

THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
MONDAY, MAY 31, 2021

WEB EDITION

CLICK HERE: PAGE 1 AND 2

TIMES NIE
Answers Your Query

ASK THE EXPERT
A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts, **CLICK HERE** OR VISIT <https://bit.ly/331Rx0n>

Sanya Sinha, class XII, Manav Rachna International School, Faridabad

Q How can children deal with pandemic-related stress? Is there a helpline parents can call?
Children facing Covid cases within their families are going through tremendous stress. The important tool to employ in such situations is to find a channel to vent out your feelings. But with peers also facing similar traumas, it's not easy to find someone who can listen to you and understand you. So, talking to a helpline is a good way to get an objective listener who can help you. Try this helpline set up by Delhi Police - 9311551393.

Devina Singh, class XII, Shikshantar School, Gurgaon

Q Is it true that there is a major rise in depression since Covid 2nd wave?
Covid-19 has led to an explosion of mental health issues, especially depression. Many, including kids and teens, are going through anxiety and depression. The reason for this among young adults is anticipation about their future. It is advised that there is timely recognition and treatment for the same.

EXPERT ADVICE GIVEN BY

Dr Sanjay Chugh, senior consultant neuro psychiatrist, Delhi

EMILY BRONTË'S RARE HAND-WRITTEN POEMS UP FOR AUCTION SOON

ON SALE

A rare handwritten copy of Emily Brontë's poems, with corrections in pencil by her sister Charlotte Brontë, will soon be up for auction in July this year. The manuscript belonged to a library, which was thought to be lost for roughly a century, and it is a part of rare books, which will be auctioned soon, Sotheby's announced on May 25, 2021.

Emily Brontë's poetry collection was put together by Charlotte's widower Arthur Bell Nicholls, who later sold a majority of Brontë manuscripts to bibliophile and literary forger Thomas James Wise in 1895, reports The Guardian. The rare collection among other books were then acquired from Wise by collectors and brothers Alfred and William Law. The manuscripts were kept at Honresfield House, a library by the Law brothers. For roughly a century, the library was thought to be lost after the Law brothers' heir and nephew Alfred Law passed away in 1939

WHY INFLATION RISK IS GROWING IN INDIA

WHAT
According to a CRISIL research, the wholesale price index (WPI)-linked inflation went double-digit at 10.5% year-on-year in April 2021 (from 7.4 per cent in March), for the first time since 2010. Inflation refers to the rise in the prices of most goods and services of daily or common use, such as food, clothing, housing etc. It measures the average price change in a basket of commodities and services over time. Inflation is indicative of the decrease in the purchasing power of a unit of a country's currency.

HOW
MUCH CAN THE INFLATION RISE: As per CRISIL estimates, inflation was likely to moderate to 5% this fiscal from 6.2% last fiscal. This was based on lower food inflation benefiting from the high base of last year and assuming a normal monsoon. However, upside inflation risks are growing. On top of the rising input prices, supply disruptions brought on by the second Covid wave in rural India are adding to inflationary pressure. These are the major reasons behind such change in projections.

WHY
IS IT RISING: The sharp rise in the commodity prices across the world is a major reason behind the inflation spike in India. This is increasing the import cost for some of the crucial consumables, pushing inflation higher. For instance, the Brent crude prices crossed \$65 per barrel in May 2021, more than double of what it was a year ago. Similarly, the price of vegetable oils, a major import item, shot up 57% to reach a decadal high in April 2021. Metals prices are near the highest in 10 years and international freight costs are escalating.

WHAT DOES THIS MEAN FOR THE ECONOMY AND STOCK MARKETS?
Controlling inflation is one of the most vital mandates of the Reserve Bank of India, and any unchecked rise can force the central bank to increase the interest rates, which have been at historic low levels. It may also have to reconsider its accommodative stance. An increase in interest rates means sucking liquidity out of the system, the availability of which has been the chief driver of stock markets in the last one year. Rise in inflation will also lead to rise in bond yields, making government borrowing costlier.

X-PLAINED

Education

NOW, ENGINEERING COURSES IN HINDI & 7 OTHER LANGUAGES

The All India Council for Technical Education (AICTE) has allowed colleges to offer engineering degree in as many as eight regional Indian languages, including Marathi, from the new academic year (2020-21). The other languages in which it would be available are Hindi, Bengali, Telugu, Tamil, Gujarati, Kannada and Malayalam.

The move would help the aspirants, particularly from the rural and tribal areas, to realise their dreams. Till date, many bright students used to stay away from these courses due to fear of English. Many advanced countries like Germany, France, Russia, Japan and China impart entire education in their official languages

Facebook to take action against users repeatedly sharing misinformation

Social media giant Facebook has announced that it will take 'stronger' action against users repeatedly sharing content on its platform that fact-checkers have debunked. Currently users get notified when they share content that has been rated by a fact-checker, but as per Facebook, now these notifications have been redesigned and simplified for better understanding. "We are launching new ways to inform people if they're interacting with content that's been rated by a fact-checker as well as taking stronger action against people who repeatedly share misinformation on Facebook. Whether it's false or misleading content about Covid-19 and vaccines, climate change, elections or other topics, we're making sure fewer people see misinformation on our apps," the social media giant said.

Facebook will also reduce the distribution in the News Feed of posts from individual users, who have repeatedly shared false content by the company's fact-checking partners

In addition, Facebook is launching a new tool that will let users know if they are interacting with content that has been rated by a fact-checker

Furthermore, Facebook will now allow users on its platform as well as those on Instagram to hide their public 'like' counts as part of the company's efforts to give people control over their experience. Users will be able to hide 'like' counts on others' posts by visiting the new posts section in settings

1,500 sorties, 3,000 hours and 2 million kilometres

FACTOID

That's the distance covered by the Indian Air Force (IAF) over the past one-and-a-half months in its Covid-19 mitigation efforts, which is akin to going around the Earth 55 times. Bolstering India's fight against a devastating second wave of infections, the IAF's transport fleet has been making sorties round the clock, bringing in from abroad, and distributing at home critical aid, including life-saving medical equipment and oxygen cylinders, thanks to its massive logistical muscles. According to reports, IAF has brought in 120 oxygen containers from abroad, and over 685 tankers have been transported within the country

Prime Minister Narendra Modi lauded the frontline workers for their remarkable role in fighting Covid-19 in the 77th edition of the monthly radio programme, Mann Ki Baat, on Sunday. Modi spoke to IAF's Captain AK Patnaik, who has played a major role in the transportation of empty oxygen tankers, oxygen concentrators and cryogenic tankers from foreign countries.

Second Covid-19 wave may leave a bigger dent on GDP: Report

India could be staring at a bigger economic toll due to the severe second wave of the pandemic than initially estimated, following stringent lockdowns imposed by states, according to research reports. Slow vaccinations and the uneven easing of curbs by states will likely weigh on the recovery.

"Even as India's second Covid-19 wave starts to recede, the underlying economic toll now appears larger than we expected," Barclays said in a report. It expects a \$74 billion (₹ 5.4 lakh crore), 2.4% of GDP hit on the economy in nominal terms, almost twice the \$38 billion (₹2.8 lakh crore) it had estimated earlier

An SBI Research report, also released on Tuesday, said the loss in first quarter will be ₹ 6 lakh crore, up from ₹ 1.86 lakh crore estimated in an April 29 report

CORONA UPDATE

Coronavirus engulfs the Everest amid rising number of climbers, raising fear of serious outbreak

At the foot of the world's highest mountain, cases of coronavirus are rising among expedition teams, as the infected spend their days in a tent isolated from others. Many are worried that this outbreak could put people's lives on the line. Many infected patients have flown out of the area and expeditions have been cancelled but Nepal has not acknowledged these cases, as the country heavily relies on its tourism industry. Breathing is already hard at such high altitudes, and symptoms of coronavirus are a big threat when attempting a climb. There has also been some reported lack of transparency when it comes to organisers of expeditions disclosing the number of positive cases.

KNOW IT ALL

Are you having too much of a good thing!

Experts share a few signs that indicate you could be overdoing healthy habits

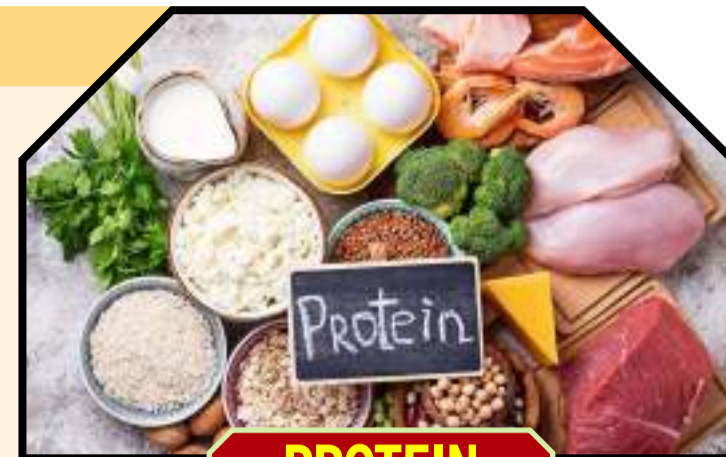
Many of us worry about not drinking enough water, exercising enough or getting vitamins, but some-

times we can overdo it. Health experts give tips on how to know when you have gone too far.



WATER

The idea that we need to be drinking eight glasses of water a day has led to many of us thinking we can't get enough. But drinking too much, aka water intoxication, can be fatal. "Too much can lead to a reduction of electrolytes such as sodium and potassium in our bloodstream. More than 2.5 litres a day is too much for most," says dietician Sophie Medlin.



PROTEIN

Despite its health halo, excess protein will be used to provide energy and is stored as fat if we eat too much," says Sophie. "Protein contains exactly the same number of calories per gram as carbohydrate (4 kcal/g) so we can easily eat too much. It needs to be balanced in our diet, like all the other nutrients," she adds. The dietician informs that most people need 0.75g of protein per kilogram of their body weight a day.



SLEEP

Getting enough sleep can feel like hunting for the Holy Grail, but surprisingly you can have too much. "Oversleeping can be a risk to our health," says health expert Dr Tim Bond. Research shows people who sleep for nine to 11 hours a day are 21% more likely to become diabetic, 38% more likely to suffer from coronary heart disease and have an increased risk of death. Dr Bond says, "The 'right' amount of sleep will vary from person to person, but 7-8 hours should suffice."



SALAD

Salad leaves are great for health. But you can't get by on the green stuff alone," says Sophie, adding, "Salad cannot provide us with all the nutrients we need to live healthily, such as protein, carbohydrates and healthy fats. Too much can also disrupt digestion and, sometimes, make it harder to absorb other important nutrients like iron." Giving tips on how to counter it, she says, "Keep your salads balanced by adding things like avocado, olive oil, nuts."

SOURCE: DAILY MIRROR



SUNSCREEN

It is vitally important to wear sunscreen to prevent burning and skin cancer, but wearing it all day, every day, on any exposed skin is too much as it stops our bodies from absorbing vitamin D. Dr Ross Perry, cosmetic doctor, says, "To get your recommended amount of vitamin D, exposure to the sun on the arms and the legs for up to 20 minutes three or four times a week is important. However, you should always protect the face by wearing SPF 30 and above."

WE ASK, YOU ANSWER

This week we asked our student reporters to opine on: Whether or not it is right for the Tokyo Olympics to happen in 2021. Here's what they had to say...

Best to postpone

It is understandable that the Japanese government has invested a lot in the Games and is considering holding them so as to not incur any further losses. However, it's a volatile situation and could trigger an influx of cases around the world and hence would not be a wise decision.

AMOGH TARUN, class X, Hyderabad Public School, Begumpet, Hyderabad



Safeguard health first

The Olympic games involves more than 14000 athletes, staff from around the globe. With the current situation of Covid-19, where almost every country is impacted, it makes sense to postpone the games to safeguard the health of the athletes as well as the international community. These athletes can become carriers of new and unknown variants and lead to rise in Covid cases.

NAOMI DEWICKA, class XII, DPS-RK Puram, Delhi



You can also participate... send us your comments on toinie175@gmail.com or log in to www.toistudent.com and post your comments

Fresh juices for good



SPINACH JUICE

Fresh spinach juice is the best thing you can offer to your skin, as it is rich in vitamins A and C that are great to brighten the skin tone and enhance the complexion. It is also rich in antioxidants like vitamin E and manganese that keep out free radicals. **Recommended quantity: 1 glass per day**



ORANGE JUICE

This tangy tasty juice helps nourish all skin types, from oily to dry. The presence of citric acid in orange helps in the formation of elastin and collagen, which keeps the skin youthful and free from acne and blemishes.

Recommended quantity: 2 glasses per day



ALOE VERA JUICE

It is rich in minerals and nutrients that enhances the complexion. Aloe vera also contains compounds called gibberellins and auxin that helps in healing skin issues like dryness, acne, blemishes and even burn marks.

Recommended quantity: 1 glass per day



AMLA JUICE

According to skin experts, amla or gooseberry is rich in vitamin C, which aids collagen production and delays the ageing of skin. It is also effective against dark spots, wrinkles and fine lines.

Recommended quantity: 1 glass per day



POMEGRANATE JUICE

It is rich in vitamins C and K that renew cells of the skin and also helps in purifying blood. Drinking fresh pomegranate juice during summer keeps the skin hydrated, as the omega 3 fatty acids and punicalic acid in it can help retain the moisture. **Recommended quantity: 2 glasses per day**

SKIN

Having fruits and vegetables in the form of juice is highly beneficial for skin and is a great way of maintaining a healthy skin regime. Here are a few juices that can help you attain problem-free and glowing complexion



Cycle your way to good health

Cycling is a great exercise as it increases heart rate and helps burn fat faster. Studies say that simply cycling at a moderate to fast speed for 30 minutes can help your body burn calories for a hour or so even after you stop. Here's more about other benefits too

➤ Having trouble falling asleep? Several studies reckon that cycling regularly improves your sleep. It's well known that lack of sleep can have a detrimental impact on your overall health, which is why if you suffer from insomnia especially, you should take up cycling. Cycling is said to aid falling asleep faster and also helps you sleep better. Give yourself a thorough workout with cycling, which also helps improve cardiovascular health.

➤ Cycling improves your stamina and your overall fitness levels. Some studies have stated that people who cycle 30 kms or more per week, have a lower risk of heart disease.

➤ Being a non-load-bearing exercise, cycling has a minimal risk of injury unless you lose your balance. So, pick up a cycle and stay fit as a fiddle.



Fitness fundas



MIND TEASERS (MATHS QUIZ)

Q.1) The ratio of female to male shoppers at a department store has been found to be 10 to 9. If there were 1,188 male shoppers at the store one Saturday, how many shoppers

were there in all on that day?
A. 1188 B. 13200
C. 14388 D. 2508

Q.2) The square root of 0.09 is...
A. 0.03 B. 0.3
C. 0.003 D. 3.0

Q.3) In a mixture of 45 litres, the ratio of milk to

water is 13:2. How much water must be added to this mixture to make the ratio of milk to water as 3:1?
A. 4 litres B. 7 litres
C. 9 litres D. 2 litres

Q.4) Three pipes P, Q and R can fill a pool in 4, 8 and 12 hours respectively,

while another pipe S can alone empty it in 10 hours. Which of the following arrangements will fill the pool in the least possible time?

A. P and S opened the pipes together
B. P and S opened the pipes together

C. P, R and S opened the pipes together

D. Q, R and S opened the pipes together

Q.5) The base of an isosceles right triangle is 30cm. Its area is

A. 225 cm² B. 255 cm²
C. 300 cm² D. None

ANSWERS

(1) C (2) B (3) B (4) C (5) A) 225 cm²

THE EDUCATIONIST

I am a corona warrior

I am clothed with strength and dignity, I am a corona Warrior.

In the present times, when things feel out of control. The best thing is to focus on being positive. We can develop the attitude of gratitude during this time. Practicing gratitude daily help to change the way we see things. This is the best way to put positive energy in your life.



Think about the people you know and care about. It's the best time to keep in touch with them and tell them how we feel about them. Be grateful to the things and people we have in life.

Think about the people in the world on the front line putting their lives at risk to serve others. They risk their lives to help us. Make a practice of noticing and being thankful for what is valuable

and meaningful to you. It's good for your mental and physical health, it can help you relax and its effects can help you stay well through the coronavirus pandemic and beyond. There are plenty of ways to manage your mental health during these trying times.

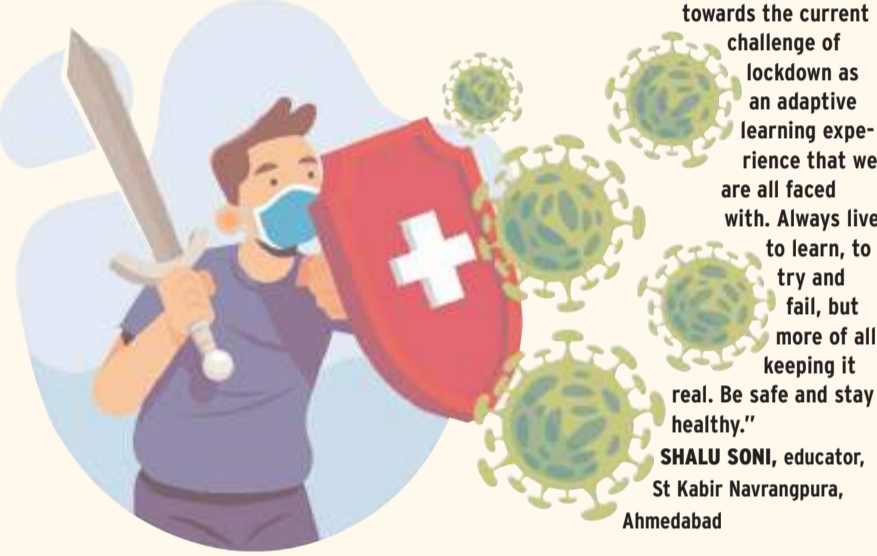
1. Spend time to self-reflect
2. Do one tough thing every day.
3. Give up one bad habit every month
4. Identify challenges and set goals
5. Work on your weakness
6. Write down one new idea every day
7. Take care of your physical health by doing exercise, yoga, Zumba, or aerobics.

Encourage yourself to follow an exercise routine at home. This, not only helps you shed lethargy but also helps in improving mental and physical energy.

And I took it as an opportunity and started my Zumba channel With all said 'I have kept a positive head, always looking

towards the current challenge of lockdown as an adaptive learning experience that we are all faced with. Always live to learn, to try and fail, but more of all keeping it real. Be safe and stay healthy."

SHALU SONI, educator, St Kabir Navrangpura, Ahmedabad



Technique of 'The Twisted Tale'

Teaching short story writing in a language class is no doubt an interesting activity and it does excite many students. Nonetheless, it is altogether a different matter how much the students learn and master the skill. Among all the existing techniques of teaching students, I have observed that the students enjoy when they are left free to use their imagination in the classroom. Moreover, it works wonders when the students are told to introduce an unbelievable twist in their tale.

Bringing an unexpected turn in the plot allows the students to rethink on all the previous planning and restructure the basic character design. I have

seen that using this method, students can be pushed into a zone where they learn to adjust and organise better. This technique also enables them to understand that life doesn't go as per their plan and at times it becomes mandatory to go against the flow and change our pattern of thinking. This will teach them how some characters can go against their basic nature and take almost shocking decisions. Explain to the students that they actually can control the entire universe of the characters. As an educator, you may suggest some ideas to your students and help them organise their storylines. Who knows there might be a hidden O. Henry that needed to be pulled out of your class? Go for this method and witness the miracle right in front of your eyes.

DR SAGAR PANDYA, educator, SGVP International School



Virtual internship in FASHION DESIGNING



Delhi Public School- Bopal, organised a 'Virtual Internship in Fashion Designing' for students of class X, XI & XII on May 11. This virtual internship was an impetus to drive students towards their goal of achieving a stratum in Fashion Designing. It was successfully conducted by renowned fashion designer, Mudita Patel, whose brand is known for its contemporary ethnic garments.

Discussing the traits of a successful fashion designer, Mudita said that a fashion designer needs to be artistic, expressive, and imaginative and should understand colours and dimensions.

He/she should be able to express his/her idea through illustrations and transform the thought into actual reality. She further added, "He/she should have an idea about the market requirements, researched information, forecast trends and learn technicalities of garment construction and pattern making in order to provide a unique and sustainable design for the customers."

She then informed about the career options that are available in the field of design, like fashion design, fashion stylist, fashion marketing, retail marketing, fashion forecasting, creative head, fashion merchandiser, fashion editor, etc. She also briefed about the different institutions like the National Institute of Design, National Institute of Fashion Technology, Pearl Academy, MIT, and SOFT which offers courses in fashion designing and how to prepare for entrance tests. She guided the students to prepare their portfolio which should have a collection of creatives of various mediums.

Mudita further explained the design process and development. She told that one should know to put visualization and imagination on paper in colour to make others understand one's thoughts and vision.

This opportunity welcomed the students to get an insight into the different fields available in Fashion designing. It was amazing to see that even when the world is on hold, students are still trying to pursue their careers.

Express YOURSELF

Manay Patel, Class I, SGVP International School



Divija Gangwal, Class VIII, Cygnus World School



Yashvi Chavada, Class VII, Udgam School For Children



Niharika Patel, Class VII, Essar International School, Surat



Tirth Pandya, Class IV, Podar World School, Sherkhi



Sai Saswat Das, Class II, Siddharth's Miracles School



Heti Sheth, Class III, Bright Day School, Vadodara



Karna Dwivedi, Class V, Zyodus School For Excellence



Arohi Pandey, Class VI, DAV International School



Kavil Bhavsar, Class VI, Nirma Vidhyavihar



Nitya Patel, Class IX, Delhi Public School, Bopal

EFFECTS OF POSITIVE THINKING

You tend to see the glass as half empty or half full? You have probably heard that question plenty of times. Your answer relates directly to the concept of positive thinking and whether you have a positive or negative outlook on life. Positive thinking plays an important role in positive psychology, a subfield devoted to the study of what makes people happy and fulfilled.

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. A positive person anticipates happiness, health, success and believes he/she can overcome any obstacle. Research has found that positive thinking can aid in stress management

and even plays an important role in your overall health and well-being.

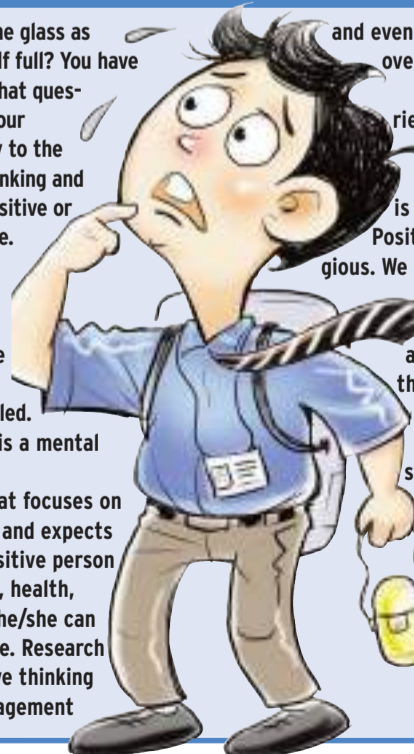
With a positive attitude, we experience pleasant and happy feelings. Our whole being broadcasts, happiness, and success. Even our health is affected in a beneficial way.

Positive and negative thinking are contagious. We affect and are affected by the people we meet in one way or other.

This happens instinctively and on a subconscious level through words, thought, and feeling and through body language.

Positive thinking helps with stress management and can even improve your health. One who always thinks positively even in adverse circumstances wins.

KASHYAP N. HAPALIYA, Class VIII, S N Kansagra School, Rajkot



INDEED, WE ARE FIGHTING A BATTLE!

Currently, the world is in a state of war. It is basically a biological war. As new diseases are getting discovered which are causing extreme damage to human life. The damage is more because society is divided into the rich and the poor. The poor might die of hunger if they don't work or they will die against this harmful virus, which is killing 1000's. The lack of a health-care system has affected India the most during the second wave of COVID. It's not the lack of oxygen, but medical negligence which is killing people. Real information is not coming to the fore and people in positions of power are committed to vested interest. There is no covid when it comes to elections (case in point here is West Bengal elec-

tions). Our pain is also that every doctor is not a saint, there are a few, who are just after money. It's high time we think wisely and make an all-out effort to save our country and humanity at large.

RUHAN SHUKLA, Class IX, St Kabir School, Ahmedabad



SHIPWRECKED



One miserable night, I got shipwrecked to an island. Not that I did not fight, The waves that were valiant. Day by day, I would overcome desperation. Forgetting movements of gay, But I have with me determination. I am all alone, In this deserted place. Full of challenges unknown, With risks that chase. Sending bottled messages, for a fortunate saviour. I'm below danger mountain ranges, Please don't make it any later. It has been ages, I am doing all I can. But it's just the first stage, The battle has just began.

SOUMYA SINGH, Class VII, Essar International School, Surat

CHELSEA WIN CHAMPIONS LEAGUE

LIFT TROPHY ON HAVERTZ GOAL AS THEY BEAT MANCHESTER CITY 1-0

Chelsea won their second Champions League title and denied Pep Guardiola's Manchester City their first after Kai Havertz grabbed a first-half goal to secure a 1-0 win in an all-English final at the Estadio Do Dragao. The German youngster, Chelsea's record signing, kept his composure as he raced through and evaded goalkeeper Ederson before rolling the ball into an empty net in the 42nd minute to decide a tight encounter played in front of a 16,500 crowd.

Disappointing night for City

■ Premier League champions City were favourites ahead of the final but suffered a desperately disappointing night in their first Champions League showpiece match. Despite winning three of the last four Premier League titles for City, Spaniard Guardiola failed to deliver the coveted European trophy he last won with Barcelona in 2011.

“Decisions are always to try to win the game. The way we played the game in the second half, they had one counter attack with Pulisic. They're a really good team, but we competed perfectly against them. In the second half we deserved to score one goal but we couldn't do it. I would like to say it was an exceptional season for us. Unfortunately we couldn't win. We tried, but we couldn't do it and will work harder from here.”

PEP GUARDIOLA,
Manager, Manchester City



Chelsea players celebrate with the trophy after winning the Champions League final

Great start for Tuchel

■ For Chelsea's German manager Thomas Tuchel the triumph comes after his Paris St Germain side suffered defeat in last season's final against Bayern Munich and just four months after he took over from Frank Lampard at the west London club. "To share it with everybody is incredible. We made it. Wow. I don't know what to feel," said Tuchel. "I was so grateful to arrive a second time (in the final). I felt different. The (players) were determined to win this. We wanted to be a stone in their (City's) shoe. We encouraged everybody to step up and step out, to be more brave," he said.

Team selection surprising

■ Tuchel got his approach spot on, while Guardiola's team selection was surprising with Raheem Sterling brought in on the left, neither regular holding midfielders Fernandinho or Rodri picked and Ilkay Gundogan left to protect the back line. It quickly became apparent the move had left City's defence exposed with

Chelsea creating early chances, three of which fell to German Timo Werner, who failed to capitalize, miskicking one, shooting softly at Ederson and then finding the side-netting. Gundogan's already difficult task got harder when he was booked for a foul on Mason Mount in the 34th minute.

Perfect slotting

■ Chelsea also suffered a setback when their experienced Brazilian centre-back Thiago Silva went down awkwardly after a header and had to limp off six minutes before the break, being replaced by Andreas Christensen. However, three minutes later Chelsea struck. Midfielder Mount split the City defence with a superb through ball and Ederson rushed out of his goal but was unable to stop Havertz from skipping past him and slotting into the unguarded net.

■ The final whistle set off wild celebrations for the Chelsea fans who had flown in for the game, while dejected City supporters headed off for the flights back to Manchester. **REPORTERS**



Chelsea's German midfielder Kai Havertz celebrates after scoring his team's first goal

'LOVING THIS ALREADY'

says **Harmanpreet** of India Test jersey

Indian women set to play Eng in multi-format series

Ahead of the one-off Test against England in June, India batswoman Harmanpreet Kaur on Sunday shared a picture of herself sporting the Test jersey. Harmanpreet shared the photo on one of her Instagram Stories and she wrote: "Loving this already." She also shared a photo of the backside and as a result, now everyone knows that she would be sporting the jersey number 7.

India women cricketers might be in quarantine ahead of the upcoming multi-format series against England, but everyone is sweating it out in the

gym to ensure they are ready for the high-voltage series. Taking to Twitter, the official handle of BCCI Women had posted a video of the players working out in the gym and the caption read: "Shut the Noise! We are INDIA."

The women's team will take on England in a one-off Test, three ODIs, and three T20Is. The two teams will first square off in a four-day Test match, beginning June 16. Then both teams will lock horns in three ODIs beginning June 27 with the matches slated to be played at Bristol, Taunton, and Worcester. Both teams will then square off in three T20Is, beginning

July 9 and the three matches will be played at Northampton, Hove, and Chelmsford. The third T20I between England Women and India Women, which was slated for July 15, will now be held a day before in Chelmsford. The third T20I will now be held on July 14 instead of July 15 due to broadcasting issues.

The team, who made the finals of last year's World T20 in Australia, will receive their share from the USD 500,000 prize money this week, a senior BCCI official said after it came to light they are yet to be paid. **AGENCIES**



Photo: GETTY IMAGES

BCCI IN TALKS WITH CWI TO ADVANCE CPL

The BCCI is trying to convince Cricket West Indies to advance the start of the Caribbean Premier League by a week or 10 days to ensure a seamless

bubble-to-bubble transfer of players for the IPL's resumption in the UAE come September. Suspended midway into its 14th season owing to the COVID-19 pandemic, the BCCI has approved the resumption of the lucrative Indian Premier League in the UAE in the middle of September. The CPL is scheduled to get underway from August 28 with the final to be played on September 19, while the remaining part of IPL is likely to be held from September 18 to October 10, not leaving the players with any time to settle down. "We are in talks with Cricket West Indies. We are hoping that if CPL can be finished a few days in ad-

vance, it would help in bubble-to-bubble transfer of all players to Dubai and in time to complete the mandatory three-day quarantine," a BCCI source said on Sunday.

Big players could miss matches

If the BCCI and CWI fail to reach an agreement over dates, some of the biggest players could miss the initial few matches or may be the first half of the IPL. The big names involved in both the T20 leagues are Mumbai Indians' five-time IPL-winning influential all-rounder Kieron Pollard, the swashbuckling Chris Gayle, seasoned all-rounder Dwayne Bravo, Shimron Hetmyer, Jason Holder, Nicholas Pooran, Fabien Allen, Keemo Paul, Sunil Narine and Trinidad and Tobago coach Brendon McCullum, who is at the helm of affairs in Kolkata Knight Riders. **PHI**

QUIZ TIME!

Q1. Luis Suarez shared his 2013/14 Golden Boot with _____

- a) Cavani b) Cristiano Ronaldo
c) Carrasco d) Neymar

Q2. In which year did Nico Rosberg win his sole F1 world title?

- a) 2016 b) 2019 c) 2020 d) 2018

Q3. Who was the youngest and the first unseeded player to win the men's singles at Wimbledon?

- a) Andre Agassi b) Boris Becker
c) Pete Sampras d) Andy Murray

Q4. In which year was the Premier League founded?

- a) 1900 b) 1993 c) 1890 d) 1992

Q5. Which football player was voted 'European Player of the Century' in 1999?

- a) Lionel Messi b) Xavi
c) Johan Cruyff d) Robert Lewandowski

Q6. Who was the first-ever F1 world champion?

- a) Marcel Lehoux b) Nino Farina
c) Ayrton Senna d) Lazlo Hartmann

Q7. Who did Naomi Osaka score her first top 20 win against?



Photo: GETTY IMAGES

- a) Sam Stosur b) Andrea Petkovic
c) Venus Williams d) Dominika Cibulková

Q8. When was mixed doubles in badminton introduced as a medal sport at the Olympics?

- a) 2000 Sydney Olympics
b) 1992 Barcelona Olympics
c) 1996 Atlanta Olympics
d) 1998 Sydney Olympics

Q9. In which year did badminton become an Olympic sport?

- a) 1989 b) 2000 c) 1996 d) 1992

Q10. How many players are allowed in a team in a hockey match?

- a) 11 b) 16 c) 20 d) 18

Q11. Who is the only Indian player to feature in the ICC Women's T20 World Cup team of the tournament?

- a) Harmanpreet Kaur b) Shafali Verma
c) Poonam Yadav d) Smriti Mandana

Q12. How many times do you have to pot the black ball to achieve a maximum 147 break in snooker?

- a) 10 b) 14 c) 18 d) 16

ANSWERS: 1) b) Cristiano Ronaldo
2) a) 2016 3) b) Boris Becker 4) d) 1992
5) c) Johan Cruyff 6) b) Nino Farina
7) a) Sam Stosur 8) c) 1996 Atlanta Olympics
9) d) 1992 10) a) 11 11) c) Poonam Yadav
12) d) 16



THE TIMES OF INDIA

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TODAY'S EDITION

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> Why you must green your laundry
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> 3 life lessons from 'The Falcon & The Winter Soldier'
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STUDENT EDITION
SATURDAY, MAY 29, 2021

LATEST BUZZWORDS EXPLAINED

BookTok

BookTok is the term used to describe the bookish community on social media platform TikTok, where people post videos recommending books, making jokes about reading, and sharing their love of literature. While TikTok is not available in India, BookTok, in the West, is increasingly becoming popular among teens as way to discover new authors and sharing their love for books. Some one who posts about books on the platform is called a BookTokker. It's a new community (started in 2019) and it's growing faster than you might think. In fact, experts believe that these short videos have the potential to have a huge impact on the publishing industry. A reason why many publishers are using BookTokers to reach younger audiences especially as no major publishing house is on the platform. Of late, many authors and publishers are looking at this short video platform as a serious marketing tool and are also creating accounts to have their own piece of the pie. A BookTokker wrote in online journal "The Gators Eye": "BookTok is a new way for teen readers to meet and connect with each other, but there is so much more to it than just that! This new community has brought so many non-readers into reading. I have heard so many BookTokers talk about how they used to never read, thinking it was boring, unrealistic, etc. Now they read several books every month, and have devoted themselves to spreading the word about the books that pushed them into reading."

CLICK HERE: PAGE 1 AND 2

FITNESS



It should raise your heart rate, strengthen your muscles, or both.

Health benefits

Now, the question is "could a few bursts of burpees really deliver the same results as those virtual Pilates classes?" As it turns out, yes! Many health experts argue that exercise snacking could trump a single 30-minute session as it encourages regular movement throughout the day and is less likely to result in the long amounts of time spent sitting that are linked to

slow metabolism, poor blood sugar control and a decrease in the body's ability to effectively break down fat. The benefits of intermittent or bite size workouts was nicely outlined in a 2014 study published in the journal *Diabetologia*, which found that "doing exercise as brief, intense 'exercise snacks' before main meals is a time-efficient and effective approach to improve glycaemic control in individuals with insulin resistance." All in all, dividing workouts into smaller more frequent sessions can provide multiple health and headspace benefits.

Pics: Istock

STANDING KNEE RAISES

How to do it: From a standing position, raise your knees alternatively, reaching a 90-degree angle.
Benefits: Promotes better posture and improves balance, coordination and agility

5-MINUTE WORKOUT

Perform each action for 30 seconds, with a 30 second rest in between each exercise

SPEED BOUNCES

How to do it: Starting in a standing position, jump from side-to-side as quickly as possible, imagining you're jumping over a foot-high barrier.
Benefits: Increases leg strength, speed and agility

SKIPPING

How to do it: With or without a rope, skip on the spot for 30 seconds to elevate your heart rate.
Benefits: Works a wide range of major muscle groups and is a highly effective cardio or HIIT workout

RUN ON THE SPOT

How to do it: From a standing position, run on the spot as fast as you can. Much like a triathlon, running is the final thing you'll do so sprint for the line!
Benefits: An effective cardio workout that can be done anywhere, it burns calories and increases aerobic fitness

MOUNTAIN CLIMBERS

How to do it: Start in a plank position with arms and legs straight. Pull your right knee into your chest and as the knee draws to the chest, pull your abs tight. Repeat with your left knee and alternate knees for 30 seconds.
Benefits: Builds strength in the shoulders, arms, chest and back



Exercise Snack

THE NEW DE-STRESS HACK?

Struggling to find your pandemic fitness groove? Try exercise snacking

Supriya.Sharma2@timesgroup.com

There's a host of things coming together that's making it more challenging to get physical activity these days. We're more restricted and less mobile. Why not turn this into a perfect time for some fitness experimentation. Small, interspersed bite size workouts are proving to be an

antidote to tedious online fitness classes. Accessible and enjoyable, exercise snacks work best because one actually feels like trying them. Having an activity that you enjoy doing and that is easy to integrate into your daily routine are two of the most important factors to making your exercise habit a success. Simple walking breaks and stair climbing sessions are two such exercise snacks since they are almost everywhere we go and easy to fit into our day.

The origin

Exercise "snacks" grew out of the concept of high-intensity interval training (HIIT) and sprint interval training (SIT), in which you exert yourself for a short period, rest for a short period, and then repeat. These time-efficient workouts are usually done in bouts of about 10 to 25 minutes and have well-established physiological benefits. The only two requirements for a worthy snack:

#GOALS

Sustainable CELEBS

How you can get inspired by these celebrities who are committed to reducing their carbon footprint

JANE FONDA

The star has been part of Fire Drill Friday protests to raise awareness for combating climate change in Washington, DC. Fonda said on 'The View' in November 2019: "I'm following what the young people are doing. I'm not telling them. They are inspiring me."

SHAILENE WOODLEY

In an interview to 'Gotham' she said: "I have always cared about our earth... I guess I find it to be the most neutral listener there is out there. I feel like the earth is neither for you or against you. It just is. Everything I do has a certain mindfulness to it."

JOAQUIN PHOENIX

The 'Joker' actor, who is an outspoken vegan, pledged to wear the same Stella McCartney tuxedo all throughout the 2020 awards season to cut down on fashion industry waste. He appeared at the 2021 Oscars in the same suit. In January 2020 he said: "We don't have to take private jets to Palm Springs. I'll try to do better."

