



THE TIMES OF INDIA

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NEXT WEEK...

1 Watch author Paro Anand and Nayanika Mahtani on <https://www.facebook.com/TOIStudent/>

2 Our 'Wizard Corner' on www.toistudent.com goes to level two. The 'How To' section will feature new DIYs

3 In The Edition: Principals tell you how to cope with the lockdown

4 Also Coming Up: You Ask, The Author Answers... interactive QandA session with popular authors

STUDENT EDITION
FRIDAY, APRIL 3, 2020
WEB EDITION

QUOTE OF THE DAY
"Save the planet" is just an expression of arrogance. The planet was here before we arrive, and will kick us out if we don't respect it.
- PAULO COELHO

Weekend PLANNER

WE HAVE YOUR SAT/SUN COVERED

ON OUR FB
Watch **Ruskin Bond** live at **6:30pm** on Sunday at <https://www.facebook.com/TOIStudent/>

EDITOR'S CHOICE
READ: James Potter and the Hall of Elders' Crossing
An unofficial work of fan fiction as follow-up to Harry Potter series. In this we meet James Sirius Potter (son of Harry Potter) in his first year at Hogwarts School of Witchcraft and Wizardry.

How to download: Find the book on www.goodreads.com then click on download eBook beneath the book description.

LISTEN: The Tale of Peter Rabbit by Beatrix Potter on www.storyonline.com. The story is narrated by actress Rose Byrne. It is about a mischievous and disobedient young Peter Rabbit as he gets into, and is chased about, the garden of Mr McGregor.

How to listen: Head to www.storyonline.net and the book is available under their April Featured Videos section.

ACTIVITY
If you could draft a letter to the honourable PM of India, Shri Narendra Modi giving him ideas on how to resolve the recession issue... what would you write? Send us a well compiled letter in not more than 70 words. Do send your class, school and location details. **Some of your write-ups will be published Next Week.** Rush in your mails to timesnie175@gmail.com with the subject 'Letter to the PM'

DIFFERENCE BETWEEN PM-CARES FUND AND PMNRF

WHAT: The government announced the creation of PM-CARES to deal with the coronavirus outbreak after the Prime Minister's office received "spontaneous and innumerable requests for making generous donations to support the government in the wake of this emergency".

WHY: The fund fulfils the "need for having a dedicated national fund with the primary objective of dealing with any kind of emergency or distress situation, like posed by the Covid-19 pandemic". It's a public charitable trust with the PM as the chairman and Union defence, home and finance minister as other members. This fund will enable micro-donations.



THE DIFFERENCE: While PM-CARES lists dealing with emergency situations "like posed by the Covid-19 pandemic", the PMNRF lists providing relief to "families of those killed in natural calamities" and bearing the "expenses for medical treatment" of needy people etc.

THE OTHER FUND: The Prime Minister's National Relief Fund (PMNRF) established in 1948 entirely with public contributions, also accepts voluntary contributions from individuals, organisations, trusts, companies and institutions etc, like what PM-CARES seeks to do.

Busting fake news HALDI-DOODH TO FIGHT COVID-19? NOT TRUE

A Whatsapp forward on fighting coronavirus by having hal-di-doodh or hal-di with warm water has been doing the rounds. While turmeric is a natural antibiotic with great healing properties, there is no research linking turmeric's benefits with protection from coronavirus. "No matter how much of



turmeric you have, it's not a shield against COVID-19 if you come in contact with an infected person," informs obstetrician Dr Puneet Bedi. The best way to stay safe is by maintaining social distancing. Meanwhile, enjoy hal-di-doodh - it's good for health - but it can't save you from corona!



THANKS

... for all the articles you have shared on how to cope with lockdown. Here are a few. We will post all the articles on www.toistudent.com

Trying to be more creative and productive

Staying at home and being away from friends and school can be gloomy. But I am taking this lockdown with full optimism and trying best to cope with it. I took a personal inventory, and focused on tasks that I usually don't find time for in my busy schedule, like, cooking, and enjoying music. Our school has also taken a great initiative for online studies. I think all of us should take this lockdown positively and try to be more creative and productive.

- ANANYA SHARMA, J.M. International School, Delhi

Difficult at first, but now all is well

This lockdown time was a blessing in disguise. I worked on my lifestyle and improved upon it. It made me realise that waking up early and watching the sunrise is indeed a surreal experience. At first, coping was difficult because after exams all we wanted to do was to visit the malls. Anyway, now I have got into a routine of reading good books and helping my mom with household chores. That's good too.

