



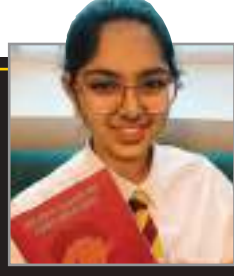
# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**STUDENT EDITION**

MONDAY, JANUARY 25, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

## US REJOINS PARIS CLIMATE AGREEMENT; BIDEN TO CONVENE WORLD LEADERS TALK ON CLIMATE CHANGE

# WILL IT USHER IN A NEW COMMITMENT TOWARDS CLIMATE CHANGE?

## WHY CLIMATE CHANGE SHOULD BE TAKEN SERIOUSLY?

The Biden administration is planning to host the world leaders in a climate summit on the Earth Day, according to people familiar with the matter—a sign of the new President's commitment to not just rejoin the Paris carbon-cutting accord but also strengthen it. The US-hosted meeting on April 22 could be virtual, one of the people said, similar to a United Nation's climate summit in December, which featured six

hours of remarks from the world leaders. However, they only offered incremental steps to combat climate change. The US-organised event, which could be announced next week as part of a package of climate-related policies, is likely to focus on major world emitters of greenhouse gases. Biden has made climate change one of his main priorities, and has set a goal of achieving a zero-emission energy grid by 2035, and carbon neutrality by 2050.



**1 RISING TEMPERATURES:** The year 2020 was one of the three warmest years on record and rivaled 2016 for the top spot, indicating the pace of the 'human-induced' climate change, which is now as powerful as the force of nature, the UN weather agency has said. All the five data sets surveyed by the World Meteorological Organisation (WMO) concur that 2011-2020 was the warmest decade on record, in a persistent long-term climate change trend. The warmest-six years have all been since 2015, with 2016, 2019 and 2020, being the top three

**2 THE ARCTIC IS MELTING FASTER THAN THE REST OF THE WORLD:** According to environmentalists, the Arctic sea ice is melting at an alarming rate, especially during the boreal or the northern hemisphere summer. The trend, which started in the 1980s, is continuing to increase at an alarming rate. The temperatures in the Arctic have warmed twice as fast as the global average. Scientists have warned that it is likely that the Arctic summer sea ice could disappear as early as 2035

**3 CO2 LEVELS CONTINUE TO RISE:** According to the WMO, despite lockdown-related fall in emissions, the global greenhouse emissions increased in 2020. In May 2020, the CO2 levels hit 417ppm, highest in human history

**4 LOSS OF FORESTS:** Since 1990, the world has lost 178 million hectares of forest. In 2020, the deforestation of the Amazon rainforest surged to a 12-year high

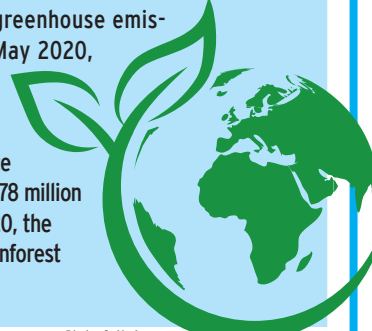
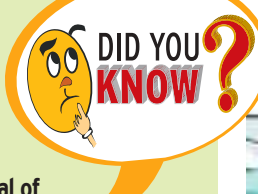


Photo: Getty Images

The Paris Agreement, a legally-binding international treaty on climate change, adopted in 2015, aims at limiting global warming to well below 2, preferably to 1.5 degrees Celsius, compared to the pre-industrial levels. India is one of the few countries, which is on track to meet the 2009 goal of limiting the global average temperature increase to not more than 2 degrees Celsius above the pre-industrial level



## Spotlight

### TWO LEVELS OF ENGLISH AND SANSKRIT FROM 2021-22 SESSION: CBSE

For the academic year 2021-22, the Central Board of Secondary Education (CBSE), is all set to introduce English and Sanskrit language papers in two levels. Presently, the Board offers Maths and Hindi at two levels to reduce the stress levels of students. In addition, beginning next academic year, the Board will introduce improvement tests as part of NEP's implementation of the national education policy.



Competency-based questions have already been included in the Board exams for classes X and XII. The Board has decided to increase the number of questions by 10 per cent every year

### Ladakh to make debut in Republic Day parade on Rajpath



There is a palpable excitement among the members of the Ladakh contingent for the Republic Day Parade, as the young union territory is all set to make its debut in the extravaganza on Rajpath with a beautiful tableau, depicting the iconic Thikse monastery and its cultural heritage. The tableau prominently depicts the historic Thikse monastery located on the top of a hill in Thikse in Leh district, and is one of the most-visited tourist sites in the region.

➤ The Union Territory of Ladakh was created in 2019, after the central government bifurcated the state of Jammu and Kashmir into UTs

➤ A total of 17 states and UTs will be represented on the Rajpath in this year's parade through their vibrant tableaux, besides that of various ministries and the three Armed Forces.



**DISCOVERED**

### A NEW SPECIES OF ORANGE AND BLACK BAT

A new species of orange and black bat from the Nimba mountains in West Africa has been discovered by scientists from the American Museum of Natural History in New York. The finding of the orange bat was described as striking, as the species is believed to be critically-endangered.

Bats play critical ecological roles in West Africa, dispersing seeds, pollinating plants and keeping insect species in check. Yet, they are persecuted throughout the region because of superstitions, and these ideas have been compounded by the animals' association, with Ebola and other diseases, say experts. Like many other species, they are also threatened by habitat loss

## Social influence may induce people to follow Covid rules

People are more likely to follow Covid-19 restrictions based on what their friends do, rather than their own principles, a new study suggests. The findings indicated that the best predictor of people's compliance to the rules was how much their close circle complied with the rules, which had an even stronger effect than people's own approval of the rules.



**1** The researchers found that people didn't simply follow the rules, if they felt vulnerable or were personally convinced. Most-diligent followers of the guidelines were those whose friends and family also followed the rules. Close circle's compliance had an even stronger effect than people's own approval of the rules, the researchers said

**2** This discovery applied to all the age groups, genders, countries, and was independent of the severity of the pandemic

**3** The study also revealed that people, who were particularly-bonded to their country were more likely to stick to the lockdown rules – the country was like a family, someone for whom, one is willing to stick their neck out

**4** The findings also suggested that including experts in human and social behaviour is crucial when planning the next stages of the pandemic response, such as how to ensure that people comply with extended lockdowns or vaccination recommendations

## VIEWPOINT



### FACIAL RECOGNITION TECH DEPLOYED IN UP TO HELP WOMEN IN DISTRESS

The Lucknow police have deployed facial recognition technology backed by security cameras that will read expressions of women in distress and alert their nearest police station.

➤ The technology will use artificial intelligence (AI) to read the facial expressions of women

➤ The new project is being helmed under the 'Mission Shakti' programme that was launched in October 2020. It is projected to help reduce cases of harassment of women, who are subjected to stalking and threat in the city

➤ The facial recognition technology is touted to alert the nearest police station even before the victims dial the police helpline. It will activate the cameras upon detecting facial expressions of women, and trigger the system to notify the police

**Q** Is it a good move? Should other cities follow suit?

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

### TOUCH ID COULD RETURN WITH IPHONE 13

If reports are to go by, Apple could be bringing back its touch ID technology in its 2021 iPhone, in the form of an on-screen fingerprint reader to help users unlock their smartphones without having to remove their masks. Rather than being a replacement for face ID, the touch ID would be an additional method of unlocking the iPhone, according to the report.

➤ The report, by Bloomberg, indicates that changes to this year's iPhone will be minor

➤ However, one of the biggest changes is expected to be the addition of an on-screen fingerprint reader, which would be offered alongside the current face ID and passcode options

➤ According to Bloomberg, instead of reintroducing a home button, the touch ID technology would be embedded within the new iPhone screen



Apple first introduced Touch ID in 2013, in the form of a fingerprint reader integrated into the iPhone's home button



## NEWS IN CLUES

Which Indian politician authored the books 'An Era of Darkness', 'Show Business' and 'Riot'?

