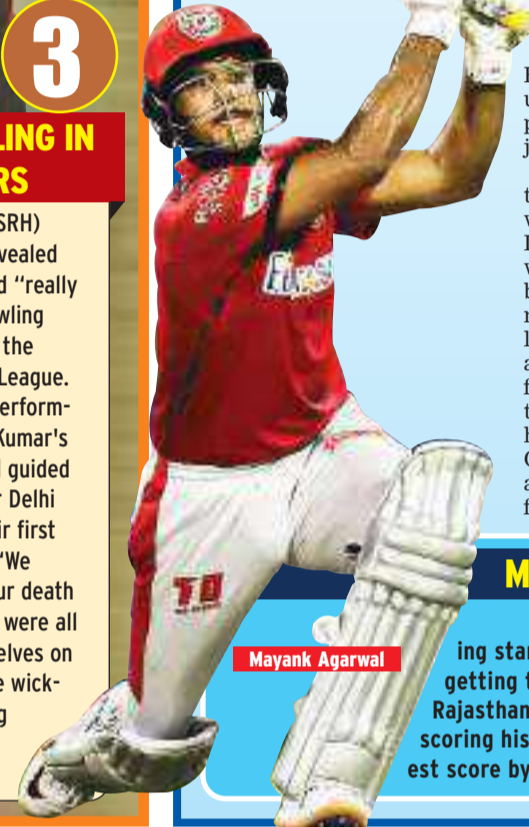
Mumbai Indians are blessed with a splendid batting firepower with the likes of Rohit, Suryakumar Yadav and Ishan Kishan at the top-order, followed by the big-hitting Pollard and Hardik Pandya. A major cause of concern for them will be pace ace Jasprit Bumrah's inconsistency. The speedster has picked up only three wickets in as many games.



Jasprit Bumrah

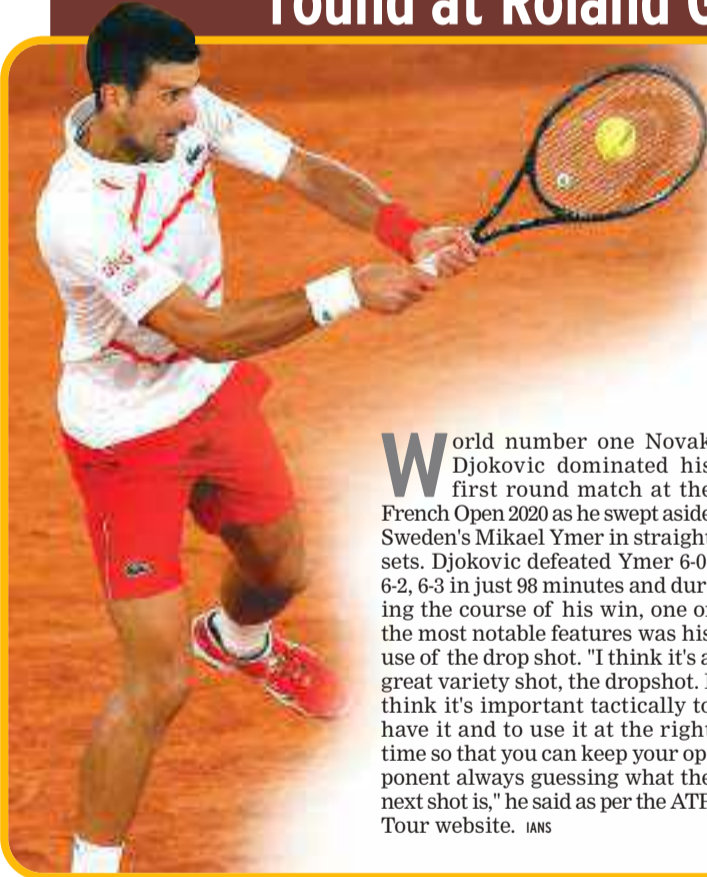
MI must get Rahul and Mayank early

Skipper KL Rahul and Mayank Agarwal have made inspiring starts this season, hitting a century and a fifty each, and getting the duo out early will be the key for Mumbai. Against Rajasthan, the pair shared a 183-run opening stand with Agarwal scoring his maiden ton while Rahul, fresh from recording the highest score by an Indian in IPL history, hit a 54-ball 69.