- VANSHIKA ATRI, Class IX student, Delhi



Netflix, yoga and the works...

I kept thinking this lockdown will not affect me. After all, I can laze around! Not surprisingly, I was wrong. After a few days of eating chips and watching 'Netflix', I realised that this was

Growing like the potted plant

One afternoon, I was sitting near the potted plants in my balcony and talking to them. A tendril of the violet pansy curled around my fingers. This experience was novel. Lockdown suddenly had a meaning - from being filled with a sense of languor, I felt a surge of creativity, life and a willingness to bond with my family, my friends. It was a feeling of growth...

- Aadrit Banerjee, Class XI/A, Apeejay School, Park Street



Routine has changed!

I had plans to execute with friends and family during vacations and was heartbroken because those plans fell flat! But I have learnt to cope. I

revise last year's school-work, play games and chat with family. I also keep in touch with friends online, learn new skills.
- Neha Varadharajan, Class IX, The Orbis School, Pune

Self discovery time for me

I took a positive approach being at home and using the time for self-reflection. Since I am avid reader I read books related to past history. I take up time to call my old friends and relatives bring up the nostalgia which made me ten years younger.

- CALISTA JAYANTHI, KG Coordinator ALG Met'School, Coimbatore

Restarted old hobbies, taught life hacks to my daughter

I start my day with a walk around the house and some yoga with our family. Apart from some work from home activities, I make it a point to spend quality time with family. Interestingly, I tried some different recipes which was fun. I have also restarted certain hobbies which I didn't find time for earlier. Taught few things to my daughter, including life hacks like cooking which I couldn't do due to a busy schedule.

- T. Mahalakshmi, Librarian, National Model Senior Secondary School

Covid-19 warriors

The tiny tots of Delhi Public School, Kollam, Kerala are spreading the message of breaking the corona chain, by staying safe at home. (From left row wise: Kalhara (nursery), Minha Firoz and Ravishankar RS (preparatory) and Nandita Jayanth of nursery, Aniruddha V (preschool), Shreyashankar R S (nursery), Johan Mithun (preschool), Christina Maria (nursery), Daksha R (prep), Meera Arun (prep), Meera Arun (preparatory), Martha Stella Begin (preparatory), Avnitha Subi (nursery), Kasa Ambu (preschool) and Hanaan Bnd Jissam (preparatory))

Have an interesting collage or video to share? Or have you and your friends come up with music to cope with the lockdown? Tell us more at timesnie175@gmail.com or log in to www.toistudent.com to post your articles/ views online...

FOOD FOR THOUGHT TALE OF WUHAN'S FAVOURITE NOODLES

The reappearance of Wuhan's favourite breakfast noodles - hot dry noodles - is a tasty sign that life is slowly getting back to normal in the Chinese city at the epicenter of the global coronavirus outbreak.



What is 'hot dry noodles'?

These noodles, also known as 'reganmian', is a favourite snack, usually sold from carts or in small restaurants. The noodles is as much a trademark of Wuhan as deep-dish pizza is for Chicago or spaghetti is for Rome.

People in the virus-hit city are now flocking to carts to get their dry noodles - it is a sign of how we humans have a strong desire to enjoy the familiar 'taste and smells' post a calamity and the like.

MIND TEASERS

RESHMA PARVEZ, teacher, Delhi Public School Whitefield, Bengaluru

What's the right word?

Given below are four pairs of words and five pair of sentences. In each case, choose the appropriate word for each of the sentences.

- illicit / elicit
a) The detective tried to further information from the witness.
b) The possession of guns was his crime.
- complement/compliment
a) Our full.....of staff will be available next week.
b) We must her on her efficiency.
- ingenious/ingenuous
a) Mary is in spite of her outward show of sophistication.
b) That is a mostcreation.
- eligible/illegible
a) Correction becomes difficult when children's writing is
b) She was not to compete because she was too old.