LEONARDO DICAPRIO

The Titanic star established the Leonardo DiCaprio Foundation in 1998 to help "restore balance to threatened ecosystems, ensuring the long-term health and well-being of all Earth's inhabitants." Since then, he's been named the United Nations' representative on climate change and has donated millions of dollars to different environmental activist groups.

MARK RUFFALO

When he's not starring in blockbuster Marvel movies, Ruffalo participates in anti-fracking rallies, protests pipeline development and campaigns for the Green New Deal. He was one of many celebs to show their support at Standing Rock in the 2018 protests.

DIA MIRZA

Mirza has been at the forefront of conversations about climate change. Over the last few years, UN Environment's Goodwill Ambassador for India has adopted several measures in her pursuit to lead a greener and earth-centric lifestyle from segregating and composting waste, upcycling old furniture, making her kitchen plastic-free, carrying a metal water bottle for shoots and using biodegradable toiletries, and creating green pockets wherever given an opportunity.



The Men of Mt Everest

On May 29, 1953 Edmund Hillary and Tenzing Norgay became the first people to peak Mt. Everest - the highest mountain in the world. Here are some facts about the historical expedition and the majestic mountain

1 Edmund Hillary, in full Sir Edmund Percival Hillary, New Zealand mountain climber and Antarctic explorer along with Tibetan mountaineer Tenzing Norgay, was the first to reach the summit of Mount Everest on May 29, 1953. Hillary's father was a beekeeper, an occupation he also pursued. He began climbing in New Zealand's Southern Alps while in

high school. After military service in World War II, he resumed climbing and became determined to scale Everest.

2 The expedition was launched in the spring of 1953. On May 27, a pair of climbers failed to reach the top. Hillary and Tenzing left early on May 29 and by late morning they were at the summit. They also looked for signs if George Mallory, a British climber lost on Everest in 1924, had been on the summit. Hillary left behind a crucifix, and Tenzing, a Buddhist, made a food offering. They spent 15 minutes on the peak. News of their achievement broke around the world on June 2, the day of Queen Elizabeth II's coronation.

3 Edmund Hillary took a photo of Norgay at the summit using a modest and compact Kodak Retina camera loaded

with Kodachrome colour film. He kept the camera inside his jacket during the final ascent to keep it from freezing. Hillary apparently refused a photograph when Norgay offered.

4 Hillary never anticipated claim that would follow the historic ascent. He was knighted in 1953. From 1985 to 1988 he served as New Zealand's high commissioner to India, Nepal, and Bangladesh. He set up the Himalayan Trust in 1960 to promote welfare of Sherpas. In 2003 as part of the observance of the 50th anniversary of their climb, he was made an honorary citizen of Nepal. Norgay received the lesser British Empire Medal.

5 Mount Everest is called Chomolungma, or "Mother Goddess of the Land," by the Tibetans. The English

named the mountain after Sir George Everest, a 19th-century British surveyor of South Asia.

6 The first recorded attempt to climb Everest was made in 1921 by a British expedition that trekked 400 difficult miles across the Tibetan plateau to the foot of the great mountain.

7 Since Hillary and Norgay's historic climb, numerous expeditions have made their way up to Everest's summit. In 1960, a Chinese expedition was the first to conquer the mountain from the Tibetan side. In 1975, Tabei Junko of Japan became the first woman to reach the summit. More than 300 climbers have died attempting to summit the mountain.

8 Norgay had almost reached the top once before. After George Mallory's death in 1924, the next 10 or so expeditions to Mount Everest also failed. Norgay gained valuable experience participating in six of them, starting off as a porter and later progressing into a full team member. In 1952 he and a Swiss climber came within about 800 vertical feet of the top.

9 Everest's deadliest day occurred on April 25, 2015, when 19 people were killed in an avalanche at base camp following a 7.8 earthquake, which killed more than 9,000 people and injured more than 23,000 in Nepal.

10 As early as 1963, a climber wrote in National Geographic that parts of Mount Everest had become "the highest junkyard on the face of the Earth." Empty oxygen bottles, human excrement, food packaging, broken climbing gear and torn tents continue to spoil the environment there. A single cleanup in spring 2011 removed over 8 tons of trash from Everest, and many more tons remain uncollected.

Sources: Wikipedia, history.com

ACTIVITY

5 ideas for a science STAYCATION

SKIN SHIELD

A lesson in: How Your Skin Protects You Against Infection

So why exactly are we washing our hands so much? Our skin protects us from dangerous viruses, the COVID-19 virus included, so frequent hand-washing is important to stay healthy. In this experiment from Exploratorium's COVID-19 series, you'll poke holes in a tomato, then watch it for a week to see how bacteria and mold grow. The tomato will rapidly deteriorate for a dramatic lesson in how our skin protects us.

why food seems so flavourless if we have a cold! For this experiment, taste a mix of different flavoured hard candies while holding your nose, then try to figure out the flavour. It'll be tough, but as the candies dissolve, it'll get easier because scent molecules travel from the back of the throat to the nose.

SEED GERMINATOR

A lesson in: Watching A Plant Grow

Seeds, plastic container, and a CD case are all you need for this experiment. The embryo of a plant is inside a seed, and water is absorbed through a tiny hole in its seed coat. Over time, watch roots and shoots sprout.

SENSE OF TASTE

A lesson in: Discovering How Taste And Smell Are Linked

Researchers say around 80% of what we think as "taste" is actually "smell" - this is

JUMPING PENNY

A lesson in: Thermal Expansion

Put an empty glass bottle in the freezer overnight. Take the bottle out of the freezer

and quickly put a penny over the mouth of the bottle. Hold both of your hands tightly around the bottle. The penny should begin to jump up and down because the heat from your hands flows through the glass and warms up the air inside the bottle. As the air gets warmer, it expands, making the penny jump.

MILK MAGIC

A lesson in: Molecules

Fill a shallow dish with milk, drop food colouring, and make sure the drops don't touch. Then, dip a cotton swab in dish soap and place it in the middle of the dish. The colours will begin to swirl and seem as though they are moving on their own! Explain to your kids that the soap reduces surface tension and makes the fat molecules in the milk move.



RETHINK

Talk it out

Handle mental health of your child during lockdown

By now, we are all aware of the importance of mental health during this trying phase in all our lives. While adults have figured out their methods of coping, children need that special guidance and push. All it requires is a little nudge and involvement from the adults in the house. Here's what you can do...

TALK TO THEM. It's very important to keep the channels of communication open at this time. Seek them out and talk to them about their feelings - even if sad. This will help them process their feelings better.

MAKE SURE THEY EAT HEALTHY. Encourage a healthy, balanced diet. A good diet with fruits and veggies ensures good health. Include their favourite

dishes too from time-to-time to encourage hearty eating. You can also involve them in meal preps.

ENCOURAGE A HEALTHY ROUTINE. A bit of exercise has to be worked in to their system. Even if it's just walking up and down the room or the terrace. Give them a task to water the plants - this takes them out in the sun and helps them connect with nature. Exercise, playtime, and moderate screen time daily is the ideal balance.

SPEND TIME WITH THEM. Plan activities together from board games to baking, movie nights, exercise time or just singing songs. If you can't do it everyday, try and factor time during the weekend.

INFORM THEM. Don't gloss over the pandemic. Children may not understand the finer points but they need to know the important information.



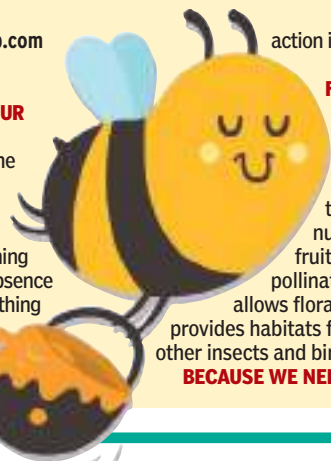


TO BEE OR NOT TO BEE

It is estimated that about one-third of global food production requires animal pollination and that 80-90 per cent of this role is carried out by honeybees. In other words, every third spoonful of food depends on pollination. We need bees way more than their honey. Here are 7 reasons why...

Supriya.Sharma2@timesgroup.com

BECAUSE WE LOVE OUR PLANET: Without pollination, life on the planet would be very different and probably much less diverse. Bees are a sign of well-functioning ecosystems. Their presence, absence or quantity tells us when something is happening with the environment and that appropriate



action is needed.

BECAUSE WE NEED FLORA AND FAUNA: In nature, various animals depend on bees for their survival because their food sources - nuts, berries, seeds, and fruits - rely on insect pollination. Pollination also allows floral growth, which provides habitats for animals, including other insects and birds.

BECAUSE WE NEED FOOD: Bees are

SAVE THE BEE

We need bees to keep our crops and earth healthy, but in recent years their numbers have been decreasing by the billions. You could do your bit by planting a bee-friendly garden:

- Find a nursery near you that sells native and local plants and milkweed good for pollinators in your area. Native plants are the ideal choice because they require less maintenance and tend to be heartier.

- It is important that no pesticides or insecticides get sprayed on the garden.
- Provide water to pollinators by hanging a dripping bottle or placing a small container of water out in the open. Be sure to change the water 2-3 times per week during warm weather when mosquitoes are breeding. Alternatively, you can install a bird bath with some stones in it for bees to crawl, which is always a nice feature.



nature's tiny workers who work hard to put food on our plates. No bees means no avocados, blueberries, broccoli, celery, squash, kiwis, cherries, cranberries or melons! The honey bee plays an important role in crop pollination.

BECAUSE WE NEED ECONOMIC GROWTH: Effective pollination increases the quality and quantity of agricultural produce, improves their sustenance and enhances plants' resistance to pests.

BECAUSE WE NEED NUTRITION: Our diets would be dull, poorer and less nutritious without bees. Loss of pollinators could lead to lower availability of crops and wild plants that provide essential micro-nutrients for human diets, impacting health and nutritional security.

BECAUSE WE NEED TREES: It is not only flowers and food crops that are pollinated by bees. This point is often neglected, but many trees are pollinated by bees (and other insects).

BECAUSE WE NEED SCIENCE: Bees have inspired scientific and engineering projects such as the use of hexagons in engineering. The study of bees (especially honey bees) has generated huge amounts of scientific research and they are probably the most studied creature after humans.

HOW TO GREEN YOUR LAUNDRY?

When it comes to green lifestyle choices, we know the drill: cloth bags and not plastic, steel straws, compost, shorter showers or bucket baths. But have you ever thought about your laundry habits and how they might be impacting the environment? Here's how to reduce the environmental impact of your laundry habits.

with the Indian heat. What we can do here is to wash less often. Not all clothes you have worn need to be washed right after. If it looks and smells clean, go a little longer between washes.

TIP: Run only full loads to save more energy and water.

DO YOU HAND WASH OR MACHINE WASH?

If you hand wash, congratulations, you are an Earth warrior already! But if you use a washing machine, assess it. A high efficiency washer uses less than half the amount of water of a conventional top loader. Per wash, a fully automatic top-loading machine uses 140 litres while a front-loading one uses just 60 litres.

TIP: Look for the Energy Star and a low water factor score.

WASH COLD

Are you familiar with your laundry settings? The buttons on the machine mean something. Read the manual and while at it read the cloth label too. Most clothes tell you how they like to be washed. In a machine, up to 90% of the energy goes in heating water! If every load laundered uses cold water instead of hot, we can slash millions of tons of carbon emissions each year.

USE A CLOTHESLINE

Clothes dryers are second only to refrigerators in household energy use. In India, thanks to our ample sunlight, we are already green on this point. Line drying also increases the



SIMPLY WASH LESS OFTEN

Sustainability activists like EcoAge's Livia Firth and designer Stella McCartney are actually anti-laundry advocates. They feel most of it can be managed by dry scrubbing and drying it out in the sun. However, the two London ladies may not be familiar

Go for a non-toxic alternatives for your laundry room, from plant-based detergents to oxygen-based brighteners. Good old white vinegar makes an effective fabric softener and stain remover



While we all love whites, the issue is that they require more chemical-laden washing from bleaches, brighteners, stain removers and bluing agents to look crisp and bright

life of your clothes, as they are not placed through a wringer.

TIP: Use a low setting on tumble dry so the moisture stays in the clothes. Just stretch them on the line to dry. This reduces the need for ironing too and you save electricity.

WEAR MORE NATURAL FABRICS

Synthetic fibres like polyester, fleece, acrylic, and nylon, release microplastics. Plastic pollution from laundry has been named the greatest source of ocean plastic. Choose organic cotton, wool, bamboo or other natural fibres for your clothing and bedding.

TIP: Use a fabric bag to wash your synthetics to minimise friction with other garments.



What's your Environment Quotient

Q1. On this day in 1972, the Stockholm Conference on Human Environment was held in Sweden. Since then the World Environment Day is celebrated on this day. State the date

- March 8
- June 5
- May 22
- October 8

Q2. The state's and citizens' responsibilities for environmental protection is enshrined in the Constitution of India in the following two articles:

- 38G and 58A
- 55B and 51D
- 48A and 51G
- 59B and 12D

Q3. This species of bird native to North America was considered to have been one of the most numerous birds on earth. Intensive shooting and the destruction of the birds' natural breeding ground brought about a sudden fall in their numbers. The last of this species on earth died in a zoo in Cincinnati in 1914. Name this bird.

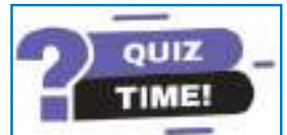
- Passenger pigeon
- Bald eagle
- Egret
- Falcon

Q4. Wind erosion is one of the key causes of desertification and occurs when soil is left bare of vegetation. State the major cause of wind erosion in arid and semi-arid lands where this problem is most severe.

- Cleaning of land for agriculture
- Deforestation
- Overgrazing by livestock
- Forest fires

Q5. Which is the first state to implement the path-breaking proposal that environment should be included as a separate subject in schools?

- Delhi
- Maharashtra
- Kerala
- Tamil Nadu



Q6. Name the gas released from landfills, decaying organic matter under shallow water in marshes and bogs, flooded paddy fields, by ruminant animals & termites, and by the burning of biomass. A molecule of this gas has 21 times more global warming potential than a molecule of CO2.

- Sulphur dioxide
- Methane
- Ammonia
- Nitrous Oxide

Q7. Beginning in the 1960s, though high yielding varieties of food grains revolutionized Indian agriculture, it came with a price. What are the environmental costs associated with this phenomenal growth in food production?

- Vast amounts of fertilizers

used

- Excessive use of underground water due to their higher water requirement
- Excessive application of pesticides due to their low resistance to pests
- All of the above

Q8. 'Nitrosomonas' bacteria in the root modules of leguminous plants converts nitrogen gas from air into inorganic nitrogen compounds which enrich the soil and can be readily used by plants. Multiple cropping with legumes can thus significantly reduce the need for

- Pesticides
- Fertilizers
- Irrigation
- All of the above

Q9. Name the metal contained in broken fluorescent bulbs, tube lights and dead batteries which gets transported with common municipal solid waste and can be easily swallowed, inhaled or absorbed through the skin and can cause damage to the kidneys and nervous system.

- Copper
- Cadmium
- Mercury
- Arsenic

Q10. Cataract blinds at least 120 million people globally every year. What is its main cause?

- Hereditary
- Ultraviolet radiation
- Unbalanced diet
- Gasoline fumes

Answers: 1. b, 2. c, 3. a, 4. c, 5. b, 6. b, 7. d, 8. b, 9. d, 10. b



Missed!
Pic: Leo Scaddan



ROFL!
Pic: Giovanni Querzani

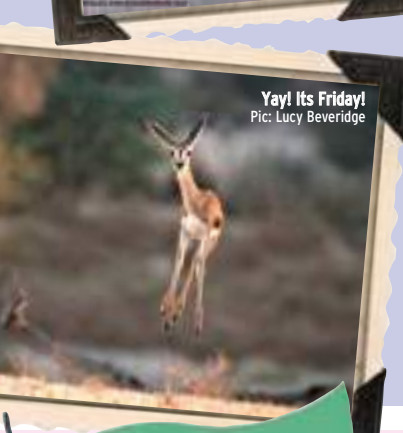
It's a wild world!

The top entries, so far, for the seventh edition of Comedy Wildlife Photography Awards 2021 has successfully captured some of the animals at their funniest best. Be it the airborne deer, surfing penguins or a cranky starling, the photography competition highlights the lighter side of wildlife while also supporting it. This year, the competition will donate 10% of its revenue to support the organisation Save Wild Orangutans operating in and around Gunung Palung National Park in Borneo

Whether you are professional or an amateur, you too can submit your entries for this award. Go to www.comedywildlifephotography.com. The deadline is June 30, 2021



Monday Morning Mood
Pic: Andrew Mayes



Yowl Its Friday!
Pic: Lucy Beveridge



Bool
Pic: Arthur Trevino

9 ways you can fight for a HEALTHY ECOSYSTEM

This World Environment Day (June 5), United Nations will declare 2021-2030 as the Decade on Ecosystem Restoration, which is defined as a rallying call for the protection and revival of ecosystems all around the world. Here are a few steps you can take to support the cause...

Nitya.Shukla@timesgroup.com

1 First read up on ecosystem restoration. The UN Decade on Ecosystem Restoration identifies 8 categories of ecosystems including farmlands, forests, freshwaters, grasslands, shrublands and savannahs; mountains, oceans and coasts;

peatlands and urban areas. Take the time to read about each ecosystem, their current status and major threats as well as the benefits of restoring them.

2 Green your home with indigenous trees or plants. While you can plant as many more trees as you can, it's best to start small. Plant saplings in your garden, terrace or outdoor space

as much as possible. Don't have space? Consider using the search engines like www.ecosia.com where every search removes 1kg of CO2! Plus, they don't share your data with third party trackers. You could also consider gifting a tree to someone, which can be done by donating to tree-planting NGOs like

www.sankalpstaru.com.

3 Consider volunteering for cleanup campaigns in your neighborhood, city and nearby natural area as and when the pandemic subsides, and it is

safe to venture out. **4 Join online/email campaigns.** With the Covid-19 restrictions, 2020 was the year when

environment activism began going online. For example, in 2020, an illegal

coal mining project in Assam's Dehing Patkai Elephant Reserve was shut down because of a

campaign that began with a series of open letters with long lists of signatories to the Prime Minister, Ministry of Environment, Forest and Climate Change and the Assam state executive.

5 Be smart about lifestyle choices. Always keep sustainability in

the equation. Invest in pre-loved clothes, recycle as much as possible.

6 Consume locally grown fruits and vegetables. It can have a significant impact on reducing your carbon footprint. This is because locally grown can be easily sourced from your local vendor nearby. In contrast, industrial food system requires food to be transported from all over the country, which results in the overuse of pesticides and pollution to cover large distances.

7 Don't waste food. Wasting food, it turns out, isn't just a huge waste of food or money, it adds to the amount of CO2 being created in landfills.

8 Break up with plastic. The most traditional yet most effective ways to conserve the environment is to reduce your plastic consumption. Off for shopping? Bring a canvas bag. Ordering out? Consider ordering from eateries that serve food in sustainable cutlery. Lastly, take your water bottle everywhere. Refuse the straw!

9 Pledge a donation or organise a donation drive to support restoration or conservation initiatives.



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10 BIOPICS TO BOOST MORALE

When nothing seems to make sense in the world, watching inspiring true stories of great women and men may just be the pick-me-up you need



GANDHI, 1982
DIRECTOR: Richard Attenborough
BIOPIC ON: Mahatma Gandhi
 'Variety' in its 1982 review of the film starring Ben Kingsley as Mahatma Gandhi, said: "Once in a long while a motion picture so eloquently expressive and technically exquisite comes along that one is tempted to hail it as being near perfect. Such a film is 'Gandhi.'" The article stated about Kingsley's performance... "Ben Kingsley, the British (half Indian) actor, who portrays the Mahatma from young manhood as a lawyer in South Africa, is a physically striking Gandhi and has captured nuances in speech and movement which make it seem as though he has stepped through black and white newsreels into the present Technicolor reincarnation."

FIRST MAN, 2018
DIRECTOR: Damien Chazelle
BIOPIC ON: Neil Armstrong
 Critic David Edelstein wrote in 'Vulture' about the film: "'First Man' is laborious – and stupendous. Chazelle's opening sequence hooks you on so many levels you can get motion-sick thinking back on it. 'First Man' might be the most grounded space movie ever made – grounded in the tension between technology that's almost laughably fragile (the astronauts really do seem as if they're going up in tin cans) and the sheer evolutionary imperative of family.'" The understated performances of Ryan Gosling as Neil Armstrong and his wife, Janet Shearon, played by Claire Foy, will be hard to forget.



TRUMBO, 2015
DIRECTOR: Jay Roach
BIOPIC ON: Dalton Trumbo
 "This biopic could have fallen into all the usual traps, but Jay Roach directs John McNamara's smart, witty screenplay with a light touch, and the result is both entertaining and educational," wrote Jeffrey M Anderson in 'Common Sense Media'. The movie is about top screenwriter Dalton Trumbo, who is blacklisted from Hollywood after being accused of using his scripts as a Communist propaganda. "Cranston shows us there's nothing retro about watching Trumbo in his glory, speaking truth to power," wrote Peter Travers in 'Rolling Stone'.



THE IRON LADY, 2011
DIRECTOR: Phyllida Lloyd
BIOPIC ON: Margaret Thatcher
 An aged Margaret Thatcher gets nostalgic as she empties her late husband Denis's wardrobe. She struggles to come to terms with her husband's passing while also recollecting her political journey. Peter Bradshaw wrote for 'The Guardian': "Margaret is played with cunning and gusto by Meryl Streep, and it is a pious critical convention to praise performances like these on the grounds that they go beyond mere impersonation."



ERIN BROCKOVICH, 2000
DIRECTOR: Steven Soderbergh
BIOPIC ON: Erin Brockovich
 Wrote the 'Hollywood Reporter' about Julia Roberts' performance in the film: "Julia Roberts marches through 'Erin Brockovich' like a force of nature. Granted, the movie gives her all of the best lines – to say nothing of its most eye-catching wardrobe. But the actress seizes the film's eponymous role with fire-in-her-eyes possessiveness and injects the character with all the energy and drive she can muster." In his review for 'The New York Observer', Andrew Sarris wrote: "We get the best of independent cinema and the best of mainstream cinema all in one package. 'Erin Brockovich', like 'Wonder Boys' right before it, makes the year 2000 seem increasingly promising for movies."



THE BLIND SIDE, 2009
DIRECTOR: John Lee Hancock
BIOPIC ON: Michael Oher
 Michael, a homeless African-American teenager, is adopted by a Caucasian family who help him overcome his learning difficulties and achieve excellence in American football. "It's a performance and a film built on simplicity, rock-solid single-mindedness and an unswerving sense of good. Which is why, in these uncertain times, it has soared... Bullock delivers a towering performance that grabs the movie and the Oscar race by the scruff of the neck. You will be moved..." wrote Ian Freer in 'Empire'.



WALK THE LINE, 2005
DIRECTOR: James Mangold
BIOPIC ON: Johnny Cash
 Johnny Cash, an aspiring musician, receives a golden opportunity to tour with the famous June Carter. As Johnny's musical career takes a flight, his marriage with Vivian starts falling apart. "Walk the line between love and loathing, faith and self-destruction in this searing biopic of the Man in Black – Johnny Cash," said the review of the film in 'Plugged In'. Colin Kennedy wrote for the 'Empire': "The appeal of the central couple is a direct result of tireless work from the two leads. Phoenix makes hay with the rich soil he's given to till... The broody actor is very good here – terrific, even." Reese Witherspoon, who plays June Carter, received an Academy Award for the role.



THE SOCIAL NETWORK, 2010
DIRECTOR: David Fincher
BIOPIC ON: Mark Zuckerberg
 Wrote Peter Travers in 'Rolling Stone' about the film: "'The Social Network' is a hard-charging beast of a movie with a full tank of creative gas that keeps it humming from start to finish (hell of a middle, too)." Damon Wise wrote for the 'Empire', saying: "A rich, understated character drama that gleefully exposes the petty playground politics at the centre of one of the internet-era's most bitter court cases... Zuckerberg is played here by Jesse Eisenberg, who is simply superb as the conflicted genius, an emotionally isolated, social-climbing outsider with an unpredictable set of motivations and allegiances."

INVICTUS, 2009
DIRECTOR: Clint Eastwood
BIOPIC ON: Nelson Mandela
 Wrote AO Scott in the 'New York Times': "Clint Eastwood's 'Invictus', a rousing true story of athletic triumph, is also the director's latest exploration of revenge, the defining theme of his career. Roger Ebert wrote of the film: "Freeman does a splendid job of evoking the man Nelson Mandela, who is as much a secular saint as Gandhi (who led his first campaign in Durban, South Africa). He shows him as genial, confident, calming – over what was clearly a core of tempered steel. Clint Eastwood, a master director, orchestrates all of these notes and has us loving Mandela, proud of Francois and cheering for the plucky Springboks. A great entertainment."



HIDDEN FIGURES, 2016
DIRECTOR: Theodore Melfi
BIOPIC ON: Katherine Johnson, Dorothy Vaughn, Mary Jackson
 Three female African-American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit, while dealing with racial and gender discrimination at work. Wrote Nick De Semlyen for 'Empire': "You've seen films about the Space Race before – but probably never one about space racism. Theodore Melfi's film is both a thunderously effective feel-good experience and a reminder that even as we look to other planets, Earth still has a long way to go."



Movers and Shakers

This May, the publishing world and noteworthy authors and influencers have offered an interesting compendium of books you can pick up. We bring you a selection that has something for everyone

Nitya.Shukla@timesgroup.com



Ryan Holiday recommends
Outside, Inside by LeUyen Pham
 "Something strange happened on an unremarkable day just before the season changed. Everybody who was OUTSIDE... went INSIDE." And so

begins award-winning Vietnamese author-illustrator LeUyen Pham's children's picture book that beautifully captures the anguish wrought by the pandemic, from a child's perspective. In it, the author shows how people all over the globe responded to the outbreak of Covid-19, how humanity has grown. She also celebrates essential workers and the community coming together to face the challenges of the global Covid-19 pandemic. The book was recommended highly by American marketer and author Ryan Holiday in his latest newsletter.

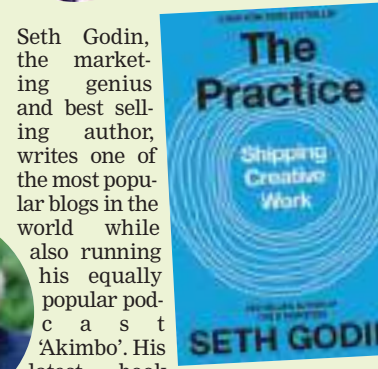
Duchess Camilla recommends
The Book of Dust: The Secret Commonwealth (Book 2) by Philip Pullman

One of Duchess Camilla's first recommendations as part of her book club is a tribute to 'fellow reader' Prince Philip who passed away recently. 'The Secret Commonwealth' is the second of Philip Pullman's novels from his 'The Book of Dust' series. The first in the series, 'La Belle Sauvage', (2017) is a prequel to 'Northern Lights'. Taking to Instagram, the Duchess of Cornwall wrote, "As Patron of BookTrust, which I inherited from my late father-in-law His Royal Highness The Duke of Edinburgh, I would like to dedicate the next series of my Reading Room to him, in memory of a great fellow

reader. The other books she recommended were 'Girl' by Edna O'Brien, 'A Gentleman in Moscow' by Amor Towles and 'The Red Notebook' by Antoine Laurain.



The Practice: Shipping Creative Work by Seth Godin



Seth Godin, the marketing genius and best-selling author, writes one of the most popular blogs in the world while also running his equally popular podcast 'Akimbo'. His latest book 'The Practice: Shipping Creative Work' is already a 'New York Times' bestseller, and tailored-made for anyone who feels he or she lacks creativity or talent. Calling 'creativity' a skill, Godin beckons artists, writers and entrepreneurs to commit to bringing their best work out in the world. The book is designed to help you find your voice, take intentional action, tackle writer's block and criticism.

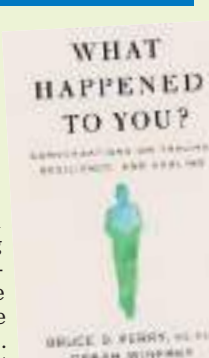
What Happened to You?: Conversations on Trauma, Resilience, and Healing by Oprah Winfrey and Dr Bruce Perry

Taking to her social media handle recently, Oprah Winfrey shared a monochromatic childhood pictures and

revealed some childhood struggles. "What happened to you? It's one of the most important questions we can ask someone, especially when they're going through something," she expressed in the caption. Winfrey's latest book is well on its way to becoming a bestseller. The book is a combination of two things: A traumatic childhood experience that Winfrey recounts; and her conversations with renowned trauma expert Dr Bruce Perry that offer insights and wisdom to help people hold more empathy for themselves and others. Together the co-authors also explore trauma-related experiences, including complex PTSD, trauma bonds and intense stress. Oprah's Book Club on the other hand is recommending 'Lila' by Marilynne Robinson.

Twinkle Khanna recommends
Exhalation by Ted Chiang

In her latest post on Instagram, actress and author Twinkle Khanna offered a slew of short story recommendations for a 'brief respite.' Her recent include 'Exhalation' by Ted Chiang, 'Get in Trouble' by Kelly Link and 'Men Without Women' by Haruki Murakami.



3 life lessons from 'THE FALCON AND THE WINTER SOLDIER'



Captain Sam Wilson (the Falcon) and Bucky Barnes (the Winter Soldier) in the latter's psychiatrist's office, discussing their issues

Haimanti.Mukherjee@timesgroup.com

Disney Marvel's TV series 'The Falcon and the Winter Soldier' takes off after a few months of the events of 'Avengers: Endgame'. Though the superheroes were able to save a lot of lives, things aren't exactly the same. We lost some heroes, and the ones left behind had to pick up the pieces. One among those very 'heavy' piece is Captain America's shield that was left for Captain Sam Wilson by Steve Rogers. While the series makes for an exhilarating watch, the underlying theme is of loyalty, friendship, weight of expectations and doubt... something we all grapple with in our real lives. Here are a few takeaways – **NO SPOILERS.**

Doubt is a normal everyday emotion

Superhero or a normal human being, all of us often grapple with doubt in our daily lives. 'Am I good enough?', 'Am I worthy of the expectations of people around me?' These are self-doubts that Captain Sam Wilson deals with... He takes some time to figure out that doubt is a good thing. It makes us question who we are as human beings, and what we are capable of. Most of all, this series tells us that **doubt never makes anyone weak. In fact, it's**

quite the opposite: having doubts is having strength of character to evaluate yourself from time to time... which brings us to the next point...

Ask for help when you need it
 Captain Sam Wilson and Bucky Barnes' budding friendship is a delight to watch, as is the fact that a lot of Wilson's doubts are answered by Barnes, who is also searching for his own role in the world. The mantle of Captain America is no mean feat for Wilson. And Bucky is absolutely torn to pieces about his past that he still can't reconcile with. **But with a little help from professionals and each other, they find their ways.**

What's our role in the world?
 Superheroes or us, humans, we often ask ourselves what is our life's purpose? This series shows that there isn't one purpose we fulfill in our lives. There are many. And with time, even set purposes change because life throws challenges at us that we never expected to face. Both Sam and Bucky learn that even after defeating the biggest villain – Thanos in 'Avengers: Endgame' – life isn't really hunky dory. In fact, the new challenges get more personal. And it's while facing these challenges that both the Falcon and the Winter Soldier re-evaluate their roles in the new Universe. **It's not life if your role in it doesn't keep changing.**

Photo: GETTY IMAGES



Usain Bolt

RECORDS WAITING TO BE BROKEN

Every big tournament or sports meet sees some records being broken and new ones being set. There are, however, a few long-standing ones, that have endured the test of time. We look at a few of them...

ATHLETICS

World's fastest man

One of the greatest sprinters of all time, **Usain Bolt's** unbreakable record is his 100m run, which earned him the title of world's fastest man. He set the current 100m world record at the 2009 IAAF World Championships, clocking an astonishing 9.58 seconds. He was only bettering his own record of 9.69 seconds set in August 2008, at the Beijing Olympic. A perfectionist, he also holds a record in 200m sprints and was part of the 4x100m world-record-holding Jamaican quartet with Nesta Carter, Michael Frater and Yohan Blake.

Closest record

Former world champion Tyson Gay and Jamaican Yohan Blake hold the joint second-fastest record, equalling Usain Bolt's old world record of 9.69 seconds. Gay clocked the time at the Shanghai Golden Grand Prix in 2009, while Yohan Blake achieved his personal best in August 2012.



Eliud Kipchoge

Fastest Marathon Time

Eliud Kipchoge, from Kenya, will always be known as the greatest male marathoner ever. The 36-year-old champion has topped the podium 11 times of the 12 races he has been part of. He is an Olympic champion and he went a step further by becoming the first man to run a marathon in under two hours. On October 12, 2019, Kipchoge achieved this feat at a special time trial in Vienna. He completed the 26.2-mile distance at a record timing of 1:59:40. Before the record was set, there were serious doubts about whether a human could run 26.2 miles under two hours. Experts say it may take until 2032 to beat the record.

Closest record

Kenenisa Bekele achieved a stunning 2:01:41 victory at the BMW Berlin Marathon in 2019, clinching the title of the second-fastest marathon run of the all time. The Ethiopian had earlier missed the world record by six seconds at the IAAF Gold Label road race in 2016. His current record is just two seconds short of Eliud Kipchoge's old record of 2:01:39.

TENNIS

Most Grand Slam titles



Rafael Nadal

was just 19, and in the next 10 years, he went on to add nine French Open titles to his kitty. The likes of Roger Federer and Novak Djokovic have failed to challenge the Spaniard, let alone anyone winning 13 major titles over and over again.

Federer holds Wimbledon men's singles record, with eight titles at the All-England Club. He still holds the ATP Finals record with six trophies, though it won't be long before Novak Djokovic, who is one behind, overtakes him.

Closest record

Pete Sampras, the king of grass, was certainly the most dominant player at Wimbledon in the 90s, winning 7 championships in eight years, while Ivan Lendl's 8 consecutive years in the US Open Final are two similar records.

The undisputed king of clay, **Rafael Nadal** holds the record for winning the French Open title 13 times. His winning streak began in 2005, when he

FOOTBALL

Fastest goal scored in World Cup history

Hakan Sükür - Italy (2002 World Cup)
It took just 10.8 seconds for Italy's Hakan Sükür to pounce



Hakan Sükür

on the South Korean defense side and launch the opening goal of his team's win to secure a third-place playoff in the 2002 World Cup. Despite playing only one World Cup during his successful career, Hakan Sükür ensured his name would be etched in the record books forever for this goal against S. Korea.

Closest record

Vaclav Masek - Czechoslovakia (1962 World Cup)
Vaclav Masek, the Czechoslovakia striker, certainly became a sensation when he found the back of the net against Mexico after just 16 seconds of play in the 1962 World Cup. His team ended up as the runners-up of the tournament after losing to Brazil in the finals, but Masek will always be known to have scored the second-fastest goal in the history of FIFA World Cup.

CRICKET

Highest Score by a Nightwatchman

It has been 15 years since the former Australia pacer **Jason Gillespie** registered the highest score of unbeaten 201 runs by a night-watchman in Test cricket. The Australian fast bowler scored the runs in the Test match against Bangladesh at Chittagong in 2006. On the fourth day of the second Test, the lanky pacer faced a total of 425 deliveries for registering the brilliant double century, of which he smashed 26 fours and two sixes to mark the feat.

Closest record

In the year 1999, Mark Boucher of South Africa scored 125 runs against Zimbabwe, at Harare, after being sent ahead of Jonty Rhodes. In the same year, he scored a brilliant 108 at Durban against England, coming in to bat late on Day 4. Boucher's performance helped the home team save the match and maintain a lead in the series.



Roger Federer

Quadruple hundred in a Test match

Brian Lara smashed a quadruple hundred in a Test match against England in 2004 and is the only player to hit 400 run-knock in a Test match. The former West Indies skipper smashed the 400-run knock in the final Test of a 4-match series.



Longest individual career

Mithali Raj made her debut in ODI cricket in 1999 and is still an active player of the format, having played her 205th ODI against South Africa in 2019. She has played 211 ODIs in total and as many as 82 T20Is, including the three Women's World Cups in 2012 (Sri Lanka), 2014 (Bangladesh) and 2016 (India), for Team India. She is aiming to play the Women's CWC in 2022, which will effectively take her ODI career to more than 22 years. She is the first Indian woman and the second female cricketer in the world to cross 5000 ODI runs, and first Indian cricketer to score 2000 runs in T20I.



8 wickets in single ODI

In 2001, former Sri Lanka bowler **Chaminda Vaas** seamer scalped 8 wickets for 19 runs in an ODI match against Zimbabwe at Colombo. The haul also consisted of a hat-trick. The record has been standing for more than 20 years.



Most number of wickets

Muttiah Muralitharan holds the record for the highest number of wickets in Test cricket, having scalped 800 wickets in 133 Test matches. He also holds the record of highest number of wickets in One day International (ODI) cricket, with 534 wickets.



SWIMMING

Records as the youngest and oldest winner too

Michael Phelps has set 39 world records, the most of all time. The sheer number of medals he has won at the Olympics also makes him a clear leader as far as records go. Phelps has 28 Olympic medals, in total: his 23 golds are more than double those of his nearest rivals. His 28 include 13 individual golds. No other competitor worldwide has managed more than six gold medals in total, despite the fact that swimmers compete across

different distances and strokes. After his first Olympics in Sydney 2000 at age 15, when he finished fifth, he dominated the next four games, finishing as the most decorated athlete at each of them. In 2001, he set the world record in the 200-meter butterfly stroke. Just short of 16 years of age, he became the youngest male swimmer in history to ever set a world swimming record.

At the 2016 Olympic Games, he became the oldest individual gold medalist in Olympic history, winning one silver and five gold medals. He is also the first swimmer to win four consecutive golds in the same event, the 200-metre individual medley.



Longest consecutive run as World No. 1

Novak Djokovic, who first attained the World No. 1 ranking on July 4, 2011, as of today holds the record for most weeks (322) at the top in the 48 years of the ATP rankings. Djokovic also holds a record 36 ATP Masters 1000 trophies. With a total

of 18 grand slam wins, he hopes to continue living this childhood dream of his.