**CLUE 1:** He also served as the minister of state for external affairs (2009-10) and HRD minister (2012-14) in the UPA government

**CLUE 2:** In 2006, he lost to South Korea's Ban Ki-moon for the UN secretary general post

**CLUE 3:** He was India's most-followed politician on Twitter, until he was overtaken by PM Narendra Modi in 2013

**ANSWER: SHASHI THAROOR.** At a meeting of the Parliamentary Standing Committee on Information and Technology, headed by the Congress leader, Facebook, which owns WhatsApp, clarified that it had not "functionally-changed" the privacy policy, and that it was the same as what it had been in existence, since 2016

# Meet 14-yr-old bestselling author and her adventures in writing

malini.menon@timesgroup.com

Ashna Dua published her book 'Joe Saves Florida and Other Adventures', which became a bestseller on OTT the very first day. She is a student of Symbiosis International School, Pune and is in IG1. Dua talks to Times NIE on skills, dreams and focus that one needs while penning a book and charting your life story.

**What do you think made your book a best-seller? Share with us some experiences of yours while building the plot/creating the novel:**

I'm so amazed that my book became a bestseller on Amazon on the first day itself! I think that the reason my book achieved this title is because of the amount of overwhelming support from people all around the world. My family and I had shared the release date of the book beforehand, and people from around the world started sending me encouraging messages. I am very grateful to everyone.

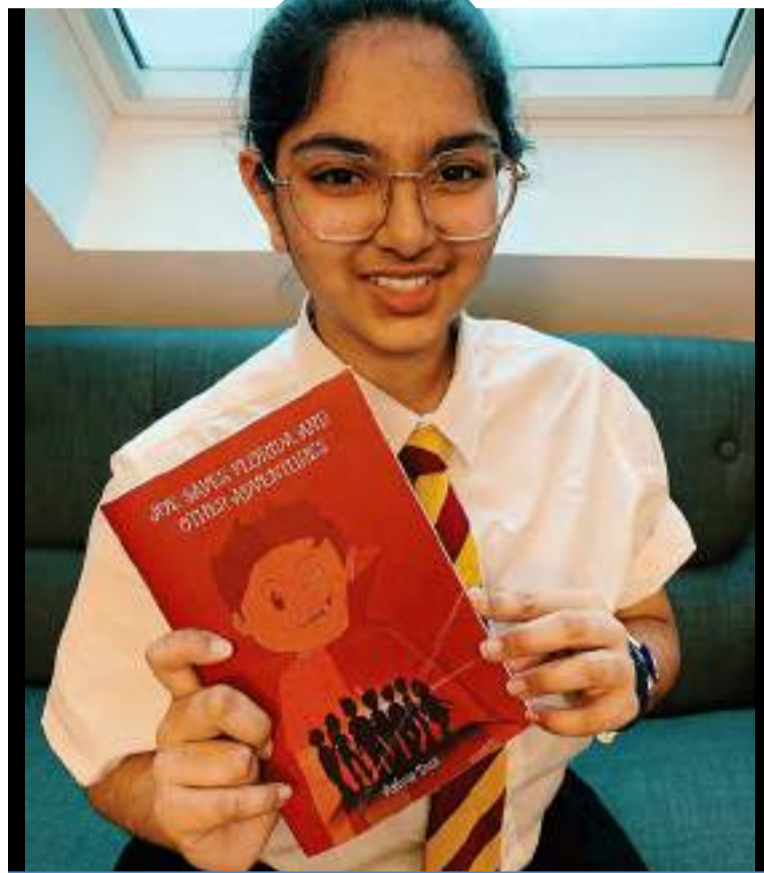
**Your journey of writing:**

My journey has been quite interesting. There were a lot of times that I rewrote scenes that I really liked but didn't fit in with the plot well. I also deleted a few characters and multiple adventures that weren't written right.

On one such occasion, I had been editing a chapter into which I had put in a lot of effort. And when I say, 'a lot of effort', I mean this chapter was one of the most edited, most time-consuming chapters I'd written. It was a fun, light-hearted chapter with a small amusement park mystery, a different sort from my usual. Joe and one of his friends had to discover who was sabotaging an amusement park and why? Unfortunately, when I went over the book one more time, I realised that this story didn't really fit in. It stuck out like a sore thumb and eventually, I chose to delete it.

**Amid your studies, how did you take out time for your book and how many hours did you put into it?**

At the time when I was writing the book, I was in a much lower grade, so I didn't have a lot of homework. This gave me time to write. I was too young for a phone,



**WRITING INVOLVES MORE THAN LANGUAGE SKILLS. DO YOU AGREE? ACCORDING TO YOU, WHAT QUALITIES ARE NECESSARY TO BE A GOOD AUTHOR?**

I agree that writing involves more than language skills. What those skills are, however, depends on what you intend to write. For example, if you are writing a biography, you need to know about the person's life. If you are writing an encyclopedia or any other non-fiction book, you need factual knowledge about the topic at hand. For a book like mine, or any other fictional book, skills you require other than good language, are, first and foremost, creativity. You need to have the ability to think beyond the regular plots and think of something that interests you as well as the reader. Besides that, I think you need to know how to communicate through your writing and need to be able to see things openly, from different perspectives. You also need to be dedicated to your writing and have to adapt easily to various situations (This could come in handy when writing about different cultures, eras, problems.)

so there were no technological distractions. I found it rather easy to make time in my schedule to write. This was also just a hobby for me back then and I didn't expect to get it published.

'Joe Saves Florida and Other Adventures' took months of work just to write. I think it went up to a year in total. After that, once I decided to get it published, it took another eight months. It was edited several times. This book was a very long project.

**Every writer faces a block. What did you do when you faced such a situation?**

Writer's blocks are normal. What matters is that you don't give up on your hard work because of this.

There was a point while I was writing my book, I was stuck on what to write about and completely lost interest in the book. When this happened, I took a break from writing the book. I wrote other things when possible to make sure that I was still practising my writing skills and did not get rusty. I also took this time to read books. This gave me ideas on what would interest readers.

**Who is your favourite author and why?**

I read a lot so it's very tough for me to choose one author who is my favourite. I also read a great variety of fictional

books. (eg. Adventure, Fairytale retellings, Mystery, Horror, etc.)

However, I like a few of these authors very much:

► **JK Rowling** (I love 'Harry Potter' and her other books are really good too)

► **Melanie Cellier** (Fairytale retellings are some of my favourite types of books to read and Ms Cellier's books – all of them – are amazing reads)

► **Enid Blyton** (A childhood favourite, her books still make me smile whenever I read them)

► **Carolyn Keene** (The 'Nancy Drew' Series are very well known and the mystery in them is very intriguing and keeps

## INTERVIEW

you interested till the end) KM Shea (Again, like Ms Cellier, her books – Fairytale retellings or otherwise – are sweet and heartwarming)

► **Robert Thier** (His 'Storm and Silence' series and 'Warning! Fairy tales' are hilarious. His other books are also some of the best stories ever)

One of my favourite books also happens to be 'In 27 Days' by Allison Gervais.

**What do you plan to pursue in life?**

I'm not sure which career I want to pur-

sue when I grow up. For now, my plan is to keep all my options open so I can decide what exactly I'm interested in becoming. In the meantime, I will continue writing!

**If you were to describe yourself just in one line ...**

Fourteen-year-old bestselling author, who likes to read, dream and explore the world.

**What other hobbies do you have besides writing?**

I adore listening to music and you'll always find me listening to some song or another. I play the guitar, love to read and skate in my free time. I also like learning new languages or playing with my younger siblings. I have recently started a blog on my website ashnadua.com.

**Your favourite character from any book and why?**

My favourite character would probably be Hermione Granger from 'Harry Potter', or Lillian Linton from 'Storm and Silence'. These two girls fight for themselves and don't let anyone walk over them. They're some of the best female characters I have read about in any books.



**YOUR TIPS TO YOUNG AUTHORS ON HOW THE PUBLISHING INDUSTRY WORKS AND HOW TO PEN A BOOK?**

The first thing about writing a book is to jot down your thought before you forget it. This could be a story idea, an idea for a plot twist, an idea for an ending, just one scene in particular or even just a character you want to write about. You then elaborate and base your story around that. The story eventually comes together as you keep writing it. Once you are done, you can always go back and edit your writing, so you don't need to have everything planned out before starting out. When publishing your story, make sure people know about your book and when it will be released. It's important to build an interest for the reader. Tell your friends and family to spread the word about your book and make sure that you enjoyed writing your story as much as the readers will enjoy reading it.