ANSWERS: 1. a) elicit, b) illicit; 2. a) complement, b) compliment; 3. a) ingenuous, b) ingenious; 4. a) illegible, b) eligible

ORIGIN OF WORDS

- bedlam:** means a state of uproar and confusion
Origin: from an asylum called Hospital of St Mary of Bethlehem
- jersey:** a knitted material or a sweater made from it
Origin: originally made in Jersey, one of the Channel Islands
- jovial:** joyous and good humoured
Origin: people born under the influence of the planet Jupiter (Jove) are said to be of happy disposition
- sandwich:** two slices (originally of bread) with a filling in between
Origin: The Earl of Sandwich had a meal prepared in this way to avoid interrupting a game of cards
- vandal:** a person who damages beautiful things
Origin: The Vandals were a race of people who caused great destruction in Europe about 1,500 years ago





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WHAT'S HOT ON WEB

1 Meet author Anushka Ravishankar today live on <https://www.facebook.com/TOIStudent/>

2 Board Exams re-schedule: All you need to know.

3 Join the debate - Is Vaughan The Greatest England Captain?

4 "It's Time To Heal Yourself" says Shruti Padhye, Blue Ridge School, Pune

5 Have issues regarding website log in? Write to us at timesnie175@gmail.com

STUDENT EDITION

THURSDAY, APRIL 2, 2020



WEB EDITION

I recommend

Have you watched 'The Muppet Movie' from 1979? Directed by James Frawley, the muppets truly are adorable. It's a perfect start to your pop cultural education.

- Shweta Sinha, teacher, Shiv Nadar School, Noida

Have a recommendation? Please send at timesnie175@gmail.com

Word Of The Day

BRACKISH

Something that is brackish is unpleasant and harsh.

As an adjective brackish has roots in the Dutch word *brac*, meaning salty, and the word is used literally to describe water that is salty.

DISNEY PLUS TO BE LAUNCHED ON APRIL 3

Disney Plus, the much awaited video streaming service from The Walt Disney Company, will launch in India on April 3rd, via Hotstar. Earlier, the service was supposed to launch on March 29th, along with the Indian Premier League (IPL).

WHAT CAN YOU WATCH?

Entire Marvel Cinematic Universe and the superheroes movies like 'The Avengers', 'Iron Man' etc along with recent Bollywood releases including 'Panga', 'Tanhaji' and more. Disney+ Hotstar Premium subscribers: English language content and 29 Disney+ Originals, including 'The Mandalorian', 'High School Musical', and 'Lady and the Tramp', as well as the latest American shows from studios like HBO, Fox and Showtime.

How to care for your PETS during LOCKDOWN

Can You Take Them To The Vet?

You absolutely can - vets and animal welfare services have been deemed as essential services during the lockdown period. You'll find vets operating with a one in, one out policy, and you might have to wait outside nervously for your turn. But if your pet needs serious attention, do visit.

Can They Pass On COVID-19

There is no evidence to suggest that companion animals, such as cats and dogs, can infect humans with Covid-19. If you haven't tested positive or been asked to self-isolate, then continue to interact with your pets as normal but adopt good hygiene practices including washing hands thoroughly with soap and water for at least 20 seconds before and after touching them, their food, toys and bedding.



Life On Paws! Here's some good news... 'People For Animals' volunteers feed stray animals during lockdown

'People For Animals' volunteers in Odisha recently fed stray cows, dogs and birds in Sailashree Vihar, Bhubaneswar. As the state capital is in lockdown mode to stop further spreading of coronavirus infection, stray animals find it difficult to fetch food. Volunteers also went to Khandagiri and fed starving langurs bananas and peanuts.

Do You Know Of Other Volunteers Who Are Doing This?

Can I walk my pet?

Yes. You are allowed to take your pets for walks, but the advice is to keep things as local as you can. The local police will not encourage people to drive somewhere to walk their dogs. If it's for exercise, that's OK. HAVE A PET-RELATED QUERY? SEND AT TIMESNIE175@GMAIL.COM

CELEB COPING

SHILPA SHETTY KUNDRA

Ever since the lockdown, actress Shilpa Shetty Kundra has found new ways to engage with her eight-year-old son Viaan Raj Kundra. The mother of two took to Facebook to guide moms and gave them tips on how to keep their kids busy and happy.