Closest record

The record previously belonged to Roger Federer, who held the No.1 spot for 310 days. He broke Pete Sampras' record of 286 weeks at No. 1 on 16 July 2012.



Novak Djokovic

Most Singles and Doubles titles in Open Era

Martina Navratilova, who began her tennis career in the year 1975, had one of the longest stints in tennis among all the active athletes then. She kept winning titles in her 30's, 40's and 50's too, until she retired in 2006 at the age of 50. This remarkable feat helped her win 167 singles titles, including 18 grand slam singles, 31 grand slam doubles, and 10 grand slam mixed doubles titles, taking her combined title tally across all 3 categories to 354. There probably isn't a single tournament that she has not won across all 3 categories. She truly is a champion and her desire to win was best portrayed when she won the Mixed Doubles title at the 2006 US Open, just a few weeks before she hung her racquet. No one has come close to beating this phenomenal record till now.



Martina Navratilova



THE TIMES OF INDIA

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STUDENT EDITION

FRIDAY, MAY 28, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

New digital rules don't violate privacy: Government

The government on Wednesday staunchly defended its new digital rules, saying the requirement of messaging platforms like WhatsApp to disclose origin of flagged messages does not violate privacy, and went on to seek a compliance report from large social media firms. Separately, the ministry asked all significant social media companies such as Facebook, Twitter, YouTube, Instagram and WhatsApp to report their status on compliance with the new rules, which kicked in from Wednesday. The Centre's strong response comes after WhatsApp filed a lawsuit in the Delhi high court challenging the new digital rules, arguing that the requirement to provide access to encrypted messages will break privacy protections.



A day after WhatsApp filed a lawsuit in the Delhi high court challenging the new digital rules on grounds that the requirement for the company to provide access to encrypted messages will break privacy protections, IT minister Ravi Shankar Prasad said, the new norms will not impact normal functioning of the popular free-messaging platform

WHAT THE NEW IT RULE SAYS

- The new rules require large social media platforms, defined as those with over 50 lakh users in the country, to follow additional due diligence, including appointment of chief compliance officer, nodal contact person and resident grievance officer.
- Non-compliance with rules would result in these platforms losing their

intermediary status that provides them immunity from liabilities over any third-party data hosted by them. In other words, they could be liable for criminal action in case of complaints.

- The new guidelines issued by the government of India mandated a grievance redressal system for over the top (OTT) and digital portals in the country. Under the new rules, social media platforms will have to have a grievance redressal mechanism. They will also have to name a grievance officer, who shall register



The UK, the US, Australia, New Zealand and Canada require social media firms to allow for legal interception

- the grievance within 24 hours and disposal in 15 days
- The government had said that if

Google, Facebook say ready to comply with revised IT rules

1 Google and Facebook have both expressed their readiness to comply with the revised Information Technology rules

2 The world's largest social media platform Facebook, which also runs WhatsApp and Instagram, among the largest messaging and social media platforms in India said that it "aims to comply" with the new rules even as it "continues to discuss a few of the issues,



3 Search giant Google, while stating that it respects "India's legislative process" said, it has a long history of "responding to government requests to remove content" when the content violates the local law or its product policies

there are complaints against the dignity of users, particularly women about exposed private parts of individuals or nudity or sexual act or impersonation etc, social media platforms will be required to remove that within 24 hours after a complaint is made

- As per the guidelines, first, the social media platforms will have to have a chief compliance officer residing in India responsible for ensuring compliance with the act and the rules

Bernard Arnault overtakes Jeff Bezos to become world's richest person

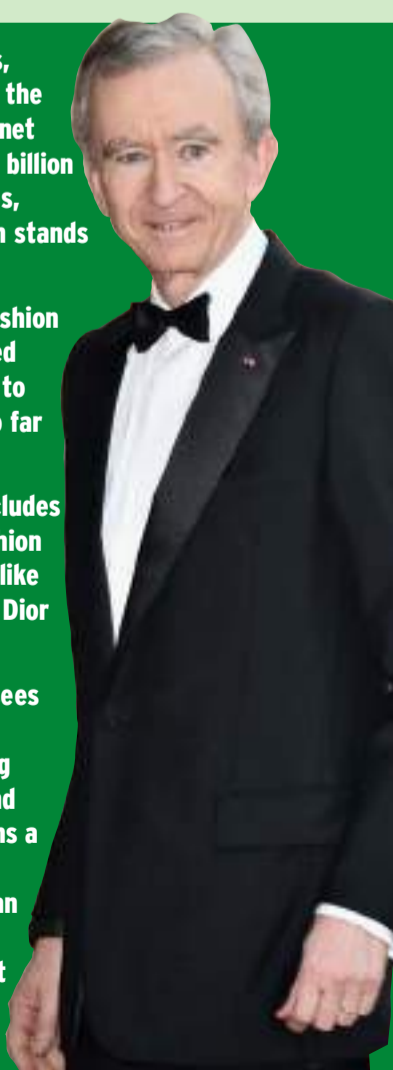
Bernard Arnault, CEO and majority owner of French luxury group LVMH, has surpassed Amazon founder Jeff Bezos to become the world's richest person.

- As per Forbes, Arnault claimed the top spot with a net worth of \$186.4 billion surpassing Bezos, whose net worth stands at \$186 billion

- The French fashion tycoon has added over \$47 billion to his net worth so far in 2021

- LVMH also includes other major fashion brands under it like Fendi, Christian Dior and Givenchy

- Arnault oversees an empire of 70 brands, including Louis Vuitton and Sephora. He owns a 96.5 per cent stake in Christian Dior, which controls 41 per cent of LVMH



TWO METRES SOCIAL DISTANCING NOT ENOUGH AS COVID AIRBORNE



Maintaining social distance of two metres is not enough as coronavirus that spreads via aerosol, can be carried up to 10 metres through the air, experts warned on Tuesday, adding that double masks, coupled with hand hygiene and proper ventilation could be the key to curb the spread.

Coronavirus was earlier deemed to be spread via droplets. But a new assessment published in the medical journal The Lancet last month revealed that there is consistent, and strong evidence to prove that the SARS-CoV-2 virus, which causes Covid-19, is predominantly transmitted through the air. On the other hand, evidence supporting large droplet transmission was almost non-existent

1 The government also, in a recent advisory, said that aerosols can travel up to 10 metres from the infected person, and that aerosols, through the infected person, can fall within two metres but can be carried up to 10 metres through the air



2 Ventilation can decrease the risk of transmission from one infected person to the other

3 The advisory reads that just as smells can be diluted from the air through opening windows and doors and using exhaust systems, ventilating spaces with improved directional air flow decreases the accumulated viral load in the air, reducing the risk of transmission

4 As people have become over-dependent on ACs, 90 per cent of the air is recirculated within the building and only 5 per cent fresh air is brought in most modern buildings



Bhumi collaborates with Sri Sri Ravi Shankar to aid people affected by pandemic

Actress Bhumi Pednekar has teamed up with global spiritual icon Sri Sri Ravi Shankar and his The Art of Living Foundation to aid people suffering from Covid-19 in India. The Art of Living Foundation has launched Mission Zindagi, a pan-India volunteer-driven initiative for Covid relief.



It will provide a platform to those who are in need of help
Sri Sri Ravi Shankar

At this juncture, it is pertinent that all of us come together and extend our hand to help restore the physical health, mental health and vibrancy of our people. Keeping this in view (we are) announcing #MissionZindagi.

JEE-ADVANCED POSTPONED DUE TO COVID-19 SITUATION



The Joint Entrance Examination (JEE)-Advanced scheduled for July 3 has been postponed in view of the Covid-19 situation, according to the officials at IIT, Kharagpur, the institute which is conducting the exam this year.

For the JEE-Advanced, the JEE-Mains is considered as a qualifying exam, and it is conducted for admission to engineering colleges across the country

For admissions to the IITs, apart from qualifying the JEE-Advanced, candidates are required to secure either minimum 75 per cent marks in their class XII Board exams or a rank among the top 20 percentile in their qualifying examinations. The requirement pertaining to class XII scores has been waived in view of the Covid-19 pandemic

HOMEGROWN MICRO-BLOGGING APP KOO RAISES \$30M



Homegrown micro-blogging platform Koo on Wednesday said it has raised \$30 million in Series B funding, led by Tiger Global. Koo has garnered nearly 60 lakh downloads in just a year of operations.

- Koo last week said it has met the compliance requirements of the new IT (Intermediary Guidelines) Rules 2021
- Earlier this month, it launched a unique feature that will help users speak and type messages without using the keyboard in regional languages, apart from English
- Called 'Talk to Type,' the feature will help Koo users speak out their thoughts, and the words will show up on the screen at the click of a button
- Founded last year, the vernacular micro-blogging platform Koo crossed 60 lakh users within no time and aims to garner 10 crore users by the end of this year



CLASS: X - 2020-21

SUBJECT:
SCIENCE (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 80

OF ACIDS, ATOMS, ANGLES AND ALL THINGS SCIENCE



PAPER SET BY VALSALA S, PGT, TOC H PUBLIC SCHOOL, VYTTILA, ERNAKULAM

SECTION-A

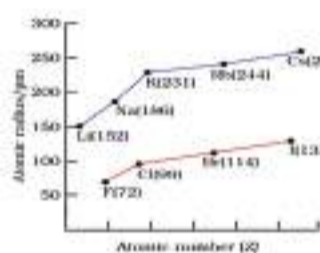
- Q1.** Which gas is used by chips manufacturer to protect the potato chips?
Q2. Complete and balance the following chemical equation:
 $\text{NaOH} + \text{H}_2\text{SO}_4 \rightarrow \text{Na}_2\text{SO}_4 + \text{H}_2\text{O}$
Q3. Which of the following reactions is an endothermic reaction?
 a. Burning of coal. b. Decomposition of vegetable matter into compost.
 c. Process of respiration.
 d. Decomposition of calcium carbonate to form quick lime and carbon dioxide
Q4. An electric bulb is connected to a 220V generator. The current is 0.50 A. What is the power of the bulb?
Q5. Both a spherical mirror and a thin, spherical lens have a focal length of (-)15cm. What type of mirror and lens are these?
Q6. Under what condition, the induced current produced in moving conductor in a magnetic field can be maximum?
Q7. Define the refractive index of a transparent medium. Which has a higher refractive index - glass or water?
Q8. Draw a circuit diagram using a battery of two cells, two resistors of 3Ω each connected in a series, a plug key and a rheostat.
Q9. Why are danger light signals red in colour?
Q10. State two functions of lymph.
Q11. What is the role of phloem in transportation in plants?
Q12. What is Biomagnification?
Q13. Food does not enter the liver, yet it is important for the digestion of food. How?

For question numbers 14, 15 and 16, two statements are given- one labeled Assertion (A) and the other labeled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:
 a) Both A and R are true, and R is correct explanation of the assertion.
 b) Both A and R are true, but R is not the correct explanation of the assertion.
 c) A is true, but R is false.
 d) A is false, but R is true.
Q14. Assertion: Carbon can neither form C^+ cations nor C^- anions.
Reason: Covalent compounds are bad conductors of electricity.
Q15. Assertion: Greater number of individuals are present in lower trophic levels.
Reason: The flow of energy is unidirectional.
Q16a. Assertion: The number of trophic levels is limited in a food chain.
b. Reason: Flow of energy in an ecosystem is unidirectional.

- Q. No 17-20 contain five sub-parts each. You are expected to answer any four subparts in these questions.**
Q17. Read the following and answer any four questions from 17 (i) to 17 (v).
 Athletes sometimes get a cramp in their leg muscles while running long distances. After resting the cramp usually goes away on its own.
 (i) The process that provides most of the energy for the athlete during his run is-
 a. aerobic respiration
 b. anaerobic respiration
 c. fermentation
 d. breathing
 (ii) The process that provides extra energy towards the end of the race is
 a. aerobic respiration
 b. anaerobic respiration
 c. fermentation
 d. exhalation
 (iii) Substance that accumulates in the leg muscle is ----
 a. lactic acid
 b. ethanol
 c. CO
 d. water
 (iv) Glucose is first broken to ---- in the cytoplasm.
 a. lactic acid
 b. ethanol
 c. pyruvate
 d. CO_2
 (v) The product/s of fermentation by curd bacteria is/are ----
 a. ethanol + CO_2
 b. CO_2 + H_2O

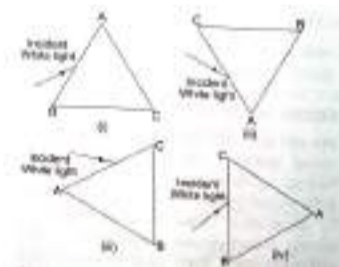


c. lactic acid + CO_2
 d. lactic acid
Q18. Read the following and answer any four questions from 18(i) to 18(v).
Metallic Characters-The ability of an atom to donate electrons and form positive ion (cation) is known as electropositivity or metallic character. Down the group, metallic character increases due to increase in atomic size and across the period, from left to right electropositivity decreases due to decrease in atomic size.
Non-Metallic Character -The ability of an atom to accept electrons to form a negative ion (anion) is called non-metallic character or electronegativity. The elements having high electro-negativity have a higher tendency to gain electrons and form anion. Down the group, electronegativity decreases due to increase in atomic size and across the period, from left to right electronegativity increases due to decrease in atomic size.



- (i) Which of the following correctly represents the decreasing order of metallic character of Alkali metals plotted in the graph?
 a) $\text{Cs} > \text{Rb} > \text{Li} > \text{Na} > \text{K}$
 b) $\text{K} > \text{Rb} > \text{Li} > \text{Na} > \text{Cs}$
 c) $\text{Cs} > \text{Rb} > \text{K} > \text{Na} > \text{Li}$
 d) $\text{Cs} > \text{K} > \text{Rb} > \text{Na} > \text{Li}$
 (ii) Hydrogen is placed along with Alkali metals in the modern periodic table though it shows non-metallic character
 a) as Hydrogen has one electron and readily loses electron to form negative ion
 b) as Hydrogen can easily lose one electron like alkali metals to form positive ion
 c) as Hydrogen can gain one electron easily like Halogens to form negative ion
 d) as Hydrogen shows the properties of non-metals
 (iii) Which of the following has highest electronegativity?
 a) F b) Cl c) Br d) I
 (iv) Identify the reason for the gradual change in electronegativity in halogens down the group.
 a) Electronegativity increases down the group due to decrease in atomic size
 b) Electronegativity decreases down the group due to decrease in tendency to lose electrons
 c) Electronegativity decreases down the group due to increase in atomic radius/tendency to gain electron decreases
 d) Electronegativity increases down the group due to increase in forces of attractions between nucleus & valence electrons
 (v) Which of the following reason correctly justifies that "Fluorine (72pm) has

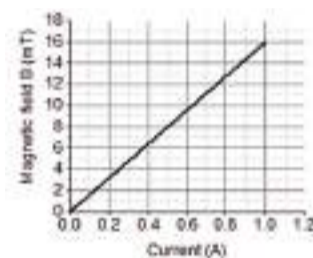
smaller atomic radius than Lithium (152pm)"?
 a) F and Li are in the same group. Atomic size increases down the group
 b) F and Li are in the same period. Atomic size increases across the period due to increase in number of shells
 c) F and Li are in the same group. Atomic size decreases down the group
 d) F and Li are in the same period and across the period atomic size/radius decreases from left to right.
Q19. Read the following and answer any four questions from 19(i) to 19(v)
 When a ray of light passes through a prism, it bends towards the base of prism. When white light falls on the prism, each colour in it is refracted at a different angle and the seven colours spread out to form a spectrum. Red colour deviates the least and the violet colour deviates the most.
 (i) Angle of deviation in a prism is the angle between
 a. incident and reflected ray
 b. reflected and emergent ray
 c. incident and emergent ray
 d. incident and refracted ray
 (ii) Which of the following phenomena of light are involved in the formation of a rainbow?
 a. reflection, refraction, dispersion
 b. refraction, reflection, total internal reflection
 c. refraction, dispersion, total internal reflection
 d. dispersion, scattering, total internal reflection
 (iii) Which of the following light has the least speed in glass prism?
 a. violet b. yellow c. red d. green
 (iv) The colour of light that bends least on passing through the glass prism
 a. green b. violet c. red d. blue
 (v) Based on the different orientations of a prism ABC given below, in which of the following cases after dispersion, the third colour from the top corresponds to the colour of the sky during the day?



a. I b. II c. III d. IV

- Q20. Read the following and answer any 4 questions from 20 (i) to 20 (v).**
 A solenoid is a long helical coil of wire through which a current is run in order to create a magnetic field. The magnetic field of the solenoid is the superposition of the fields due to the current through each coil. It is nearly uniform inside the solenoid and close to zero outside and is similar to the field of a bar magnet having a north pole at one end and a south

pole at the other depending upon the direction of current flow. The magnetic field produced in the solenoid is dependent on a few factors such as, the current in the coil, number of turns per unit length etc. The following graph is obtained by a researcher while doing an experiment to see the variation of the magnetic field with respect to the current in the solenoid. The unit of magnetic field as given in the graph attached is in milli-Tesla (mT) and the current is given in Ampere.



- (i) What type of energy conversion is observed in a linear solenoid?
 a. Mechanical to Magnetic
 b. Electrical to Magnetic
 c. Electrical to Mechanical
 d. Magnetic to Mechanical
 (ii) What will happen if a soft iron bar is placed inside the solenoid?
 a. The bar will be electrocuted resulting in short-circuit.
 b. The bar will be magnetised as long as there is current in the circuit.
 c. The bar will be magnetised permanently.
 d. The bar will not be affected by any means.
 (iii) The magnetic field lines produced inside the solenoid are similar to that of.
 a. a bar magnet
 b. a straight current carrying conductor
 c. a circular current carrying loop
 d. electromagnet of any shape
 (iv) After analysing the graph a student writes the following statements.
 I. The magnetic field produced by the solenoid is inversely proportional to the current.
 II. The magnetic field produced by the solenoid is directly proportional to the current.
 III. The magnetic field produced by the solenoid is directly proportional to square of the current.
 IV. The magnetic field produced by the solenoid is independent of the current.
 Choose from the following which of the following would be the correct statement(s).
 a. Only IV b. I and III and IV
 c. I and II d. Only II
 (v) From the graph deduce which of the following statements is correct.
 a. For a current of 0.8A the magnetic field is 13 mT
 b. For larger currents, the magnetic field increases non-linearly.
 c. For a current of 0.8A the magnetic field is 1.3 mT
 d. There is not enough information to find the magnetic field corresponding to 0.8A current.

SECTION-B

- Q21.** Pre-natal sex determination has been banned in India. Comment.
Q22. State the events occurring during the process of photosynthesis. Is it essential that these steps take place one after the other immediately?
Q23. A milkman adds a very small amount of baking soda to fresh milk. Why? Will this milk set as curd easily? Give reason.
Q24. State two points of difference between Mendeleev's Periodic Table and Modern Periodic Table.
Q25. With a reason, mention the types of mirrors used as (i) rear view mirrors, (ii) shaving mirrors.
Q26. A student has two resistors- 2Ω and

3Ω . She has to put one of them in place of R_2 as shown in the circuit. The current that she needs in the entire circuit is exactly 9A. Show by calculation which of the two resistors she should choose.

SECTION-C

- Q27.** What is vegetative propagation? What are its advantages? Name two plants grown by this method.
Q28. A plant with blue flowers (BB) is crossed with a plant with white flowers (bb).
 a. What would be the flower colour of F_1 progeny?
 b. What fraction of the F_2 progeny will have white flowers if hundred F_1 types were selfed?
 c. State the genotype ratio of BB and Bb in the F_2 progeny. Justify.
Q29. The number of malarial patients increase in a village after the export of a large number of frogs. How could these two events be related?
Q30. When a solution of potassium iodide is added to a solution of lead nitrate in a test tube, what type of reaction will take place? Write a balanced chemical equation to represent the reaction.
Q31. An element X belongs to the third period and group 16 of the Modern Periodic Table.
 a. Determine the number of valence electrons and the valency of X.
 b. Molecular formula of the compound when X reacts with H_2 and write its electron dot structure.
 c. Name the element X and state whether it is metallic or non-metallic.
Q32. Study the following table and answer the following questions:

Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Period 1																			
Period 2		A															B	C	
Period 3			D																E

- a. Name the element which forms only covalent compounds.
 b. Out of D and E, which has a bigger atomic radius and why?
 c. Write the formula of the compound formed when B reacts with D.
Q33a. State Fleming's left-hand rule.
 b. Draw a labelled diagram of an electric motor.

SECTION-D

- Q34.** a. The metal salt 'A' is blue in colour. When it is heated strongly over a burner, then a substance 'B' present in it is eliminated and a white powder 'C' is left behind. When a few drops of water are added to powder 'C', it becomes blue again.
 (i) Identify A, B and C.
 (ii) Write the chemical equations involved.
 (iii) Give an example of the salt which also shows the above property.
Q35. Draw a neat labelled diagram of the nephron and explain how it assists in urine formation.
Q36. Define resistance of a conductor. State the factors on which it depends. Name the device which is often used to change the resistance without changing the voltage source in an electric circuit. Calculate the resistance of a 50m long wire with a cross sectional area of 0.01 square mm and of resistivity $5 \times 10^{-8} \text{ m}$.

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

QUICK REVISION

PHYSIC
CLASS XII
CBSE

- Q1.** Using Gauss theorem, derive an expression for electric field intensity at a point due to
 i) a line of charge
 ii) a uniformly charged spherical shell
 iii) a charged solid sphere
Q2. A paisa coin is made up of Al-Mg alloy and weighs 0.75g. It has a square shape and its diagonal measures 17mm. It is electrically neutral and contains equal amounts of positive and negative charges. Treating the paisa coins made up of only Al, find the magnitude of an equal number of positive and negative charges.
Q3. The relaxation time τ is nearly independent of applied E field whereas it changes significantly with temperature T. First fact is (in part) responsible for Ohm's law whereas the second fact leads to

variation of ρ with temperature. Elaborate why?
Q4. Define modulation index. Why is its value kept, in practice, less than one? A carrier wave of frequency 1.5 MHz and amplitude 50 V is modulated by a sinusoidal wave of frequency 10 kHz producing 50% amplitude modulation. Calculate the amplitude of the AM wave and frequencies of the side bands produced.
Q5. A particle of mass $5 \times 10^{-3} \text{ kg}$ and charge $4 \mu\text{C}$ enters into a uniform electric field of $2 \times 10^5 \text{ NC}^{-1}$, moving with a velocity of 30 ms⁻¹ in a direction opposite to that of the field. Calculate the distance it would travel before coming to rest.
Q6. (a) A small compass needle of magnetic moment 'm' is free to turn about an axis perpendicular to the direction of uniform magnetic field 'B'. The moment of inertia of the

needle about the axis is I. The needle is slightly disturbed from its stable position and then released. Prove that it executes simple harmonic motion. Hence deduce the expression for its time period.
 (b) A compass needle, free to turn in a vertical plane, is oriented vertically with its axis vertical at a certain place on the earth. Find out the values of horizontal component of earth's magnetic field and angle of dip at the place.
Q7. (a) State Lenz's law. Give one example to illustrate this law. "The Lenz's law is a consequence of the principle of conservation of energy." Justify this statement.
 (b) Deduce an expression for the mutual inductance of two long coaxial solenoids but having different radii and different number of turns.
Q8. Draw a ray diagram to show the working of a compound microscope.

Deduce an expression for the total magnification when the final image is formed at the near point.
 In a compound microscope, an object is placed at a distance of 1.5 cm from the objective of focal length 1.25 cm.



If the eye piece has a focal length of 5 cm and the final image is formed at the near point, estimate the magnifying power of the microscope.
Q9. (i) In Young's double slit experiment, deduce the condition for (a) Constructive, and (b) Destructive interference at a point on the screen. Draw a graph showing variation of intensity in the interference pattern against position 'x' on the screen.
 (ii) Compare the interference pattern observed in Young's double slit experiment with single slit diffraction pattern, pointing out three distinguishing features.
Q10. (a) Describe briefly how wave nature of moving electrons was established experimentally.
 (b) Estimate the ratio of de-Broglie wavelength associated with deuterons and α -particles

when they are accelerated from rest through the same accelerating potential V.
Q11. i) The radius of innermost electron orbit of a hydrogen atom is $5.3 \times 10^{-11} \text{ m}$. What is the radius of orbit in the second excited state?
 ii) A radioactive isotope has a half life of T years. How long will it take the activity to reduce to 3.125% of its original value?
Q12. Draw V-I characteristics of a p-n junction diode. Answer the following questions, giving reasons.
 (i) Why is the current under reverse bias almost independent of the applied potential up to a critical voltage?
 (ii) Why does the reverse current show a sudden increase at the critical voltage?
 Name any semiconductor device, which operates under the reverse bias in the breakdown region.

Ajmeera Ramesh, Science Teacher, MP and EV English Medium High School, Vizag

TIMES NIE EDITORIAL POWERED BY STUDENTS

THE REAL OLYMPIC GOLD OF THIS YEAR: POSTPONEMENT

In this article, I would like to point out the problems with the Tokyo Olympics if it advances this year

By Advait Joshi, class XI, Shri Ram School - Aravali, Gurugram. He likes Economics, and has participated in many MUN's and won awards



An insight into the Olympics

Olympics is one of the biggest global spectacles of the world! An event which is a true reflection of a united world, where arch rival countries, people from different faiths and political beliefs compete against each other on sporting grounds and not at war frontiers. It is a sporting extravaganza that celebrates progress and spirit of challenging human limits. Unfortunately, after waiting for 4 years, since the Rio Olympics of 2016 that saw greats like Michael Phelps and Usain Bolt, the 2020 Tokyo Olympics was postponed due to the coronavirus pandemic. Postponed by a year, everyone was waiting for the Olympics to finally take place in 2021. But the second wave of Covid-19 seems to have rocked the world, especially countries such as India and Brazil. It now looks very difficult for the Olympics to take place.

However, the International Olympic Committee is determined to make sure the event advances, which I think is a foolish move for the following reasons...

1 Covid-19 still exists. The ongoing pandemic will make it difficult for organisers to conduct the games. It will be home to athletes and participants from all around the world, with some athletes coming from countries being heavily impacted by the second wave of Covid-19 variants. This puts not just the athletes, but everyone involved with the Olympics at risk of catching the virus.

The bio-bubble is a myth

The problem they would face in making, maintaining and protecting a bio-bubble of a size that can house more than 10,000 athletes and the coaching

teams is just not feasible and will pose big problems for the IOC and the Government of Japan. The Indian Premier League could not maintain a bio-bubble with just about 200 players and the coaching staff and some breaches were seen in the NBA bubble as well. The maintenance of a bio-bubble to house 10,000 plus people would be next to impossible.

2 Financially Illogical. Victor Matheson, an economist states that Tokyo will have to spend anywhere from \$3 billion to \$5 billion just in anti-Covid-19 measures. They will lose a further \$1 billion in lost ticket sales and \$1 billion lost for the economy as fewer people would spend mon-



ey at local hotels, restaurants, etc. Tokyo said that Olympics would cost about \$7.5 billion when the IOC awarded the games to them in 2013 but audits by the



Japanese government show the costs are higher than officially stated and are at least \$25 billion, making it the costliest summer Olympics on record.

Holding the Tokyo Olympics and Paralympics without spectators would result in losses of up to ¥2.4 trillion in Japan. Gains from promotional sporting post the event will also be reduced to ¥851.4 billion!

3 Heavy Opposition. Over 350,000 people have signed a 'Cancel Olympics' petition. A poll conducted in Japan shows that nearly 60 per cent of the people don't want the Olympics to take place. Tennis Legend Roger Federer states that even he is in two minds about the game and wanted clarity about the advancement of the Olympics.

4 Missed opportunity for the fans. With the Olympics to proceed with reduced attendance, this will be a missed opportunity for many sports fans. Due to the pandemic, many sport stars like Kidambi Srikanth and Saina Nehwal might miss the Olympic berth.

So, what is the solution?

I believe the postponement of the Tokyo Olympics to 2022 and the Paris Olympics to 2025 from 2024 will be the best possible way to make the Olympics a win-win situation for both the fans and the organisers. The organisers will also save money in the maintenance and building of a bio-bubble.

You have an opinion on this? Please share with us at www.toinie175@gmail.com You can also view this article on www.toistudent.com and post your comments there. Login now!

It's not just Covid-19, there's more..

Climate change could push temperatures at the Tokyo Olympics to the 'danger-zone' for athletes, a report warns.

Intense heat and high humidity could pose a serious risk to athletes at this year's Tokyo Olympics, according to a news report.

The report, published recently by the British Association for Sustainable Sport, details the concerns of leading athletes and scientists about the health impacts of soaring temperatures in Japan.

According to the report, the average annual temperature in Tokyo



est annual temperatures, which are soaring even higher this year.

"I think we're certainly approaching a danger-zone," Great Britain rower and Olympic hopeful Melissa Wilson told the study authors. "It's a horrible moment when you see athletes cross the line, their bodies fling back in total exhaustion, and then not rise up."

Some events at the summer games have already been moved away from Tokyo amid heat concerns, including the marathon, which will now take place in Sapporo that is cooler than Tokyo.

IN OTHER NEWS

"has increased by 2.86 degrees Celsius since 1900, more than three times as fast as the world's average."

The Olympics are due to run from July 23 to August 8 - a time when Japan usually experiences its high-

Postponement is the only way out

Times NIE student reporters share their views on why postponing Olympics is the need of the hour

No sense to host the games

While dozens of thousands of people continue to lose their lives due to the raging pandemic worldwide, it makes absolutely no sense to host an Olympic event at Tokyo. The motto of the games, which implies worldwide sportsmanship and humanity, would be highly disregarded if the games are held in such difficult circumstances.

Harsh Kumar Agarwal, class XI, National English School, Kolkata

The situation is not in favour

Amidst Covid-19, postponement of the Tokyo Olympics is a favourable decision. The current situation does not favour a mega tournament to be held with the same spirit - the absence of spectators does affect the event. For sportspeople, too, participating is a big risk. Given all these factors, it makes sense for the Games to be delayed.

Sanjuda Subramaniyan, class XI, RD International School, Erode

Lives lost cannot be gained back, the way money can be

The Japanese government has clear reservations about postponement because of the heavy costs involved. However, no benefit outweighs the well-being of the citizens. Japan can recover from the financial setbacks and regain its prestige, but lives and trust lost will be impossible to regain.

Hina Naela, class XII, G D Goenka Public School, Lucknow

Was postponed once, can be done again...isn't it!

Nations across the globe are experiencing Covid-19 waves and Tokyo is no exception. The much-awaited games have been postponed once and it can be done so again. As Olympics is a congregation of players from across the globe, this interaction will lead to the spreading of infection. To stay safe from Covid-19, postponement is the only way out.

Om Mistry, class XII, DPS, Ahmedabad

Tokyo is not in favour of Olympics

The Tokyo Olympics should be postponed; the foremost reason being that the city has seen a spike in Covid-19 cases recently, and due to this most athletes may not be able to participate in the prestigious sports event. 70% of Tokyo's population is also not in favour of hosting the Olympics. It will also prove to be a financial burden. Best to avoid.

Anahita Jain, class VIII, Suncity School, Gurugram

Japan in 4th wave, postponement need of the hour

Postponing the Tokyo Olympics is the need of the hour. As the world battles the pandemic, and Japan continues to reel under the fourth wave, public opinion for the post-ponement of the Tokyo Olympics is growing louder. Conducting the event in these circumstances will be unfair and will not do justice to the huge amount of money being spent.

Uel Jose, class X, Gregorian Public School, Ernakulam

Safety of people is paramount

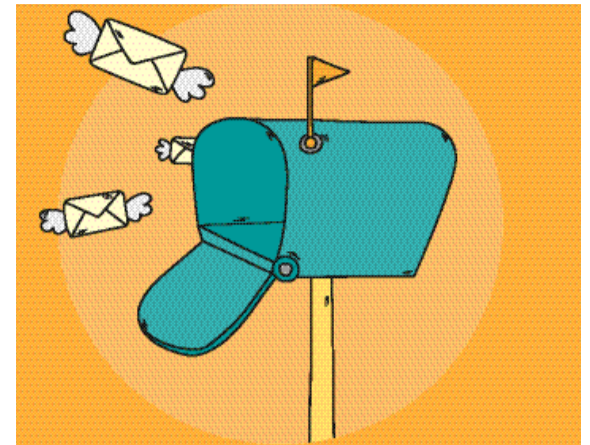
It would be best to postpone the Tokyo Olympics, with the pandemic raging in Japan and the world. Participating athletes have not really been able to undergo effective training and many other sportspeople will not be able to participate due to restrictions. So, what's the point in going ahead? If your answer is in the negative, simply means No Games.

Anagha B Poojari, class X, MES Kishore Kendra Public School, Bengaluru

Safety over excitement

With so much uncertainty caused by the coronavirus outbreak, the last thing anyone should worry about is the Olympics. It's important but everyone's safety takes precedence over excitement. The motto of the Olympics is 'Citius, Altius, Fortius', meaning 'Faster, Higher, Stronger'. If the Olympics are held this year and athletes get infected, will they be 'stronger'?

Brinda Thamman, class X, St Kabir Public School, Chandigarh



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WE ARE WAITING

OLYMPICS IN NUMBERS

Tokyo is the first city in Asia to host an Olympics twice

Number of competitors
More than 11 thousand expected

Number of countries
205 expected - including 193 UN Member states, 9 dependent states

Sports making debut
Skateboarding, karate, surfing and sport climbing

New disciplines
3x3 basketball, freestyle BMX, and madison cycling

Returning this time - Baseball/softball

Competitions venues - 33 venues in Tokyo

Japan's National Stadium will host the opening and closing ceremonies, apart from athletics (track and field) and football finals for women

Return of Superstars

Gymnastics - Simone Biles

Swimming - Katie Ledecky

Track star - Sydney McLaughlin



Simone Biles

Number of events: 339 representing 33 different sports

Full list of sports and the number of events within each sport are given below

Aquatics (49) | Archery (5) | Athletics (48) | Badminton (5) | Baseball/Softball (2) | Basketball (4) | Boxing (13) | Canoeing (16) | Cycling (22) | Equestrian (6) | Fencing (12) | Field Hockey (2) | Football (2) | Golf (2) | Gymnastics (18) | Handball (2) | Judo (15) | Karate (8) | Pentathlon (2) | Rowing (14) | Rugby (2) | Sailing (10) | Shooting (15) | Skateboarding (4) | Sport Climbing (2) | Surfing (2) | Table Tennis (5) | Taekwondo (8) | Tennis (5) | Triathlon (3) | Volleyball (4) | Weightlifting (14) | Wrestling (18)

NO, OLYMPICS SHOULD BE ON

Too much at stake

The Olympics should not be postponed as a lot is at stake including the time and effort put in so far by the athletes. I am confident that the Japanese government will try to keep the games on schedule. If it is unsafe, they will have to conduct the games without spectators.

O Annie Sharmine, class VIII, RMK Senior Secondary School

Unfair to the athletes

The Olympics is a massive event. Japan can go ahead with conducting the games on schedule with only athletes and other essential personnel. This will reduce the risk of Covid-19. Athletes train for years and postponing may be unfair.

Aarya Bhanushali, class X, SVDD English Medium Secondary High School, Mumbai

EXPERTS' QUOTES

Prime focus should be vaccination, not games

The games should be postponed because even in the most optimistic scenario, Japan and the rest of the countries in the world will not be fully vaccinated by the end of June. The prime focus this year should be getting the vaccination programs going, with many virus variants still around and infecting people.

Muthumalai Natrajan, athletic trainer, Chennai

Postpone to give vaccination time

Yes, the Olympics should be postponed as we've seen how difficult it is to control the spread of the virus. Even if the games are postponed by six months or three months, the vaccination drive might be faring better and we may gain control on the pandemic. Let's wait and focus on vaccination.

Sumit Kamble, sports coach, SVDD English Medium Secondary High School, Mumbai

VILLARREAL WIN MAIDEN EUROPA LEAGUE TITLE



Villarreal players celebrate with the trophy after winning the Europa League Pool

Photo: REUTERS

Villarreal defeated Manchester United 11-10 on penalties to win their first major trophy after a 1-1 draw in the Europa League final as goalkeeper David de Gea missed the decisive spot-kick in a remarkable shootout

United stays trophyless

Gerard Moreno gave Villarreal the lead 29 minutes into the Spanish club's first European final, but Edinson Cavani equalised early in the second half before Unai Emery's team prevailed on spot-kicks, extending United's four-year trophy drought. Eric Bailly replaced the injured Harry Maguire in central defence, with the United captain surprisingly named among the substitutes despite suffering ankle ligament damage two weeks ago. De Gea started ahead of Dean Henderson in goal, while Paul Pogba took up a more orthodox midfield role as Fred was only deemed fit enough for a spot on the bench.

Both sides had a slow start

An early collision between Juan Foyth and Pogba left the former Tottenham defender bloodied but both sides were slow to click into gear on

a damp and chilly night on the Baltic coast. Carlos Bacca's clever rabona cross created an opportunity for Pau Torres, the centre-back linked with a summer move to United, while Marcus Rashford tested Geronimo Rulli with a dipping effort from distance. Jeremy Pino, who at 18 years and 218 days broke Iker Casillas' record as the youngest Spanish player to start a major European final, scuffed wide on the counter, but Villarreal were soon ahead.

Panic in the United box

Dani Parejo swung in a free-kick from the left and Moreno peeled away from Luke Shaw and Victor Lindelof, steering beyond De Gea as the Swede desperately tugged at his shirt. Moreno's 82nd goal for Villarreal equalled the club record of former Manchester United forward Giuseppe Rossi. But it also sparked a reaction from United, as a battling Scott Mc-

This season, we have not worked on penalties in training but the players have been fabulous. It's amazing and wonderful that everyone has scored. It is a source of pride for Villarreal, the president, the project. The secret is work. The players showed a great mentality throughout the competition and in the final.