## Fashion and beyond

**BRAND NEW COLOURS TO DAZZLE SPRING SUMMER 2021**

Every season throws some interesting colours that bring freshness to the world of fashion and creativity through clothes. Check out the colours that are ready to take this year by storm



Photo: GETTY IMAGES

Trend Color Spring/Summer 2021

**GOOD GRAY**  
Labelled as the counterbalance colour, it is about minimalism and balance. Good Gray also has a sustainable outlook, illustrating the raw hue of recycled materials combined. With subtle blue tint, it is grounding and calming.

Trend Color Spring/Summer 2021

**LEMON SHERBET**  
This colour is all about the feel-good factor of the sun, yet calming and not too loud. Lemon Sherbet will have broad appeal across genders and product categories.

Trend Color Spring/Summer 2021

**A.I. AQUA**  
This is our tech-inspired hero colour for the season with a digital quality that's set to have key relevance. A.I. Aqua will offer true versatility, working brilliantly in summer and in winter too. It can look both sporty and trend forward, making it perfect for designs that inhabit the blurred space between active and fashion.

Trend Color Spring/Summer 2021

**QUIET WAVE**  
Greens have been gaining ground for several seasons – and in a broader range of hues – the freshest tones will gravitate towards cooler levels. Quiet Wave has an optimistic and futuristic quality, making it a perfect mood-setter for the start of a new decade.

**BREAD BROWN**  
The pandemic inspired many of us to dabble in baking bread and use our cooking skills in the kitchen for unwinding our passions. The au-

tumn colour palette has kickstarted the season, but it seems to go on to a lighter shade of brown for spring-summer, depicting chocolate milkshake and cake tones.

OXY FIRE

The extrovert colour for the season – a fiery, saturated hue is guaranteed to spark reactions. It builds on the commercial success of red and orange, with a complexity that fuses elements of both. It energises and enlivens products and collections. Many brands are working on this colour.

Trend Color Spring/Summer 2021

**Oxy Fire**  
015 - 50 - 36

## TRENDSETTING

# Fermented foods set to rule 2021

With the focus on healthy and immunity-boosting food this year, fermented food is topping the list of 2021 culinary trends. 'Tis the year of sourdough bread, yoghurt, apple cider, kimchi salad, and kefir. Global polls have stated, due to the many nutritious benefits, these foods offer, including being rich sources of probiotics. Check out the list of fermented foods you can make at home:

### Sauerkraut

A cousin of kimchi, sauerkraut is easy to make. Chopped cabbage, salt and caraway seeds are added to a jar and fermented for 3 to 10 days.



### Kefir

Add milk kefir grains to a bowl/jar of milk. You can either boil it on a gas stove or heat it in a microwave. Wait till the milk is cultured and its texture changes. Once done, remove the grains and refrigerate the kefir.

### Kimchi salad

In a bowl, add salt to chopped cabbage, then add water. Cover it and leave for 1-2 hours. Drain the water and add grated garlic, peeled and chopped ginger, granulated sugar, red pepper flakes, chopped radish. Mix well and store it in a jar for 1-5 days.



### Lassi

Take plain yoghurt, crushed ice, water, sugar and salt. Blend all the ingredients in a blender and serve in a tall glass.

### Pickled veggies

Thinly slice cucumbers, summer squash, ginger, cut red onion, peeled carrots. Boil vinegar and water and add salt. For flavours, you can add herbs like dill, oregano, whole spices, etc. Put all the veggies in a jar, add boiled vinegar and seal them.

### Yoghurt

Heat some milk for a prolonged time. Remove from the stove and add some yoghurt maker or leftover yoghurt. Cover it and keep it in a warm place overnight.



### Apple Cider

Smash ripened apples within a big container, using a rolling pin. Filter the juice from pulp using a fine cloth. Add dry and liquid brewing yeasts to the juice for it to ferment.



TNN

## Webinar on Army Day at Sainik School

7<sup>th</sup> 3rd 'Indian Army Day' was observed in Sainik School Balachadi, Jamnagar on January 15 to pay homage to soldiers who have sacrificed their lives in the line of duty also this day commemorates General (later Field Marshal) KM Cariappa took over as the first Commander-in-chief of the Indian Army from British General Sir Francis Butcher, in 1949.

On this special day, a webinar was conducted by the NCC Coy of Sainik School Balachadi. Various aspects and importance of the Indian Army were presented through a webinar by class XI NCC Cadets of the school under the guidance of T/O Piyush Vi-



ramgama, ANO, Sainik School Balachadi NCC Coy. On this auspicious occasion, Junior Cadets exhibited the posters online to pay tribute to brave soldiers. Other Cadets attended the webinar through video conference.

The Chief Guest, Gp Capt Ravinder Singh, Principal, Sainik School Balachadi in his address shared that this day one should remind ourselves as a true citizen, of the sacrifices of the brave soldiers to safeguard our country. He



told that the webinar on 'Indian Army Day' is to appraise the Cadets about great traditions and achievements of the Indian Army. He advised Cadets to make all efforts to attain such standards in their training wherein they can realize the meaning of the famous quote 'aap jise fauj kahte hain, hum use jindagi kahte hain'.

## THE EDUCATIONIST

### Manage your time efficiently!

MAHAFFREEN JAMBUSARWALA, EDUCATOR (SECONDARY), ZEBAR SCHOOL FOR CHILDREN

Come exam time, students often wonder where all of the time went. Then, at other times, it feels like the day will never end. So what can we do? How can we finish off the heaps of activities, which we are expected to, within this set frame of 24 hours? The answer is simple. Time Management.



**3) BE FLEXIBLE BUT REALISTIC:** Typically, allow around 8-10 hours a day for working, studying, playing, socializing, and anything else practical you need to do. It's also important to remember that things often take longer than expected. So, allow a little extra time in case you spend longer on a task than you thought you would.

**4) AVOID PROCRASTINATION AND DISTRACTION FOLLOW A 4-PART COMBINATION:**  
 ■ Select Your Most Important Task.  
 ■ Begin Immediately.  
 ■ Work on It Single-Mindedly.  
 ■ Finish It!!

Between cell phones, social media, and friends, there are a lot of activities that can distract students from their schoolwork. When it's time to get down to work, turn off your cell phone and sign out of social media accounts. Any time that is dedicated to working on schoolwork should be a cell phone and television-free!

**5) START WORKING ON ASSIGNMENTS EARLY:** Good time management skills mean not leaving assignments until the day before they are due. Schedule time to start working on them well before time so that you aren't stressed and scrambling to meet the due dates.

**6) REWARDS AND A REMINDER:** It is a good idea to build rewards into your timetable to act as a motivator. These could include an hour's relaxation for writing an essay or a day off once a month for a good grade or for finishing an assignment. Just don't go overboard.

Time management is the process of organizing and planning how to divide your time between specific activities. Good time management enables you to work smarter—so that you get more done in less time, even when time is tight and pressures are high. Failing to manage your time damages your effectiveness and causes stress. Good time management gives you extra time to spend in your daily life. Take a look at some time management tips, so that you can do your best and also find moments to relax.

**1) SET YOUR PRIORITIES STRAIGHT:** List absolutely everything that you have to do. This may sound obvious but most students tend to leave important tasks until the last minute, which can create a negative impact on the quality of their work and their overall grade.

**2) CREATE A LIFE SCHEDULE:** Whether it's a pin-up planner, a timetable, or a calendar in your diary, find an organizing tool that works well for you and add your list of priorities to it. Also, think about when you are most alert so that you can plan your study periods around these times.

Find time for socializing and hobbies, but also make sure that you get enough sleep.

Always remember, in your life you are granted with good news and bad news. The bad news is that time flies; while the good one is that you are the pilot. In the words of Lord Chesterfield, "Take care of the minutes and the hours will take care of themselves." All that you need to do is to take control over time before it takes control over you. Time is the most valuable coin in your life and you being the owner must determine how, where, and when to spend it.

## Kudos to creative students!

Piaa Patel of class III of St Kabir School Drive In New, had participated in Edu-Rangoli Contest 2020 organized by EduEnviro Group recently. Children of class III and IV participated enthusiastically putting their best foot forward. The rangolis were judged on the basis of the use of natural elements, creativity, and uniqueness. There was a tough competition among the participants. Finally, Piaa, who made a beautiful Butterfly, grabbed the first position in the contest.