DISHA PATANI

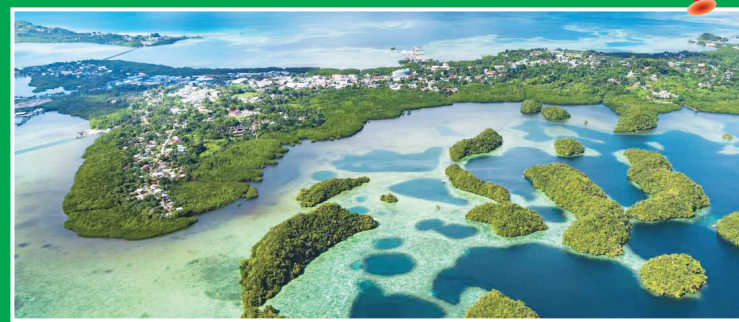
Disha Patani, who was last seen in the movie, 'Malang', has taken to the world of TikTok, along with her friend, Krishna Shroff. In the video shared by Disha on her TikTok account, they are seen in their pyjamas, wearing red bindis and enacting a dialogue.

KARTHIK AARYAN

Sporting a white T-shirt and a beanie cap, Karthik said he likes to de-stress by cleaning utensils. He captioned his pic on social media - "Kahaani Ghar Ghar Ki..."

How are you helping around the house? Share on timesnie175@gmail.com

WORLD'S LAST virus-free corners



A coronavirus-free tropical island nestled in the northern Pacific may seem the perfect place to ride out a pandemic - but residents on Palau say life right now is far from idyllic.

The microstate of 18,000 people is among a dwindling number

of places on Earth that still report zero cases of COVID-19 as figures mount daily elsewhere.

The disparate group also includes Samoa, Turkmenistan, North Korea and bases on the frozen continent of Antarctica.

Read more on www.toistudent.com.

HOW PALAU REMAINED UNAFFECTED?

A dot in the ocean hundreds of kilometres from its nearest neighbours, Palau is surrounded by the vSast Pacific, which has acted as a buffer against the virus.

TIPS FOR SOLVING MATHS PROBLEMS

HAVE A TIP TO SHARE? SHARE ON www.toistudent.com

1 PRACTICE, PRACTICE & MORE PRACTICE: It is impossible to study maths properly by just reading and listening. To study maths you have to roll up your sleeves and actually solve some problems. The more you practice answering maths problems, the better. Each problem has its own characteristics and it's important to have solved it in numerous ways before tackling the exam. There is no escaping this reality.

2 REVIEW ERRORS: When you're practising with problems, it's important to work through the process for each solution. If you have made any mistakes, you should review them and understand where your problem skills let you down. Understanding how you approached the problem is important.

3 MASTER THE KEY CONCEPTS: Do not try to memorise the processes. This is counter-productive. It is much better and rewarding in the long-run to focus on understanding the process and logic that is involved. This will help you understand how you should approach such problems in the future.

4 UNDERSTAND YOUR DOUBTS: Sometimes you can get stuck trying to solve part of a maths problem and find it difficult to move on to the next stage. It's common for many students to skip this question and continue on to the next. You should avoid doing this and instead spend time trying to understand the process of solving the problem.

GO FIGURE

Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

The operators:



EASY = 2

5 5 6 8

MEDIUM = 15

2 2 3 7

HARD = 11

3 5 5 8

SOLUTIONS: Easy $5 + 8 - 6 - 5 = 2$
Medium $7 \times 2 + 3 - 2 = 15$
Hard $8 + 3 \times 5 / 5 = 11$

WHAT IS A HOBBY?

Hobbies are simply anything you do that's for fun. You aren't getting paid to do it, it's something you like to do with your free time that helps you decompress and connect with other people.

WHY HOBBIES ARE IMPORTANT

Hobbies often provide a creative outlet that you might not get in your everyday life. They allow you to do something that's just for you, that can help you forget your daily problems, unwind after a hard day and give you a lot of pleasure. If you can find like-minded connect with them digitally. It is a great way to meet new people and experience new adventures, whether that's taking on a new hobby online or attending an e-knitting convention.



3 Ways To Get A NEW HOBBY

1. ENJOY SOMETHING? TRANSFORM THAT INTO A HOBBY: Even if you don't have something that you can call a hobby, there's definitely some activity that you enjoy. There are chances that this can be converted into a hobby! According to an expert even things like 'eating' and 'watching sports' could easily be turned into hobbies such as 'taking cooking classes' or 'joining a softball team.'

2. GO BACK TO YOUR CHILDHOOD INTERESTS: Think about the hobbies you used to enjoy before. Did you spend hours finger-painting masterpieces to hang on the fridge? If so, you might want to explore taking an art class. Were you constantly getting dressed in costume and putting on shows for your friends? Then maybe you can check out a local acting troupe.