UNAI EMERY, coach, Villarreal CF



Tominay watched his shot deflected over before Mason Greenwood burst into the area and sent in a fizzing cross that Raul Albiol nearly diverted into his own net. Another Parejo set-piece caused panic in the United box right after half-time, Manu Trigueros crossing back towards goal before the ball was scrambled clear with Moreno and Carlos Bacca lurking dangerously. Alfonso Pedraza was perhaps fortunate no further action was taken when he appeared to catch Greenwood in the Villarreal area, although United benefitted from a slice of luck to level. A headed clearance at a corner dropped to Rashford, whose dragged volley ricocheted into the path of Cavani as De Gea had his attempt palmed away by Rulli as United lost for the sixth time in seven shootouts, giving Emery a record fourth Europa League crown.

Rulli saves the day

It was the Uruguayan's sixth goal of the competition this season, all coming in his past four matches, and one that handed United the momentum. Bruno Fernandes drilled wide as Cavani tried in vain to readjust with the ball flashing by, and the striker then headed straight at Torres from Shaw's miscued shot. United continued to dominate possession as Villarreal soaked up the pressure, but the Spaniards remained a threat as Torres curled over at the end of normal time. Alberto Moreno slashed wide as United began to tire, prompting Solskjaer to make his first change after 100 minutes as Fred replaced Greenwood. Weariness and a raft of substitutions slowed the tempo in the closing stages as the rain intensified with penalties almost inevitable. The first 21 penalties were successfully converted before De Gea had his attempt palmed away by Rulli as United lost for the sixth time in seven shootouts, giving Emery a record fourth Europa League crown.

NADAL EYING A RECORD 21ST GRAND SLAM TITLE



Nadal pose with his trophy at the Italian Open tennis tournament

With 13 French Open titles and a tantalising prospect of increasing his Grand Slam haul to 21, Rafael Nadal is set to become the most successful player in men's tennis

The Mallorcan will turn 35 during the tournament but shows little sign of slowing down. By triumphing in Barcelona and Rome for a 12th and 10th time respectively, he won two of the four tournaments he had entered in the run-up to the clay-court major. Andrey Rublev and Alexander Zverev may have comfortably beaten Nadal in Monte Carlo and Madrid respectively but as anyone who has encountered Nadal at Roland Garros knows, beating the Spaniard in a best-of-five-set clay court match is the ultimate challenge in tennis. Since his debut Paris appearance in 2005, it has happened only twice.

Defeated on red dirt - a rare sight

Those searching for weaknesses in Nadal's armour could take heart from the Spaniard's losses to Rublev and Zverev as well as the fact he recently dropped sets on clay against Denis Shapovalov and Kei Nishikori. Nadal being outclassed 6-1 on red dirt is also a rare sight, as was the case in the second set of the Rome final against Novak Djokovic. But he has a habit of truly coming into his own at Roland Garros, as his 100-2 win-loss record testifies.

He shrugged off injury problems on his way to victory in 2019 and also blasted his way to the 2020 title without dropping a set in the rescheduled tournament

last October despite hardly playing any matches in the run-up due to coronavirus. While other players complained of the unfamiliar autumn conditions in the French capital, Nadal stormed his way to the final before thrashing Djokovic 6-0 6-2 7-5. Nadal said he had a "complete" tournament in Rome and was in optimal shape for the looming trip to Paris, which he called "the most important place in my career". "I'll be working on things that I need to improve and I also need to relax on a mental level," he said. "Winning always gives you a boost and it's evidently better to arrive at Roland Garros with this trophy in my arms."

ZIDANE RESIGNS AS REAL MADRID COACH

Zinedine Zidane has resigned as Real Madrid manager with immediate effect, according to media reports, just days after the club were beaten to the La Liga title by Atletico Madrid. The Frenchman's reported departure comes at the end of a disappointing campaign for the 13-time European champions, who also lost to Chelsea in the Champions League semi-finals as they failed to win a trophy for the first time in 11 seasons. Italian football journalist Fabrizio Romano broke what he called "exclusive" news in a tweet which was picked up by Spanish sports outlets including Madrid sports dailies Marca and AS, and the radio station Cadena Ser. An official announcement of his departure, said Romano, would be made "in the next hours/days". Only ten days ago Zidane, who has a contract with Real Madrid until 2022, denied media speculation that he had already told his players that he would be leaving at the end of the season.



Photo: REUTERS

QUIZ TIME!

Q1: Which famous athlete won the 200m at Beijing, London and Rio?

- a) Justin Gatlin b) Yohan Blake
c) Tyson Gay d) Usain Bolt

Q2: Which opening batsman made 5000 ODI runs in just 100 innings?

- a) Tillakaratne Dilshan b) AB de Villiers
c) Hashim Amla d) None of the above

Q3: In which city is the Australian Open staged?

- a) Melbourne b) Melbourne Park
c) Sydney d) Perth

Q4: Who holds the current record for the most number of scores in La Liga?

- a) Lionel Messi b) Karim Benzema
c) Gerard Moreno d) Luis Suárez

Q5: First held in 1990, what is the female equivalent of the Ryder Cup called?

- a) Women's PGA Championship b) LPGA
c) The Solheim Cup d) None of the above

Q6: Simone Biles surpassed Vitaly Scherbo to break the record for most World Medals in which sport?

- a) Gymnastics b) Pole Vault
c) Swimming d) Tennis

Q7: Thierry Henry has won the Golden Boot a record four times. Name the only other player to have won it three years in a row.



Photo: GETTY IMAGES

- a) Harry Kane b) Lionel Messi
c) Gerd Müller d) Alan Shearer

Q8: Which was the first country in Asia to host a Formula One race?

- a) China b) Singapore
c) Thailand d) Japan

Q9: For the first time a Croatian and a Belgian were named as the two best football players of the 2018 tournament. Who were they?

- a) Ivan Rakitić and Romelu Lukaku
b) Domagoj Vida and Kevin De Bruyne
c) Luka Modrić and Eden Hazard
d) Ivan Perišić and Dries Mertens

Q10: Against which country did India's men's cricket team clinch a first whitewash victory away, in all three formats (Test, ODI and T-20)?

- a) New Zealand b) South Africa
c) Sri Lanka d) West Indies

Q11: In 1981, in which sporting event did Sue Brown become the first female competitor?

- a) Gymnastics b) Equestrian
c) Boat racing d) Boxing

ANSWERS: 1. d) Usain Bolt 2. c) Hashim Amla
3. b) Melbourne Park 4. a) Lionel Messi
5. c) The Solheim Cup 6. a) Gymnastics
7. d) Alan Shearer 8. b) Singapore
9. c) Luka Modrić and Eden Hazard
10. c) Sri Lanka 11. c) Boat racing



THE TIMES OF INDIA

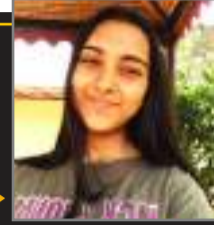
www.toistudent.com

TODAY'S EDITION

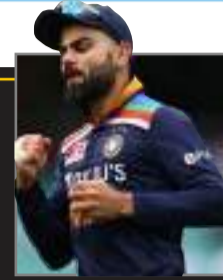
> A parent asks: Getting ready before class, a sign of "boastful behaviour". Our expert answers...
PAGE 2



> Learn how to make your weekend meaningful from your friends' experiences
PAGE 3



> WTC: ICC working on 'sixth day' for finals
PAGE 4



STUDENT EDITION

THURSDAY, MAY 27, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

TIMES NIE Answers Your Query

Yashika Sharma,
class XII, G D Goenka Public School, Lucknow



ASK THE EXPERT A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,
CLICK HERE
OR VISIT
<https://bit.ly/331Rx0n>

Q Is it safe to be in the balcony alone without a mask if neighbours are Covid cases?

There is nothing unsafe about standing in the balcony, as long as there is adequate distance between the households. From the very beginning of the pandemic, the WHO has said

that only in close contact (less than 6 feet) can there be transmission of the virus through cough/sneeze droplets, and that's why one needs to wear a mask and sanitise when in a crowded space.



Rizak Singh,
class VIII, The Millennium School, Lucknow

Q Frequent use of sanitisers is creating skin problems. How can we avoid such issues?

If one is sensitive to sanitisers, then limit the usage to outdoor visits and crowded areas. Washing hands with a regular soap with essential oils/moisturiser for 20 seconds is the best solution. For dryness, try moisturising your hands with oil or lotion.

EXPERT ADVICE GIVEN BY

Dr Tauseef Ahmed, General Physician, Nishat Hospital, Lucknow



NEWS IN CLUES

WHICH FAMOUS WORLD LEADER AUTHORED THE BOOKS 'FREEDOM FROM FEAR' AND 'LET'S VISIT NEPAL'?

CLUE 1: Her life is portrayed in Luc Besson's 2011 film *The Lady*; Michelle Yeoh played her character

CLUE 2: She studied in the Convent of Jesus and Mary School, New Delhi, and graduated from Lady Shri Ram College, Delhi University

CLUE 3: She was awarded the 1991 Nobel Peace Prize.

Answer: Aung San Suu Kyi. On Monday, Myanmar's former leader appeared in court in person for the first time since her government was overthrown by the military in February. The hearing in Naypyidaw was immediately adjourned. The former leader faces several charges, including violating a state secrets law. She has been held under house arrest for the 16 weeks since she was deposed.

Atlantification

WHAT Scientists have warned that the Arctic Ocean could soon succumb to a new threat - Atlantification. According to scientists, warm water from the Atlantic Ocean is travelling higher latitudes that is causing the edge of sea ice to melt. The findings were revealed by the European Space Agency (ESA), which used satellite data to calculate changes in the volume of Arctic sea ice between 2002 and 2019.

HOW Previous research suggested that sea ice partially recovers in the winter, following summer melting, but the heated water is overpowering this stabilising effect, and leaving ice more vulnerable during warmer summers and winter storms.

WHY The data shows that the volume of sea ice in the 2020 to 2021 winter season was at its lowest since these sea-ice data products began in 2010, and ESA says climate change is to blame.



■ Sea ice is vital for the Arctic, it not only keeps the polar regions cooler, but also the world by moderating the global climate

THE IMPACT

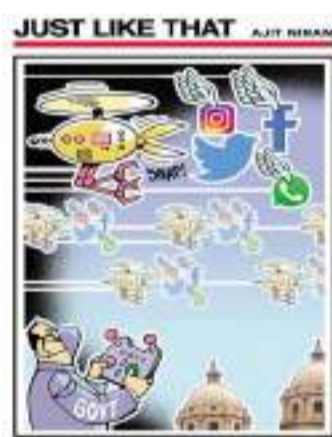
■ As these floating sheets of ice melt, the water flows into surrounding oceans and raises sea levels - an event scientists worldwide have been studying

■ Atlantification can also cause fish native to warm waters move into the Arctic, which would result in many succumbing to the cold temperatures, and lack of natural food sources

DAILY MAIL

WhatsApp, Twitter could lose intermediary status

Facebook, WhatsApp and Twitter could lose their status as an internet intermediary "within two days" if they do not comply with the central government's new rules notified under the IT Act in February, according to a report in Economic Times. The new rules came into effect on May 26. The threat: The loss of intermediary status would mean every user post on these platforms would be consid-



'Drona-chargers'

ered as being published by the companies, making them criminally-liable for any content deemed illegal. As a publisher, platforms will have to proactively censor con-

TECHAWAY

tent before they appear online - like the China's internet. But platforms are continuing to negotiate and are seeking six months time to comply with the new rules.

THE RULES:

■ The Information Technology (Intermediary Guidelines and Digital Media Ethics Code) Rules, 2021 was notified by the central government under IT Act, 2000, thus avoiding parliamentary scrutiny. Among other things, it calls for a grievance redressal mechanism for platforms to respond to complaints from users. The three-tier system is topped by an inter-

departmental committee set up by the government. It also mandates that platforms identify the "first originator" of "unlawful" content
■ The trouble: The Internet rights groups say the rules give the government excessive powers over digital news, streaming platforms and social media and could have far-reaching consequences on online privacy, freedom of speech and expression

WhatsApp has filed a case in the Delhi high court against the government, seeking to block the new IT rules

\$29.3 MILLION

Price of a rare pink 15.81 carat-diamond that was sold in Hong Kong recently, setting a world-record auction

price for a gem of the kind. The purple-pink diamond, named 'The Sakura', which translates to the Japanese word for cherry blossom was put under the hammer by the auction house Christie's. The rare-coloured gem is set on a platinum ring, and has been classed as 'fancy vivid' because of its intensity of colour and being 'internally flawless,' which means that any internal blemish on the stone can only be identified under a very powerful microscope. Alongside 'the Sakura', another vivid heart-shaped pink diamond ring was also auctioned, titled 'The Sweet Heart' at 4.2 carat for \$6.6 million.



FACTOID

IMF moots \$50 bn plan to end global Covid crisis

The International Monetary Fund (IMF) has mooted a proposal with a total cost of around \$50 billion to vaccinate at least 40 per cent of the population in all

the countries by the end of 2021, and at least 60 per cent by the first half of 2022. "The world does not have to live through the pain of another record surge of Covid-19 cas-

es. With strong global action now and with very little in terms of financing relative to the outsized benefits, we can durably exit this health crisis," the IMF said.

> The strategy paper includes track and insure against downside risks, ensure widespread testing and tracing, maintain adequate stocks of therapeutics, and enforce public health measures in places where vaccine coverage is low
> Importantly, the strategy requires not just commitments but upfront financing,



upfront vaccine donations, and 'at-risk' investment for the world to insure against downside scenarios

> The proposal's total cost of around \$50 billion would include grants, national government resources, and concessional financing
> The IMF projects that at least 500 million vaccine courses (equivalent to around 1 billion doses) can be donated in 2021, even if countries give preference to their own population

Indiana Jones' Fedora, Harry Potter's glasses among prized pop-culture memorabilia up for auction

Indiana Jones' fedora and Harry Potter's glasses are among over 1,200 film and television memorabilia items going under the hammer in June at the Prop Store in California. Matt Truex, marketing manager at the Prop Store said, the auction was the biggest they

had ever held, and he expects keen interest from the collectors. "One of the hottest items in our auction is this original Indiana Jones, Harrison Ford fedora hat from 'Indiana Jones and the Temple of Doom,' the second film. This is valued in auction for \$250,000 to \$350,000," Truex said.

■ Bidders will be able to view the full catalogue of items being auctioned via Zoom and make their purchases online and by phone. Among the hundreds of

items, collectors will find memorabilia from films like 'Terminator 2: Judgment Day,' 'Batman,' 'Elf,' 'Top Gun,' and 'The Muppets'

■ Harry Potter's wand and eyeglasses, worn by Daniel Radcliffe during production on 'Harry Potter and the Deathly Hallows', promise to be one of the most sought-after items



ON SALE

HOW TO SPOT depression in young children



IDENTIFY RED FLAGS

Depression in children is not so much what a child says but what they do - or stop doing

New York-based clinical psychologist Rachel Busman says as many as two to three per cent of children ages 6 to 12 can have serious depression. But it can look very different for young children, which makes it challenging for parents - or doctors - to recognise it or provide help.

WHAT DOES DEPRESSION LOOK LIKE?

When young children are depressed, it's not unusual for "primary mood to be irritability, not sadness; it comes across as being very cranky," said Maria Kovacs, professor of psychiatry at the University of Pittsburgh School of Medicine, US. And children aren't likely to understand that what they are feeling

is depression or identify it that way. It is up to adults to look for signs that something is not right, she said.

Look for "significant changes in functioning," Kovacs said, like "if a child stops playing with favourite things, stops responding to what he used to respond to." This might mean a child loses interest in the toys or games or jokes or rituals that used to be reliably fun. They may seem exhausted, have less energy or tire easily. And they may start complaining about physical symptoms, especially stomach aches and headaches. They may sleep more - or less - or lose their appetite.

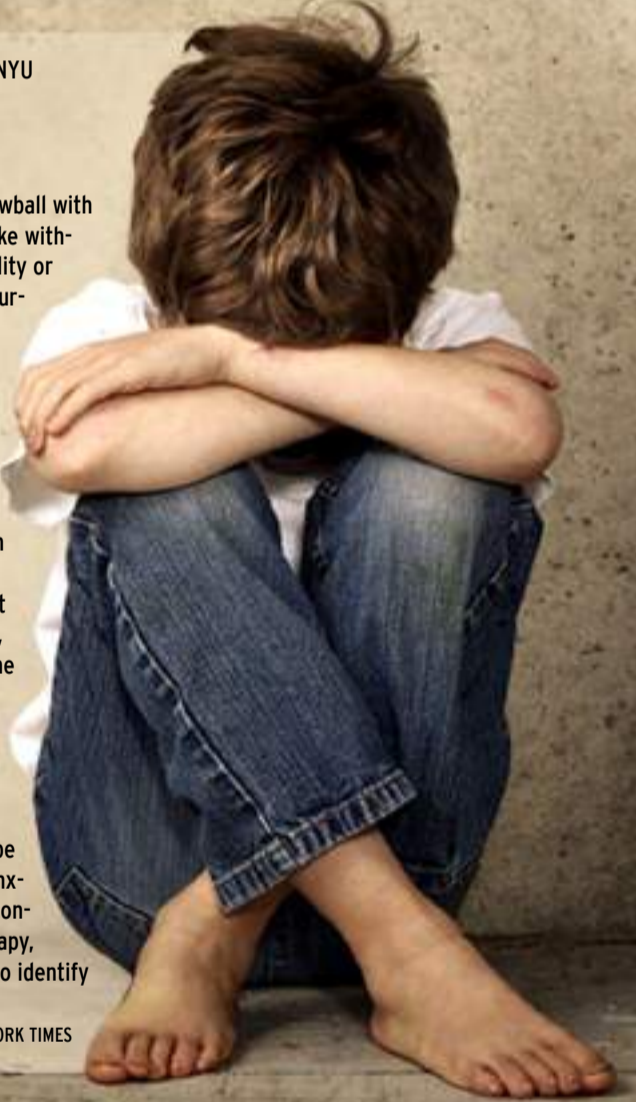
Depression "may look like a behaviour problem but is really being driven by what the kid is feeling inside", said Dr Helen Egger, former chairman of child

and adolescent psychiatry at NYU Langone Health, NYC, US.

SEEK HELP

Depressive symptoms can snowball with time. So, if you see changes like withdrawal from activities, irritability or sadness, fatigue, or sleep disturbances that persist for two weeks, consider having the child evaluated by someone who is familiar with mental health issues in children of that age. An evaluation should include questions about symptoms of depression as well as looking for other problems, like attention deficit hyperactivity disorder (ADHD), which may be at the root of the child's distress.

There is almost always a stressor that sets off the problem. It could be a change in the family - a parental divorce, a death - or it could be something more subtle, like anxiety that has spiralled out of control. If a child does begin therapy, part of the treatment will be to identify that stressor.



THE NEW YORK TIMES



Depressive symptoms can snowball with time. So, if you see changes like withdrawal from activities, irritability or sadness, fatigue, or sleep disturbances that persist for two weeks, consider having the child evaluated by someone who is familiar with mental health issues in children and teens

ASK THE EXPERT

"My daughter loves being applauded. Is it a healthy habit?"



QUERY: My daughter loves being applauded and she tries doing the same during her online classes too. She likes telling her teachers that she is ready with answers or has done her classwork beforehand. Sometimes it appears boastful. Should I let her be? Or should I tell her that this is not a healthy habit?

Response by Dr RACHNA KHANNA

Hello, thanks for getting in touch with us.

From what you have shared, I understand that you are coming from a place of concern and care for your child, and want her to be more humble.

Sometimes, irrespective of age, we all like to get appreciated and there is nothing wrong with that, rather it is a normal human response. For children too, it is very natural to want that extra dose of appreciation. And to get that, children go to different extents, with boasting being one of the most common.

Further, boasting is not only normal but also healthy. According to leading child psychologists, children in their formative years are developing a sense of self, and the kind of feedback they get during these years plays a large role in shaping their identity.



They are not receiving enough/any appreciation from their parents. They might be imitating someone or another child. They might be in an environment where winning is all that matters.

So, first, it is important to understand the reason. Another thing is that many times, kids are not aware that boasting can also hurt their friend's feelings. They are just happy for accomplishing the task and want to express that. However, if your child is deriving pleasure from doing something better than other kids, then responses as a parent can also teach them a valuable lesson.

Now, I recommend that through you, a good example for your daughter can be set. What children see, is what they adopt. If you find yourself gloating

ing or boasting on any occasion, or any other adult in her vicinity is doing so, try and cut down on this behaviour. Lastly, encourage her to see that it feels good to give compliments as well. And remember to give her appropriate praises. Hope this helps. But if this issue persists, then do consult a child psychologist or psychiatrist for further advice on the same.

Dr RACHNA KHANNA SINGH
HOD - Holistic Medicine,
Artemis Hospital, Gurgaon



However, too much of anything is not good and what needs to be understood is where this behaviour is coming from. There can be many positive as well as negative reasons, which might include:

- They have been brought up in a safe, loving environment and therefore have positive self-regard and have a high need for the constant posi-



HEALTH BYTES

6 reasons to eat SPINACH



Popeye's favourite vegetable is loaded with health benefits. Here are six reasons why this nutritional powerhouse deserves a place on your plate.

- Spinach is high in vitamin C, which helps boost your immunity.
- It contains minerals such as calcium, magnesium and potassium, all essential for a healthy body.

3 Spinach is a great source of vitamin A - necessary for the health of your eyes.

4 It contains vitamin K that is essential for forming clots to prevent bleeding after injury.

5 Spinach is rich in lutein, which protects the retina and is good for vision.

6 It is a very good source of iron too, which is essential to avoid anaemia.

DAILY MIRROR

QUIZ TIME (MIXED BAG)

Q.1) What did JB Dunlop invent?
A. Pneumatic rubber tyre
B. Automobile wheel rim
C. Rubber boot
D. Model airplanes

Q.2) Which scientist discovered the radioactive element radium?
A. Isaac Newton
B. Albert Einstein
C. Benjamin Franklin
D. Marie Curie

Q.3) Chlorophyll is a naturally occurring chelate compound in which the central metal is ____.
A. Gold B. Iron
C. Magnesium D. Silver

Q.4) The inert gas which is substituted for nitrogen in the air used by

deep sea divers for breathing, is ____.
A. Oxygen B. Helium
C. Nitrogen D. Hydrogen

Q.5) Entomology is the science that studies ____.
A. Air B. Water
C. Insects D. Rocks

ANSWERS

- A) Pneumatic rubber tyre
- D) Marie Curie
- C) Magnesium
- B) Helium
- C) Insects

KNOWLEDGE BANK (UNIVERSE)

Hottest planet

Venus is the hottest planet in the solar system and has an average surface temperature of around 450° C. Interestingly, Venus is not the closest planet to the Sun - Mercury is closer but because Mercury has no atmosphere to regulate temperature, it has a large temperature fluctuation.



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 tolnle175@gmail.com



CHECK YOUR APITUDE



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 near-

est tenth of a centimetre, of the ball bearing is?
A. 1 cm
B. 1.2 cm
C. 2 cm
D. 0.6 cm

ANSWER:
1. 1.2 cm

"Magical vibes created amazing book"

Friends got together and the outcome was creation of a beautiful book. Meet Diva Garg, Rajita Sogani, Aatman Choudhary, Sana Jain and Riana Jindal, class VII, students from Anand Niketan, share their journey of writing book "Saviours of the sea" ...

Q: What is your book about?

This book is about an unusual voyage of 4 school kids who land into an extraordinary adventure.

Q: How did you pick the genre/ and subject? What is the message people have left after reading your book?

This book is a work of fiction that unfolds an adventure. It is closer to reality as it has human characters living ordinary lives but also has an element of fantastical powers and characters. The genre was picked because adventure came out to be a common choice and it is also a favourite of many other children of our age. The readers realised that we ourselves are responsible for this crisis and as a race, we need to work towards controlling and improving the situation. No one will come from celestial space to help us. We, ourselves, have to shoulder this task.

Q: When/where do your best ideas come from?

Aatman: When I was developing characters for the story, the attributes given to them were inspired by the people in my life. So, life and its components are the sources of my ideas.

Diva: For me, my best ideas come when I am relaxed and spend time with my friends and family. They inspire me to think positively.

Rajita: I get my best ideas when I am jovial and excited. Any place which is an abode to vibrant energies can trigger some unusual creations for me.

Riana: My best ideas come when I am mentally relaxed. I mainly work in my room as it gives me abundant energy and magical vibes for better ideas.

SANA: My best ideas come from daydreaming, thinking, reading, surfing the internet, and listening to my friends.

Q: How much time did you take to finish your book?

Almost 70 percent of the book was done from the day of the idea being hatched, in about a month. However, there was a slowdown owing to our academics, examinations, etc. then



Aatman Choudhary



Diva Garg



Rajita Sogani



Riana Jindal



Sana Jain

we again geared up and finished the book. It took us about 2 months to complete the book.

Q: What is the best/worst part about writing a book?

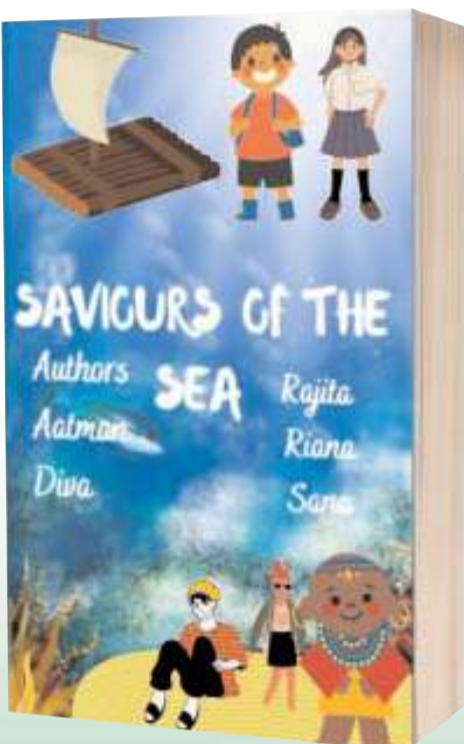
Diva: The best thing about writing a book is that as we all were related to each other our ideas synched a lot and when ideas sync they go along nicely. The worst thing is that you have to be patient as there are so many steps to get a book published.

Rajita: The best part about writing any book is the message any book conveys to the readers, which is why we chose the topic to save the underwater world. The worst part is meeting its deadline and the pressure which is associated with it.

Riana: You are focused to do one thing and it becomes so interesting that you just want to keep doing it. The worst part is that when we write a book, we have to follow specific genre/genres.

Sana: The best part about writing a book is that you get so many beautiful ideas that you can express through words and illustrations. The worst part is writer's block.

Aatman: The best part about writing a book is that it gives wings to our imagination. The worst part is when we sit to write and just cannot think.



Q: What is one writing advice/ rule/ tip/ method that doesn't work?

Rajita: Advice of focusing on a particular aspect of writing does not work.

Riana: Taking stress to meet the target, will never help.

Sana: Avoiding exclamation points and figures of speech in a writing does not work as they add life to your writing.

Aatman: Writing the whole chapter in a single sitting never works.

Diva: If you wish to achieve something, do not do it with half heart.

Q: Who is your favourite author? Why does he/she inspire you?

Riana: Carolyn Keene is my favourite author as I am in awe of her writing style.

Sana: Sudha Murty. She inspires to lead a simple life and listen to one's conscience.

Aatman: Sudha Murty is my favourite as she showcases simple stories in a beautiful manner.

Diva: Sudha Murty as her writings are clean and have no foul words.

Rajita: Tamsin Wintergarden, who inspired me through her books "Being Miss Nobody", where she informs us to raise our voice and stop being a nobody.

Q: What is the best advice you can give to

your peers who want to write?

Sana: Continuous writing helps improve grammar and language and makes thoughts creative.

Aatman: Writing enriches us and we benefit without losing anything.

Diva: Have patience and you will find your path.

Rajita: Follow your passion and work towards the completion of things that you start.

Riana: Sit in a place that you think gives you the perfect energy or vibe to write something substantial and meaningful.

Q: What all works have you all have written, and are planning to write in the future?

Aatman: I started writing 2 years ago for a class project and I received appreciation for my story. I have a collection of a few stories and would like to compile them soon.

Diva: No plans but optimistic as I have the know-how of writing.

Rajitha: This Novelette "Saviours of the Sea" is my first attempt at writing something professionally, but I plan to write more fiction books in the future.

Riana: I plan to write mysterious/ detective books as I think they intrigue me the most.

Sana: This is my first book but not the last one. In future, I will increase my writing time.

WEEKEND PLAN

Discovering new ways of enjoying!

Previously, our weekends were meant to meet friends, go to clubs, play badminton and watch movies or have dinner in a restaurant. But in this Covid era, the situation has changed for everyone. Now we plan our weekends, keeping safety as a priority in our mind. On Saturday morning, I finished my study routine and did go for cycling. Then, after resting for some time, I cleaned up my room that had turned messy during the week.

At noon, my mother and I visited Crossword and got some good books to read. In the evening, we spent time watching a movie at home.

On Sunday, my daddy is free. In the morning we went to Riverfront for cycling. In the afternoon we played Board games, and in the evening, my Nana-Nani came to meet us.

Initially, I felt that there is no fun if we can't go to the movies or the club. But now, I have realized that there are always new ways to explore and have fun.

NIRVI SHAH,
Class IV, Udgam School For Children

Painters' Gallery

Satya Joshipura, Student, Udgam School For Children

Jiana Shah, Class III, Zydsu School For Excellence

Sai Saswat Das, Class III, Siddharth's Miracles School

Jitansh Prasoorn, Class VIII, Podar World School, Sherghi

Darshi Meva, Class X, Delhi Public School, Bopal

BOOK: A BOOK OF ADVENTURE AND FUN!

Are you thinking about which book you should read next? There is a wonderful and interesting book by Geronimo Stilton, 'A Mysterious Cheese Thief'. The book is about a fraidy mouse of a new mouse city in London, who works in a newspaper named Rodent's Gazette. But his real passion is writing funny, adventurous, and mischievous story-books. There main characters are Geronimo stilton- a fraidy mouse, who creates the problem and solves it with 3 other partners. Thea Stilton likes to solve mystery cases and Benjamin helps Thea. The trap is the funniest character of the story, who is cheesiologist but he doesn't know anything about cheese!

In this story, Geronimo and his team have got a letter from the mice government that Geronimo can't use the stilton surname from now. While hunting for the reason, they found that the stilton cheese is gone from the whole of England! And after that, you need to read the story to reach the most interesting climax of the story! It's a fun-loving and interesting story and I am sure you will definitely love reading it!

YUG JAISINGANI, Class VII, SGVP International School

ODE TO THE PEN

Life is dull

Yesterday is gone, But you are still not grown.
Today is what matters, And you are still shattered.
Tomorrow again a dream will come, And you will still forget it once.
Arise and awake, Who knows tomorrow's faith?
Sometimes there is a burden, And life feels like a hurdle.
But thousand times you will fall, And falling only gives a call.
Don't lose hope, Be strong like a rope.
Now you are crying, And your competitors are flying,
But one day you will win, And your failure will no longer remain a sin.
Hard work will pay off, And laziness will lay off.
Be a good leader Rather than being a ready-made feeder.
Time is very less, Utilize it at its best.

The bright side

Amidst the widespread pandemic right now, I hear nature saying, " work in progress, go slow".
Amidst the thousands of cases coming active every day, I see billions sitting home and play;
Amidst the shortfall of life vaccine at bay, I read new brand launch showing the ray;
Amidst the businesses seem coming to an end, I see health and hygiene habits being new fashion trend;
Amidst the rumours raising high anxiety, My phone beeps noting,
Another mental health workshop for free;
Amidst closed schools scenario, I see non- stop learning anyhow;
Amidst the new virus being found, I feel global warming coming down;
Amidst the fear and pain wallows, I see the true meaning of " Vasudev kutumbkam " follows.
MITANSH SINGHAL, Class III, Essar International School, Surat

WTC FINAL: ICC WORKING ON ADDING A 'SIXTH DAY'

The International Cricket Council (ICC) is revisiting the existing playing conditions for the inaugural World Test Championship (WTC) final to be played between India and New Zealand in Southampton from June 18

A reserve day on the cards

As per reports, the finalized playing conditions will be out this week. There is much confusion about what happens if the match ends in a draw. When the WTC was formulated, the ICC had stated in its FAQs that a reserve day would be kept for the final. Interestingly, the clause has been taken off from the ICC website. And it was also stated that if the match ended in a draw, both teams would be declared joint winners.

Joint winners not a possible result

As per the initial plans, the reserve day would have kicked in if there were any hours lost in the first five days of

NOT TAKING CHANCES

The idea was to ensure that the match is played out in the 30 hours in the first five days. And the reserve day would come into play only if a total of 30 hours were not played in the first five days. That would have meant that the result had a lesser chance of being influenced by weather.

the match. However, TOI understands there is much ambiguity when it comes to just 'hours of play'. The ICC would need to factor in the possible slow over rates too. A five-day match is supposed to have a maximum of 450 overs. "The idea of having joint winners also doesn't sit very well given it's the first time a WTC final is being played. So, one has to have maximum options open to get a result out of the match. The ICC committee is working on it and it should be out this week," the source added.

Fate of WTC to be decided

There are also doubts over the fate of WTC and as per reports the matter will be discussed at the ICC board meeting on June 1. While launching the WTC in 2019, ICC had announced it will continue with the championship in the 2021-23 cycle as well. The first series in the WTC 2021-23 cycle is supposed to be the five Test matches India are scheduled to play in England a month after the WTC final. However, there's silence on if there will be any changes in points allocation in the series. There are some members who are sceptical about the success of the tournament.

ICC chairman Greg Barclay, had said that the WTC hasn't achieved what it intended to. There have been multiple complaints on the points allocation system and format of the championship. Besides, pandemic made matters worse. ANI

INDIAN CRICKETERS SWEAT IT OUT IN QUARANTINE

The Indian cricketers might be in quarantine ahead of the UK tour, but they are sweating it out in the gym to ensure they are fit and ready to go once they get out of quarantine in England ahead of the World Test Championship final against New Zealand in Southampton. Taking to Twitter, BCCI posted a video of the players working out in the gym which read: "Getting stronger each day!" The BCCI has also ensured that the cricketers

will get their second dose of the COVID-19 vaccines in England under the guidance of the UK health department. "The team has already taken the first dose here after the government opened the vaccination process for all above 18. The second dose will be administered by the UK health department once the players are eligible to get the second jab as per rules," BCCI sources had told. The BCCI made a foolproof plan for the national team before

they depart for the UK and arrangements were made for all the players to undergo three RT-PCR tests before assembling in Mumbai on May 19. After completing the two-week quarantine in Mumbai, the team will undergo another 10-day quarantine in the UK. The second period will see them undergo a hard quarantine before they take the field to train for the WTC final against NZ in Southampton, starting June 18. ANI



Virat Kohli

Photo: AFP



Kane Williamson

Photo: GETTY IMAGES

DJOKOVIC WARMS UP FOR FRENCH OPEN

Novak Djokovic edged to a straight-sets win over German lucky loser Mats Moraing in his opener in Belgrade where the world number one is warming up for the French Open

The clay-court Grand Slam starts in Paris on Sunday, and Djokovic opted for extra match practice on home soil this week. The 34-year-old was made to fight by the world number 253, winning 6-2, 7-6 (7/4) in an hour and 40 minutes. It was Djokovic's first match since losing the Italian Open final to Rafael Nadal nine days ago.

Nadal is the favourite

Spaniard Nadal will be the favourite to win a 14th French Open crown next month, although Djokovic will be chasing a 19th Grand Slam title to move within one of Nadal and Federer on the all-time men's list. The Serbian star was in strong form in the opening set, but was broken twice by Moraing in the second before clinching the win in a tie-break.

"I was twice a break up in the

RAMKUMAR PROGRESSES WHILE PRAJNESH BOWS OUT

India's Ramkumar Ramanathan advanced to the men's singles second round of the French Open Qualifiers but Prajnesh Gunneswaran crashed out following his first-round defeat on Tuesday. Ramkumar erased a one-set deficit to beat American Michael Mmoh 2-6 7-6(4) 6-3 in his opening round that lasted one hour and 54 minutes. He will next take on Uzbekistan's veteran Denis Istomin, who also recorded a three-set win against Bosnia's Damir Dzumhur. However, left-handed Prajnesh, seeded 32nd, suffered a rather tame 2-6 2-6 loss to Germany's Oscar Otte. India's top singles player Sumit Nagal, seeded 27th, will open his campaign against Roberto Marcora. PTI



Ramkumar Ramanathan

Photo: GETTY IMAGES

second set so I maybe could have finished out the job earlier, but credit to him for fighting, for playing really well, for playing very courageous, very bold tennis. I felt pretty nervous from the start. I had an opponent that doesn't have much experience, but he played like he spent 10 years playing at top level. I have a day to recover and move on to the next match.", Djokovic said.

He will next face Argentinian Federico Coria, the younger brother of former Roland Garros runner-up Guillermo Coria, in the quarter-finals. AFP



INDIAN BOXERS IN SEMIS AT THE ASIAN BOXING CHAMPIONSHIPS

Four Indian boxers, including three women, advanced to the semifinals with impressive victories as India's assured medal tally swelled to 12 in the Asian Championships. Sanjeet (91kg), Sakshi (54kg), Jaismine (57kg) and the Olympic-bound Simranjit Kaur (60kg) joined Shiva Thapa (64kg) in the last four stage following late night wins in their quarterfinal bouts on Tuesday. They added to the seven medals, including that of six-time world champion M C Mary Kom (51kg), that were assured on the day of draws. India Open gold-winner Sanjeet defeated Jasur Qurbonov of Tajikistan 5-0 to enter the semifinals in the men's draw along with Thapa. His next opponent is last edition's silver-medallist Sanjar Turunov of Uzbekistan.



Simranjit Kaur

In the women's competition, Sakshi (54kg) got the better of Tajikistan's Ruhafzo Haqazarova 5-0 to set up a clash against top seed Dina Zholaman of Kazakhstan. Jaismine edged past Oyuntsetseg Yesugen of Mongolia 4-1 and will now square off against Vladislava Kukhta of Kazakhstan. Simranjit, defeated Raykhona Kodirova of Uzbekistan 4-1. Her next opponent is also a Kazakh in Rimma Volosenko. PTI

QUIZ TIME!

Q1. Which sport includes events called the Keirin, the Omnium and the Team Pursuit?