## Iron Man remembered

Recently, students of Atmiya Vidya Niketan celebrated the 144th birth anniversary of one of the most illustrious sons of India—Sardar Vallabhbhai Patel. It was time for every citizen, especially those from the younger generation to revisit his legacy and remember his unparalleled contribution to building a modern India. A series of activities were conducted virtually by the school to commemorate the occasion. "Rashtriya Ekta Diwas Pledge" was undertaken by all the students of class I to X. The students of class V and VI participated in a poem recitation competition based on the theme 'Sardar Vallabhai Patel: The Iron Man of India'.



The students of classes VI to VIII participated in an online quiz competition. The aim of this quiz is to promote national integration among the youth and children as well as

maintain the unity and integrity of the country.

4. Virtual tour of the Statue of Unity was given to all the students via Zoom to make the occasion more lively.

The occasion reaffirmed the importance of unity, integrity and security amongst the students and staff and the inherent strength and the resilience of our nation to withstand any actual and potential threats which may affect us.

## Express YOURSELF



Manya Shah, Class V, Sheth CN English Medium School



Atharv Sharma, Class VI, Podar International School



Ishita Patil, Class VII, Siddharth's Miracles School



Jijan Padaliya, Class SR, KG, SGVP International School



Hemakshi Jain, Class VIII, Cygnus World School, Vadodara



Janesha Joshi, Class VII, Shanti Asiatic School, Bopal



Ved Bhatia, Class IV, Krishna School, Jamnagar



Jahnvi Rajan, Class VIII, DAV International School

## WIZARDWOCKY

'Twas Bubblebore, and the generous Dannelmort Did open and peek in the gigantic carton: All birds were the adorable Fwoopers, And the script of danger and caution. "Beware the Wizardwock, my son! The spells that destroy, the potions that poison! Beware the Jubwid Eagle and shun The hazardous Demadon!" He took his Phantom sword in hand; Long time the Mantle foe he sought— So rested he by the demon's tree And stood awhile in thought. "And, as in crazy thought he stood, The Wizardwock, with eyes of flame, Came tiptoeing through the haunted wood, And stared as it came! One, two! One, two! And through and through The phantom sword went snicker-snack! He left it dead, and with its head He went striding back. "And hast thou slain the Wizardwock? Come to my arms, my beamish boy! O proud we! Dead!!! Saret!" He announced in his joy. 'Twas Bubblebore, and the deadly Dannelmort Did open and peek in the gigantic carton: All birds were the spiteful Fwoopers, And the script of relief and satisfaction.

AAROHI JOSHI, Class VI, Cygnus World School

## THE GAME OF ADVERTISEMENTS

There is a famous saying that "All the Glitters aren't the gold?" This can be true for various advertisements. For example, a brand stated that the consumption of their products is crucial for the development of a child. But after the laboratory research was conducted, it wasn't found true. Advertisements have just become a way of fooling people and grabbing their money with misleading information.

The youth today is exposed to various facilities like the Internet and Television. Keeping this in mind the advertisers, give publicity to their product.



Some advertisements call the attention of children towards various toys and games, and the children are tempted to get those toys. Due to this, parents are forced to buy those toys/games that are sometimes really costly. The advertising companies know the mind-set of the public towards celebrities. So, they make use of celebrities to make their look enormously attractive.

Many parents have started noticing the positive impact of advertisements on their children. For many children, advertisements have become a source of information.

Healthy food choices are also advertised which prompts the children to have a balanced diet.

We breathe in a competitive market and everyone wants that their product should be popular than that of their competitors. So, that the sales increase and they get more money. Advertisements are a part of marketing. It has become a trend to show the product in a better way than actually it is. Therefore, Advertisements are somewhat made to attract customers. But, advertisements are necessary so that the customers are able to compare and select the best of what is available within the market.

RUCHITA BHOLE, Class VII, Essar International School, Gujarat

## PROTEST AGAINST BULLYING

The thought of protesting against bullying came into my mind when an incident happened with my five friends - Ishan, Vivan, Abeer, Sharva, Aarna, and myself. It shook us completely.

So, it all started when a guy named Atharva living in our society told us that since he is elder to us, he can give us orders and make us do as per his wishes. With these thoughts, he called his friends to see their reactions. Knowing their thoughts, I was shocked to hear that most of them agreed with him. So, like this, he created a team with his friends and started bullying children aged 10 to 12 years.

One day, they started taking over places where I, my friends, and



other children used to play. So, it was just a normal evening when my friends and I were playing in the garden. I saw Atharva passing by suddenly, It reminded me of his and

his team's thoughts and behavior. I discussed it with my friends too which they all agreed with my thoughts of protest against Atharva's bullying. At first, there were only six people. We tried to defend ourselves, but we could not. Before we headed for the second time, Sharva suggested having more support, we all decided to join hands with people who were our acquaintances. This time we were 15 to 17 people. We all went to him and started shouting "Stop bullying! Bullying is wrong!" and finally he and his teammates got terrified and we won. Since then we have never ever faced any such issue.

AARAV ASHUTOSH, Class V, SGVP International School

# SIX REASONS WHY INDIA BEAT AUSTRALIA IN TEST SERIES

India defeated Australia for the second successive time in a Test series in two years, with both the series wins coming in Australia. Here are the six main reasons that helped the underdogs and injury-stricken India beat host Australia 2-1 in the four-match series that ended on Tuesday:

## 1 INDIAN PREMIER LEAGUE

The T20 has removed the Indian players' inhibitions against Australians while giving access to top Aussie brains in dressing rooms at nets. All four teams that made the IPL play-offs this season – Delhi Capitals (Ricky Ponting), Mumbai Indians (Andrew McDonald), Royal Challengers Bangalore (RCB, Simon Katich) and SunRisers Hyderabad (David Warner as captain) – had Aussies at the forefront to guide them. Most of these persons were also part of the Aussie team in some position or the other during the just-concluded series. That apart, the presence of top Aussie players in different teams have also helped. Shubman Gill, who hit 91 on the last day, has faced Pat Cummins regularly at the KKR nets while Josh Hazlewood and Shardul Thakur, who picked seven wickets and hit 67 in first innings, have also shared the ball at the Chennai Super Kings nets.

## 2 STRONG BENCH

Since 2010, India A have played 52 first-class matches, the most by any team in the world. Pace bowler Mohammed Siraj has played 16 first-class matches, batsman Shubman Gill eight, Hanuma Vihari 12 and Rishabh Pant four for India A and toured overseas also. Pace bowler Shardul Thakur, who too has played a few games for India A, credited those games for ensuring proper preparation for the senior team. This is apart from the List A games. That apart, Rahul Dravid's policy of letting one batch play only one under-19 World Cup has ensured there is a regular flow of young players with a taste of some form of international cricket. Dravid has been grooming the second string quite well, providing them exposure.

## 3 FREQUENT TOURS TO AUSTRALIA

The Indian team has toured Australia four times in the last 10 years. This is apart from the 'A' tours that the Indians have undertaken to the country. India's last tour to Australia came in 2018-19, just two years ago. The frequent trips have ensured that the players have become used to the conditions Down Under – weather as well as pitches and did not need much time to get acclimatised to the conditions.

## 6 DOMESTIC CRICKET

India's well laid out domestic cricket structure, comprising Ranji Trophy, Duleep Trophy, and Irani Trophy in multi-day format, allowed a lot of players to get plenty of cricket under their belt before they made their Test debut. Shardul Thakur, Mohammed Siraj, T Natarajan, Navdeep Saini, who all showed no nerve while playing their first full Test series, all made their first-class debut at least five years ago and have been frontline bowlers for the state sides. The Indian domestic cricket has also provided flat, batting-friendly pitches and that has helped batsmen get confidence to play shots and bowlers to bowl tight, something that helped on the flat Australian pitches.

## 4 COVID-19

The Indian squads for all three formats reached Australia together. The Test team benefited the most as they arrived in Australia over a month before the series was to start. The one-month long stay helped the team get acclimatised to the conditions. They also played a couple of warm-up games ahead of the series. T Natarajan, Shardul Thakur and Washington Sundar who stayed back as net bowlers too got time to get used to the conditions.

## 5 COMPETITION WITHIN THE TEAM

The intense competition for places in the squad has helped players grab opportunity with both hands. When Prithvi Shaw was dropped after the first Test, youngster Shubman Gill walked into the squad and grabbed the opportunity with both hands and returned with 259 runs at 51.8. Rishabh Pant's place was also questioned due to his poor wicketkeeping skills but he performed with the bat to cement his spot.