3. TAKE AN ASSESSMENT: People tend to enjoy hobbies that appeal to their own unique strengths, interests, and personality characteristics. Start thinking on these lines.



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NEWS TICKER

- 1** New serological diagnostic testing kits likely in 2 months: ICMR
- 2** COVID-19: Jos Buttler auctions World Cup final shirt for hospital appeal.
- 3** 6.5 magnitude quake hits US state of Idaho.
- 4** Police: Action against those spreading rumours in the guise of Fools Day
- 5** Read all this and more at www.toistudent.com. Log in to register now!

STUDENT EDITION
WEDNESDAY, APRIL 1, 2020
WEB EDITION

6 things you should know

What is one theory for the origin of April Fools' Day?

1. There was a superstition about babies born on April 1, being a little dim
2. A change to the calendar caused confusion in France.
3. King George III was born April 1, and people thought he was stupid.

Ans: 2

The calendar confusion came from?

1. April was added to the year in the 1500s, and not everyone knew.
2. No one knew how to read a calendar.
3. French people celebrated the new year based on the Julian, not Gregorian, calendar.

Ans: 3

What is the French term for "April Fools' Day"?

1. Imbecille d'Avril
2. Poisson d'Avril
3. Feu d'Avril

Ans: 2

What did the Scottish traditionally call April Fools' Day?

1. Haggis and Bagpipe Day
2. Full Day
3. Huntigowk Day

Ans: 3

Ancient Romans celebrated the holiday of Hilaria in late March. What was one of the fun things they did?

1. Stole fish from mongers
2. Graffitied the Colosseum
3. Wore costumes

Ans: 3

Some argue that the calendar interpretation isn't true. Why?

1. because legal recognition of the Julian new year was during Easter, not April 1
2. because the French traditionally celebrated the new year on Jan.
3. Both

Ans: 3

DID YOU KNOW

What Is An Anti Prank?
When you are not pranking but you let the other person believe that you are!

I recommend

Saw 'Billy Elliot', a touching movie last night. It is about a boy wanting to become a ballet dancer and the reaction all round.

- Nalini Sengupta, principal, Vidya Valley, Pune

If you have a recommendation, please send at timesnie175@gmail.com

Activity Center

Send us a story on: **How You Learnt To Cope With Lock Down** in about 100 words. The best story gets published on Friday!

Send at timesnie175@gmail.com with the subject: WhatsApp Edition

How to build Healthy Habits

Here are some tips, backed by research, for forming new healthy habits.

STACK YOUR HABITS

The best way to form a new habit is to tie it to an existing habit, experts say. Look for patterns in your day

We're all creatures of habit. We tend to wake up at the same time each day, brush our teeth, have morning breakfast and commute to school, following the same patterns every day. So why is it so hard to form new healthy habits? Behavioural scientists who study habit formation say that many of us try to create healthy habits the wrong way. We make bold resolutions to start exercising or lose weight, for example, without taking the steps needed to set ourselves up for success.

and think about how you can use existing habits to create new, positive ones.

START SMALL

BJ Fogg, a Stanford University researcher and the author of the book "Tiny Habits," notes that big behaviour changes require a high level of motivation that often can't be sustained. He suggests starting with tiny habits to make the new habit as easy as possible in the beginning. Taking a daily short walk, for example, could be the beginning of an exercise habit. Or, putting an apple in your bag every day could lead to better eating habits.

DO IT EVERY DAY

British researchers studied how people form habits in the real world, asking participants to

choose a simple habit they wanted to form, like drinking water at lunch or taking a walk before dinner. The lesson is that habits take a long time to create, but they form faster when we do them more often, so start with something reasonable that is really easy to do.

MAKE IT EASY

Habit researchers know we are more likely to form new habits when we clear away the obstacles that stand in our way. Packing your gym bag and leaving it by the door is one example of this. Wendy Wood, a research psychologist at the University of Southern California,

said she began sleeping in her running clothes to make it easier to roll out of bed in the morning, slip on her running shoes and run. Choosing an exercise that doesn't require you to leave the house - like situps or jumping jacks - is another way to form an easy exercise habit.

QUIZ TIME

PLANETS

Q.1) ___'s craters are named after famous artists, musicians and authors.

A. Earth B. Jupiter
C. Mercury D. Moon

Q.2) ___ is the hottest planet in the solar system.