Mayank Agarwal

Djokovic, Pliskova advance to second round at Roland Garros



World number one Novak Djokovic dominated his first round match at the French Open 2020 as he swept aside Sweden's Mikael Ymer in straight sets. Djokovic defeated Ymer 6-0, 6-2, 6-3 in just 98 minutes and during the course of his win, one of the most notable features was his use of the drop shot. "I think it's a great variety shot, the dropshot. I think it's important tactically to have it and to use it at the right time so that you can keep your opponent always guessing what the next shot is," he said as per the ATP Tour website.

HIGHLIGHTS

Russian 13th seed Andrey Rublev came back from the brink to beat American Sam Querrey in five sets.

Jelena Ostapenko, the 2017 champion, put out seasoned American Madison Brengle 6-2, 6-1.

World number six Stefanos Tsitsipas clawed his way back from two sets down to beat little-known Jaime Munar 4-6 2-6 6-1 6-4 6-4 and survive a French Open first round scare.

Mustafizur Rahman rues missing out on IPL



If the BCB knew that the Sri Lanka series would be postponed, they would have given me the NOC (No Objection Certificate) for IPL. But whatever happens, happens for the best. I may have earned BDT (Bangladesh Taka) 1 crore had I played the IPL. Mustafizur Rahman, Bangladesh pacer

Bangladesh pacer Mustafizur Rahman rues missing out on playing in the IPL and the perks that come with it after the postponement of his national team's tour of Sri Lanka amid the COVID-19 pandemic. Bangladesh Cricket Board (BCB) President Nazmul Hasan had asked Sri Lanka Cricket (SLC) to reschedule the three-match Test series next month, as the board wasn't willing to comply with the 14-day quarantine rule proposed by the host nation in view of the pandemic. "Sri Lanka's proposal to have us quarantined for 14 days didn't seem possible for us," Mustafizur was quoted saying by 'Cricbuzz'.

Bowling yorkers is all about having confidence: Kagiso Rabada



Photo: PFI

TEST YOUR KNOWLEDGE

MATHS QUIZ | Theme: Miscellaneous

Q1. What is 0 divided by 1?

- a) 1 b) 0 c) -1 d) Cannot be computed

Q2. What is 2 divided by 0?

- a) 2 b) 1 c) 0 d) Cannot be computed

Q3. Do you know, what -1 + 1 equals?

- a) -2 b) 2 c) 0 d) 1

Q4. What is 2 to the power 4?

- a) 8 b) 16 c) 64 d) 48

Q5. 0.95 is the same as?

- a) 9.5% b) 95% c) 950% d) 0.095%

Q6. Which number is prime?

- a) 6 b) 16 c) 1 d) 11

Q7. Evaluate the expression

- a) 3 b) 4 c) 19 d) 0

Q8. What is -40 divided by -4?

- a) -10 b) 10 c) 40 d) -40

Q9. Sum of two negative number is always

- a) Positive b) Negative c) 0 d) 1

Q10. Sum of two positive number is always

- a) Negative b) Positive c) 1 d) 0



Q11. Predecessor of -9 is

- a) -8 b) 10 c) -10 d) 8

Q12. Successor of -1 is

- a) -2 b) 0 c) 1 d) 2

Q13. Which number is a multiplicative identity for the whole numbers

- a) 0 b) 1 c) 2 d) 3

Q14. What will be the multiplicative inverse of -8

- a) 8 b) 1/8 c) 1/-8 d) 0

Q15. On dividing a negative integer by another negative integer the quotient will be

- a) Always negative b) Always positive c) Either negative or positive d) 1

Q16. Product of two negative integers is always

- a) Negative b) Positive c) 0 d) 1

Q17. Absolute value of -11 is

- a) -10 b) 10 c) 11 d) 0

Q18. The mean of the first five whole number is

- a) 2 b) 5 c) 3 d) 4

Q19. A data can have mode

- a) Only one b) Only two c) Only three d) more than one

ANSWERS: 1- b) 0, 2- d) 2, 3- c) 0, 4- b) 16, 5- b) 95%, 6- d) 11, 7- b) 4, 8- b) 10, 9- b) Negative, 10- c) 1, 11- c) -10, 12- a) -2, 13- b) 1, 14- c) 1/-8, 15- b) Always positive, 16- b) Positive, 17- c) 11, 18- a) 2, 19- d) more than one