Washington Sundar was one of the 5 youngsters who made their Test debuts for India during the Border-Gavaskar series



Photo: GETTY IMAGES

## Should England rethink the call to rest Bairstow for 1st two India Tests?



Photo: GETTY IMAGES

Former skippers Nasser Hussain and Michael Vaughan are not happy with England's squad selection for the first two Tests against India in which they have rested wicketkeeper-batsman Jonny Bairstow. After the culmination of the ongoing second Test against Sri Lanka, England will be touring India for four Tests, five T20Is and three ODIs beginning February 5. Bairstow, Mark Wood and Sam Curran have been rested for the first two Tests against India, while Ben Stokes, Jofra Archer and Rory

Burns — who are not part of the Sri Lanka series — have been recalled.

"The only player in England's Top 3 that's playing the sub continent conditions with any control or calmness is resting for the first 2 Tests against the best Team in world at home #India!!! The world is officially mad," tweeted Vaughan. The first two Test matches are set to be played in Chennai, before the series moves to Ahmedabad for the final two Tests. The third Test will be a day-night encounter, beginning on February 24.

I would say it's a concern that one of England's best three players of spin — I would say Bairstow is alongside Joe Root and Ben Stokes in that — has been given a boarding pass home and the others are going to Chennai. I'd have to rethink. England fans switching on when it is turning and England are 20/2 may well have the argument, 'I want to see our best batsman against spin, or one of them, in Bairstow.'

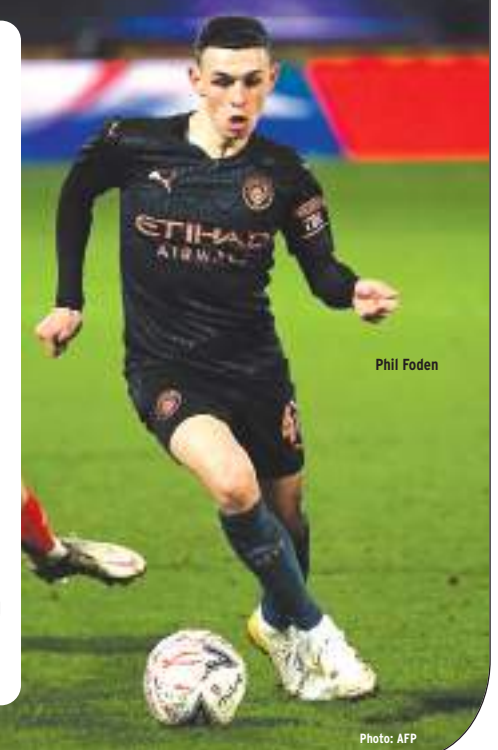
Nasser Hussain, former England skipper

### ENGLAND SQUAD (FOR THE FIRST TWO TESTS)

Joe Root (c), Jofra Archer, Moeen Ali, James Anderson, Dom Bess, Stuart Broad, Rory Burns, Jos Buttler, Zak Crawley, Ben Foakes, Dan Lawrence, Jack Leach, Dom Sibley, Ben Stokes, Olly Stone, Chris Woakes

## Phil has to be Phil and not be Kevin De Bruyne: Guardiola

Manchester City boss Pep Guardiola played down expectations on young midfielder Phil Foden to fill the void left by injured playmaker Kevin De Bruyne, after the 20-year-old inspired them to a 3-1 FA Cup victory over Cheltenham Town on Saturday. City looked to be heading out of the competition after Alfie May put fourth-tier Cheltenham ahead. But Foden equalised in the 81st minute before Gabriel Jesus and Ferran Torres struck to secure the team's passage to the fifth round. Guardiola's side were without De Bruyne, who picked up a hamstring issue in Wednesday's 2-0 Premier League win over Aston Villa.



Phil Foden

Photo: AFP

## QUIZ TIME!

**Q1:** Which of the following players made maximum runs in IPL 2020?

- a) KL Rahul  b) Shikhar Dhawan   
c) David Warner  d) Shreyas Iyer

**Q2:** The first French Open Championship was held in 1891. Which male player won the first title?

- a) William Hamilton  b) H Briggs   
c) Wilfred Baddeley  d) John Hartley

**Q13:** In the year 1881, which tennis player won the first US Open men's singles title?

- a) William Renshaw  b) Herbert Lawford   
c) Richard D Sears  d) John Hartley

**Q4:** Which athlete won a record 14 medals in individual events at the Olympic Games between 1956 and 1964?

- a) Polina Astakhova  b) Vera Caslavka   
c) Larisa Latynina  d) Natalia Kuchinskaya

**Q5:** The most gold medals won at the Winter Olympics by a snowboarder is three and was achieved by \_\_\_\_\_

- a) Danny Kass  b) Scotty James   
c) Shaun White  d) Tony Hawk

**Q6:** Who is the oldest Olympic individual swimming gold

medalist (male)?

- a) Jason Lezak  b) Anthony Ervin   
c) Nathan Adrian  d) Gary Hall Jr.

**Q7:** Martin Guptill holds current record for highest individual score in ICC Cricket World Cup. What was his score?

- a) 237 not out  b) 237   
c) 215 not out  d) 214



Photo: GETTY IMAGES

**Q8:** In the year 1897, which women's French Open title?

- a) Juliette Atkinson  b) Charlotte Cooper   
c) Elisabeth Moore  d) Françoise Masson

**Q9:** Who is the youngest to reach 100 UEFA Champions League matches?

- a) Jose Mourinho  b) Pep Guardiola   
c) Ole Gunnar Solskjær  d) Jürgen Klopp

**Q10:** Which fielder holds the record of most catches in ICC Cricket World Cup?

- a) Chris Gayle  b) Ricky Ponting   
c) Sanath Jayasuriya  d) Joe Root

**Q11:** Which tennis player won the 2019 Wimbledon men's singles title?

- a) Roger Federer  b) Novak Djokovic   
c) Dominic Thiem  d) Rafael Nadal

**Q12:** London is the first city in the world to have hosted Summer Olympic Games three times. They were held in the city in 1908, 1948 and \_\_\_\_\_

- a) 2008  b) 2004  c) 2016  d) 2012

**ANSWERS:** 1 a) KL Rahul 2 b) H Briggs  
3 c) Richard D Sears 4 c) Larisa Latynina  
5 c) Shaun White 6 b) Anthony Ervin  
7 a) 237 not out 8 d) Françoise Masson  
9 a) Jose Mourinho 10 b) Ricky Ponting  
11 b) Novak Djokovic 12 d) 2012



# THE TIMES OF INDIA



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**TODAY'S EDITION**

> Busting common public-speaking myths  
> 6 unusual English words; idioms on water  
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**STUDENT EDITION**  
SATURDAY, JANUARY 23, 2021

**LATEST BUZZWORDS EXPLAINED**  
**Trendjacking**

Taking a trending news topic and inserting yourself or your brand into it is simply now called as trendjacking in the social media circles. This can be around important topics, such as world events, or ridiculous topics like "the dress" or whatever hashtag is trending at the moment. While a lot of brands have started doing this, it can really backfire. It's used by social media content writers or digital marketers and it's done to optimise their post or article. Many influencers have built up their following using this practice. The digital medium is one of heavy competition with pressure on content creators to generate more response. Enter 'trendjacking' that offers content managers and SEO specialists a virtual piggyback ride to get more eyeballs to a post. A way to do it successfully is to make sure it seems organic and not forced.

...serving of water first thing hydrates your internal organs and aids digestion and metabolism. A refreshing glass of water can revitalise you and make you feel more geared up for the day ahead.

**Good morning #3 EXERCISE, FOR SURE**  
Successful leaders exercise daily. From former PepsiCo head Indra Nooyi to actress and wellness entrepreneur Gwyneth Paltrow, morning workout is built in to their morning routines. Even Bill Gates says he multitasks during his morning treadmill workouts by watching DVDs while exercising, according to 'The New York Times'. Morning yoga is one of the most powerful practice to start your day on a good note.

**Good morning #4 START THE NIGHT BEFORE**  
Want a productive morning? Prep for it the night before. Many successful people spend their evenings getting ready for the following day by writing down what they want to achieve the next day. Making a to-do list at night is more time efficient, reduces stress and marks a definitive end to the day.