- a) Badminton b) Track Cycling
c) Pole Vault d) Boxing

Q2. From February 2004 until February 2020, only one man interrupted the triumvirate of Federer, Nadal and Djokovic to become the ATP number one ranked player. Name him.

- a) Stan Wawrinka b) Juan Martín del Potro
c) Andy Murray d) Andy Roddick

Q3. A right-handed golfer might slice a drive to the right of the fairway. What is the equivalent mistake to the left of the fairway known as?

- a) Hook b) Eagle c) Par d) Bogey

Q4. Which part of the tennis scoring system derives from the French word for "egg"?

- a) Love b) Fault c) Point d) Out

Q5. Which track and field event at the Olympic Games features 28 barriers and 7 water jumps?

- a) Shot Put b) Long Jump
c) High Jump d) Steeplechase

Q6. Who did Muhammad Ali fight in the famous Rumble in the Jungle?

- a) Joe Frazier b) Mike Tyson
c) George Foreman d) Larry Holmes

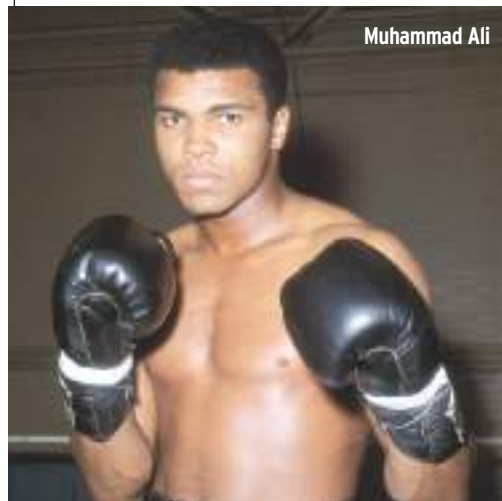


Photo: GETTY IMAGES

Q7. Along with Jumping and Eventing, what is the third Equestrian discipline at the Summer Olympics?

- a) Dressage b) Endurance riding
c) Vaulting d) Reining

Q8. Perhaps the greatest Edson Arantes do Nascimento commonly known when he played for Brazil?

- a) El Bicho b) Pele c) Cules d) Mento

Q9. What type of bird signifies a score of two under par on any single hole?

- a) Eagle b) Sparrow
c) Vulture d) Charlie

Q10. Which nation won their first World Cup in 2010, also winning the 2008 and 2012 European Championships for good measure?

- a) Chile b) Uruguay
c) Columbia d) Peru

Q11. What colour belt is immediately below black belt in karate?

- a) Yellow b) Brown
c) Blue d) Green

ANSWERS: 1. b) Track Cycling 2. c) Andy Murray
3. a) Hook 4. a) Love 5. d) Steeplechase
6. c) George Foreman 7. b) Pele 8. a) Dressage
9. a) Eagle 10. b) Uruguay 11. b) Brown



THE TIMES OF INDIA

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TODAY'S EDITION

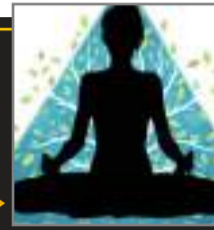
Learn about the journey of light, explained by your teacher in an interesting way

PAGE 2



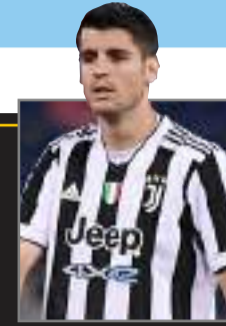
Why yoga should become a part of our daily life? Yoga experts share valuable tips on different asanas

PAGE 3



Juventus qualify for Champions League

PAGE 4



STUDENT EDITION

TUESDAY, MAY 25, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE, UNICEF join hands to award **YoungWarrior** certificate

The Central Board of Secondary Education (CBSE) has started a movement called 'YoungWarrior' to combat Covid-19 in the country. Through the heads of all its institutions, the initiative aims to engage millions of young people to lead action against Covid-19. The CBSE, along with the ministry of youth affairs and sports, ministry of health and family welfare, YuWaah-UNICEF, and a multi-stakeholder consortium of over 950 partners, are activating the #YoungWarrior movement to engage five million young people to lead action against Covid-19, and impact 50 million people.



- Any student and/or teacher between the age group of 10 and 30 years can join this movement, and can help society safeguard themselves, their families, their communities, and the country
- This engagement will comprise a series of easy and real-life tasks, with the #YoungWarrior earning certificate for their actions. These actions include promoting access to verified health and essential services, vaccine registration, Covid-appropriate behaviours, myth busting etc

HOW TO JOIN #YOUNGWARRIOR MOVEMENT?

To join the #YoungWarrior movement, follow these simple steps

- On WhatsApp: Type YWA and send it to +91 96504 14141 OR simply give a missed call to 080-66019225
- Once you join, you can motivate 10 or more young people (10-30 yrs) to join the movement
- Pledge to take action against Covid-19 by posting message with the phrase 'I am a #youngwarrior' on social media, tagging friends
- After the completion of the tasks, you will be awarded a UNICEF certificate

Quote unquote

India did not take the vaccines seriously in 2020 unlike other nations. This crisis should help India learn its lessons, especially in the healthcare sector. It is ok to make mistakes as long as we accept it. When it (Covid-19) gets over, we must change. We all have changed to an extent. The change will be in personal sphere, the business sphere, and how and what we can learn as a nation. The only good thing about a crisis is a lesson

Chetan Bhagat, author



Gautam Adani beats China's Zong Shanshan to become Asia's second richest man

Adani Group's founder and chairman Gautam Adani took the spot of Asia's second richest man from China's Zhong Shanshan, according to data compiled by Bloomberg. Adani's wealth rose by \$625 million to \$66.5 billion, as per data available on the Bloomberg Billionaires' Index. At the same time, Shanshan's wealth dropped by \$78 million to \$63.6 billion. Adani's wealth has soared over \$32 billion in 2021 so far, the third-highest wealth surge this year after Bernard Arnault and Miriam Adelson.

IN THE ELITE CLUB

Adani is just behind Reliance Industries' Mukesh Ambani whose total net worth stood at around \$76 billion

The commodity trader turned industrial tycoon at present owns some of the biggest and most important infrastructure projects in the country, including the majority of its ports, and some of the busiest airports in the country, including the Mumbai International Airport

Adani Group companies have been on an acquisition spree, utilising the depressed asset valuations caused by the Covid-19 pandemic



China becomes 2nd country to drive rover on Mars



China's remote-controlled Zhurong rover drove down the ramp of its landing capsule and onto the Martian surface, Beijing's space administration said on Saturday, making China the second country after the United States to successfully deploy a land vehicle on the Red Planet.

- Zhurong touched down last week and underwent diagnostics tests for several days before joining the US rovers Curiosity and Perseverance, but separate explorations of Mars.
- The rover, which sent its first round of images back to Earth earlier this week, is expected to be deployed for 90 days, during which it will study Mars' surface and atmosphere
- Zhurong, named after a Chinese mythical fire god, is a six-wheeled solar-powered rover, which resembles a blue butterfly, and has a mass of 240 kg. It also has an expected lifespan of at least 90 Martian days (about three months on Earth)

The US was the first country to land a robot on Mars. US space agency NASA landed its Viking-2 mission in 1976 in Utopia Planitia. This colossal basin, more than 3,000 km wide, was likely formed by an impact early in the planet's history. There is some evidence pointing to it having held an ocean long ago. In February, the US landed the Perseverance robot in a deep crater near Mars' equator called Jezero

Neena Gupta's tell-all autobiography to hit the shelves on June 14

Veteran actress-director Neena Gupta's tell-all autobiography 'Sach Kahun Toh' will hit the stands on June 14, publisher Penguin Random House India has announced. From her time at the National School of Drama (NSD) to moving to Bombay (Mumbai) in the 80s, and her single parenthood, the book will share Gupta's life story in the most "unapologetically honest" manner.



BOOK

The book addresses issues like casting couch, film industry politics, and also talks about what it takes for a young actor to survive without a godfather or guide

Centre asks social media to remove content referring to 'Indian Covid variant'

The ministry of electronics and information technology has asked all social media platforms to immediately remove all content that refers to or implies 'Indian variant' of coronavirus. In an advisory to social media platforms, the MEIT said, this is in line with earlier advisories to curb fake news, misinformation concerning coronavirus on platforms.

- The ministry said, it has come to its notice that a false statement is being circulated online, which implies that an "Indian variant" of coronavirus is spreading across the countries. "This is completely false. There is no such variant of Covid-19 scientifically called as such by the World Health Organisation (WHO). The WHO has not associated the term "Indian variant" with the B1617 variant of the coronavirus in any of its reports", the ministry said
- This has already been clarified by the health ministry on May 12, and now social media platforms have been asked to remove all contents, which refers to an "Indian variant" of Covid.



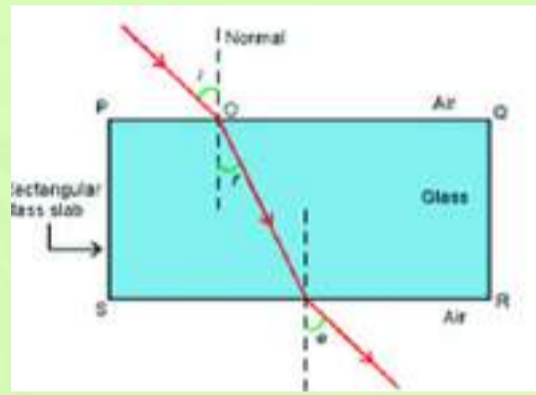
THE JOURNEY OF LIGHT

FROM ONE MEDIUM TO THE OTHER

CLASS: X
SUBJECT: PHYSICS
TOPIC: LIGHT REFRACTION & REFLECTION

Light hits everything. Some substances let it move at a constant speed, but others slow it down. When the speed of light changes, it bends, and hence objects might appear bent, closer, or larger than they really are.

- The change in direction of light when it passes from one medium to another obliquely is called **REFRACTION** of light.
- The phenomenon of bending of light around the corner of an obstacle is known as **DIFFRACTION** of light.
- Refraction of light takes place at the boundary between two media.



- The angle between incident ray and normal at the point of incidence is called **ANGLE OF INCIDENCE** ($\angle i$).
- The angle between the refracted ray and the normal at the point of incidence is called the **ANGLE OF REFRACTION** ($\angle r$).
- In refraction of light, the angle of refraction is usually not equal to the angle of incidence. ($\angle i \neq \angle r$).
- The angle of emergence ($\angle e$) is the angle of the light coming out of a medium.
- The angle of emergence is equal to the angle of incidence ($\angle i = \angle e$).
- A medium in which the speed of light is more is known as **optically rarer medium**.
- A medium in which the speed of light is less is known as **optically denser medium**.

- Speed of light in air is 3×10^8 m/s.
- Glass is optically denser than air.
- When a ray of light goes from a rarer medium to a denser medium, it bends towards the normal.

- When a ray of light goes from a denser medium to a rarer medium, it bends away from the normal.
- The perpendicular distance between the original path of incident ray and the emergent ray coming out of the glass slab is called **LATERAL DISPLACEMENT** of the emergent ray of light.
- If the incident ray falls normally (perpendicularly) to the surface of a glass slab, then there is no bending of the ray of light and it goes straight.
- When a coin is under water then due to refraction of light, a virtual image of the coin is formed nearer to the water surface. As the virtual image of coin which we see is nearer to the water surface, the coin appears to rise. Other examples are, a pool of water appears to be less deep than it actually is, a stick partly immersed in water appears to be bent at the water surface.

Laws of refraction of light

I law

The incident ray, the refracted ray and the normal at the point of incidence all lie in the same plane for the two given transparent media.

II law (Snell's law)

The ratio of sine of angle of incidence to the sine of angle of refraction is constant for a given pair of media.

$$\sin i / \sin r = \text{constant}$$

- **Refractive index of the medium n_m = Speed of light in air / Speed of light in medium = c/v**
- $c = 3 \times 10^8$ m/s.

$$\text{Refractive index} = \sin i / \sin r$$

- When light is going from one medium (other than vacuum or air) to another medium, then the value of refractive index is called **RELATIVE REFRACTIVE INDEX**.

■ **Relative refractive index of medium 2 with respect to medium 1 = n_{21} = Speed of light in medium1 / Speed of light in medium2**

■ **Relative refractive index of medium 1 with respect to medium 2 = n_{12} = Speed of light in medium2 / Speed of light in medium1.**

■ **The refractive index of light going**

from medium1 to medium2 is equal to the reciprocal of refractive index for light going from medium2 to medium1.

$$n_{12} = 1/n_{21}$$

- The power of a lens is a measure of the degree of convergence or divergence of light rays falling on it.

Power of a lens $P = 1/\text{focal length of the lens in metres}$.

- Lens of shorter focal length has more power whereas a lens of long focal length has less power.

- The unit of power of a lens is **DIOPTRE (D)**. One dioptre is the power of a lens whose focal length is 1 metre.



- The power of a convex lens is positive and that of a concave lens is negative.

When the refractive index of a medium relative to lens is one, a convex lens will behave as an ordinary glass plate.

- 'The refractive index of diamond is 2.42'. The meaning of this statement is the ratio of speed of light in air to the speed of light in diamond is equal to 2.42.

- Kerosene has less mass density than that of water, but it is optically denser than water.

- A convex lens is used as a magnifying glass because when the object is kept within the focal length of the lens, it forms a virtual, erect and magnified image.

INTERESTING FACTS ON REFRACTION

- Most refraction in the eye occurs when light rays travel through the curved, clear front surface of the eye. The eye's natural lens also bends the light rays. Even the eye's tear film has refractive ability.

- If you have an aquarium or fish bowl at home, you might notice the fish look bigger when you look through the side due to refraction.

- The lens of a telescope or microscope uses refraction of light to make things look closer than they are.

- The twinkling of stars happens as light refracts when it passes through the different layers of the atmosphere.

- When refraction happens in a cloud with hexagonal ice crystals, a unique effect called sun dog (an optical phenomenon that consists of a bright spot to one or both sides of the sun) is created. The halo is what creates the illusion of multiple suns.

T Suja Christobel, Delhi Public School, Electronic City, Bengaluru

MY SCHOOL PROJECT

Eco-friendly dishwasher

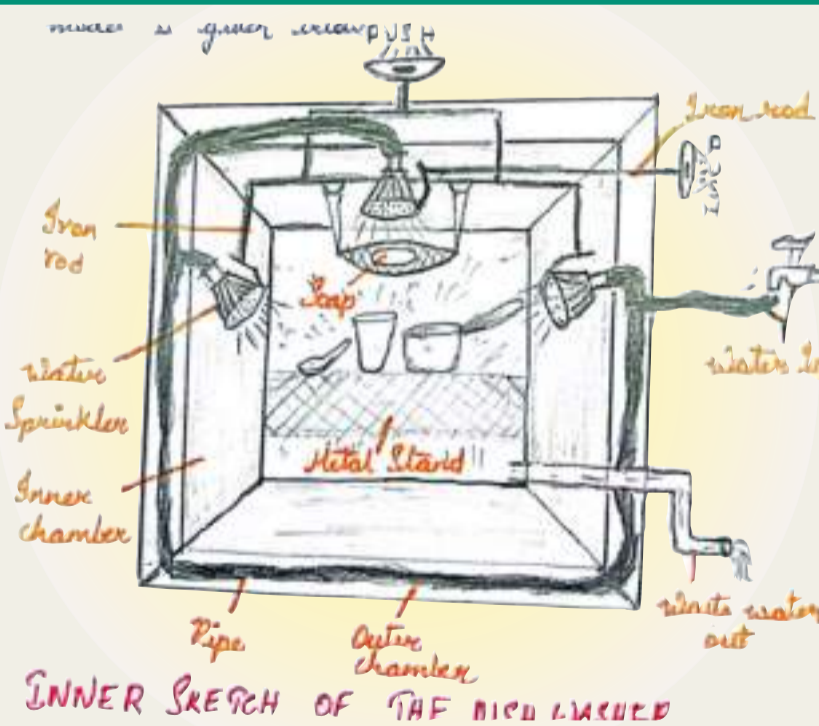
OBJECTIVE

- My mother is a teacher and returns home around 5 pm. At home she doesn't stop to rest and gets busy with all the household work and sleeps around 11 pm. Not just my mother, but women in many households find themselves tied down with daily household chores.

- Looking at this, I thought of making a machine which could make household work easy, be affordable and at the same time be eco-friendly.

THE SURVEY

- I carried out a survey and found that a lot of time and effort goes into one household chore, i.e., washing dishes. So I decided to make an eco-friendly and affordable dishwasher. I made this by following one basic principle: Superfast jet of water can clean and wash anything and everything.



THE MODEL

- This model is simple and can be operated manually. It does not even require electricity to run.

- Cleaning is done in three steps (see diagram)

STEP 1: Keep the utensils on the metal stand and push down the round button on the top and hold for few seconds; then release.

STEP 2: Push the side button and hold for few more seconds which helps in cleaning the utensils with

soap solution; then release

STEP 3: Then again push down the top run button and hold for few more seconds to complete the cleaning process

NOTE: you can keep the LOCK PIN instead of pressing and holding the button. You can even cycle the pedals if the load is above 5 kg.

Once done, your vessels are shining and clean! The gadget not only makes the work easy but also ensures the vessels are 100% clean and germ free.

SP Sai Praneeth, class IX, Bharatiya Vidya Bhavans Public School, Visakhapatnam

Be sharp at MUN

What is MUN?

MUN or Model United Nations is an educational activity which allows students to get a glimpse of how things actually work in the UN and internationally.

After filling the form for the MUN, one gets an agenda and a council as well as a country to represent.

The common councils in MUN are

- UNHRC (United Nations Human Rights Commission)
- UNSC (United Nations Security Council)
- WTO (World Trade Organisation)
- WHO (World Health Organisation)

In the form for MUN, one can select the council of choice and country as well. You can select three countries.



How do you begin research?

Start with the location of the country if you have absolutely no idea about it. Then move on to its significance in the world and its position globally. Work your way through your agenda and your country's situation in that respect, your country's foreign policy and the trade policy. Additionally, knowing about the laws your country has implemented with respect to

issues being discussed and the status of implementation is also beneficial. Also, you have to prepare a general speech of 120 seconds.



Some other points to watch out for:

- Know which countries are your allies.
- Learn all MUN terminologies. It'll be useful.
- Observe and learn to be diplomatic.
- Some sites to use for accurate info: BBC, Britannica.
- Also visit government websites for authentic information.

Aarya Rajesh Bhanushali, class X, S.V.D.D. English Medium Secondary High School, Mumbai



HAPPINESS DIARY

The Great War of Covid19 & Winning Strategies

Covid19 – Pandemic – Lockdown – Quarantine – Vaccination - YEAR 2020-21 is not less than a battlefield, a never-ending war of deaths – panic – survival – anxiety – helplessness – anger and OXYGEN. It is a global war, where we all are in the same boat, the only difference being some are blessed with quick and more victories than others. It is a dark hour not only for India but at a global level.

Few strategies which will help cope with the challenges of Covid19 and help instil a ray of hope:

ADJUSTING TO NEW NORMAL - RESTLESS MIND

'If we do not control our mind, then it will control us'. The trick is to give a positive message to our mind, consider any change or sad/unfortunate event as a temporary guest which will keep coming and going and maintain patience – Be resilient.

LOCKDOWN THE GREED IN YOU

'There is enough for everyone's need, but not for their greed.' Remember, be practical and sensible when you are hoarding groceries, masks, sanitizer, and medicines, as it will only generate panic situations.

SOCIAL DISTANCING WITH EGO

'Big Egos have Small Ears. Try using your knowledge and resources towards greater common good. Individuals trying to fight these great wars against Covid19 will be defeated. Try to find solutions with patience. Forget E and Let GO.

FAITH OVER FEAR WITH MASK

'Sometimes the best thing that you can do is not think, not wonder, not imagine, not obsess. Just breathe and have faith that everything will work out for the best.' All people possess faith. Man is made by his belief. As he believes so he is. Wear your mask to protect yourself and others, not on your eyes and mind. With faith, we will be able to stay away from self-doubt, stress, and fear.

HAVE VACCINE OF EMPATHY

'When you feel the suffering of everything in your own heart, that is conscious-

ness.' Try responding to the joys and sorrows of others. Learn to live with love, compassion and understanding. These war's warriors (not only the front line but each and every one) needs more compassion, understanding and empathy. Even a simplest gesture like sharing a smile, providing food, motivating, spreading positivity can have a profound impact.

SMITA GHOSH, Counsellor, Anand Niketan School

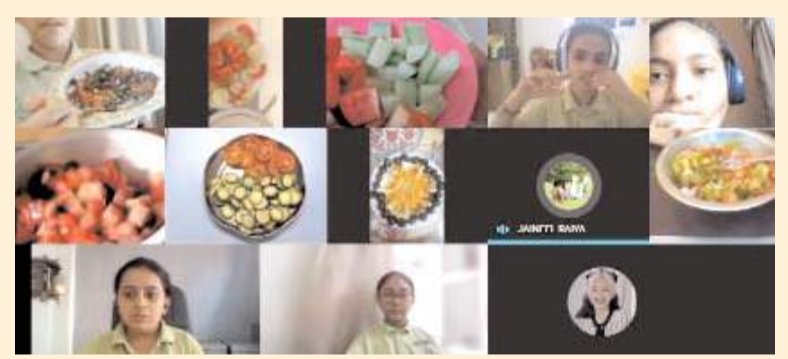


Little chefs of St Kabir



The students of class VI and class VII were asked to come prepared with some healthy fruit or vegetable salad, vegetable sandwiches, and sprouts dishes during their Science online class to make them understand the importance of different components present in food. They had a great time eating healthy salad and sandwiches. Kabirians showed their creativity by presenting the salad and sandwiches in a variety of ways.

This exercise was also therapeutic for the students and served as a good break from the usual monotony established due to pandemic and online classes. This also helped them in developing healthy eating habits because they are more likely to eat foods that look appetizing and colourful. It was a fun learning experience for the students.



Ustrasana

In Ustrasana the final body posture looks like a camel and hence it is often referred as camel pose.



Complimentary asana - Sasankasana, Janu Sirsasana, Paschimottanasana.

BENEFITS

1. Increases the blood circulation to head region.
2. Helps to prevent breathing problems (Asthma, Bronchial allergy, etc.)
3. Expands the abdominal region, improving digestion and elimination.



PRECAUTIONS

- A person with recent abdominal surgery should avoid this posture.
- A person suffering from Hernia should avoid this posture.

THE JASWINI,
Yoga Instructor,
National Public School, Bengaluru

INSTRUCTIONS: SIT IN DANDASANA - Legs together, hands by the side of the body. Keep your spine straight.

- | | | | | | | | |
|--|--|---|--|---|--|---|--|
| Step 01
Inhale and exhale. Fold the right leg, place it below the right buttock. | Step 02
Inhale and exhale. Fold the left leg, place it below the left buttock. | Step 03
While inhaling and exhaling, stand on the knees slowly. Slide and keep both the hands on the waist region with fingers pointing towards the body. | Step 04
Inhale & with the support of both hands bend backwards and hold the posture. | Step 05
Straighten the body while exhaling. | Step 06
Inhale and exhale. Slowly release both hands and sit on the heels. | Step 07
Inhale and exhale. Release both the legs. | Step 08
Return to sthiti and relax in sithila dandasana. |
|--|--|---|--|---|--|---|--|

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

BRILLIANT, CHARISMATIC YET HUMBLE

Some people leave a deep impact on your life and psyche. The world has witnessed success of many such people like Mother Teresa, Nelson Mandela, Barack Obama and many more and precisely, India has given birth to many such great personalities who are unique in their own way.

If you ask me whom I idolise the most, my answer would be India's 13th Prime Minister, Dr Manmohan Singh, as he can be rightly acclaimed as a thinker and a scholar and he is well regarded for his diligence and his academic approach to work. Undoubtedly he is the best role models for generations to come, because his significant contributions helped shape India emerge as an economic power in the world.

Dr. Singh, a brilliant economist, an outstanding bureaucrat and an honest politician, discharged his responsibilities with full commitment. Another aspect of his character which truly inspired me was that even though he held the most powerful office of the country, he still kept his life low profile and never let success get to him. His humble background and charismatic persona makes him a true role model.

GURARPAN S. SAWHNEY,
class IX, Strawberry Fields High School, Chandigarh



Pic: Getty Images

INSPIRING ICONS
DR MANMOHAN SINGH

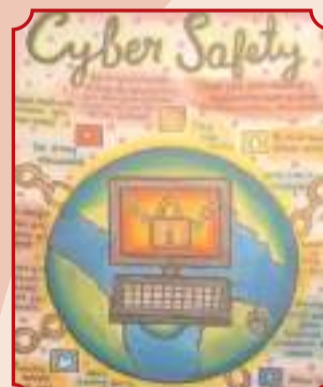
Painters' Gallery



Heer Modi, Class VIII, St Kabir School



Harshvi Nayak, Class VI, Sheth CN Eng. Medium School



Bhavya Tripathi, Class IX, Delhi Public School, Bopal



Rajeshwari Chandel, Class VIII, Podar World School, Sherkhri



Heti Sheth, Class IV, Bright Day School

ODE TO THE PEN

CURRENT SCENARIO OF LIFE

"Never have I seen, Seen such a mess in life. The air is pure but, Wearing a mask is mandatory. Roads are empty But it is impossible to go on a long drive. People have clean hands But there is a ban on shaking hands. Friends have time to sit together But they cannot get together. The cook inside you is crazy But you cannot call anyone for lunch or dinner. Every Monday, the heart longs to go out But the weekend does not seem to end. Those who have money have no way to spend it. Those who don't have money have no way to earn it. There is enough time on hand But you can't fulfill your dreams. A world full of irony! Be positive but test negative."
SREEKAR DOKKU, Class VII, Essar International School, Surat

THE CIRCLE OF LIFE



Ishita Patil, Class VII, Siddharth's Miracles School

Life goes on and on, Time too, flies, Then every second is gone, And then a soul soon dies. I wonder every day, What is it like to be old? Thinking, on the covers I lay, Is it always gold? The circle of life, Does not always include, All the current strife, But sometimes, you just can't elude It revolves around us, Like a spinning toy top, Just a little adjust, And then it won't stop.
KANISHKAA SHAH, Class VII, Cygnus World School

JUVENTUS & AC MILAN QUALIFY FOR CHAMPIONS LEAGUE

4-1 win takes them from improbables to contenders for European action

Juventus' Italian forward Federico Chiesa

Juventus qualified for the Champions League on the final day of the season with a 4-1 win at Bologna and were joined by AC Milan, who beat Atalanta 2-0. Napoli had to settle for a Europa League spot, finishing fifth, one point behind Juventus, after a 1-1 draw at home against Hellas Verona.

Ronaldo rested

■ Cristiano Ronaldo was left on the bench by Juventus coach Andrea Pirlo who opted for an attacking line-up of Paulo Dybala and Alvaro Morata flanked by Federico Chiesa and Dejan Kulusevski. "It was a shared choice, Ronaldo was tired after the fatigue on Wednesday," said Pirlo. "He made himself available to the team but I chose to have another player named Morata play, who is not the latest arrival. I have a quality team, with many choices available." A Morata brace along with goals from Chiesa and Adrien Rabiot prevented Juventus missing out on the elite European competition for the first time since 2012.

Tough season

■ This season was not smooth sailing for Juventus and manager Andrea Pirlo as the side was knocked out of the Champions League 2020-21 pretty early on and they also failed to win the Serie A. When Juventus had suffered a 0-3 defeat against AC Milan on May 9, it was looking improbable that the side would qualify for Champions League, but somehow Cristiano Ronal-

I never had fear. It took me a while to create that routine for the training sessions. It took some time to make the lads understand what I wanted, it was not easy to step in with so many champions, but everyone has helped me. I've improved, it was a complicated season, but it was useful for my development. We are on the right path as long as we help each other and run all together for the target. We lacked all these things many times this season. In the end, we achieved the result of Champions League qualification. If we start again together next season, we'll have a solid base.

ANDREA PIRLO, Manager, Juventus

do's side managed to do it. Juventus won their final three Serie A matches and knocked off Atalanta in the Coppa Italia final.

Milan hold out

■ In a tense game in Bergamo, Milan held on despite playing without injured star striker Zlatan Ibrahimovic. Kessie proved solid in front of goal, taking the first penalty three minutes before the break and the second deep into injury time. The penalties ensured AC Milan finished the season second, 12 points behind city rivals Inter Milan, and return to the Champions League for the first time since the 2013-2014 season. "We deserved the Champions League as well as second place," said Milan coach Stefano Pioli whose side had missed the chance to seal their berth last weekend against Cagliari. "We went through the whole championship at the top, unfortunately we had thrown away the match point last Sunday. "I'm really excited, happy, I have to thank the club because they made us work in a spectacular way."

Napoli miss out

■ In Naples, Amir Rrahmani scored for Napoli after an hour against his former club, which would have been enough to secure a berth at the top table but Davide Faraoni pulled one back for the visitors nine minutes. Genaro Gattuso's side were denied a return to elite European action after also missing out last season. **AFP**

Juventus manager Andrea Pirlo

TSITSIPAS HEADS TO PARIS WITH 'BEST' SLAM PREPARATION

Confident 22-year-old leads season with 33 wins

Greek Stefanos Tsitsipas is brimming with confidence and will be heading to Roland Garros this week with his best Grand Slam preparation after picking up his seventh ATP Tour title in Lyon. Basking in the glow of his maiden ATP Masters 1000 title last month at Monte-Carlo, the 22-year-old added the Lyon crown for his second title in 2021 and leads the 2021 season with most wins at 33. "I've been feeling

my game well; I've been using my patterns really well," Tsitsipas said. "I've been pressing a lot with my serve. Just consistent on court, consistent with my power and the way I attack and way I (take) risks. I think it would be considered my best (preparation) pre-Grand Slam and now all the attention is on next week. I love playing in Paris. I find it mesmerising."

Building consistency

Patrick Mouratoglou, the long-time coach of Serena Williams, who is often seen in Tsitsipas' player box at tournaments, is pleased with the consistency displayed by the Greek. "He's developing really well," Mouratoglou said of Tsitsipas, who is coached by his father Apostolos. "He's al-

ways been able to beat the best players," the Frenchman, who often works in an advisory role with Tsitsipas, said recently.

"He beat Rafa (Nadal) on clay several years ago already. He beat Roger at a Grand Slam, beat Novak at a Masters 1000 on hardcourt. But he was a bit up and down, and there were several reasons for that. I think he's getting more and more solid. He's losing less and less. He's slowly but surely imposing himself as a top guy. He's gained a lot of consistency in his game."

Mouratoglou believes the two-time Australian Open semi-finalist was getting closer to a maiden major title. "Rafa and Novak are still at the top. But I think their margin is getting smaller. Several young guys can beat them now. The margin is getting thinner," he added. **REUTERS**

HARRY KANE WINS GOLDEN BOOT, THE THIRD TIME

Tottenham Hotspur captain and striker Harry Kane has won the Premier League Golden Boot for the third time. Kane registered 23 goals in the 2020-21 season, finishing ahead of Liverpool's Mohamed Salah (22 goals). "Delighted to win these awards! Not possible without the team and staff throughout the season," tweeted Kane.

On Sunday, Tottenham defeated Leicester City 4-2, and failed to qualify for Champions League. Spurs were trailing 0-1, and it was then that Kane stepped up to give his side the equaliser. This is the fifth time in seven years that Kane went past the 20-goal mark in Premier League. He has won the Golden Boot three times and he is now tied with Alan Shearer while the duo are only surpassed by Arsenal legend Thierry Henry. **ANI**

QUIZ TIME!

Q1: Which of the following does not fit in the series?

- a) French Open b) US Open
c) Australian Open d) Cincinnati Masters

Q2: Who won the FIFA Best Player Award 2020?

- a) Robert Lewandowski b) Lionel Messi
c) Cristiano Ronaldo d) Luka Modric

Q3: The National Ice Hockey Championship, 2020 was held in which city in India?

- a) Manali b) Shimla
c) Leh d) Kullu

Q4: How many times has India emerged as a winner in the Malaysia Masters badminton tournament since it began in 2009?

- a) One b) Two c) Three d) Four

Q5: Which chess player won the Masters Chess Tournament 2021?

- a) Viswanathan Anand
b) Jorden van Foreest c) Magnus Carlsen
d) Vladislav Artemiev

Q6: Which country won its maiden Under-19 ICC World Cup cricket tournament 2020 title?

- a) Afghanistan b) Pakistan
c) Bangladesh d) Sri Lanka

Q7: Scotland's Josh Taylor delivered a splendid performance to become Britain's



Photo: AP

first undisputed world champion in the four-belt era. Which underdog did he beat?

- a) Jose Ramirez b) Maurice Hooker
c) Viktor Postol d) Regis Prograis

Q8: Which Indian hockey player was named as the 2019 Women's Rising Star of the Year, by the International Hockey Federation (FIH)?

- a) Rani Rampal b) Lalremiami
c) Navneet Kaur d) Vandana Katariya

Q9: Joshna Chinappa and Saurav Ghosal are associated with which sports?

- a) Badminton b) Squash
c) Tennis d) Table-Tennis

Q10: Which famous cricketer from Australia received the Allan Border medal this year?

- a) Aaron Finch b) Marnus Labuschagne
c) David Warner d) Steven Smith

Q11: Greco-Roman is a term associated with which sports?

- a) Golf b) Wrestling
c) Boxing d) Shooting

ANSWERS: 1. d) Cincinnati Masters
2. a) Robert Lewandowski 3. c) Leh
4. c) Three 5. b) Jorden van Foreest
6. c) Bangladesh 7. a) Jose Ramirez
8. b) Lalremiami 9. b) Squash
10. d) Steve Smith 11. b) Wrestling



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Meet 8-year-old Abhijita Gupta, who was given the youngest author title, by the World Book of Records
PAGE 2



➤ Check out the views expressed by educators and students on various issues engulfing the nation
PAGE 3



➤ Atletico Madrid defeat Valladolid to win La Liga 2020-21 title
PAGE 4



STUDENT EDITION

MONDAY, MAY 24, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

TIMES NIE
Answers Your Query

Riya Juneja,
class X, KV Army,
Ahmedabad
Cantonment



ASK THE EXPERT
A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,
CLICK HERE
OR VISIT
<https://bit.ly/331Rx0n>

Q How can I fight the fear of losing my close family member who has contracted Covid?

One needs to avoid overthinking and understand that around 80-90% of people recover during in-home quarantine and isolation. We need to see things scientifically with caution and not with illogical fear. If you don't panic, your family will be emotionally stable and recover faster. As a child, just help them to remain happy and communicative. You can send funny videos and good thoughts, and keep them happy.



Nimisha Soni,
class IX, Zebar School
For Children,
Ahmedabad

Q How can I monitor my mental health and stay calm?

If you are developing anxious thoughts, palpitations, nightmares, notice changes in sleeping and eating pattern, finding the world irrelevant, getting irritated, having anger spells, or start crying for no reason, especially during this time, then talk to a therapist for identification and rectification of the symptoms. Additionally, divert your mind to positive chores/routine. Eg: Taking a walk, pursuing a hobby, avoiding negative messages from people.

EXPERT ADVICE GIVEN BY

Dr Prashant Bhimani,
Sr Consultant Psychologist,
practising in Ahmedabad



JOHN LE CARRÉ'S FINAL NOVEL WILL BE PUBLISHED IN OCTOBER, 10 MONTHS AFTER HIS DEMISE

A final novel by John le Carré will be published this fall, 10 months after the spy writer's death at the age of 89. Publisher Viking said that 'Silverview', le Carré's 26th novel, will be published on Oct 12, in the week that would have seen his 90th birthday.

The publisher said the book is the only complete, full-length novel left unpublished at the time of le Carré's death. It centres on a small-town bookseller, who is drawn into a spy leak



Anti-Covid drug 2-DG

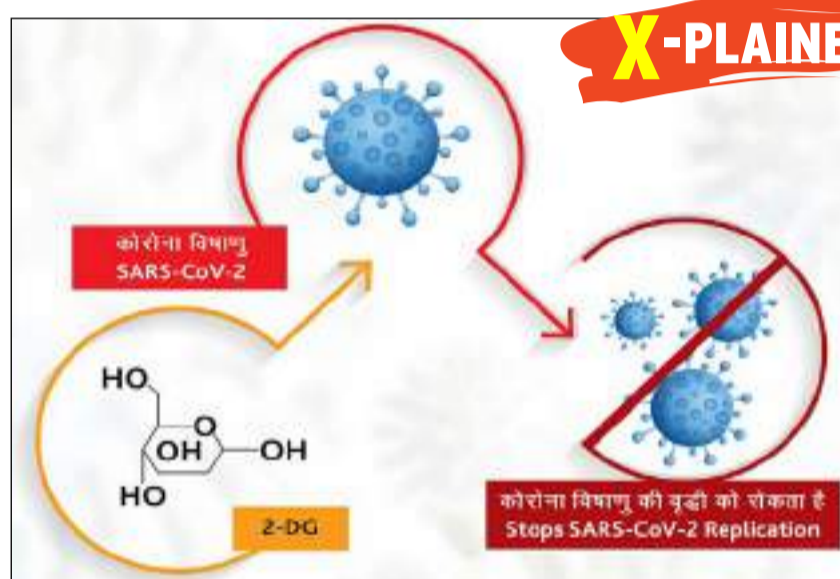
WHAT The Drug Controller General of India (DCGI) has given emergency use approval to 2-deoxy-D-glucose (2-DG), an anti-Covid drug developed by the Institute of Nuclear Medicine and Allied Sciences (INMAS), a DRDO lab, in collaboration with Dr Reddy's Laboratories (DRL), Hyderabad.

WHY The INMAS' anti-Covid drug named 2-deoxy-D-glucose or 2DG. 2-deoxy-D-glucose, has been granted emergency approval, as trials claim reduced oxygen dependence and faster recovery of patients affected by the novel coronavirus.