A. Venus B. Mercury
C. Neptune D. Jupiter

Q.3) Earth's ___ protects us from meteoroids and radiation from the Sun.

A. Atmosphere B. Water
C. Forests D. Moon

Q.4) There have been more missions to ___ than any

1. C) Mercury 2. A) Venus 3. A) Atmosphere 4. A) Mars 5. A) Saturn

What's Your Take On It? Send us your response at toinie175@gmail.com and get featured on this whatsapp edition

other planet.

A. Mars B. Moon
C. Venus D. Pluto

Q.5) ___ has more moons than any other planet in the Solar System.

A. Saturn B. Mercury
C. Neptune D. Jupiter

GO FIGURE

Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

The operators:

EASY = 17
2 3 5 7

MEDIUM = 7
2 3 5 6

HARD = 6
2 2 6 8

SOLUTIONS: Easy $2 + 7 + 5 + 3 = 17$
Medium $2 \times 5 + 3 - 6 = 7$
Hard $8 + 6 - 2 / 2 = 6$

tips to write a CLI-FI

Here are some tips on how to write a good climate fiction:

TRY TO FIND AN EMOTIONAL CONNECTION

Climate change might sound like numbers on a thermometer, hard to feel emotional about, but it affects us all. From the terrifying fires in Australia to the cherry blossoms blooming out of season in Japan one year due to the unseasonable weather, there are examples worldwide. Making a connection that readers can empathise with so as to make the story feel more meaningful and relevant. For an example closer to home - think of the very cold winter North India just went through or predict how early rains will affect crop yield and thus the lives of farmers.

RESEARCH CLIMATE CHANGE SCIENTIFICALLY

There are many great sources online that show how humans have affected climate and how climate change has affected the planet. Many scientists explain how it will adversely affect the future as well and these are the credible sources one has to explore. The best stories are realistic and only good research can achieve that.

LOOK UP CLIMATE CONTROL

Many technologies have been proposed on controlling the weather. This can add all sorts of governmental and military angles to the plot of the story.

Read more on www.toistudent.com

cli-fi is an abbreviation of climate fiction, one that harkens to its science fiction roots. But as we have reached a climate crisis in the real world, it's become an equally relevant genre. Climate fiction is literature that deals with the changes in climate and global warming. It's almost as old as science fiction, though as more light is shed on the real world climate crisis, the stories have grown to be more apocalyptic or dystopian in theme

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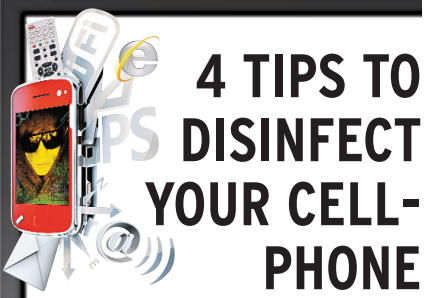
WHAT'S HOT ON WEB

- 1** Meet author **Neha Singh** live today at 6 30 pm on <https://www.facebook.com/TOIStudent>
- 2** Start-up builds useful hi-tech camera to discover COVID-19 cases
- 3** How can we measure intelligence? Find out here and now
- 4** Remote learning tips - find out all about it and how to do it the right way
- 5** Websites and apps to read Ebooks. Check and learn - it's informative

STUDENT EDITION
TUESDAY, MARCH 31, 2020

WEB EDITION

TECH TONIC



4 TIPS TO DISINFECT YOUR CELL-PHONE

Given the current scenario, it has become important to clean and disinfect your phones regularly. But, you cannot use the same soap you use to clean your hands to clean your phones. Apple, recently, stated that their phones can be cleaned with simple disinfectant wipes but there are a lot of cleaning agents you need to stay clear of

USE TAPE TO CLEAN SAND AND LINT

Sand, lint and dust gets collected on the crevices of the phone. Use duct tape to get rid of all the dust; stick the tape over the ports and speakers and gently roll away.

DON'T USE SOAPS TO CLEAN

While it's important to keep your phone disinfected, some cleaning agents like cleansers for clothes should never be used as they are harsh and can damage phones.

WINDOW OR KITCHEN CLEANERS

It is not advisable to use household cleaning products on your phone. They strip the phone of protective coatings that protect it from the damage caused by oil and water.