**Good morning #5 SELF-REFLECT**  
Most successful people set aside a time to meditate and self-reflect in the morning. Steve Jobs did it and so does Winfrey. The idea being that we usually go about days on auto-pilot, especially now that we are sitting at home. Self-reflection help you to keep sight of your values, goals and passions. An article in Forbes mentions how Steve Jobs would ask himself one question everyday: "If today were the last day of my life, would I want to do what I am about to do today? If the answer is no for too many days in a row, I know I need to change something." This self-awareness technique is genius. It helps you course correct.

**CLICK HERE: PAGE 1 AND 2**

## RETHINK The right to 'DISCONNECT'

**In the world of hyper connectivity, how do you switch off and why**

Pallavi.Shankar@timesgroup.com  
If there's one right we need to think about – it is the 'right to disconnect'. What's that and is it even debate worthy? Certainly YES. Because this hyper connectivity of online presence can sometimes play havoc with our privacy and consequently peace of mind. Let's take a look at some situations: a child has mild flu and he/she would rather be tucked in the comfort of a blanket than 'signed in' for the online morning assembly. Because his discomfort is not something typically serious, he is expected to attend few classes, unlike in pre-pandemic times when an off day really meant 'off'. Parents and teachers, perhaps, do expect that if the sickness is not troubling in a major way, the child can at least sit in front of his system for an hour or two. Well, all good if the 'patient' wants to, but

if he is not and wants to recuperate, shouldn't he be allowed to do so? Ditto for those parents who decided to attend the online housewarming party of their close friend despite a long day at work as it would be rude to say 'No' to the Zoom get together; after all there is no commute involved.

**ETIQUETTE FOR 'DISCONNECTING'**  
Will you be considered a social pariah if you don't say yes to this hyper connectivity? Chances are, yes. So, should we talk about the right to say no to 24x7 connectivity? To be able to switch off when we want to? For sure, because the 'right to disconnect' is as important as the 'right to connect'. Mental health experts say we have the liberty to say no to online parties and get together, to take time to reply to a WhatsApp ping or go for a walk minus

the smartphone without your loved ones going into a panic mode if you don't answer their calls for 2 hours. How can we go ahead with this right to disconnect and is there a right way to do it? Here are some expert tips:  
Remember, like in the offline world, you do have a right to say

no to excessive online connect in the digital world too.  
You should be careful to not be aggressive in your online communication – for example – if you are inviting someone to a digital seminar or party, don't use words like, "you will attend if you

care." This becomes a subtle form of emotional aggressiveness, which may make some of your close friends attend it so that you are not offended or hurt. Bottomline: Inform and request, minus any emotional aggression.  
If you don't reply to a WhatsApp ping right away, it's ok. Unless it's official and you were expected to be around for something, you don't have to apologise later on and say you were having your lunch or doing your work and didn't have the time to chat then. You shouldn't be looking into your phone while eating, working or during real time communication with people. The expectation to reply to a message right away is overrated and not too healthy.  
People are probably sick of too much connectivity and are waiting for someone to say, 'no more zoom meetings for the weekend'.  
It's also ok to inform your family/friends that you are away on a holiday for a week and won't be available on social networking sites till you are back. Don't feel guilty about 'disconnecting' – that's your right!

– Expert: Dr Sanjay Chugh, psychiatrist



Right to disconnect is important for our mental wellbeing as staying connected creates unseen pressure

**SELF-CARE**

*Let's face it*  
Face reading to dig deeper under the skin

Supriya.Sharma2@timesgroup.com

A mysterious rash, persistent skin conditions or dilated pores are not always superficial skin problems that cleansing lotions can fix, but a result of an internal issue that better be dealt with. Let's do some face reading...

inflammation in the intestines and if the lower lips are hugely swollen it may even indicate IBS (Irritable Bowel Syndrome).  
**WHAT TO DO:** Eat fibre-rich food like brown rice, fermented foods such as miso, idlis, leafy greens and gourds.

**3. FRECKLES**  
In oriental macrobiotic facial evaluation, freckles indicate excessive consumption of refined flours and sugars. They call this the 'caramelising of sugars' when out in the sun.  
**WHAT TO DO:** Eating well-balanced meals with natural sugars, healthy sugars such as apples, pomegranates as well as alkaline foods may help. Reduce flour and even excessive fruits.

**4. CHEEKS**  
Generally cheeks represent the lung area. Swollen or droopy cheeks are a sign of weak lungs.  
**WHAT TO DO:** Have super foods and blood cleansers such as aloe vera, amla, neem, haldi and basil. Reduce dairy, simple sugars, spicy foods and animal proteins.

**2. LIPS**  
Generally lips reflect the digestive tract. The upper lip reflects the upper digestion and the lower lip represents the lower digestion. Often lower lips are swollen and inflamed and this indicates a corresponding

**#GOALS**

## Good Morning, WORLD!

Do you know that consistent morning habits set the tone for a productive day? Follow these tips to achieve more

**Good morning #1 FORGET THE ALARM, RELY ON YOUR BODY CLOCK**  
Successful people wake up on their own. Amazon CEO Jeff Bezos and media mogul Oprah Winfrey swear by waking up on their own without an alarm. Winfrey finds alarms "alarming". Her first thought upon waking up is of gratitude. Even sleep evangelist and

**WHAT DO YOU THINK OF...**

**DARK CIRCLE BEAUTY TREND**

Trust the social media to turn everyday realities into a beauty trend. Some TikTokers in the US started smearing their undereye with dark shades to start the 'dark circle' trend. This anti-beauty trend started when a teen put up a short video drawing dark circles under her eye. Many magazines picked up the trend and are now using it for their shoots. Many hail this as celebrating natural flaws like dark circles. Some argue it glorifies unhealthy practices. What do you think?

**GOOD TO KNOW**

**Flowers of Love**  
These flowers stand for enduring passion, lasting bond and commitment and if you want to show true love to someone you pick these.  
**Like:** Red roses (enduring passion), dahlia (commitment), red tulip (perfect love), carnation (love and fascination). FYI, different colours stand for different emotions for love

**Flowers of Friendship**  
Carry these to a friend's house or gift your best friend on their birthday – these flowers celebrate the bond of friendship.  
**Like:** Yellow rose (friendship and joy), freesias (innocence and thoughtfulness), stocks (lasting beauty, a happy life and the bonds of affection)

**Flowers of gratitude**  
Want to say thank you to a kind teacher or show appreciation to a friend's mom for inviting you over, then pic these posies.  
**Like:** Pink roses (appreciation and admiration), hydrangea (sincere and heartfelt gratitude), peach rose (modesty)

**Flowers of joy**  
This is a mixed bag as these are evergreen flowers that fit most occasions and are generic in nature.  
**Like:** Sunflower (joy), chrysanthemum (optimism), daffodil (good fortune but always given as a bunch), lily of the valley (sweetness), pink hyacinth (playfulness), gerbera (cheerfulness)

**Flowers of remembrance**  
From empathy to loss to seeking forgiveness, these flowers speak more than words.  
**Like:** Poppy (remembrance and consolation), white stargazer lily (purity, innocence and sympathy), purple hyacinth (sorrow and forgiveness), white tulip (apology)

## THE RIGHT START

Use some wisdom from macrobiotics, traditional Chinese medicine, Ayurveda and yoga to make sure your kid is eating right

Supriya.Sharma2@timesgroup.com

**CATCH THEM YOUNG**  
In macrobiotics, it is known that every seven years the body replenishes itself and hence for a growing child, the first 21 years (3 X 7 years) are crucial. At this age getting children to eat healthy is really the most important role of the parents. A child who grows up eating healthy, is less likely to face chronic digestive issues, colds and coughs and it also prevents an early onset of diabetes, heart disease and osteoporosis.  
**What you can do:** In the formative years, make sure the child eats as many vegetables, whole grains, beans, nuts, seeds and fruit

**SMART PACKAGING**  
Research says that by feeding your child good

food – a new cellular memory is created and, over a period of time, the child will begin to crave healthier foods. So, don't say an absolute no to the food they crave, just package it smartly. Reduce white sugar and other simple sugars in the diet. All these changes will improve their heart and kidney function as well as maintain the acid-alkali balance in their body.  
**What you can do:** Slip in healthy ingredients like make a rice and chickpea burger, brown rice smoothie, or apple walnut