HOW 2-deoxy-D-glucose (2-DG), which comes in a powdered form in a sachet, is taken orally by dissolving in water. Like glucose powder, this drug can be taken with water, twice a day, according to Dr Sudhir Chandna of INMAS. A Covid-19

patient may have to take this drug for five to seven days to get completely cured. According to experts, 2DG will work against variants too, as it stops virus growth. Once the growth is inhibited, there will be no sudden rise in the demand of oxygen in the body, scientists said. This is

a glucose analogue, which looks like glucose but is not. A virus that is multiplying fast in the body needs glucose for energy. Thus, the virus will take this glucose analogue and will get arrested. The drug will then stop the virus from multiplying, they added.



States have been asked to send detailed suggestions on pending class XII Board exams by May 25: Pokhriyal



The meeting between high-profile ministers held on Sunday remained inconclusive, as states could not reach a consensus. The minister of education Ramesh Pokhriyal Nishank has asked states to send their suggestions by May 25 to reach a solution regarding class XII students at the 'earliest.' According to sources, while some states were considering holding exams in September or at a later stage, some had requested a zero exam policy, and passing students based on internal assessment. The demand for vaccinating students in the age group of 15 to 18 was also raised at the meeting. Currently, India does not have any policy to vaccinate children. Union defence minister Rajnath Singh chaired the over two-hour meeting. Union ministers Smriti Irani, Prakash Javadekar and Sanjay Dhotre were among those who attended the meeting, besides education ministers and secretaries of several states and union territories. PTI

You may soon be asked to wear double mask



Government is set to recommend the use of double masking, one of them being an N-95 mask, as part of non-pharmaceutical interventions aimed at controlling the spread of Covid-19. Officials said a combination of double masking and cross ventilation could curb the spread of all variants of Covid by as much as 80% in the next 20-30 days. According to a government official, with absolutely no outside human contact, the disease can be almost eradicated in 20 days. However, that's not possible. "But with these measures, we could cut it-off by 70-80%," he added.

The government's estimates and the soon-to-be-issued advisory are based on studies published by The Lancet and the CSIR that said Covid was an airborne disease rather than spread through droplets



According to health ministry data, roughly 10% of India's 1.35 billion population has received at least one vaccine dose

Centre asks WhatsApp to withdraw privacy update

The union ministry of electronics and information technology (MeitY), in a letter, has asked WhatsApp to withdraw its controversial update to its privacy policy and submit a response within seven days, failing which may draw actions "in consonance with the law". The warning comes just days after Whatsapp told the Delhi high court that its privacy policies were no different from those of the government-backed apps, such as Aarogya Setu or of apps of Google and Microsoft, among others.

WhatsApp's privacy update allows for greater sharing of data – not contents of the chats, they are still encrypted, but metadata – with its parent company Facebook. Its update came into effect on May 15; the service was disrupted to several users, who have not yet accepted the new terms

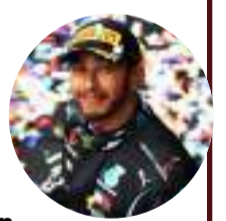


DID YOU KNOW? WhatsApp hasn't offered the same privacy terms to the European users, as some of those don't meet the GDPR, the European privacy law. India has not yet passed a similar law but draws on the decades-old IT Act to regulate the field



\$7 MN

Price of a race-winning Formula One McLaren driven by Lewis Hamilton in 2010 that is likely to fetch at an auction at the British Grand Prix in July as it does laps of the Silverstone circuit



1 Seven-times world champion Hamilton, now at Mercedes, is Formula One's most-successful driver of all time, with a record 100 pole positions and 98 wins

2 Hamilton drove it in four races, 2009 world champion team mate Jenson Button in five, and it achieved three podium finishes and a fastest lap

3 A 2002 Ferrari F1 car raced by Michael Schumacher was sold for \$6.65 million in Abu Dhabi in 2019

Pune teen's stunning pics of MOON WOW SOCIAL MEDIA



Stunning photographs of the Moon, painstakingly shot by a 16-year schoolboy from Pune has gone viral on social media platforms and earning him accolades from all over. The lad, PRATHAMESH JAJU, is also an amateur astronomer and astro-photographer, studying in Vidya Bhavan High School in class X.

Last fortnight, on May 3, he captured thousands of images of Moon from 1am-5 am, and then spent another 40 hours processing them for the outstanding results. In one of his social media sites, he has uploaded the photo and explained: "Last Quarter Mineral Moon. This image is an HDR Composite of two different images made to give it a 3-dimensional effect. This is my most-detailed and clearest shot of the third quarter Mineral Moon. I cap-

tured around 50,000+ images over 186 GigaBytes of data, which almost killed my laptop with the processing" Actively-connected with the Jyotirvidya Parisanstha, the oldest amateur astronomers' association in India, Prathamesh said, he captured around 38 panels at 1,500mm and 3,000mm focal length with a 1.2 megapixel

RECORD SETTING WRITER SETS ONE MORE

Nitya.shukla@Timesgroup.com
Not even 8-year-old, and author Abhijita Gupta has broken more than her share of writing records. Recently, she was acknowledged with the title of the youngest author by

the World Book of Records, United Kingdom, for penning 'We will surely Sustain.' The young author's nonfiction book is an attempt to spread positivity even as Covid-19 continues to wreak havoc in our lives. The author has been on a record creation spree for quite a while. 'The Asia Book of Records' recognised her as 'Grandmaster in Writing'; International Book of Records recognised her as the world's youngest author and the India Book of Records acknowledged her as the youngest author to write poetry and prose. In a quick chat, the very young author shares her experience of why she writes.



ABHIJITA GUPTA
author
8-year-old

WHAT ARE SOME OF THE MORE DIFFICULT ASPECTS OF BEING A WRITER?

I enjoy writing so I don't find any difficulty. No one ever forced me to write, I write when I want to.

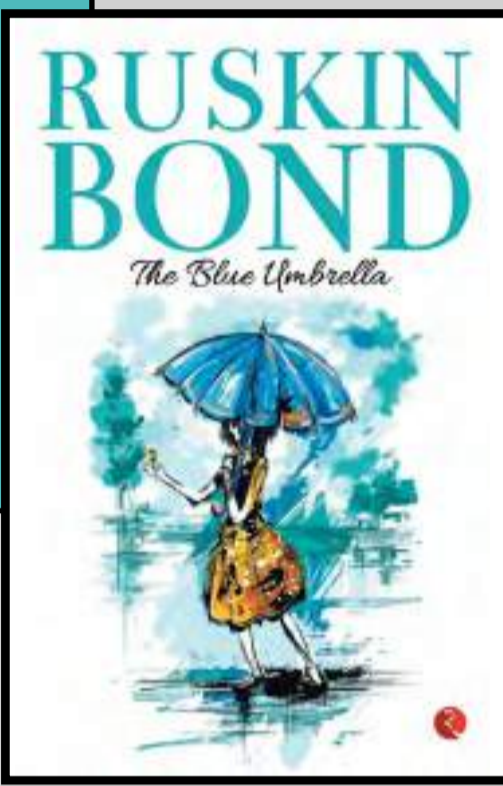
Every kid has a hobby like singing, dancing, drawing, etc. Mine is writing.

WHAT IS YOUR BEST WRITING TIP?

Just observe your surroundings and every other thing, feel it, and express it in your words.

DID YOU GROW UP WITH A LOT OF BOOKS? WHICH ONES WERE YOUR FAVOURITES AND WHAT DID YOU LEARN FROM THEM?

Yes, I was introduced to books at a very early age and they are my best friends. I love reading a lot. I belong to the family of Rashtrakavi Shri Maithili Sharan Gupta and Santkavi Shri Siyaramsharan Gupta and my family believes that writing is in my veins. I love reading Ruskin Bond and Sudha Murthy. Ruskin Bond's book 'The Blue Umbrella' is my favourite because the girl in the story was kind and helped the poor shopkeeper by giving her an umbrella.



WHAT INSPIRED YOU TO TAKE UP WRITING?

Nothing actually, I didn't even know what writing was when I started at the age of 5. I asked my parents for a pencil and a diary because a story came to my

mind, and I wanted to pen it down, and this is how I started writing stories and poems. I love to express myself whether it is through writing, drawing, or any other thing.

WHY DID YOU WRITE 'WE WILL SURELY SUSTAIN'?

It was at my felicitation by 'Asia and India Book of Records' for my first book 'Happiness All Around' and an uncle from the media asked me about my next project. Since the pandemic has affect-

ed kids' lives so much, I decided and informed him that I will write and share my experiences on the pandemic. The message I want to give was to stay positive no matter what and this is how we can sustain!

Sustainable Living

Fun ways to repurpose your old DENIM

With new denim trends changing the fashion game, we often leave our vintage jeans to no use. Here are some tips by design expert Samresh Das to recycle your old denim in off-beat ways

Boho Wall Hanging

Macrame or boho wall hangings gives an organic flair to home. Evenly cut out long strings of about 20-30 and knot them on a wooden hanger. With the help of square knots, continue the process till the end, feel free to use your creativity and design aesthetics as you like.

Denim Placement Mats

Cut your old jeans and open the inseam or outseam and put it flat. Cut rectangular pieces with little margin to sew the borders. Once the edges are sewn it's ready to be used as a placement mat for your dining table. It will add a quirky look to your dining area with minimal effort and you will reuse your piled-in-closet jeans.

Denim Scrunchies

To make this trendy scrunchie, cut denim in rectangular shape and sew it on the sides. Now with the help of a safety pin, insert the elastic inside and knot the two ends. Sew the edges and your own stylish scrunchie is ready.



Wall Organiser

All you need to do is cut down the back of your jeans from top till thighs. Once you have your cut out ready you can hang it on your wall or can paste one more pocket beneath. Easy-to-do, isn't it!

Lamp Shade

Cut one leg around 20" long and dip it in resin; let dry in the sun for a day. While drying, to give support and keep the circular shape intact, pass a plastic jar of the same size through it. Once dried, you can see a hardened circular base ready to be used as lamp shade. Add electrical elements (from market) and hang it from your ceiling. It will give a cool quotient to your home.



Trendy Denim Choker

Cut the hem of your jeans, hook the two ends with an elastic and your own DIY denim choker is ready to wear. You can even accessorize it by putting studs and stones or paint it with textures. A zigzag texture with a white paint will make your denim choker look ultra stylish.



GOOD Food

Healthy, tasty salads for better health

Bite into these exotic salads from across the world, which are not just healthy, but also easy to prepare

ISRAELI SALAD

This one is super easy to make. It has basic ingredients like finely chopped cucumber, cherry tomatoes, bell pepper, olive oil, lemon zest, salt and pepper. It's similar to the Indian 'kachumber salad', the only difference being that the veggies are finely chopped here. If you do not have cherry tomatoes, use the basic one, and you can use lime zest instead of lemon." says Gayatri Sharma, a home chef.



ASIAN NOODLE SALAD

This soupy salad is spicy and even a bit indulgent, thanks to the noodles in it. "For this, you need ramen noodles, cabbage, carrots, blanched broccoli, spring onion, roasted almonds, soy sauce, sugar, salt, sesame



seeds, and rice or normal vinegar. The boiled noodles and fresh and juicy vegetables are a great combination, while the roasted crunchy almonds add the desired smokey crunchiness to it." says chef Raunak Periwai.

FRANCE'S NICOISE SALAD

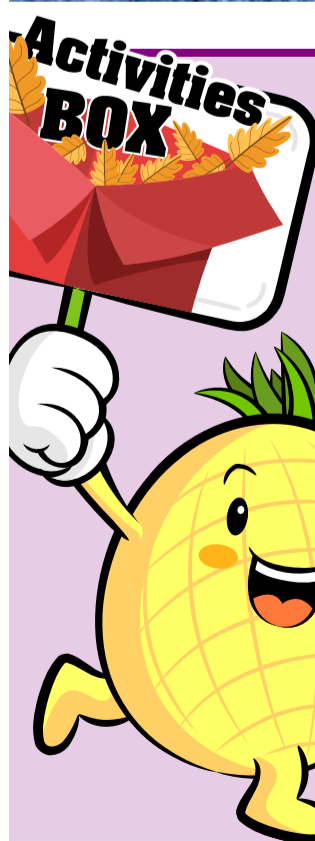


The vegetables that are used in this salad are supposed to be raw and fresh. "The key ingredient of the salad is Nicoise olive, but you can always use the regular one. Other ingredients are potatoes (semi-cooked), tuna fish (you can use shredded chicken or paneer cubes instead), tomatoes, sauteed green beans or French beans, Dijon mustard (for a bit of basic mustard sauce), fresh lettuce, olive oil, salt and pepper. Mix it all and serve fresh." says Ananya Dutta, a hotel management student.

JAPANESE CUCUMBER SALAD



This sweet and tangy all-cucumber salad is popularly known as Sheildzini. "Cut your cucumber into bite-sized pieces. Add a bit of sugar, a pinch of salt and some soya sauce along with some vinegar. You can also add some cooked rice to it," says Periwai.



QUIZ TIME (HISTORY/ROYALTY)

- Q.1) Which king was known as Lion Heart?**
A. Richard II B. Henry I
C. George V D. Richard I
- Q.2) Which king signed the Magna Carta?**
A. Richard I B. King John
C. Alfred the Great D. Henry III
- Q.3) Who is Britain's longest reigning monarch?**
A. Queen Elizabeth
B. Queen Victoria
C. Queen Elizabeth II
D. King George V
- Q.4) Which king had six wives?**
A. Henry VIII B. Henry VII
C. Henry VI D. Edward IV
- Q.5) Which of these kings ruled Scotland for 36 years?**
A. James II B. Henry VIII
C. James I D. Edward VI
- Q.6) Who was the first monarch to live at Buckingham Palace?**
A. George VI B. Victoria
C. Edward VI D. Edward VII

ANSWERS

1. D) King Richard I 2. B) King John 3. C) Queen Elizabeth II
4. A) Henry VIII 5. C) James I 6. B) Victoria

KNOWLEDGE BANK



The Scoville scale
The Scoville scale is a measurement of the pungency (spiciness or "heat") of chili peppers and other spicy foods, as recorded in Scoville Heat Units (SHU) based on the concentration of capsaicinoids, among which capsaicin is the predominant component. The scale is named after its creator, American pharmacist Wilbur Scoville, whose 1912 method is known as the Scoville organoleptic test. In the 21st century, high-performance liquid chromatography (HPLC) is used to quantify the capsaicinoid content.

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 tolnie175@gmail.com



CHECK YOUR APTITUDE



1 In an isosceles triangle, if the vertex angle is four times the sum of the base angles, then the vertex angle measures...
A. 180
B. 1440
C. 1080
D. 720

2 There are three brothers in a family. The sum of the ages of the younger and elder brother is 18. Sum of ages of the elder and middle one is 12 years and sum of ages of middle and

younger brother is 17 years. So what is the age of the elder brother?
A. 5 years
B. 12 years
C. 13 years
D. 15 years

ANSWER:
1. 1440
2. 13 years

SGVP initiates a panel discussion on

"Inspiring Vision to fight Mucormycosis"



A healthy society only can provide strong and responsible citizens. SGVP International School has always taken steps to make sure that the members of the society stay safe and secure under any circumstances. In order to do the same, SGVP initiated a panel discussion on Mucormycosis and the preventive measures for the same. It was an informative session on the effects of Mucormycosis and how not to get affected by it. It was a panel discussion with some of the experienced doctors behind the chair and they had many important inputs to share with all.

The panel consisted of Dr Prachi Rewanwar from Nagpur, an ophthalmologist, Dr Sumit Saxena, from Pune - a cosmetic and plastic surgeon, Dr Ganesh, from Ahmedabad who is a dentist, Dr

Murarji Ghadge - an ENT surgeon and a sleep specialist, Pune and Mayank Brahmabhatt, who is an architect by profession from Ahmedabad and has actively initiated a group called Saksham in order to help those who need help in these trying times. The session was attended by many interested viewers. The panel discussion was extremely informative and the doctors shared their expert opinions on the disease with some crucial facts and figures. The session basically started with some of the basic information about Mucormycosis that has recently taken the nation by storm and caused many fatal problems for the ones who get infected by it.

The experts said that Mucormycosis, also called zygomycosis, is a serious but rare fungal infection caused by a group of molds called mucormycetes. These molds stay alive in the environment and enter the human body via the nose. Mucormycosis mainly affects people who have health problems or take medicines that lower the body's ability to fight germs and sickness. It most commonly affects the sinuses or the lungs after inhaling fungal spores from the air. It can also occur on the skin after a cut, burn, or other type of skin injury. In order to stay away from any such infection, the doctors suggested wearing an N95 mask only and keep it double layered. They even told the listeners to keep changing the masks in order to be on the safer side. Using an old mask would surely increase the chances of infection.

Panelist shared that there are some ways by which we can easily stay safe. They were of the view that people must avoid activities that involve close contact with soil or dust. If at all you have to get involved in these types of tasks then do the following:

Wear shoes, long pants, and a long-sleeved shirt when doing outdoor activities such as gardening, yard work, or visiting wooded areas.

Wear gloves while handling materials such as soil, moss, or manure.

To reduce the chances of developing a skin infection, clean skin injuries well with soap and water, especially if they have been exposed to soil or dust.

The session proved to be a great myth buster for many and also threw light on some of the most critical points. Such sessions are not only helpful for those who are infected by the disease but even for those who want to help others and provide guidance.



THE EDUCATIONIST

Home schooling for students



Never let a single period pass without making students think. Whether it is a lesson in grammar or prose, a passage for comprehension or a poem, I make sure there is some food for thought.

It was a passage from the novel 'To Kill a Mocking Bird' by Harper Lee. The extract begins with the little girl, Scout announcing to her father, Atticus Finch that she would not go to school any more. She was upset that her teacher disapproved of what her father was teaching her. The teacher said he was teaching her all wrong. Now, Finch and his daughter Scout had a habit of reading together every night and he would teach her lessons of life. Scout had now to choose between going to school and learning from her father.

I asked my students in what situations teachers would disapprove of what their parents teach them or what they learn at home. At first, they were reluctant to give any answer. They must

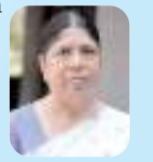
have thought it would seem like complaining. I prodded them further. Slowly, they started answering.

One student said the teacher might disapprove if a parent is teaching by a different method, inconsistent with what the syllabus recommends.

Another instance may be, when a parent teaches some matter that is not meant for that particular class but a higher one. This is because if a student learns in advance, he would be disinterested in the classroom.

A few soft voices said that a teacher might disapprove if the parent is a better teacher! Such discussions in class make the students reflect and that makes them think creatively. Students also learn to express themselves, thus improving their spoken English.

RADHIKA IYER, Director, Udgam School for Children



Express YOURSELF

Abhishek Shukla, Class VII, St Kabir School



Ananya Pisharody, Class VI, Siddharth's Miracles School

Anushka Gramany, Class V, Shanti Asiatic School



Soumya Singh, Class VII, Essar International School



Drishiti Ranjan, Class IX, Delhi Public School, Bopal



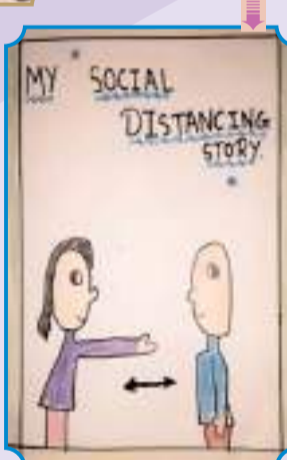
Divya Tokarawat, Class IX, Delhi Public School, Bopal



Uditi Sheth, Class IX, Bright Day School, Vadodra



Hridhan Shah, Class IV, Zydus School For Excellence



Anshuman Chhangani, Class I, SGVP International School



Yashvi Chavada, Class VII, Udgam School For Children



Sudiksha Lala, Class I, Podar World School, Sherkhi

LIVING THROUGH CRISIS

Covid 19- the storm which took us by surprise last year has again struck and is showing its damaging effects. The mortality rate in the second wave is higher than the first wave. While all of this is going on around us, we are taking every measure possible to maintain our immunity. But then, what about our mental well-being? Fighting this nasty disease is only possible if your mental health is good. Going through Covid can be a tough ride, especially when you are constantly hearing of deaths and other problems which people suffer. Also, social media takes a toll, if we keep seeing disturbing posts. That's why, while you are fighting a battle with Covid, be sure to keep your mental health in check.

- Take sufficient rest, do what you like and, if possible, try to stay away from news which triggers anxiety.
- Figure out what makes you feel low and then try to eliminate it.



We have always brushed it aside like it's not that important. But in fact, good mental health is the key to everything.

Meditation, yoga, relaxing music etc. can really help calm your mind. No one can understand yourself as well as you do yourselves.

Spend some quality time with your siblings, parents and help them.

Read good books and invest in

"Foundation building time".

Help someone who is in need at these critical hours. A telephonic conversation or a simple message can help them recover depression.

So, take some time out of your day regularly to work on your mental health just like you do for your physical health.

RADHIKA RAWAL, Class VIII, St Kabir School (Navrangpura)



ONLINE CLASSES DURING COVID

It's such a wonderful feeling to have to wake up just a few minutes before your online class starts at 8 am! Unlike normal days where I had to get up at 6 am and get ready for school. Now, I can have my online study sessions from the comfort of my couch while having breakfast!

During this pandemic, these online classes have taken a major shift in my everyday life as a class X student. At first, I was getting used to this routine as it appeared to be the perfect way of learning for all pupils.

But after a few months, we as students are missing out from our offline sessions. I miss interacting with my friends and we would study together and clear each other's doubts, and help each other and also share our lunch during recess. But now? We have forgotten what friendship is.

Then comes the class discipline that we students used to maintain under the supervision of our



teacher. Distractions during online classes is another area of concern. But online classes have their own benefits for us as well. Like earlier we didn't even know how we can find the solutions to our doubts by ourselves, but now we know many means through which we can get our answers easily. Then if we want, we can learn at our own pace through many online learning apps, where

we can simply choose our course and join interactive live classes.

Online learning mode is giving us all a new experience about technologies, but we students are missing our offline classes.

RIYA JUNEJA, Class X, KV Cantonment, Ahmedabad



Atletico Madrid clinch LA LIGA

Suarez winner lands the title in dramatic final



Luis Suarez of Atletico de Madrid celebrates after scoring their side's second goal during the La Liga Santander match

Atletico Madrid survived a dramatic final round to clinch its first Spanish league title since 2014 with a 2-1 come-from-behind win at Valladolid on Saturday. Luis Suarez scored the winner for Atletico as it beat Real Madrid for the La Liga title in a wild finish that had plenty of twists with the two remaining title contenders playing at the same time.

Title after 25 years

Real Madrid couldn't repeat as champion despite rallying to defeat Villarreal 2-1 at home and giving Atletico a very late scare. A win for Madrid and draw for Atletico would have kept the title with Madrid on the head-to-head tiebreaker. The results left Atletico two points in front of Madrid at the end of the 38-round season, giving Diego Simeone's team its second league

title in 25 years. Atletico's previous league title was in 1996, when Simeone still played for the club.

Barca's 7-year dominance broken

As players chanted and celebrated on the field, several hundred Atletico fans held their own celebrations outside the Jose Zorrilla Stadium in Valladolid. Some players later joined them, sharing hugs and chanting together, many without masks. Atletico's 11th league title ended a seven-year dominance by Barcelona and Real Madrid in Spain. Since 2014, Barcelona had won the league four times and Madrid twice, including last season. Real Madrid was trying to win back-to-back league trophies for the first time since 2007-08. Barcelona was out of contention entering the final round.

CELEBRATING WITH TEARS AND SMILES

When the final whistle blew, Diego Simeone broke out into a broad smile, laughed and breathed a sigh of relief. A few moments later, Luis Suarez was sitting on the field weeping profusely while on a video call. Suarez's goal came as redemption in what he called his 'toughest year'. "This has been a hard season for the situation I had to go through, starting the season the way it did, being disrespected (by Barcelona) and having Atletico open its doors to me," Suarez said. "I will always be thankful to this great club for that."



Supporters celebrate after Atletico Madrid won the Spanish Liga Championship title

"It has been such a difficult year, with so many people dying," said Simeone, who won a record eighth title with the club since arriving as coach in 2011. "For Atletico to win the title this season, it's different. It was a difficult year,

just like our own history. This was one of the best years for Atletico to be the champion." After embracing his family, Simeone jumped on the team bus as his players were celebrating and singing "We Are the Champions."

Suarez key to win

Atletico led the league since the ninth round but risked losing it at the end after Valladolid jumped ahead with a goal by Oscar Plano in the 18th minute, but Angel Correa equalized in the 57th and Suarez sealed the win in the 67th. It was the 21st league goal for Suarez, who was key for Atletico throughout the season after being let go by Barcelona against his wishes. The Uruguay striker was clearly moved after the match. "Atletico opened the doors to me," Suarez said. "I'll always be very thankful for this great club."

Tense moments for Simeone

Earlier in the match, Simeone was down on a knee, shaking his

head. He raised his arm and looked back to his bench, apparently searching for answers as his team appeared nervous and continued to struggle. Angel Correa scored after dribbling past two opponents outside the area and finding the net with a low shot between the legs of a defender. Atletico started breathing a sigh of relief 10 minutes later as Suarez scored the go-ahead goal in a breakaway, calmly sending a shot into the net in a one-on-one situation with Valladolid goalkeeper Jordi Masip.

Atletico wasn't safe yet, though, as Madrid rallied with Benzema scoring in the 87th and Luka Modric scored in stoppage time to give the defending champions a chance. There were only a few minutes left in Valladolid, though, and Atletico held on for the victory and the title.

'SCI-FI' LEWANDOWSKI BREAKS MUELLER RECORD

Bayern Munich striker Robert Lewandowski said it felt like being in a "science fiction film" after scoring his 41st Bundesliga goal of the season to break Gerd Mueller's 49-year-old German league record for a single campaign

Lewandowski hit the net in the 90th minute of Bayern's 5-2 home win over Augsburg having equalled Mueller's record of 40, which was set in 1971/72. Lewandowski broke Mueller's mark with a classic poacher's effort, rounding the Augsburg goalkeeper to fire home, having snapped up the rebound

after Leroy Sane's shot was parried just before the whistle.

"You wait for 90 minutes and then it comes in the last few seconds," Lewandowski said after the final round of games. "It was like being in a science fiction film. I've lost my voice. I saw Leroy shoot for goal, I had to keep believing and luckily it came off."

Lewandowski claimed the record having had his six previous shots all saved

as Bayern lifted the Bundesliga trophy after the final whistle for the ninth straight season. They finished the season 13 points clear in the table. "I was a little bit disappointed to have not scored sooner, but sometimes such records have to be fought for," added Lewandowski. "I was patient and believed until the end. I thank my team, who share the record with me. This is something very special, a historic moment in my career." AFP



Robert Lewandowski poses with the trophy for the leading goal scorer of the Bundesliga 2020-2021 season

Photo: AFP

3-DAY QUARANTINE FOR INDIA IN ENG LIKELY

The Indian cricket team touring England may be asked to undergo only a three-day hard quarantine before being allowed to practice in a bio-secure environment during isolation, ahead of the World Test Championship (WTC) final in Southampton. The roadmap could be similar to what New Zealand is following on arrival in England for their Test tour. Apart from the WTC final, India play five Test matches against England in August-September.

India depart from Mumbai on June 2. It is understood that discussions between BCCI and England and Wales Cricket Board (ECB) have been going on and since most India players are already in a bio-secure bubble in Mumbai, the quarantine wouldn't be a hard one for all 10 days despite India being in the red list of UK government.

New Zealand will move to London at the monthend. India will move in from June 2. AGENCIES



Virat Kohli clutches his arm as he walks out after receiving a dose of the Covid-19 coronavirus vaccine, in Mumbai

QUIZ TIME!

Q1: Which county did Sunil Gavaskar play for?

- a) Somerset b) Worcestershire
c) Warwickshire d) Glamorgan

Q2: Who was the first Indian to win the World Amateur Billiards title?

- a) Geet Sethi b) Wilson Jones
c) Michael Ferreira d) Manoj Kothari

Q3: Which team won the first Premier League title?

- a) Chelsea b) Aston Villa

- c) Manchester United d) Liverpool

Q4: Against which team did Mohammed Shami make his test debut?

- a) Bangladesh b) Australia
c) New Zealand d) West Indies

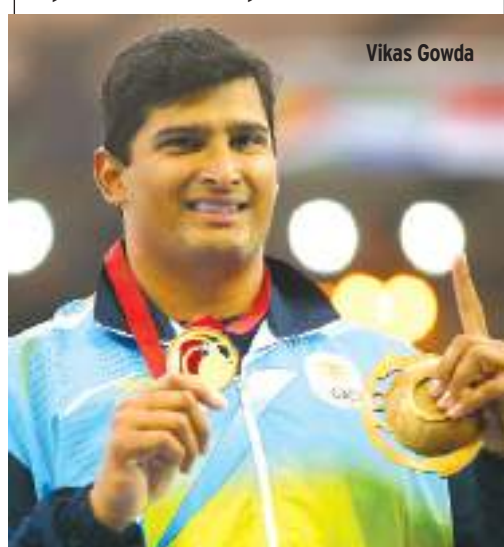
Q5: Jude Felix is a famous Indian player in which sports?

- a) Football b) Hockey
c) Swimming d) Badminton

Q6: India won its first Olympic hockey gold in which year?

- a) 1928 b) 1932 c) 1936 d) 1948

Q7: Vikas Gowda won a Gold Medal in 2014 Commonwealth Games. Which sport does he represent?



Vikas Gowda

Photo: GETTY IMAGES

- a) Discus Throw b) Javelin Throw
c) High Jump d) Long Jump

Q8: In which year did Milkha Singh win the first National title in the 400 m race?

- a) 1955 b) 1957 c) 1956 d) 1970

Q9: Who was the 1st ODI captain for India?

- a) Ajit Wadekar b) Bishen Singh Bedi
c) Nawab Pataudi d) Vinoo Mankad

Q10: Which player has scored the most runs in a single Test innings?

- a) Graham Gooch b) Matthew Hayden
c) Brian Lara d) Ajit Agarkar

Q11: Which of the following sports was invented by James Naismith?

- a) Football b) Basketball
c) Ice Hockey d) Badminton

Q12: Which of these IPL players have never played for India?

- a) Deepak Hooda b) Ishan Kishan
c) T Natrajan d) Kedar Jadhav

ANSWERS: 1. a) Somerset 2. b) Wilson Jones
3. c) Manchester United 4. d) West Indies
5. b) Hockey 6. a) 1928 7. b) Javelin Throw
8. b) 1957 9. a) Ajit Wadekar 10. c) Brian Lara
11. b) Basketball 12. a) Deepak Hooda



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TODAY'S EDITION

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➤ **Top 20 Hollywood films on IMDB, 2021**
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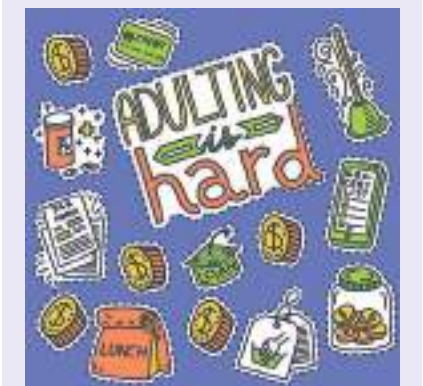


➤ **Indian athletes who have qualified for the Tokyo Olympics**
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STUDENT EDITION
SATURDAY, MAY 22, 2021

LATEST BUZZWORDS EXPLAINED



ERRAND PARALYSIS

Have you ever faced a bout of lethargy that prevented you from getting up and completing a task? Has your brain ever felt preoccupied with lists and reminders of work but your limbs just wouldn't comply? Well, if you have, then you are experiencing 'Errand Paralysis'. As the name suggests, it is a condition where an individual is unable to perform his/her planned tasks efficiently, or at all, which results in a huge pile of to-do lists and endless reminders. It is a relative of procrastination; but it's more to do with managing the mundane. The term is essentially a new-age millennial coinage to describe the more encompassing "adulting". Errands are an integral part of our lives that need our immediate, and sometimes, undivided attention – and keep us on our toes. With more young adults becoming self-reliant and living independently, managing everyday errands also adds to the workload. Minimal tasks like depositing cheques or even buying groceries end up making you feel overwhelmed and exhausted. And the more tasks pile up, the more you start putting things for later leading to errand paralysis.

SKINCARE

ICE, SO NICE!

Did you know that you can use ice cubes as skin soothers in summer? Here's how...

REDUCE PUFFY EYES: The best way to reduce puffy eyes is the ice cube hack. All you need to do is rub ice cubes on the eye area for about 5-10 minutes. This will help to reduce the swelling under the eyes.

SOOTHE SUNBURN: The easiest way to treat sunburn is to rub a few ice cubes on the affected area. This will help ease the pain by providing a cooling sensation and also by absorbing the heat from the skin.

SHRINK PIMPLES: The scorching heat leads to uninvited pimples. An ice cube won't fix your pimple but it can surely shrink it. Simply wrap a few ice cubes in a piece of cloth and apply it to the affected area for 10-15 minutes, this will flatten the zit by constricting the blood vessels.

REDUCE THREADING PAIN: Getting your eyebrows done and hate the pain? Just rub an ice cube over the brows before going for a threading or tweezing session. This will help to reduce the pain and even the inflammation post plucking.

ICE MASSAGE: With all the heat and environmental damage, our skin tends to get dull with time. Give your skin a good ice cube massage. It will help to improve the blood circulation, making your skin look fresh and dewy. TNN

CLICK HERE: PAGE 1 AND 2

RETHINK

Brush up your JOURNAL KNOWLEDGE

Want to manage stress, get organised or boost your creativity - try journaling. But what technique is for you?

Nupur.Amarnath@timesgroup.com

Journaling has been used for centuries by some of our greatest minds from Leonardo Da Vinci to Marie Curie to record their thoughts, ideas and work. It has helped people process pain, heartbreak, and everyday conundrums or just as a means to chronicle a time in their life for posterity like Anne Frank. But there's not just one way to journal. Here are ways to write your journal and to pick what is right for you...

Let your thoughts flow continuously. If you don't want a timer, set a goal for the number of pages you'd like to fill up. Even if you run out of ideas, you keep writing till you achieve your goal.
How it helps? Free writing helps you unpack a confusing dilemma, handle mixed and even suppressed emotions.

stand how dreams can impact your day. It helps you with new ideas and can boost memory.
How it helps? Free writing helps you unpack a confusing dilemma, handle mixed and even suppressed emotions.



PICK IT... if you have vivid or recurring dreams

PICK IT... if you want to unspool your mind

Free Writing
It means writing without form or structure. You set a timer (start with 10 minutes), start writing and



HOW JOURNALING BENEFITS YOUR CHILD
■ It helps them to deal with big feelings
■ It improves writing skills
■ It enhances communication skills
■ It helps reduce stress
■ It can sharpen memory and stimulates cognitive function
■ It encourages goal setting
■ It uplifts your mood and cultivates mindfulness
■ It promotes good habits

Morning Pages
Morning Pages is a free writing practice made popular by Julie Cameron in her 1992 book 'The Artist's Way'. In her website she writes, "Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning...they are not high art. They are not even 'writing.'" **How it helps?** The brain is most active in the morning and this means you're more creative, fresh and in a better mood to record your thoughts.

Dream journaling
This is not some mystical pursuit but many feel maintaining a dream journal helps understanding emotions. The idea is to start writing what dream you had last night and recording it.
How it helps? It helps you understand

Art journal
If writing is not your medium of choice but art is, use sketches, collages, or doodles as a medium to journal. The best bit: there's no right way to do it. It's free flowing and you can tackle anything you want.
How it helps? An art journal helps you get in touch with your creativity.

Unsent letter
Basically a letter written with the express purpose of never being mailed. It's a cathartic experience that helps you manage your current feelings.
How it helps? It can help you manage complex emotions like anger, grief, or helplessness.



PICK IT... if you are looking for an update the usual organiser

PICK IT... to set your intention for the day

PICK IT... if you are seeking closure, forgiveness and peace of mind

#GOALS

Celebs who Keep a diary

JENNIFER ANISTON
Hollywood film star Jennifer Aniston uses a journal – and diligently. According to sources close to the actor, she likes to keep a free writing journal to reflect on thoughts, feelings and ideas.

LADY GAGA
Lady Gaga journals to stay in tune with her thoughts. She carries a journal with her on her tours too to record her thoughts, feelings, sketches, pictures and even letters between herself and mum Cynthia.

EMMA WATSON
Actress and activist Emma Watson has been maintaining a diary for years now. She's known to keep a variety of journals from personal diaries to a dream diary, a yoga diary, diaries on people that she has met and advice they

have given her. She also has an acting journal and a collage book. She even keeps a five-minute journal.

JESSICA SIMPSON
Singer Jessica Simpson uses her journal to write down all her songs – it's like a journal with songs for what she's going through. She writes songs about heartbreak, about perseverance. In fact, she used it as an inspiration for her albums too.

SERENA WILLIAMS
Inarguably the greatest tennis player of all times, Serena Williams has been maintaining a

FAMOUS PEOPLE FROM HISTORY WHO KEPT JOURNALS
■ Leonardo da Vinci
■ Frida Kahlo
■ Marie Curie
■ Anne Frank
■ Mark Twain
■ Charles Darwin
■ Lewis Carroll
■ Thomas Edison



journal for some time and uses it to write down her feeling that helps her to clear out negative thoughts and emotions that makes her feel stuck.

JOSEPH GORDON-LEVITT
Actor Joseph Gordon-Levitt likes to write in a journal especially when he's trying to work through something that's vexing him. He says that journaling helps him to think more clearly and come to new answers or conclusions faster.

HEALTH



Functional NUTRITION for Covid 19

EAT THESE TO STAY HEALTHY AND KEEP YOUR IMMUNE SYSTEM IN TOP SHAPE

Supriya.Sharma2@timesgroup.com

Zinc
Zinc deficiency is common. According to research, 16% of all deep respiratory infections worldwide have been found to be due to zinc deficiency. Supplementation with zinc is shown to prevent viral infections and reduce their severity and duration.
Food sources: Poultry, baked beans, chickpeas, and nuts (such as cashews and almonds).

Elderberry
Elderberry (Sambucus nigra) is seen in many medicinal preparations and has widespread historical use as an anti-viral herb. Full of antiviral and anti-inflammatory properties, elderberry syrup is used as a remedy for colds, flu, and bacterial sinus infections. Elderberry is likely to be most effective in the prevention of early infection.
Food sources: Cooked elderberries are used as a flavouring in foods. Do NOT consume them raw.