PAPER TOWELS

They seem to be the go-to for all kinds of cleaning, but using paper towels for cleaning phones can leave bits and pieces of paper on them and lead to scratches.

CORONAVIRUS: Focus on MENTAL HEALTHCARE

IMPACT OF PANDEMIC FAR BEYOND PHYSICAL HEALTH

Unlike anything in living memory, Covid-19 has upended people's lives and stolen away old certainties. When a pandemic happens, the impact goes far beyond physical health. Divya Dureja, counselling psychologist, LGBT activist and TEDx speaker, sums up the story of a troubling 2020 so far: "On any given day, all of us wish to stay at home but now, since we have been asked to not go to work, we feel shackled." A pandemic's effect on mental health, even among those unaffected by it, could be bigger, doctors suggest. Anxiety, depression and fear are some of the most common symptoms that require attention, says Dr Nimesh Desai, director of the Institute of Human Behaviour and Allied Sciences. "For the generation in existence, this is the first such experience of a global pandemic. But it's important to take it well. Those who are able-bodied or able-minded have a responsibility to support the vulnerable ones, for example elderly, children, pregnant women and people with disability among others," he says. "The virus is omnipresent in our minds,"

WHEN virus takes a MENTAL TOLL

AT-RISK

- Older people and those with chronic diseases
- Children and teenagers
- Caregivers such as doctors and other health-care providers or first responders
- Those with mental health conditions, including problems with substance use

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and of your loved ones
- Changes in sleep or eating patterns
- Worsening of chronic health problems

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Make time to unwind. Try to take up some other activities you enjoy
- People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms

FOR PARENTS

- Reassure your child or teen that they are safe
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well

FOR CAREGIVERS

- Responding to Covid-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book
- Ask for help if you feel overwhelmed or concerned that Covid-19 is affecting your ability to care for your family and patients as you did before the outbreak

adds psychiatrist Praveen Tripathy. "Through overexposure to information, we are getting to see a lot of aggravated mental health cases."

CUT OUT NEWS OVERLOAD

Among the counsel offered by mental-health professionals is, "To not let yourself be swamped with information. Stick to just one source of information; if you read a particular paper, read

that each day to stay informed. If you watch a channel, log on to that," advises Dr Tripathy. "People are sharing messages about taking scheduled drugs as self-medication - this is very damaging not just for mental well-being but for physical health too," he adds. "Now is a great time to do some deep cleaning of your house, read books, get some exercise, organise your belongings at home. Do things that you never have time for," advises Goyal.

5 Homeschooling tips for parents to teach kids at home

1 CREATE A PROPER LEARNING SPACE

Younger kids might not have their own room but that doesn't mean parents cannot create a learning space for them to make them feel like they are in home-school.



The learning space should be away from the TV and video games and you should keep mobiles away from there. Also, don't let your child eat at the study desk.

If your child already has a study desk, make it more organised as that is where your child will spend the majority of his/her daily time. When your child is studying in his learning space, he or she should know that the area is meant only for studying. This strict association of learning spaces being only for studying can be built during the Coronavirus lockdown and will come handy even in the future.

2 Make a daily routine for your kids

When children go to school, the majority of their time is spent in a proper schedule. During this Coronavirus lockdown, kids are unable to maintain a routine in their daily lives as they don't have to go to school. As a number one homeschooling tip, parents should ensure that they sit down with their kids and create their own routine to follow at



home. A proper routine helps a child's body clock adjust in a manner that their eating, sleeping, learning and playing times remain fixed. It's best if children are kept calm by creating an environment where they can follow the same pattern when they did were going to school.

3 DON'T SPOON-FEED YOUR CHILDREN

Since parents are not trained teachers (most of the time), they might not have the patience to teach children at home the right way.

Parents need to allow children to come up with solutions on their own and struggle with textbook problems to develop critical thinking skills.

Often, to save time, parents solve the answers in their children's notebooks and ask the kids to learn. But this doesn't teach them anything. So, don't take the fun out of learning!

4 FOLLOW THE PRESCRIBED CURRICULUM IN SCHOOL

Parents can coordinate with other parents of their child's classmates at school to better understand how others are homeschooling their children and which topics from which subjects they are tackling and teaching first.

WIZARD'S CORNER

Quiz time

MIXED BAG

Sattwik Indu, class XI, APS Barrackpore, West Bengal

Q.1) Switzerland celebrates 'Science Day' every year on 26th April, in honour of a renowned scientist who travelled to the country on the date in 2005. Who is he?