**DID YOU KNOW?**  
When a child's tongue is coated with white sugar, it is difficult for him/her to enjoy natural sweetness of fruits & veggies

**'EXERCISE' THE RIGHT CHOICE**  
The abdomen, now scientifically recognised as the second brain, is crucial for a child's vitality. A long walk is a daily massage for the abdomen and it also strengthens for the core abdominal muscles. Moving the body also increases your child's breath capacity and oxygen to the cells.  
**What you can do:** Go running with your kid

**Say it with FLOWERS**

Floriography is the language of flowers which tells us that every flower carries its own special meaning or symbolism. Pick the right one

**Flowers of admiration**  
Want to show someone that you admire them – be it for their bravery, gallantry, beauty or any skill that you find worth admiring, these are your picks.  
**Like:** Lavender rose (enchantment), Sweet William (gallantry), orchid (rare and delicate beauty), camellia (affection and admiration)

# 5 COMMON PUBLIC SPEAKING MYTHS

Statistics suggest it's likely you know the feeling of being in front of an audience with your heart racing, your mouth dry, and your palms sweaty. If this has happened to you repeatedly, then you may have dismissed the idea of ever becoming a talented public speaker, writing it off to a lack of natural talent or extroversion. But that's nonsense, say members of Toastmasters International.

Toastmasters is a global network of 15,400 clubs across 135 countries that has been dedicated to developing people of all backgrounds and skill levels into accomplished public speakers for the past 90 years. According to the Toastmasters, there are five common public speaking myths people frequently run into that keep people from becoming the clear and confident speakers they can be. We've explained them below.

## 1 Only the vociferous can be great speakers

There are certainly some people whose personalities allow them to get in front of a crowd with little fear and project their voice. But, of course, being a great public speaker requires much more than a strong will and a loud voice. Like any other skill, the only way to look like a true "natural" on stage is through disciplined practice. And don't believe that anything you may consider a negative

trait – a speech impediment, heavy accent, social anxiety – needs to hold you back. For example, 2015 Toastmasters International World Champion of Public Speaking, Mohammed Qahtani, has dealt with a stutter for his entire life, and learned to keep it from emerging in his speeches. And even if it did pop up, he wouldn't be worried. He told Business Insider that he knew some



Hi folks! We are **HOPPER & CROCKY**. Public-speaking phobia ranks as one of our top-most fears. Unfortunately, it stems from a series of misconceptions which can easily be dispelled with a change in outlook

of his competitors had a stronger voice or more impressive stage presence than he did, but his gift was comedic timing. Everyone has their strengths, and they can compensate for your weaknesses.

## 2 Experienced speakers no longer become nervous before a speech

As Stanford psychologist Kelly McGonigal explained in a viral 2013 TED Talk, the rush of adrenaline you feel before a performance is a natural reaction that should not be anxiety-inducing, but rather empowering. As you develop as a speaker, your pre-speech jitters will diminish, but that flare of your nerves will never go away if you're about to give a presentation you genuinely care about. Former New York Toastmasters president Joshua Rinaldi told the Business Insider that anyone from a novice to professional can benefit from avoiding caffeine an hour before their presentation and 30 seconds of controlled, deep breaths before stepping in front of your audience, in order to best manage your nervous energy.

## 3 Introverts can never handle the spotlight

Susan Cain, author of the bestseller "Quiet: The Power of Introverts in a World That Can't Stop Talking", explains in her book that introverts are not necessarily shy, but gain energy from low-key environments. Continuing on the earlier point about playing to strengths, introverts don't need to mimic a high-energy extrovert like Tony Robbins when they speak to an audience, but can go at their own pace in a thoughtful way. Cain, a self-described introvert, said she joined the Toastmasters to become a better public speaker because it provided her with a forum to practice that felt safe and supportive.



## 4 Best presenters memorise their speeches

Many beginners think that giving a speech is similar to giving a monologue in a play, memorising carefully constructed lines word for word. In a presentation, however, you need to work off of your audience to best impart value to them. Performance coach Tony Robbins said the only way a presentation works is if it's in some way tailored to the people in front of him. "So if you're just giving some expected talk you've memorised over and over again, you're going to have a flat

effect," he said. "If you've just got a bunch of visuals on the screen that are leading you to stand rigidly behind a lectern. And if you're going to go without a podium, you shouldn't be conscious of yourself when it's time to give the presentation. You should instead be genuine, which in turn makes you engaging. It comes with practice. "It took me 10 years to learn to be myself on stage," 2014 Toastmasters champion Dananjaya Hettiarachchi said with a laugh. By feeling comfortable with your movements and expressions, you can maintain a conversational tone with your audience.

## 5 There's a rigid code of conduct for speeches

Giving a serious speech doesn't require you to stand rigidly behind a lectern. And if you're going to go without a podium, you shouldn't be conscious of yourself when it's time to give the presentation. You should instead be genuine, which in turn makes you engaging. It comes with practice. "It took me 10 years to learn to be myself on stage," 2014 Toastmasters champion Dananjaya Hettiarachchi said with a laugh. By feeling comfortable with your movements and expressions, you can maintain a conversational tone with your audience.

SOURCE: BUSINESS INSIDER

# Stock market terms

**1. AGENT:** A brokerage firm is said to be an agent when it acts on behalf of the client in buying or purchasing of shares. At no point of time in the entire transaction the agent will own the shares.

**2. ASK/OFFER:** The lowest price an owner is willing to sell the stocks.

**3. ASSETS:** Everything the company owns on its name, including the cash, equipment, land, technology etc. which shows the total wealth of the company.

**4. BETA:** It is a measurement of relationship between stock price of any particular stock and the movement of whole market.

**5. BID:** It is the highest price a buyer is willing to pay for a stock. It is opposite of ask/offer.

**6. BLUE CHIP STOCK:** Stocks of large, well-established and financially-sound companies that hold a record of consistently increasing the rate of paying the dividends over decades to its stockholders. Blue chip stocks typically have a market capitalisation in thousands of crores.

**7. BONDS:** It is a promissory note issued by companies or the government to its buyers. It speaks about the specified amount held for a specified time period by the buyer.

**8. BROKER/BROKERAGE FIRM:** A reg-



A **BULL MARKET** is a market financial situation which is characterised by the investor's confidence, optimism and positive expectations that good results will continue. The opposite of a bull market is a **BEAR MARKET**, which is typically characterised by bad economy, fewer jobs, recession and falling share prices.

istered securities firm is called a broker/brokerage firm. Broker's acts as an advisor for purchase and sale of listed stocks. But they charge a commission for their service.

**9. BUSINESS DAY:** Monday to Friday, excluding public holidays.

**10. CLOSE PRICE:** The final price at which the stock is traded on a given particular trading day.

**11. COMMODITIES:** Products used for commerce that are traded on a separate, authorised commodities platform. Commodities include agricultural

products and natural resources.

**12. DIVIDEND:** A portion of the company's earnings decided to pay to its shareholders in return to their investments. It is usually declared as a percentage of current share price or some specified INR value, usually decided by the board of directors of the company.

**13. EQUITY:** Common and preferred stocks, which represents shares in the ownership of a company.

**14. MARKET CAPITALISATION:** The total value in INR of all of a company's outstanding shares. It is calculated by multiplying all the outstanding shares with the current market price of one share. It determines the company's size in terms of its wealth.

**15. MUTUAL FUND:** A pool of money managed by experts by investing in stocks, bonds and other securities with the objective of improving their savings. These experts will create a diversified portfolio from these funds.

**16. PRE-OPENING SESSION:** The pre-open session is for a duration of 15 minutes i.e. from 9:00 AM to 9:15 AM. In pre-open session order entry, modification and cancellation takes place.

**17. TRADING SESSION:** The period of time from 9:15 AM to 3:30 PM is open for trading for both sellers and buyers. Within this time frame, all the orders of the day must be placed.

# IDIOMS ON WATER



**Come hell or high water**

**Meaning:** whatever difficulties may occur.

**Example:** We are going to win the cricket tournament this year, come hell or high water!

**In hot water**

**Meaning:** in a difficult situation in which you are likely to be punished.

**Example:** He found himself in hot water over his comments about women.

**Not hold water**

**Meaning:** To not be or not appear to be true

**Example:** His argument just doesn't hold water. It's all based

on emotions, not on facts.