Vitamin D
Indoor confinement has made most people deficient in this important vitamin, which may negatively affect immune function. In fact, low vit D levels are linked to an increased risk of upper respiratory tract infections.
Food sources: Oily fish – such as salmon, sardines, herring and mackerel, red meat, egg yolks, etc.

Vitamin A
Vitamin A is known as an anti-inflammation vita-

min because of its critical role in enhancing immune function.
Food sources: Yellow, red and green (leafy) vegetables, such as spinach, carrots. Yellow fruits such as mango, papaya and apricots.

Vitamin C
Vitamin C contributes to immune defence by supporting various cellular functions of both innate and adaptive immune system.
Food sources: Citrus fruits, such as oranges and sweet lime, peppers, strawberries, etc.

Garlic
Garlic has powerful anti-inflammatory and antiviral properties. It has been shown to enhance immune health by stimulating white blood cells.

Curcumin
Curcumin is the main active compound in turmeric. Curcumin is used in Ayurvedic and Chinese medicine for its analgesic, anti-inflammatory, and antiseptic activity. Curcumin can help fight inflammation.

Mushrooms
Mushrooms are high in selenium and B vitamins like riboflavin and niacin, which are needed to keep the immune system running optimally.

Licorice root
Licorice root, when used as a gargle, may be used to soothe the pain of a sore throat. Additionally, it can loosen congestion and reduce inflammation.



PETS

SNUGGLE UP

Children who sleep with pets get better 'quality' shut-eye, study suggests

Scientists from Concordia University in Montreal have found out that sleeping with a pet can result in better quality of sleep. The study analysed 188 people aged 11 to 17, and found that those who frequently slept with their pets enjoyed a better quality of rest. The study authors said that could be because many children view their pets as a "close



friend", having the animal on hand could calm "nighttime fears".

The study subjects took part in a polysomnography sleep study for one night. They also wore a wrist tracker that recorded their rest-activity cycles, along with keeping a daily sleep diary, for two weeks. The scientists concluded that bed sharing with pets may not adversely affect sleep of children and adolescents. Adults may find their shut eye is more disrupted due to them occupying more space than children.

GOOD TO KNOW

10 facts ABOUT HERGÉ

May 22, 1907 was the day the creator of Tintin - the most popular European comics of the 20th century - Hergé was born. He lives on, thanks to his iconic work. Here are some little-known facts about this master cartoonist



1 A Belgian by birth, Hergé's original name was Georges Prosper Remi. He created the pen name by reversing his initials G and R, making it RG or Hergé.

2 Tintin comics have sold more than 240 million copies worldwide and has been translated to over 70 languages. In 1930, first Tintin book 'Tintin

in the Land of Soviets' was published.

3 In his comic 'Explorers on the Moon', Tintin along with Captain Haddock and Snowy explored the moon in 1954 – this is 15 years before Neil Armstrong first landed on Moon.

4 While Tintin has explored many countries, Hergé hasn't visited a single country in his lifetime.

5 Tintin's adventures were transformed into a movie titled 'The Adventures of Tintin: Secret of the Unicorn' in 2011, directed by Steven

Spielberg, who bought the international rights to the character in the early 1980s.

6 The famous characters of Thomson and Thompson were inspired by Hergé's father and uncle, who were twins. In fact, the character of opera singer Bianca Castafiore is said to be inspired by Hergé's grandmother.

7 In the original Tintin, written in French, Tintin's dog Snowy is named Milou, a tribute to Hergé's first girlfriend.

8 Tintin's face is made up of some very simple features, and is nearly expressionless. Because it's neutral, it's the ideal recipient for the emotions felt and projected by readers.

9 Through his career span, Hergé turned out to be increasingly depressed and felt that he was a slave to his own prosperity.

10 Hergé himself features in several of the Tintin comics as a background character. If you're inspired, you could go back and try to spot him in the comics and even the series to see for yourself!



Pics: Tintin.com



Online condolence can be done through emails, e-cards, attending prayer meets, Skyping or video calling via FaceTime or Zoom



ward shouldn't be used as a condolence message.

REACH OUT AND SKIP CLICHÉD 'SCRIPTS'

Typical culturally-prescribed phrases like, "Let me know if you need any help" is civil but lacks genuineness if you just say this line and don't walk the talk by following up after couple of days with another phone call or a detailed chat on WhatsApp or by offering real help. Because the grieving person is unlikely to ask you to do something tangible. So, "Reaching out is what matters — give those who have lost someone — your time, which is our most precious resource," advises Singh. Also, if you come to know about a death in a neighbour's family (where doing something tangible is possible), go ahead and do it: like you could ask when you are going out to buy groceries if they need something too and drop it at their door. This reaching out by you will always be remembered compared to an "RIP" text on the locality/society group.

SUPPORT YOUR PEERS IN THEIR MOMENT OF GRIEF

Once you are informed about a loss in your peer group (which is unfortunately becoming common in the current wave of Covid-19) — who has lost a grandparent, an older sibling or a helper he/she was close to, lend your support by being kind. "Offer to spend time online through video calls, try to uplift their mood by engaging in online games or even with regular chit-chat. You can also offer a friend who is mourning a loved one's demise help with a school activity or project that he is unable to handle due to his sadness," Singh adds. Convert your words like, "I care for you" into action. Be around after your condolence note — that will make it count!

"My teenager and I are always fighting, locked in at home"

Q: Ever since the lockdown started, being locked in with my teenager has led us to lock horns constantly. She is constantly on the phone with her friends and seems like she doesn't like seeing us around all the time. It is heartbreaking. How do I manage this and set rules of engagement?

A: Hi, First of all, thanks for reaching out. Your heart-break and frustration are understandable in this un-

known situation we are caught up in. Dealing with growing teens in a generation of technology can be a tough one to tackle especially in a lockdown when life is turned upside down for your daughter and everyone else her age. But being hopeful in these times is also important. The brighter side isn't that far-fetched.

While arguments and fights become frequent what becomes important is to understand your daughter's frustration, which is natural due to the halt on the daily routine. Communication serves as a key here and develops a better bond. You can start by cooking her favourite dish and approach her. Acknowledge her frustration and talk to her about how she is feeling and express that you are there for her to tackle it better. Teenagers in this generation are in the need of their own space and time. While that remains important, so is the need to maintain a balance. After communicating your best interests try to engage her in activities of her liking and do them together. Take the initiative to be their activity buddy. This time can be used to bond better and effectively. Play board games, charades, include a little cooking or baking, watch movies or shows together.

Expert: Dr Rachna Khanna Singh is HOD, holistic medicine & psychology (counseling), Artemis Hospital, Gurgaon and director, The Mind & Wellness Clinic, New Delhi TN

CONDOLENCE ETIQUETTE in the time of PANDEMIC

Knowing how to offer condolence is important, even if the nuances of this know-how is heartbreaking. Here's what experts have to say...

Pallavi.Shankar@timesgroup.com

Articulating your sorrow over someone's demise has never been easy. But when people met the grieving family in person at funerals or during post funeral visits, just being present mattered (a lot) — a nod, a caring glance or a tight hug said it all. Words weren't always needed and the silence of such meetings helped people connect and heal together. Since the pandemic struck, things obviously haven't remained the same and we make do with online prayer meetings or phone calls and texts to the person who has lost a loved one. This emotional language of expressing sorrow, empathy and comfort to a friend, family member or an acquaintance is tough for children and teens who feel a lot but struggle to articulate their feelings in words. There are, though, ways to know how to do it the right way.

IF YOU FEEL TONGUE TIED

Since you can't meet the bereaved family, words become important. "I don't know what to say" is what many young people say in such situations but 'say' you must. "Keep it simple and genuine. Using big and heavy-duty words and sentences is not needed. Make sure it comes from the heart and a text or a line on a phone call that says, 'I am sorry for your loss' or 'His/her passing away has made me very sad' is good enough," suggests mental wellness expert Rachna K Singh.

NON-VERBAL COMMUNICATION HAS ITS PROS

You can make e-cards at home or hand-made ones with a note on what you feel and send or courier it to the person in mourning. Clinical psychologist and



etiquette expert Priya Warrick says, "If you don't know what exactly to say — you could download a verse or quote that resonates with your thoughts and along with your name and a "I am so sorry about this," send it to the person going through the loss. Be careful, but, to personalise what you choose to send — even if it's just with emojis." However, any-

TRIVIA TIME

How some etiquette RULES STARTED

SHAKING HANDS

The history of the handshake dates back to the 5th century BC in Greece. It was a symbol of peace, showing that neither person was carrying a weapon. During the Roman era, the handshake was actually more of an arm grab. It involved grabbing each other's forearms to check that neither man had a knife hidden up his sleeve. While some say it started in Medieval Europe, when knights would shake the hand of others in an attempt to shake loose any hidden weapons.

KEEPING YOUR ELBOWS OFF THE TABLE

One theory says that since the great houses and castles of England during the middle ages did not have dining tables in the great halls, tables were made from trestles and covered with a cloth. The diners sat along one side only and if they put their elbows on the table and leaned too heavily, the table could collapse. But another theory says that at medieval feasts, space was at a premium for people looking to dine with lords and ladies, and the long tables were always packed leaving no space to put your elbows on it.

COVERING YOUR MOUTH TO YAWN

Historically, many believed that yawns were the soul escaping the body, the evil spirits entering, and yet another sign of the Plague. So people would cover it. Only around 1653 that yawning was considered a sign of boredom. If you were in company and yawning, it was considered rude to the others pres-

SAYING "BLESS YOU" AFTER A SNEEZE

No one knows the true origins of why and when people started saying bless you after someone sneezes. But the most popular theory is that this practice dates back to at least 590 CE, when Pope Gregory I commanded that anyone who sneezed immediately be blessed out of fear that it was a sign they had contracted The Plague. Another theory says that in ancient times, people believed that sneezing would allow evil spirits to enter your body, and saying "God bless you" kept out those evil spirits.

ent, hence something that one should stifle or hide.

NOT POINTING AT SOMEONE

Almost all cultures consider it too rude to point at someone. Many explanations stem from the ancient idea that one could transfer evil spirits to someone by staring at them with negative thoughts — what we also call the "evil eye" or "nazar". By pointing, it is believed, you direct attention and possible "evil eyes" at them. Pointing is considered blame allocation. Interestingly, according to anthropologist Olivier Le Guen, the indigenous Yucatec Mayas in southern Mexico don't consider it rude to point at others.



Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us toinie175@gmail.com with the subject line ETIQUETTE.

PANDEMIQUETTE

IT'S OKAY TO DEMAND PERSONAL SPACE

SITUATION: You are out grocery shopping, and people are not maintaining proper distance. You keep your distance and stay quiet.

SOLUTION: For the first time it's okay to actually shout for — personal space. Usually etiquette demands that we put our foot across firmly and clearly. But now more than ever, personal space encroachment is actually a health hazard. What you can do is first, look for someone in charge — a line manager, manager, anybody from the establishment who is around. It's easier to have someone from the authority to help you. The



concern should come out not as a way to punish someone else but to ensure that safety protocols are followed. **IF SOMEONE IS NOT GIVING YOU SPACE TO PASS, SAY:** "Do you mind giving me just a little more space so I can pass safely?" The tone has to be upbeat and not with an attitude. If the person scoffs at you, you can either pass anyway keeping as much distance as possible. Or wait until they move farther away, or go get something else and come back later. Understand that not everyone will be cooperative. You have to pick and choose your battles.

What else you can say to manage physical distancing?

- Excuse me Sir, the line starts back there, everyone's just distanced.
- (while stepping back) Sorry I'm trying to keep 6 feet away.
- Excuse me, I was next.
- I'll wait and catch the next elevator.
- After you, please. (said genuinely)
- Do you mind giving us just a little bit more space please, (hopefully followed by a: thank you so much)
- A little space please.

— Source: Emilypost.com

What's your Etiquette IQ?

1. When you are introducing yourself, which name should you say for people to address you?

A. Your full given name: "Viren Singh Chauhan."

B. Both your full given name and the name you like to be called by if it's different from your first name: "Viren Singh Chauhan, but everyone calls me Vir."

C. The name you want the other person to call you by and your last name: "Vir Chauhan."

ANSWER: C
Why? Introductions happen quickly; and it's often hard to catch the other person's name. Keep it simple to what you want to be called. Unless it's only you and a small group, then go by your full name and then what you'd prefer to be called. In a formal setting always give your last name.

B. Give their names and a bit of interesting information about each person.

ANSWER: B
Why? If you know one or both of the persons you're intro-

ducing, it's gracious to share a bit of information about them. That way, they have some conversation to carry on when you move away from the scene.

3. During an in-person conversation, what percentage of your message is delivered through your spoken words?

A. 7%
B. 38%
C. 55%

ANSWER: A
Why? Amazing but true. Spoken word makes a very small amount of your conversation. It's the non-verbal cues — your body language and your appearance that is deployed to communicate effectively.

4. When is the most gracious time to respond (RSVP) to an invitation?

A. Within 24 hours of receiving the invite
B. Within one week of receiving the said invitation
C. Anytime before the "respond by" date listed on the invitation

ANSWER: A
Why? It's not a short window as many believe. Receiving an invitation is an honour; even if it's to an event you'd rather not attend. But you need to RSVP promptly as a mark of respect to the sender.

5. If you're with someone who passes gas and then says, "Excuse me," what's the most gracious way to respond?

A. Say, "That's okay, it happens to all of us."
B. Try to keep the mood light by saying something similar to "Better you than me today!"
C. Don't say anything. You want to draw as little attention to the matter as possible.

ANSWER: C
Why? Bathroom and bodily noise etiquette are "socially unmentionable". Now while as kids one can still crack a joke or two, as adults mentioning or drawing any attention to it is social sacrilege. Just move on without a step out of place.
Source: etiquetteschoolofamerica.com



"Things are never quite as scary when you've got a best friend."
Bill Watterson

PICS: ISTOCK



A still from 'Woman In The Window'

The rise of powerful, independent-minded female protagonists with a dash of grey...

IT'S COMPLICATED

Nitya.Shukla@timesgroup.com

The screen adaptation of author A J Finn's 2018 thriller 'The Woman In the Window' released recently on a web streaming platform to mixed reviews. The film features Academy Award winner Amy Adams as Anna Fox, the unreliable narrator of the story. She is a severely agoraphobic recluse who spies on her neighbours and witnesses a murder, and

then becomes obsessed with solving it - all the while trapped by fear, and unable to leave her home. Anna is revealed to be an unreliable narrator having survived a horrific incident and suffers from hallucinations. As the story progresses several doubts are cast on her character, making the reader doubt Anna's version of events. Let's look at some more such characters:



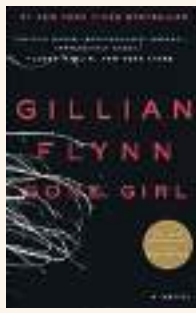
GONE GIRL BY GILLIAN FLYNN

The trope of a strong female protagonist yet an unreliable narrator, or one who makes you question who she really is, burst into the scene a few years back with Gillian Flynn's 'Gone Girl'. A thriller bursting with suspense, it introduced us to Amy



A still from 'Gone Girl'

Elliot Dunne, the diabolical dual protagonist and antagonist of the book. When she goes missing at the beginning of the novel, a diary unveils the story of her life. Wealthy, successful quiz-writer whose marriage to her husband Nick is perfect. Yet as the story progresses, the 'real' Amy is revealed through the unshedding of several layers that she holds close to herself like a master



poker player. No spoilers here, but Dunne's character showed that a strong, powerful, independent-minded woman may also not really be as perfect as you may think she is.



A still from 'The Girl On The Train'

THE GIRL ON THE TRAIN BY PAULA HAWKINS

This 2015 psychological thriller was told from the point of view of three women: Rachel Watson, Anna Boyd, and Megan Hipwell. The most prominent of them is Watson, a 33-year-old alcoholic, devastated by the end of her marriage. The author invites the reader to think of Watson as someone worthy of their sympathies. The loss of her marriage has depressed her deeply because all she wanted was a happy family. And



BEFORE I GO TO SLEEP BY S J WATSON

In this psychological thriller, the narrator and protagonist Christine Lucas suffers from anterograde amnesia, meaning she can't form new memories. Every morning she wakes not knowing who she is and her husband Ben helps her remember how an accident 18 years ago left her in this condition. Though she comes as a weak and incapable, Lucas unexpectedly starts to piece her past together, using clues from a journal that she has been keeping. But everything may be lost if she sleeps it off. Think of it as the psychological thriller version of the film '50 First Dates'.



A still from 'Before I Go to Sleep'

WHY AUTHORS USE PSEUDONYMS

Some wanted artistic freedom, others wanted to escape persecution. Here are some of the very different reasons these authors adopted alternative literary identities...



JK Rowling

JK Rowling famously opted for initials on the Potter books for fear her first name, Joanne, would put boys off reading them. In the 1800s, gender bias forced female writers to publish their work under masculine names: George Eliot's real name was Mary Ann Evans, while George Sand

was Aurore Dupin.



Alberto Moravia

Alberto Moravia, author of 'The Conformist' and one of the greatest figures in 20th Century Italian literature, was born Alberto Pincherle. He opted to drop his Jewish family name as part of his efforts to escape censorship and persecution at the hands of Benito Mussolini's 1922-1943 fascist regime.



Stephen King

Prodigiously productive, King adopted the pseudonym (Richard Bach) to sidestep his publisher's requirement that he release no more than one book per year under his own name. King also wanted to know whether his success was due to his talent or because he was an established author.



Emile Ajar

In 1975, the judges of France's top literary prize, awarded 'The Goncourt Prize' to Emile Ajar for 'The Life Before Us', unaware that Ajar was actually a pseudonym for writer Romain Gary! The latter had already won the prestigious award, in 1956 for 'The Roots of Heaven', and, under the Goncourt's rules, was excluded from getting it again. Capable of writing equally well in French and English, Gary would translate his texts himself under other pseudonyms. He even occasionally published as Romain Kacew, the name he was born with.



1. The Shawshank Redemption (1994)

Director: Frank Darabont
Cast: Tim Robbins, Morgan Freeman
Box office: 5.83 crores USD
Famous quote: "Get busy living, or get busy dying." - Andy Dufresne



2. The Dark Knight (2008)

Director: Christopher Nolan
Cast: Christian Bale, Heath Ledger
Box office: 100.5 crores USD
Famous quote: "Some people just want to watch the world burn." - Alfred Pennyworth



3. 12 Angry Men (1957)

Director: Sidney Lumet
Cast: Henry Fonda, Lee J. Cobb, Martin Balsam
Box office: No numbers available (20 lakhs USD in rentals)
Famous quote: "Bright? He's a common, ignorant slob. He don't even speak good English." - Juror #10



4. Schindler's List (1993)

Director: Steven Spielberg
Cast: Liam Neeson, Ralph Fiennes, Ben Kingsley
Box Office: 32.22 crores USD
Famous quote: "Stern, if this factory ever produces a shell that can actually be fired, I'll be very unhappy." - Oskar Schindler

Top 20 Hollywood films on IMDB, 2021

You may have heard their names many times, even skipped some because you are tired of hearing the same names. But that would be a huge mistake...



8. Pulp Fiction (1994)

Director: Quentin Tarantino
Cast: John Travolta, Uma Thurman, Samuel L. Jackson, Bruce Willis, Ving Rhames
Box office: 21.39 crores USD
Famous quote: "If my answers frighten you then you should cease asking scary questions." - Jules

Lee Van Cleef, Rada Rassimov
Box office: 4.43 crores USD

Famous quote: "When You Have To Shoot, Shoot. Don't Talk." - Tuo Ramirez

10. Fight Club (1999)

Director: David Fincher
Cast: Brad Pitt, Edward Norton, Helena Bonham Carter
Box office: 10.12 crores USD
Famous quote: "Welcome to Fight Club. The first rule of Fight Club is: you do not talk about Fight Club. The second rule of Fight Club is: you DO NOT talk about Fight Club!" - Tyler Durden

Box office: 55.09 crores USD
Famous quote: "Do. Or do not. There is no try." - Yoda

11. Forrest Gump (1994)

Director: Robert Zemeckis
Cast: Tom Hanks, Robin Wright, Gary Sinise
Box office: 68.31 crores USD
Famous quote: "My momma always said, 'Life was like a box of chocolates. You never know what you're gonna get.'" - Forrest Gump



14. The Matrix (1999)

Directors: Andy and Lana Wachowski
Cast: Keanu Reeves, Laurence Fishburne, Carrie-Anne Moss
Box office: 46.53 crores USD
Famous quote: "This is your last chance. After this, there is no turning back. You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill - you stay in Wonderland and I show you how deep the rabbit-hole goes." - Morpheus



17. The Godfather (1972)

Director: Francis Ford Coppola
Cast: Marlon Brando, Al Pacino, James Caan, Robert Duvall, Diane Keaton, Talia Shire
Box office: \$246-287 million
Famous quote: "I'm gonna make him an offer he can't refuse." - Don Corleone

18. The Godfather: Part II (1974)

Director: Francis Ford Coppola
Cast: Al Pacino, Robert De Niro, Robert Duvall, Diane Keaton
Box office: 13.68 crores USD
Famous quote: "There are many things my father taught me here in this room. He taught me: keep your friends close, but your enemies closer." - Michael Corleone



Cast: Jack Nicholson, Louise Fletcher, Will Sampson
Box office: 16.33 crores USD
Famous quote: "What do you think you are, for Chrissake, crazy or somethin'? Well you're not! You're not! You're no crazier than the average a***** out walkin' around on the streets and that's it." - McMurphy



6. The Lord of the Rings: The Fellowship of the Ring (2001)

Director: Peter Jackson
Cast: Elijah Wood, Ian McKellen, Viggo Mortensen, Orlando Bloom, Liv Tyler
Box office: \$433,579,200
Famous quote: "You cannot pass! I am a servant of the Secret Fire, wielder of the Flame of Anor. The dark fire will not avail you, Flame of Udun! Go back to the shadow. You shall not pass!" - Gandalf



7. The Lord of the Rings: The Two Towers (2002)

Director: Peter Jackson
Cast: Elijah Wood, Ian McKellen, Viggo Mortensen, Orlando Bloom, Liv Tyler
Box office: 94.74 crores USD
Famous Quote: "There's some good in this world, Mr. Frodo... and it's worth fighting for." - Samwise 'Sam' Gamgee

12. Inception (2010)

Director: Christopher Nolan
Cast: Leonardo DiCaprio, Joseph Gordon-Levitt, Ellen Page, Tom Hardy, Marion Cotillard
Box office: 83.68 crores USD
Famous quote: "You're waiting for a train. A train that'll take you far away. You know where you hope this train will take you. But you can't know for sure." - Cobb



15. Goodfellas (1990)

Director: Martin Scorsese
Cast: Robert De Niro, Ray Liotta, Joe Pesci
Box office: 4.71 crores USD
Famous quote: "For as long as I can remember I always wanted to be a gangster. To me that was better than being president of the United States. To be a gangster was to own the world." - Henry Hill



13. Star Wars: Episode V - The Empire Strikes Back (1980)

Director: George Lucas
Cast: Mark Hamill, Harrison Ford, Carrie Fisher



16. One Flew Over the Cuckoo's Nest (1975)

Director: Milos Forman



20. Se7en (1995)

Director: David Fincher
Cast: Morgan Freeman, Brad Pitt
Box office: 32.73 crores USD
Famous quote: "What's in the box?" - David Mills

- Source: IMDB, hollywoodreporter.com

ON TARGET, FOR THE OLYMPICS

An air of uncertainty hangs over the Tokyo Olympics. The future of the competing athletes is fraught with anxiety. Nonetheless, there is excitement in the sporting world as India looks to rack up its medal count. We take a look at some of the athletes who have qualified for the landmark event...



Photo: GETTY IMAGES

NETHRA KUMANAN | SAILING

Nethra Kumanan, hailing from Chennai, is the first Indian female sailor to qualify for the Olympics, and the only female among the 10 Indians to qualify for the event. Her achievements are nothing short of phenomenal. Kumanan booked her berth at the Tokyo Olympics in the Laser Radial category after she led the 10-race series at the Mussanah Open Championship, in Oman, last month. In the medal round, she finished sixth, and was placed second overall. Her international sailing career began in Mussanah in an Under-21 event in 2013.

International Competitions:
Asian Games 2014 and 2018

Hempel World Cup Series, Miami

Best finish:
Fourth in the 2018 Asian Games in Jakarta, Indonesia



VINESH PHOGAT | WRESTLING

Vinesh Phogat became the first Indian wrestler to qualify for the Tokyo Olympics. Competing in the 53kg category at the World Wrestling Championship in Nur Sultan, she defeated world No.1 Sarah Ann Hildebrandt of the US. In the 2013 Asian Wrestling Championships in New Delhi, Vinesh won the bronze in the women's freestyle 52kg category. That year in the Commonwealth Wrestling Championships held in Johannesburg, Vinesh achieved silver in the women's freestyle 51kg category. In 2014 Commonwealth Games, she won gold in the women's freestyle 48 kg category. In 2018, Vinesh became the first Indian woman wrestler to win

gold in the Asian Games. She followed it up with a gold in 2019 at the Yasar Dogu International by defeating Ekaterina Poleshchuk of Russia.

International Competitions:
2015 Asian Championships, Doha

2018 Commonwealth Games, Gold Coast

Poland Open Wrestling tournament, Warsaw.

2020, Rome Ranking Series

Best finish:
Vinesh's maiden gold at Asian Wrestling Championship after beating Taipei's Meng Hsuan Hsieh in the final.



SHARATH KAMAL | TABLE TENNIS



Achanta Sharath Kamal is one of the most long standing mainstays of Indian Table Tennis. On March 18, 2021, in Doha, he qualified for the Olympic singles after beating Pakistan's Rameez Mo-

ammed in just 23 minutes. Two days later, he and Manika Batra beat Korea's Sang Su-Lee and Jihee Jeon in a close-run match that ushered them into the Table Tennis Mixed Doubles at Tokyo. This will

be his fourth Olympics appearance. He won a Gold medal at the 2006 Commonwealth Games, in Melbourne, earning India's first ever CWG gold in Table Tennis. When not competing for India, he plays in the European League, where he is currently attached to the German team Borussia Dusseldorf.

International Competitions:
2006 Commonwealth Games Melbourne

2010 Egypt Open - Tournament Winner

Olympics 2004 - Athens

Olympics 2008 - Beijing

Olympics 2016 - Rio - Only male Indian Table Tennis player

US Open 2010 - Tournament Winner

Best finish:
At the Japan Pro Tour in 2007, Kamal beat World No. 19, South Korea's Lee Jung Woo, driving his World Ranking from No. 94 to No. 73 - a high from which he has never looked back.

LOVLINA BORGHAIN | BOXING

One of the many who would travel to Tokyo to represent India in boxing is the 23-year-old Lovlina Borgohain. She became only the second Indian woman boxer ever to qualify for the Olympics when she booked her slot via a win over Uzbekistan's Maftunakhon Melieva at the quarter finals of Asian Boxing qualifiers. Lovlina started her career as a kickboxer but switched to boxing later. She shot to fame with a bronze medal at 2017 Asian Boxing Championships in the women's welterweight category. She backed it up with yet another third-place finish at the President's Cup held at Astana, Kazakhstan, to announce her arrival on the world stage. In March 2020, she secured the Olympic berth in the 69 kg with a 5-0 win.



International Competitions:
2017 Asian Boxing Championships, Vietnam

2018 Commonwealth Games

2019 AIBA women's World Boxing Championships

2019 Women's World Boxing Championships

Best finish:
2018, AIBA women's World Championships

PRANATI NAYAK | GYMNASTICS

At the Asian Artistic Gymnastics Championship in Mongolia in 2019, Pranati Nayak won a bronze medal for the vault. After it was confirmed that this championship would serve as a qualifier for the 2021 Tokyo Olympics, Nayak secured a historic spot for herself on the Indian Olympic contingent: the second female Indian gymnast ever to com-

pete at the Olympics. She is India's only representative in gymnastics this year.

International Competitions:
Asian Gymnastics Championships 2019

Best finish:
Asian Gymnastics Championships, Ulaanbaatar, Mongolia



FOUAAD MIRZA | EQUESTRIAN SPORT

The 29-year-old Bangalorean helped to put India on the map of Equestrian sports. Specialising in the Eventing category, he is the first Indian eventer to qualify for the Olympics in this century. He earned this feat after finishing first in South East Asia, Oceania group. After participating in the 2014 Asian Games, he won two silver medals at the 2018 Asian Games in individual eventing and team eventing. It made

him the first Indian since 1982 to win an individual equestrian medal.

He is currently training in Germany.

International Competitions:
2018 Asian Games

2019 CC13*S Cup, Poland

Best finish:
First in South East Asia, Oceania group



BHAVANI DEVI | FENCING



The Tokyo Olympics are a landmark event for fencing in India, as this is the first time any Indian has qualified in the sport. After a flurry of hard-fought matches in Sabre at the Fencing World Cup in Budapest, she qualified through the Adjusted Official Ranking (AOR) system. Devi's winning streak in Hungary was broken in two matches by Gimlac Margaux and Katona Renata. However, when South Korea won against Hungary, it pushed her competitors' rank down, and the Chennai-born athlete found herself on the way to Tokyo, pulling India into the Olympic fencing arena for the first time. Before her stellar performance in Budapest, Devi was already making international waves: she was the first Indian to win a gold medal in the senior Commonwealth Fencing Championship in Canberra, 2018. Tokyo, it is hoped, will slip another gold into her scabbard.

International Competitions:
2009 Commonwealth Fencing Championship

2010 Asian Fencing Championship

2012 Commonwealth Championship 2012

2018 Commonwealth Fencing Championship

2019 Tournoi Satellite Fencing Championship

Best finish:
Gold at the Canberra Commonwealth Fencing Championship in 2018 marked the first time Indian had won a gold in the competition's 44 year long history.

SEEMA BISLA | WRESTLING

Seema Bisla recently became the fourth Indian woman wrestler to qualify for the 2021 Tokyo Olympic Games by reaching the final of the 50kg competition. Bisla won the semi-final against Poland's Anna Lukasiak 2-1 to seal a quota for Tokyo. A few hours later, she went on to earn gold in the 50kg event of the Olympic qualification tournament by beating Ecuadorian Lucia Guzman, who conceded the match due to injury. She won the bronze medal in the women's 50 kg event at the 2021 Asian Wrestling Championships. In May 2021, she qualified at the World Olympic Qualification Tournament

held in Sofia, Bulgaria.

International Competitions:
2Sassari International

Grand Prix of Spain

Junior Continental Championships in 2012

2012 Asian Championships

Best finish:
2021 Asian Championship in Almaty, Kazakhstan, in freestyle 50kg category



DEEPIKA KUMARI | ARCHERY

The world number nine in archery, Deepika Kumari's story is an inspiring one. The daughter of an auto-rickshaw driver and a homemaker, she had to practise with homemade bamboo bows. From such humble beginnings, she rose to become world number one in women's recurve archery, in 2012. The Ranchi-born archer qualified for the Olympics in Bangkok 2019, at the Continental Qualification Tournament held on the sidelines of the Asian Archery Championships. She competed in the Games at Rio in 2016, and London, in 2012. Tokyo might just let her hit her target.

International Competitions:
Archery World Cup 2012, 2018, 2021

Asian Archery Championships 2013

Commonwealth Games 2010

Best finish:
Deepika Kumari beat Lee Sung-Jin of South Korea by six set points to four in May 2012, winning her first World Cup gold medal in recurve archery. It was a win that paved the way to her ranking world number 1 in women's recurve archery, a position that she held for 61 days.



Photos: TOI



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

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PAGE 2



➤ Should there be Instagram for children under 13 years of age, aka Gen Z and Alpha? Students debate
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➤ Indian women set to play maiden pink ball Test
PAGE 4



STUDENT EDITION

FRIDAY, MAY 21, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

TIMES NIE Answers Your Query

Pranay Upadhyay,
class X, MVN School,
Sec-17, Faridabad



ASK THE EXPERT

A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,

▶ **'CLICK HERE'**

OR VISIT
<https://bit.ly/331Rx0n>

Q Is it normal for kids to experience anxiety about Covid affecting their families and friends?

It is normal to feel anxious when you find out that your family member has contracted Covid. ■ Acknowledge these emotions. ■ Give yourself time to work on stress management strategies, including exercise and meditation. ■ Talking with your friends and family members, and reassuring yourself with the progress they are making daily, will help you manage your stress levels.

Naomi Dewicka,
class XII, DPS,
RK Puram, New Delhi



Q How soon can one exercise and get into daily routines post Covid recovery?

Fatigue is a known aftereffect of Covid 19. Hence, it is advisable to take it slow as your capacity to exert your body and exercise would have decreased considerably in the post-recovery period. However, you may be able to take upon the daily activities gradually. So rest up, till you are back to your usual energy level before taking up heavy jobs.

EXPERT ADVICE GIVEN BY

Dr Meha Sharma, Consultant Rheumatologist - specialist of Immune disorders. Cedar Superspeciality Centre, Dwarka, Delhi



AR RAHMAN'S '99 SONGS' TO HAVE DIGITAL PREMIERE ON MAY 21

Composer AR Rahman's debut project as film producer, '99 Songs', will have its digital premiere on May 21. The Oscar-winning composer tweeted the news on Wednesday evening.



■ The musical romantic drama '99 Songs', which stars newcomers Ehan Bhat and Edilisy Vargas, is directed by debutant Vishwesh Krishnamoorthy, who is also a musician with the Mumbai-based hardcore experimental band Scribe
■ The film had released theatrically on April 16 but did not see much business owing to the ongoing pandemic, which kept the audience away from theatres during the unlock phase
■ '99 Songs' will stream in Hindi, Tamil, and Telugu on Netflix

World's largest iceberg breaks off Antarctic ice shelf, it's nearly three times the size of Delhi

An enormous iceberg, measuring 4,320 sq km, has broken off the coast of Antarctica. Measurements taken from satellites and planes have confirmed it as the world's largest, according to reports.



Ice-calving or iceberg calving is the process by which ice blocks break away from an ice shelf or the edge of a glacier. It is the sudden release and breaking away of a mass of ice

■ The iceberg A-76 calved from the western side of the Ronne Ice Shelf in Antarctica. It is now floating on the Weddell Sea, the

European Space Agency said
■ The slab of ice is bigger than the Spanish Island of Majorca, and nearly three times the

size of Delhi. It measures around 170 kilometres-long and 25 kilometres-wide

■ The iceberg was spotted in recent satellite images captured by the Copernicus Sentinel-1 mission, the European Space Agency said in a

statement. They also posted a photo of the iceberg on their website

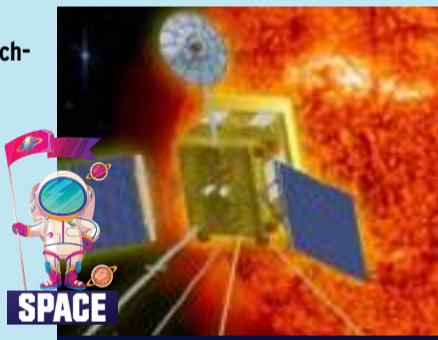
■ The A-76 iceberg was first detected by British Antarctic Survey and confirmed by the Maryland-based US National Ice Center

A-76 is now the largest iceberg on the planet, surpassing the now second-place A-23A, which is about 3,380 square km in size, floating in the Weddell Sea



NASA-ESA SUN-WATCHING SPACECRAFT CAPTURES FIRST SOLAR ERUPTION

NASA and the European Space Agency's sun-watching spacecraft has captured the first solar eruption. On February 12, the Solar Orbiter caught sight of the coronal mass ejection (CME), NASA said. The CME was captured by a NASA instrument, the Solar Orbiter Heliospheric Imager (SoloHI) onboard the spacecraft. SoloHI watches the solar wind, dust, and cosmic rays that fill the space between the sun and the planets. The view captured is brief and grainy, but shows a sudden blast of particles, the CME, escaping the sun.



SPACE

➤ The Solar Orbiter was launched in February 2020
➤ The spacecraft has already taken the closest picture of the sun to date
➤ Its official mission begins in November, when SoloHI and the rest of the remote-sensing instruments will be switched on in full science mode

Google announces new privacy settings, AI TOOLS AND ANDROID 12 BETA



TECHAWAY

Google has announced a slew of new features, including new privacy settings, AI tools and release of the first beta of Android 12 that will become part of its products over the course of the year. Kicking off Google I/O 2021 in a virtual format from the Mountain View campus, Google CEO Sundar Pichai also announced additions to Google Workspace that will enable richer collaboration, especially in view of the pandemic that has driven enterprises across the globe to embrace remote working solutions.

1 Pichai and other Google executives laid out the roadmap for tools and features that will be rolled out through the year across products like Search, Lens, Photos, Maps and Shopping, among others.

India, China, South Africa fared 'relatively better' than other major economies in Q1 of 2021: UN

India, China and South Africa have fared "relatively better" than other major economies in imports and exports in the first quarter of this year, according to the latest UNCTAD data, which said that global trade recovery from the Covid-19 crisis hit a record high during the same period. The Global Trade Update by the United Nations Conference on Trade and Development (UNCTAD) has said that in Q1 2021, the value of global trade in goods and services grew by about 4 per cent quarter-over-quarter, and by about 10 per cent year-over-year.

\$100 MN

A LOOK AT THE SPANISH ARTIST'S FIVE MOST-EXPENSIVE WORKS EVER SOLD AT AUCTION



THE WOMEN OF ALGIERS

Picasso painted 'The Women of Algiers' (Version 'O') in 1955, and was sold for \$179.3 million at Christie's auction in 2015. This painting held the world record for the highest-ever price paid at an auction until it was taken over by Leonardo da Vinci's Salvator Mundi

\$179.3 MN

That's the price of an oil painting by Pablo Picasso that was sold at Christie's auction in New York, smashing its pre-sale estimate of \$55 million. The portrait of Picasso's French lover Marie-Therese, 'Femme assise près d'une fenêtre (Marie-Thérèse)', or 'Woman sitting near a window,' led the '20th Century Evening Sale'...