- Albert Einstein
- Stephen Hawking
- APJ Abdul Kalam
- Jagdish Chandra Bose

C. Ramaswamy



Q.3) Who is known as the 'Missile Woman of India'?

- Tessy Thomas
- Aruna Asaf Ali
- Madam Bikhaji Cama
- Sarojini Naidu



Q.4) Which was the first Indian city to get a UNESCO Heritage tag?

- Agra
- Kolkata
- Ahmedabad
- Mamallapuram

ANSWERS

1. C) APJ Abdul Kalam, 2. B) Dasgupta 3. A) Tessy Thomas 4. C) Ahmedabad

GO FIGURE

Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

The operators:



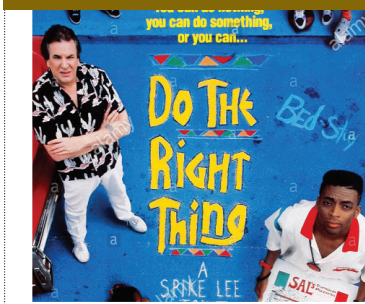
EASY $\square \square \square \square = 13$
3 6 8 8

MEDIUM $\square \square \square \square = 11$
2 3 4 6

HARD $\square \square \square \square = 6$
6 7 8 8

SOLUTIONS:
Easy $8 + 3 + 8 - 6 = 13$
Medium $3 - 2 + 4 + 6 = 11$
Hard $8 - 6 \times 7 - 8 = 6$

3 MOVIES TO WATCH THIS WEEK



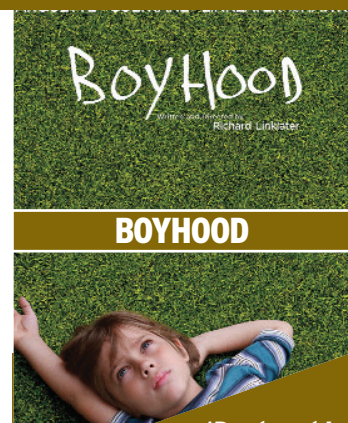
DO THE RIGHT THINGS

With its carefully built complex narrative, Spike Lee's is a visceral movie about race in America that lends itself to new interpretations every time you watch it.



CITIZEN KANE

'Citizen Kane' isn't just essential viewing because critics often agree it's the best movie of all time. It's a timeless story of greed and power.



BOYHOOD

'Boyhood,' another Linklater film, was filmed over a period of 11 years to capture the life of a character growing up - his challenges, hopes and dreams.

3 BOOKS you must read this week

Dancing the Charleston by Jacqueline Wilson

No one brings the past to life quite like the legendary Jacqueline Wilson and trust us, you'll be dancing your way through her latest dazzling historical adventure. Mona lives with her aunt - a dressmaker to the lady of the house - in a little cottage on the edge of the grand Somerset Estate. When Lady Somerset passes away and a new member of the family inherits the house, things change overnight for

Mona. Suddenly, she's spun into a world of beautiful balls, decadence, dancing... and secrets.

Little Badman and the Invasion of the Killer Aunties by Humza Arshad & Henry White

Think James Bond in an alternate rapping reality where almost everyone and everything is bonkers! Humza Khan is the greatest 11-year-old rapper Eggington has ever known. He has big plans for his future, but there's just a teeny issue standing in the way between him and superstardom at the mo; all his teachers are disappearing

and everyone's aunts are taking over. Before he knows it, the aunts are taking over Humza's music, too - which means now it's OFFICIALLY personal! It's up to Humza and his friends to dig deeper and hunt for the truth behind these killer aunts.



Artemis Fowl by Eoin Colfer

If you're looking forward to catching the highly-anticipated Artemis Fowl film in cinemas in 2020, then why not dive into the explosive misadventure that inspired it. You see, Artemis is a criminal genius and he's just discovered that fairies are real. Oh, but wipe images of cuddly, Peter Pan-style bedtime story genre from your mind, because this lot is anything but that. They are armed. They are dangerous. And when Artemis captures Captain Holly Short for her fairy gold, he meets the wrong elf. These fairies fight back as Artemis will learn. What follows is a great fight which is very engaging to read and know about.

Do you have a suggestion? Write into us at toinie75@gmail.com under the subject 'WHATSAPP EDITION'