YOUNG GIRL WITH A FLOWER BASKET

Picasso's 'Young Girl With a Flower Basket' was painted in 1905, and it was reportedly one of the stars of the 2018 auction of the works collected by the late US banker David Rockefeller and his wife Peggy. The work represents a young girl nude holding a basket of flowers. The painting also surpassed the \$100 million mark and was sold for \$115 million, including fees and was placed in David Rockefeller's Manhattan townhouse for decades

\$115 MN

WOMAN SITTING NEAR A WINDOW

The painting was sold to an online bidder in California for \$103.4 million. 'Woman Sitting Near a Window' was also reportedly inspired by Marie-Therese's youthfulness and statuesque beauty, and was made by Picasso on October 30, 1932. It is the first work since May 2019 to surpass the \$100 million mark

\$103.4 MN



\$104.2 MN

'NUDE, GREEN LEAVES AND BUST'

Painted in 1932, it was sold for \$106.5 million, and is currently on loan at the Tate Modern art gallery in London

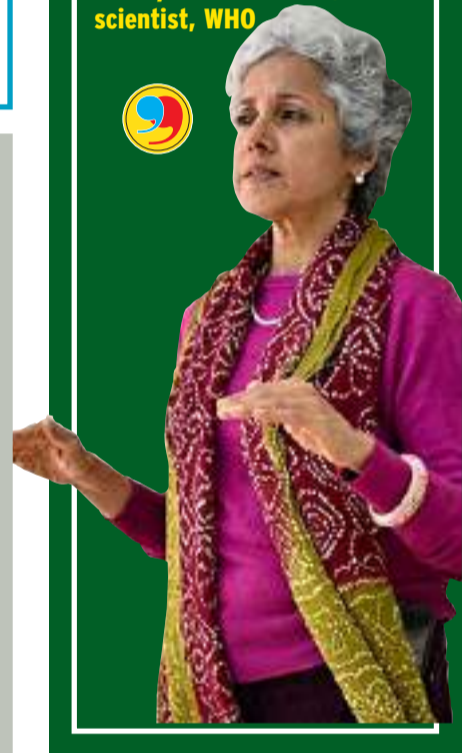
\$106.5 MN

'BOY WITH A PIPE'

This painting is another one from Picasso's Rose Period in 1905 and was painted reportedly shortly after he was moved to Paris and settled in Montmartre. Becoming a record holder, 'Boy with a Pipe' was sold for \$104.2 million in New York in 2004

Quote unquote

We haven't always gotten it right the first time. Unfortunately, when you are dealing with a new virus and a new epidemic, you don't know everything on day one. But that's the way science evolves. To date, only 0.3 per cent of Covid vaccine doses have been administered in the world's poorest countries, which are home to nearly 10 per cent of the global population. That is very difficult to witness, and it is morally and ethically wrong. We need to ensure equal access to life-saving vaccines and drugs. We need to address this. The world is clearly not doing enough
Soumya Swaminathan, chief scientist, WHO



2 For enhanced privacy, Google is introducing a new "quick delete" option that will help delete the last 15 minutes of Search history with a single tap from the Google Account Menu. It is also introducing Location History reminders in Maps Timeline

3 Locked Folder is a new passcode-protection feature in Google Photos, where select photos can be saved separately and these photos won't show up as users scroll through their grid or in shared albums. The feature will be introduced to Google Pixel phones first, and more Android devices throughout the year

GET ECONOMICS ON TRACK WITH RIGHT STIMULUS



PAPER SET BY JAANVI HARJANI, PGT ECONOMICS, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

GENERAL INSTRUCTIONS

- Question No 1-10 and 18-27 are very short answer questions carrying 1 mark each. They are required to be answered in one word or one sentence each.
- Question No 11-12 and 28-29 are short answer questions carrying 3 marks each. Answer to them should not normally exceed 60-80 words each.
- Question No 13-15 and 30-32 are also short answer questions carrying 4 marks each. Answer to them should not normally exceed 80-100 words each.
- Question No 16-17 and 33-34 are long answer questions carrying 6 marks each. Answer to them should not normally exceed 100-150 words each.

SECTION-A

(MACRO ECONOMICS)

- Q1.** The problem of double counting in calculating national income is (A) to calculate national income by two different methods (B) to calculate national income by double counting Method (C) to calculate the value of goods and services more than once (D) to estimate National Income at current prices and factor prices both
- Q2.** Liquid assets of the commercial banks which they are required to maintain as a minimum percentage of their total deposits refer to (Cash Reserve Ratio/ Statutory Liquidity Ratio)
- Q3.** Which of the following is a commonly accepted definition of money?
(A) Any good which is commonly used as a store of value.
(B) Any good which is exchanged for gold at a fixed rate.
(C) Any good which is acceptable to a bank.
(D) Any good which is commonly accepted as a medium of exchange.
- Q4.** From the set of statements given in Column I and Column II. Choose the correct pair of statements:

Column 1	Column 2
(A) Export of software to China	(i) Debit side of current account
(B) Import of Machinery from France	(ii) Capital account of Balance of payments
(C) Remittances to relative staying abroad	(iii) Debit side of Current Account of Balance of Payment.
(D) Investment by Apple phones firm in India	(iv) Credit side of Current Account of Balance of Payments

- Q5.** Suppose the Rupee-Dollar exchange rate is 70/\$. Indian Investors believe that USD is going to appreciate by the end of the month and will be worth ₹75. The investors think if they gave the dealer ₹70000 and bought 1000 dollars at the end of the month, they would be able to exchange the dollars for ₹75000, thus making a profit of ₹5000.
What will be the likely effect of this speculation on the exchange rate in the present?
(A) The exchange rate will increase
(B) The exchange rate will decrease
(C) The exchange rate will remain unchanged
(D) None of the above
- Q6.** Import of Machinery is included in account. (Current /Capital)
Read the following news report and answer Questions 7-10 on the basis of the same:
"COVID-19 TO HAVE SIGNIFICANT DEFLATIONARY IMPACT DUE TO

DEMAND EVAPORATION'

Ruling out any impact of stimulus on the price situation, Chief Economic Advisor K.V. Subramanian on Thursday said the COVID-19 pandemic has severely dented the demand for non-essential or discretionary goods, creating deflationary conditions. He also said that a good part of the ₹ 20 lakh crore stimulus package is designed in a manner that the fiscal deficit remains under control. "COVID has a significant deflationary impact because demand especially for non-essential or discretionary goods and services will go down significantly. Therefore, it is unlikely that there would be too much inflationary impact through fiscal deficit or stimulus package," Subramanian told in an interview.

The proposed stimulus package will generate demand by infusing liquidity into the system and thus perk up the economy, the CEA said.

The Economic Times; May 15th, 2020

- Q7.** Deficiency of demand creates (deflationary gap/inflationary gap) in the economy (Choose the correct alternative)
- Q8.** Demand for goods has gone significantly down during Covid period. (Choose the correct alternative)
(A) Non-essential (B) Essential
(C) both (A) and (B)
(D) None of these
- Q9.** The proposed stimulus package has tried to create (more/less) demand in the economy. (Choose the correct alternative)
- Q10.** Inflationary gap: (Choose the correct alternative)
(A) Raises the level of output
(B) Does not change the level of output
(C) Raises the general price level
(D) Both (B) and (C)
- Q11.** "Higher Gross Domestic Product (GDP) means greater per capita availability of goods in the economy". Do you agree with the given statement? Give valid reason in support of your answer.
- Q12.** Define "Trade Surplus". How is it different from "Current Account Surplus"?
- Q13.** Government of India has launched 'Jan-Dhan Yojana' aimed at every household in the country to have at least one bank account. Explain how deposits made under the plan are going to affect National income of the country.
- Q14.** In an economy 75 percent of the increase in the income is spent on consumption. Investment is increased by ₹ 1000 crore. Calculate
(i) Total increase in income
(ii) Total increase in consumption expenditure
- Q15.** "CRR cut will improve bottom line, says Karnataka Bank CEO"
Private lender Karnataka Bank MD and CEO Mahabaleshwara MS on Friday said the Reserve Bank of India (RBI) slashing the Cash Reserve Ratio (CRR) by 100 basis points (BPS) from 4% to 3% will improve the bottom line of banks.
"The three months repayment moratorium on all loans without down gradation of assets will mitigate debt servicing burden and go a long way in overcoming the financial stress caused by Covid-19," he said in a statement.
The Economic Times, 27th March, 2020
Discuss how the above-mentioned monetary instrument in news report is helpful in correcting the situation of excess demand and deficient demand.



Q16. (A) Calculate the Gross National Product at Market Price

Particulars	₹ (Crores)
1. Compensation of employees	2500
2. Profits	700
3. Mixed income of self-employed	7500
4. Government final consumption expenditure	3000
5. Rent	400
6. Interest	350
7. Net factor income from abroad	50
8. Net current transfers to abroad	100
9. Net indirect taxes	150
10. Depreciation	70
11. Net exports	40

(B) Will the following be included in the national income of India? Give reasons for your answer.

- Financial assistance to flood victims.
- Profits earned by the branches of a foreign bank in India.
- Salaries of Indians working in the American Embassy in India.

Q17. (A) The government under Ujjwala Yojana, is providing free LPG kitchen gas connections to the families below the poverty line. What objective is the government trying to fulfil through the government budget and how? Explain
(B) Classify the following items as Revenue Expenditure or Capital Expenditure and give reason for your answer
1. Construction of Bridge
2. Subsidies 3. Pensions

SECTION-B

(INDIAN ECONOMIC DEVELOPMENT)

- Q18.** Since 1991, there has been a continuous reduction in income tax rates because:
(A) It is felt that high rates of income tax were an important reason for tax evasion.
(B) It is widely accepted that modern rates of income tax encourage savings and voluntary disclosure of income.
(C) Both (A) and (B)
(D) Proceeds of Corporation tax and indirect taxes are very high.
- Q19.** Gender-bias in the society on eve of independence was indicated by :
(A) mortality rate (B) life expectancy
(C) death rate (D) literacy rate
- Q20.** Read the following statements Assertion (A) and Reason (R). Choose one of the correct alternatives given below.
Assertion (A) India could not develop a sound industrial base under the colonial rule.
Reason (R) The colonial government reduced India to the status of a mere exporter of important raw materials for the upcoming modern industries in Britain.
Alternatives:
(A) Both Assertion (A) and Reason (R)

are true, and Reason (R) is the correct explanation of Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, and Reason (R) is not the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false
(D) Assertion (A) is false, but Reason (R) is true.

Q21. Read the following statements Assertion (A) and Reason (R). Choose one of the correct alternatives given below.
Assertion (A) Five year plans gave a big push to the basic and capital goods industries.

Reason (R) Indian economy is now ranked as the eleventh largest industrial economy in the world.

Alternatives:
(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, and Reason (R) is not the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false
(D) Assertion (A) is false, but Reason (R) is true.

Q22. Write the correct sequence of alternatives given in Column II by matching them with respective terms in Column I:

Column 1	Column 2
A. Introduction of Economic reforms in China	(i) 1949
B. Establishment of People's Republic of China	(ii) 1953
C. China announced its first five year plan	(iii) 1958
D. The Great Leap Forward campaign initiated in China	(iv) 1978

Q23. Growth rate of population is highest in which of the following country?
(A) India (B) China
(C) Pakistan (D) Sri Lanka

Read the following hypothetical case study carefully and answer the question numbers 24-27 on the basis of the same.

Diversification includes two aspects - one relates to change in cropping pattern and the other relates to a shift of workforce from agriculture to other allied activities like livestock, poultry, fisheries etc. and non-agriculture sector. The need for diversification arises from the fact that there is greater risk in depending exclusively on farming for livelihood. Diversification towards new areas is necessary not only to reduce the risk from agriculture sector but also to provide productive sustainable livelihood options to rural people. Much of the agricultural employment activities are concentrated in

the Kharif season. But during the Rabi season, in areas where there are inadequate irrigation facilities, it becomes difficult to find gainful employment. Therefore, expansion into other sectors is essential to provide supplementary gainful employment and in realizing higher levels of income for rural people to overcome poverty and other tribulations. Hence, there is a need to focus on allied activities, non-farm employment and other emerging alternatives of livelihood, though there are many other options available for providing sustainable livelihoods in rural areas.

Q24. It is difficult to find gainful employment in season, in areas where there are inadequate irrigation facilities.
(Kharif/Rabi)

Q25. Diversification provides options to rural people. (livelihood/irrigation)

Q26. Livestock comes under the category of activities. (allied/diversification)

Q27. relates to a shift of workforce from agriculture to other allied activities (Monocropping/Diversification)

Q28. "In any country as the income rises, the composition of infrastructure requirement changes significantly". Discuss the given statement.

Q29. "Information technology (IT) plays a very significant role in achieving sustainable development and food security". Do you agree with the given statement?

Give valid reasons, in support of your answer.

Q30. Explain the four arguments against New Economic Policy.

Q31. Large scale industry is not a substitute of small scale industry in the Indian economy, how do you view this statement? Comment.

Q32. "In China, the lack of political freedom and its implications for the human rights are major concerns: yet, in the last three decades, it has succeeded in raising the level of growth with alleviation of poverty. China is moving ahead of India and Pakistan in terms of many human development indicators". Defend or refute the above statement.

Q33. (A) "The threat to India's environment poses a dichotomy - threat of poverty induced environmental degradation and at the same time, threat of pollution from affluence and a rapidly growing industrial sector". Defend or Refute the given statement.
(B) "Challenge of poverty must be given prior importance than environmental degradation." Discuss the rationale of the given statement with valid reasons.

Q34. State giving the valid reason whether the following statements are true or false
(A) Higher percentage of workforce in rural areas suggests a higher contribution of the rural economy to Gross Domestic product.
(B) Workforce is the difference between total population and number of persons not working.
(C) Lack of warehousing causes loss of revenue to the farmers.

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

READ THE FOLLOWING AND ANSWER THE QUESTIONS GIVEN BELOW:

ECOLOGICAL INDICATORS

The presence of dragonflies can reveal changes in the water ecosystems more quickly than studying other animals or plants. In fact, from the nymph to the adult stage, the dragonfly has a significant, positive ecological impact. Dragonfly eggs are laid and hatched in or near water, so their lives impact both water and land ecosystems. Once hatched, dragonfly nymphs can breathe underwater which enables them to eat mosquito larvae, other aquatic insects and worms, and even small aquatic vertebrates like tadpoles and small fish and in the air. Adult dragonflies capture and eat adult mosquitoes. Community wide mosquito control programmes that spray insecticides to kill

QUICK REVISION

adult mosquitoes also kill dragonflies.

(i) The approach to biological control includes (choose the correct option):

- Import and release of an insect pest to a new area to provide hosts for natural enemies
- Import and release of natural enemies from the native home of an alien insect pest that has invaded a new area
- Preservation of natural enemies (predators & parasitoids) that are already established in an area
- Use of insecticides to reduce alien insect pests to establish new equilibrium position.

(ii) Two diseases less likely to occur in a region with plenty of dragonflies

are _____

- Yellow fever and amoebic dysentery
- Malaria and Yellow fever
- Anthrax and typhoid
- Cholera and typhoid

(iii) Dragonflies indicate positive ecological impact as

- The presence of dragonflies indicates polluted water.
 - Dragonfly nymphs selectively eat mosquito larvae.
 - They help to decrease the probability of diseases spread by vectors.
 - Dragonfly do not cause any harm to beneficial species.
- (iv) The most effective stages in the life cycle of dragonfly that eradicate mosquitoes are
- Larvae and Adult

BIOLOGY CASE BASED QUESTION CLASS XII, CBSE

- Caterpillar and Adult
- Nymph and Adult
- Pupa and Adult

(v) ASSERTION: Releasing dragonflies in areas where there is an outbreak of malarial diseases can be an environment friendly method of control.
REASON: Dragon flies are dominant species and will not allow mosquitoes to reproduce

- Both assertion and reason are true, and the reason is the correct explanation of the assertion.
- Both assertion and reason are true, but the reason is not the correct explanation of the assertion.
- Assertion is true but reason is false.
- Both assertion and reason are false

(SOURCED FROM [HTTP://CBSEACADEMIC.NIC.IN](http://CBSEACADEMIC.NIC.IN))



TIMES NIE EDITORIAL POWERED BY STUDENTS

Despite the unprecedented threats, natural resilience is shining through

Why we need to pay attention to mental health during these critical times

Stress, fear and worry are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

Faced with new realities of working from home, online teaching of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical health.

Mental health should be a major concern

The impact of this pandemic on one's mental health has not been thoroughly investigated since all efforts have been directed towards understanding the epidemiology. There has been little concern expressed about the impact on one's mental wellbeing. It's imperative to note here that the magnitude, spread, disease flow, and consequences of the pandemic can all be influenced by people's behaviour. One must pay attention to this aspect to truly understand the extent of the disaster.

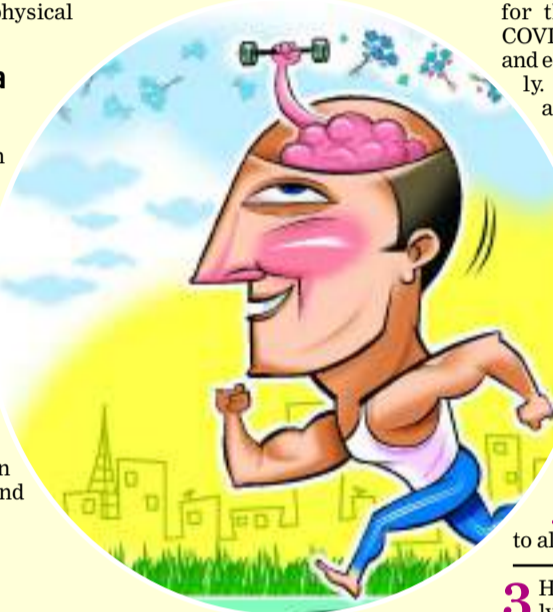
Anxiety needs to be monitored

Self-isolation is likely to have a detrimental effect on one's mental health. Separation from loved ones, lack of independence, boredom and confusion may all contribute to a decline in a person's mental health. Those with existing poor mental health are facing risks including increased episodes of mental ill health and disruption to treatment and medications. Studies have shown that COVID-19 is likely to exacerbate ex-



By **HERRAH BHATIA**,
Class: XII-A (Arts)
School: Mayo College
Girls School, Ajmer

isting mental health symptoms or trigger relapse among people with pre-existing mental health illness.



We are fighting it together

The student fraternity: Closure of schools and colleges has reduced opportunity for children to connect and access learning opportunities, all of which have a negative impact on their mental health. Stress and social alienation are expected to have an impact on brain health and growth, with young

children at risk of experiencing lifetime problems as a result of extended exposure to toxic stress and neglect of diet, stimulation, and health services, both of which may have an impact on brain health and development.

Frontline workers: Are playing a crucial role in fighting the outbreak and saving lives. But they are under exceptional stress and while deaths of health workers are rising, the mental ill health rates are rising faster still.

People at large: Across societies, even for those not directly impacted by COVID-19, the effects of social isolation and economic fallout are being felt widely. Large sections of populations around the world are experiencing increased anxiety, depression, stress and loneliness as a result of the COVID-19 outbreak. These are risk factors not only for the short term, but also longer-term mental health problems.

What should we do?

1 People should communicate with friends and family members on a regular basis and begin thinking positively.

2 When anxiety appears, aim to share your concern with others to alleviate it.

3 Having enough sleep, exercising daily, and using various calming strategies is efficient.

To conclude

Despite the unprecedented threats, natural resilience is shining through – something that would be critical to ensuring economies will survive and people will heal from the pandemic's effects. The experience of COVID-19 can bring us together and make us kinder to one another.

The Pandemic and Education

Last year's sudden lockdown threw the world of education into uncertainty. We were introduced to an alien concept: online school. We would be given links and would be expected to join classes on a device. But in a country where education itself is a privilege, online education becomes a luxury. Starting with the obvious: devices and connectivity. Online schooling requires both of these. But, in India only five per cent of households with members aged 5-24 have computers and the internet. In urban areas, only 27 per cent of households have a member with internet access and in rural areas, it only five per cent. To complicate matters, it is not necessary that the device or connection is easily available with the children and usually parents have a device for their professional and personal needs. So, how would households with many children attend online classes with a single device?



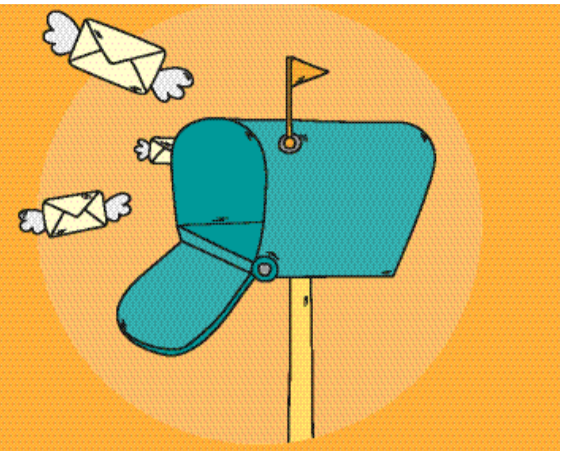
By **DURGA BASU**,
Class: X,
Vasant Valley
School, New Delhi

The pandemic has negatively impacted the education of the girl child in India: according to UNICEF, around 10 million girls are at risk of becoming child brides

This is the classic divide between the haves and have-nots. The poor are also more likely to have smaller homes. This poses a problem for students, as distractions make studying difficult. Upper class children also tend to go to better schools with more trained teachers, which gives them a distinct advantage. Often, poorer families experience more domestic violence, which greatly impacts a child's mental health. For such children, school was a safe space, which they can no longer turn to.

How did parents ensure that all the children got adequate schooling? They didn't. The access to education has hit girls the hardest. It is no secret that in our country, the education of the girl child is valued less. So, parents are far more likely to pull the plug on their daughter's education and instead engage them in housework, or more disturbingly: child marriage. The lack to quality education during this crisis will indeed lead to an increase in child marriage. According to UNICEF, Covid has put an additional 10 million girls at risk of becoming brides. Another vulnerable group of students are children with disabilities who often require highly specialised methods of education and specially trained professionals to help them. During the pandemic, they are not receiving enough care or attention.

This gap in education will have long-term effects on students: bad grades received during the pandemic will affect college applications and cheating during online tests will impede their learning.



WRITE TO US

SEND YOUR REPLIES, CONTRIBUTIONS AND LETTERS TO THE EDITOR ON

TIMESNIE175@GMAIL.COM
TOINIE175@GMAIL.COM

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

WE ARE WAITING

An adventure in sustainability

Tanay Jain, 15, started the Katran Foundation to clothe underprivileged children after seeing heaps of fabric wasted at his father's factory. Know his story

Q What suddenly made you feel the need to make clothes for young children?
My aunt and I went to our in-house factory called Onaya Fashions, where we got to know about the problem of the fabric getting wasted. Then we both came up with the idea of upcycling the fabric and turning them into beautiful garments for little children in need of clothes.

Q How did this awareness for better waste management develop?
This awareness developed by seeing the amount of clothes getting wasted and the idea that this was only one factory out of the thousands in Kolkata itself. The magnitude of waste in all the factories astonished both my aunt and I and that is how the feeling of utilising it developed.

Q What logistical challenges did you face when you started this project?
Logistically, we did this in-house, among our relatives on their birthdays, anniversaries, Holi, Diwali etc. On such occasions, we upcycled the cloth and donated to orphanages and institutions for the better part of a year. Then we decided to expand it to open this idea to other people as well and that is when we started with our social media. We also employed underprivileged *karigars* from around the suburbs in Kolkata who actually upcycle this cloth and turn them into garments. We expanded the idea of Katran in January 2021, where we introduced our social media page. I involved a few of my friends, Raunak Sekaria, Pratham Madhogaria and Raunak Sarawgi, who have played an essential role in helping us expand our idea in the past few months. Like me, all of them are also students of St James School, class X, and have done a stellar job so far.

Q Was there opposition or encouragement from the family?
There was a lot of encouragement from my family, especially my aunt, uncle and my siblings, Sahil and Yashi Jain. My uncle and father who own Onaya Fashions have been super supportive regarding this initiative without whom we would not have been able to help 2500 children so far. My brother and sister also assist me and advice me and so does my aunt.

Q How difficult is it to manage studies when you are a final year student?
In the beginning, we would spend about 4-5 hours a day – meeting, thinking and creating. At that time the pressure of studies was not that much and frankly speaking, we were quite excited about this project. Now with exams coming up, we have to devote a bit less time to this, but we had already foreseen that and had done the work beforehand so that we could manage our studies well.

Q How do you plan to scale up your idea? What's the future for Katran?
The future plan for this organisation is very simple. We plan to scale this throughout the country, involving waste fabric from more factories apart from Onaya – since the amount of waste generated in the fashion industry is massive – and this can bring a sustainable change. On the other hand we also want to help as many children as possible collaborating with as many orphanages, children homes, etc. So, in the next few years with the correct exposure, marketing, and awareness, we can scale this up to a different level involving schools in this cause, as well.



We don't need no Insta-nation!

Should there be Instagram for children under 13 years of age, aka Gen Z and Alpha? Facebook thinks so. But students don't. Let's hear from them

An explosive news has engulfed the world since March 2021 – that Facebook was developing an Instagram service for kids. Currently, the photo-sharing social media app does not allow under-13 age group to be part of it even though over the years, reports have emerged that many lie about it. Now, Facebook wants to create a version of Instagram for children under 13 years aka Gen Z and Alpha, that they can use legally. The news, first reported by BuzzFeed, said that the head of Instagram – Adam Mosseri confirmed to them that a version of the app for chil-



dren under 13 is in the works.

The problem: Batting for commercial-free childhood

To ensure an ad-free childhood, two different groups have written protest letters to Facebook. A global list of prominent public health and child advocacy experts were the first to send a co-signed letter to Facebook expressing their concern. According to 'nbcnews.com', a coalition of 35 organisations and 64 individual experts, coordinated by the Campaign for a Commercial Free Childhood – a Boston-based nonprofit – raised concerns about privacy, screen time, mental health, self-esteem, and commercial pressure in a letter to Facebook CEO Mark

Zuckerberg.

The next salvo came from US lawmakers, when 40 attorney generals sent a protest letter to Facebook calling on the company to 'abandon its plans' for an Instagram for kids under the age of 13. They said it was 'harmful for myriad reasons' as it sparks concerns about cyberbullying, predatory adults, mental well-being, keeping in mind Facebook's missteps on data protection and privacy. After launching Messenger Kids in 2017 so that children could chat with their family members and friends, Facebook discovered that a technical error in it allowed children to enter group chats with strangers.

– nitya.shukla@timesgroup.com
Student inputs (below) by Team NIE

IS THERE A 'RIGHT' ANSWER TO THIS QUESTION?

A social media with parental controls in place or no social media before one turns 13 years old? We asked TOI Student Youth reporters to share their views...

They must be protected from online negativity. Even if social media helps you link up with people all over the world and helps hone networking skills, exchange ideas, I personally urge Facebook to not launch Instagram for children as it may lead to social media addiction, which may manifest in myriad ways. Besides, children may be exposed to abusive messages, body shaming, hatred, negativity, and cyberbullying. Time and again, it has been proved that even adults have failed in handling complexes that social media creates. Why put innocent children through a similar ordeal?
Nimisha Soni, class IX, Zebar School For Children, Ahmedabad



NO WAY

YES... BRING IT ON

Why not? They will surely feel a sense of independence. Allowing the younger generation to become familiarised with the workings of a popular social media platform, which is tailored specifically for them. It can also encourage children to learn how to stay safe online while being exposed to information from across the world. They will feel a sense of independence and parents can feel secure about the content their children are consuming.
Amrutha Varshini Thota, class XII, FIITJEE, Hyderabad



May foster a 'likes'-based self worth The reason users prefer to be on social media of any kind is for the temporary boost of dopamine that they experience on receiving likes or well-worded comments. Younger children, wouldn't be able to fathom this superficiality of social media and would develop inferiority complex of all sorts.
Sai Krishna Priya, Class X, GTAVM, Chennai



More negatives than positives Instances of cyberbullying, declining mental health and excessive screen time are high risks of this app. In such a case, no matter how many parental control measures are added, an Instagram for under-13 will end up having a more negative impact than positive.
Shirisha Varma, class IX, St Xavier's College, Mumbai



May prevent growth There's a reason why Instagram is for people over 13 years. If it's created, there's no doubt children will spend most of their time on mobiles, which would eventually harm their mental health. It may also prevent the development of social skills and direct communication skills.
Bhoomika Chawla, class XI, Bhavan Vidyalaya, Chandigarh

WARNING!

Current Instagram policy forbids children under the age of 13 from using the service. Facebook, Instagram's parent company, owns a whole host of products which are used by 3.3 billion people every month



We're studying online, so why not mingle online In one year we went from 'No phones! No computer!' to full-fledged online classes. Access to Instagram and other social media, with parental control is a natural next step. If we can replace studying in school with online classes, we may be allowed to mingle, as in school, through social media.
Devayani Unnikrishnan, class VII, Rajagiri Public School, Kalamassery, Ernakulam



Within reason and with strict monitoring, it's not a bad idea I love the idea of Instagram for children under the age of 13, but if not monitored, it could spell disaster. I feel parents should have access to these accounts. Plus strict rules or dos and don'ts will help make social handles a perfect platform to share interesting bits that are kids-appropriate infotainment.
Niharika Bakshi, class VI, Wynberg Allen School, Mussoorie

LIVERPOOL BACK IN TOP 4 FOR PL

APPEAR SET TO CLINCH BERTH FOR CL

There was no need for a goalscoring goalkeeper this time. Liverpool's latest win in the Premier League, 3-0 at Burnley on Wednesday, was far more routine than the one secured by goalkeeper Alisson's sensational stoppage-time header at the weekend. It was no less vital, though.

Liverpool will head into Sunday's final round back in the top four, if only on goal difference, as last season's runaway champions look to clinch qualification for the Champions League, a possibility that looked so unlikely a month ago. With two qualifying spots up for grabs to join Manchester City and Manchester United, Chelsea is in third place on 67 points, one more than both Liverpool and fifth-place Leicester. Liverpool has a superior goal difference to Leicester of four, so any kind of victory over Crystal Palace should be enough for Jurgen Klopp's team to finish in the top four. Leicester closes the season at home to Tottenham and will need to pile up the goals if Chelsea and Liverpool win.

Straight wins on the go

■ Since a 1-1 home draw with Newcastle on April 24 that left Klopp fearing the worst, Liverpool has won four straight games, against Southampton, Manchester United, West Bromwich Albion and now Burnley, to reel in Leicester. Three days after Alisson's winner at West Brom, it was another Brazil international, Roberto Firmino, who put Liverpool ahead at Turf Moor by converting a cross from Andrew Robertson in the 43rd minute. Nat Phillips, the reserve center back filling in so admirably amid a glut of injuries in that position, scored the second goal with a header from Sadio Mane's cross in the 52nd. Alex Oxlade-Chamberlain added a third in the 88th.

■ The other thing to be decided on the final day of the season will be which teams qualify for UEFA's minor European competitions, the Europa League and the newly created Europa Conference League. West Ham is in a good position to finish sixth and qualify for the Europa League after beating West Brom 3-1. Seventh-place Tottenham lost 2-1 to Aston Villa, in what could be Harry Kane's final home game for the club, and is now tied on points with Everton, which beat Wolverhampton 1-0 at home thanks to Richarlison's header. Arsenal is a point further back in ninth after a 3-1 win at Crystal Palace. Newcastle won 1-0 at home to Sheffield United in Wednesday's other game.

L It was like a semi-final. We had to win the semi-final and we did. Nothing is decided yet but we improved our position and we have the final. That's what we needed. It's what we deserve because this was a top performance. You can't give any chance away against Burnley because of the way they play. They wanted to go for our centre-halves but our boys did outstandingly well. We knew before the game it would be incredibly tough - they had about 3,500 people, not on our side. The atmosphere in football is massive. I thought the boys dealt really well with that. They didn't get distracted - they tried to use it because the noise is nice. We played a lot of good football stuff. You can't go to Burnley and hope to win 3-0. It's usually incredibly tight. We have to make sure we recover quickly. We have a thin squad in some positions. We have to wrap them in cotton wool. I can't wait for the 10,000 fans at Anfield. Nothing is decided, Palace are strong.

JURGEN KLOPP,
Liverpool manager



Liverpool's goalkeeper Alisson, right, saves from Burnley's Chris Wood, left, during the English Premier League soccer match between Burnley and Liverpool

Photos: GETTY IMAGES

INDIAN WOMEN TO PLAY MAIDEN PINK BALL TEST

TEST AGAINST ENGLAND TO BE FOLLOWED BY DAY-NIGHT MATCH IN AUS

The Indian women's cricket team will compete in its maiden day-night Test from September 30 to October 3 when it tours Australia this year. The match will be played in Perth, which hasn't hosted a day-night game as yet, Cricket Australia said after BCCI secretary Jay Shah made the initial announcement. "Taking forward our commitment towards women's cricket, I am extremely pleased to announce that Team India @BCCIwomen will play in their first ever pink ball day-night Test later this year in Australia," Shah tweeted.

Eng Test after seven years

The Indian women's team, which will play its first Test in seven years from June 16 in England, will compete in another one during the tour of Australia. The team will also play three ODIs (from Sep-

tember 19 to 24) and as many T20 International matches (from October 7 to 11) Down Under. India last played a Test against Australia in 2006. The pink ball Test between India and Australia will be only the second such match to be held in the history of women's cricket. The only day-night women's game played so far was between Australia and England at Sydney in November 2017. The match ended in a draw.

Tough challenge ahead

Preparing for both the England and Australia Test will be a challenge since the women don't play with red ball even on the domestic circuit. "It will be a challenge for sure but the good thing is that

FIRST AUS-INDIA WOMEN'S TEST IN 15 YEARS

The September 30 - Oct. 3 match in Perth will be the first test between the Australian and Indian women's teams in 15 years. The series will also mark the first time the teams have met since the record-breaking Twenty20 World Cup final at the Melbourne Cricket Ground. In March 2020, Australia beat India by 85 runs to win its fifth Women's T20 World Cup title. A crowd of 86,174 spectators watched the match at the Melbourne Cricket Ground, just weeks before the coronavirus pandemic shut down most of world sport.

Cricket Australia on Thursday said the Australian women's team will play India in three one-day internationals at Sydney's North Sydney Oval on Sept. 19 and Melbourne's Junction Oval on Sept. 22 and Sept. 24. After the test match, India's tour will conclude with T20 matches at North Sydney Oval on Oct. 7, 9 and 11.

women are getting to play Tests," a former India player said. "The pink ball game in Australia will be a tougher challenge as the girls have never played with that ball but I am sure they will get to prepare well for it. A few practice games will also be needed," she added.

Welcome move

England and Australia are the only two teams which regularly play Test cricket, mainly against each other in the Women's Ashes. Going forward, India will also be seen playing the longest format against the two teams. "As players, we've said for a long time that we'd love to play more Test matches," Australia captain Meg Lanning said. "It's an exciting prospect and I know (India) are heading over to England to play a Test match pretty soon so it shows they're up for the challenge and really willing to play that format." ■

DRAVID TO BE HEAD COACH FOR INDIA'S SL TOUR

National Cricket Academy chief and former India captain Rahul Dravid is set to be the head coach of the Indian white-ball squad that will tour Sri Lanka in July. Dravid, who stopped travelling with the India A and U-19 teams after taking over as NCA head in Bengaluru, will be the head coach of the second-string side in the absence of Ravi Shastri, who will be busy with the Test side in England at the same time.

India are expected to play three ODIs and as many T20s in Sri Lanka. Hardik Pandya, Shikhar Dhawan and Shreyas Iyer are in the running for captaincy. It remains to be seen if Iyer recovers in time from his shoulder surgery for Sri Lanka. ■



Photo: GETTY IMAGES

QUIZ TIME!

Q1: Who won the ICC World Cup 2019?

- a) India b) England
c) New Zealand d) Australia

Q2: In Tennis, the hard court is the type of court whose surface is made of -

- a) Concrete b) Clay
c) Grass d) Carpet

Q3: Which one of the following is not a football tournament?

- a) I - league b) Irani Trophy
c) Bardoloi Trophy d) Durand Cup

Q4: Who is the nine-time Wimbledon Champion of Women's Singles Match in Tennis?

- a) Serena Williams b) Steffi Graf
c) Martina Navratilova d) Chris Evert

Q5: Ashes is the tournament played between which two cricket teams?

- a) India vs Pakistan
b) New Zealand vs South Africa
c) Sri Lanka vs West Indies
d) Australia vs England

Q6: Who became India's second Grand Master in Chess after Vishwanathan Anand?

- a) Dibyendu Barua b) Abhijit Kunte
c) Pravin Thipsay d) None of the above

Q7: Shafali Verma became the youngest to score a 50 in International Cricket. Whose 30-year-old record did she break?

- a) Rahul Dravid b) Sachin Tendulkar
c) Diana Edulji d) Yuvraj Singh



Photo: GETTY IMAGES

Q8: Which country has won the maximum number of times which is 5?

- a) Argentina b) Germany
c) Brazil d) England

Q9: The Frank Worrell Trophy is a test-match (cricket) series played between Australia and...?

- a) West Indies b) India
c) Pakistan d) Australia

Q10: Who amongst the following has become the first in women's cricket, to have 20 years of international cricket experience?

- a) Harmanpreet Kaur b) Mithali Raj
c) Smriti Mandhana d) Jhulan Goswami

Q11: How many of the 17 Grand Prix this season did Lewis Hamilton win?

- a) 9 b) 10 c) 11 d) 12

Q12: Novak Djokovic has defeated 7-5, 6-2, 6-2 to win his ninth Australian Open championship 2021 and 18th Grand Slam title.

- a) Roger Federer b) Rafael Nadal
c) Stefanos Tsitsipas d) Daniil Medvedev

ANSWERS: 1. b. England 2. a. Concrete
3. b. Irani Trophy 4. c. Martina Navratilova
5. d. Australia vs England 6. a. Dibyendu Barua
7. b. Sachin Tendulkar 8. c. Brazil
9. a. West Indies 10. b. Mithali Raj
11. c. 11 12. d. Daniil Medvedev