**Test the waters**

**Meaning:** To informally or casually attempt to discover a little more about a situation before you go ahead and become very involved

**Example:** Before I decided to become a full-time reporter, I tested the waters by interning at a reputable newspaper organisation.

**Water under the bridge**

**Meaning:** A prior issue that is now resolved or considered resolved.

**Example:** Yes, we did have our disagreements but that's

water under the bridge now.

**Keep your head above water**

**Meaning:** To (barely) avoid being consumed by a stressful or unpleasant situation.

**Example:** If I get this raise, we'll just about keep our heads above water until next year.

**To be dead in the water**

**Meaning:** It means that something has failed and it seems impossible that it will be successful in the future.

**Example:** I think you should admit that the government's plans for reviving the economy are now dead in the water.

# 6 UNUSUAL ENGLISH WORDS

## AGELAST

**MEANING:** a person who never laughs.

## Acnestis

**MEANING:** "The part of the back (or backbone) between the shoulder blades and the loins which an animal cannot reach to scratch".

## Meldrop

**MEANING:** A drop of mucus at the nose, whether produced by cold or otherwise.

## Octothorpe

**DEFINITION:** the symbol #  
According to Merriam Webster dictionary, "The origins of octothorpe are shrouded in mystery; we are fairly certain that the word began being used in the early 1970s, but we do not know what led to the prefix for "eight" (-octo) being added to the component for thorpe ("thorpe")."

## Bibble

**MEANING:** to drink often; to eat and/or drink noisily

## Lamprophony

**MEANING:** loudness and clarity of enunciation.

## Macrosmatic

**MEANING:** having a good sense of smell.

## Ragamuffin

**MEANING:** a ragamuffin is a person who wears dirty and scruffy clothes - clothes that are just like rags!

## Gobbledygook

**MEANING:** It means words that are nonsense or have no meaning. It also describes when people use too many technical words and so other people can't understand what they're saying.

## Oxter

**MEANING:** outdated word meaning "armpit".

## Tittynope

**MEANING:** a small quantity of leftover.

## Ulotrichous

**MEANING:** having woolly or crispy hair.

## Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to

improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on

toinie175@gmail.com



A still from 'Men in Black'

"I think technology is fantastic but maybe it's just developed too fast for us in real world applications."

CLINT MANSELL, Music composer

Pics: iStock

# Five reasons why Star Trek: Discovery is a must watch



Even if you aren't into science fiction, watch it for...

Nitya.Shukla@timesgroup.com

## THE DIVERSE CAST

In June 2016, while assembling the cast of 'Star Trek: Discovery', co-creator Bryan Fuller had said he'd be looking at the "roles through a colour-blind and a gender-blind prism". By the time the series hit the screens in 2017 (first on a television network and then a streaming platform), it had a progressive vision supported by a crew that is diverse in gender, race; and

includes minority, female, and gender-diverse (non-binary and trans) actors. That is evident from the first episode which features two non-white actresses: Malaysian actress Michelle Yeoh as Captain Philippa Georgiou and the franchise's first black female lead, American actress Sonequa Martin-Green as Michael Burnham, a science specialist. If you are wondering why a female protagonist has a male name, well, that's to the credit of Fuller who has done the same with the female leads on three of his previous series. 'Discovery' features several actors from different parts of the world, including our very own Adil Hussain, Indo-Canadian actor Rekha Sharma, and other global names: Shazad Latif,

Wilson Culver, David Ajala, Mary Wiseman.

## THE ALIENS

The series features all sorts of interesting alien species that'll make your mind spin. If you love learning about new cultures, people and places, the aliens of 'Star Trek: Discovery' will mesmerise you with their backgrounds and intriguing storylines. Oh yes, that's another standout feature of the series: Whether humans or aliens, the series is told from the perspectives of several lead characters. As for the aliens, besides the ever-favourite Klingons and the Vulcans (remember 'Live Long and Prosper?'), there are Andoreans, Bajorans, Trill, Orions and many more

that you will love. Though we'd tell you to watch out for the storyline of Saru (played by actor Doug Jones), who belongs to an alien race called the Kelpien. 'Discovery' is constantly tipping a hat to the original 'Star Trek' and its various franchises. In season 3 of 'Discovery', they brought back two aliens species from the Star Trek movie era. Of course, you'd have to be a true-blue fan to know which ones.

## THE FUTURE

There have been plenty of series set in the distant future but there's

something special when 'Discovery' takes a 930-year leap. This is after they make you feel like you've got a hang of the times they were living in, aka year 2255-2259. After making that jump Discovery lands in year 3189 or the 32nd century. Even if you hate tech stuff, the technological evolution as shown in this series is far superior to any other series you've seen so far. Also, by jumping 930 years into the future, 'Discovery' frees itself from the constraints of previous Star Trek series, making it a far more entertaining and unpredictable show.

## Watch out for

### MICHAEL BURNHAM

The protagonist of 'Star Trek: Discovery' is the ship's science specialist, a human who was raised Vulcan by Ambassador Sarek and Amanda Grayson following the death of her parents. According to 'www.fandom.com', she served as the first officer aboard the USS Shenzhou in 2256, under Captain Philippa Georgiou, with whom she had served since 2249. In 2256, she was stripped of rank and sentenced to life imprisonment for mutiny, but she gained a second chance when she

was assigned to the USS Discovery as a specialist. Her renegade attitude and tactics save the day several times.

### CAPTAIN PIKE

'New York Times' called Captain Pike "the most tolerant and patient captain we've seen at the center of a 'Star Trek' series. He consistently listens to his subordinates, is an advocate for his crew and doesn't make rash decisions. You can see why he eventually (at least according to traditional Trek canon) becomes an admiral."

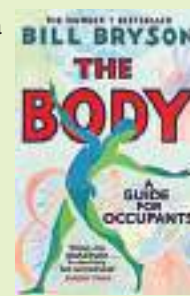


## Your heart beats 100,000 times per day!

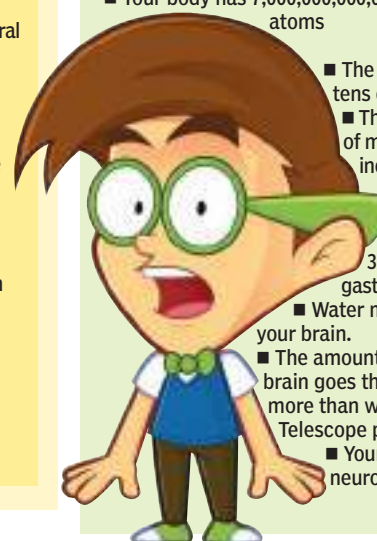
Here are 9 more reasons why you must read Bill Bryson's 'The Body: A Guide for Occupants'

It takes 59 elements to make a human being. These include oxygen (61 per cent), hydrogen (10 per cent), carbon, nitrogen, calcium, as well as copper, cobalt, and tin.

- You blink 14,000 times each day.
- If all your blood vessels were lined after each other (lengthwise) it would be enough to go around Earth 2.5 times.
- Your body has 7,000,000,000,000,000,000,000,000 atoms



- The lifespan of your DNA is tens of thousands of years.
- There are 40,000 species of microbes that live in you, including 900 species in your nostrils; 800 inside your cheeks; 1300 on your gums and 36,000 in your gastrointestinal tract.
- Water makes 75-80 per cent of your brain.
- The amount of information your brain goes through in 30 seconds is more than what the Hubble Space Telescope processes in 30 years.
- Your brain has 86 billion neurons.



## Epic movie soundtracks

### Gladiator, 2000

The original score and songs were composed by German composer Hans Zimmer and Lisa Gerrard, along with The Lyndhurst Orchestra performing the score conducted by Gavin Greenaway.



consideration). The main theme of the movie is 'Promontory', an orchestration of the tune 'The Gael' by Scottish singer-songwriter Dougie MacLean from his 1990 album The Search.

**Braveheart, 1995**  
The instrumental soundtrack was composed and conducted by James Horner and performed by the London Symphony Orchestra.

**Rush, 2013**  
The soundtrack features a musical score composed by Hans Zimmer, plus five classic rock songs by Dave Edmunds, Steve Winwood, Mud, Thin Lizzy, and David Bowie.

### The Dark Knight, 2008

The soundtrack was composed by Hans Zimmer and James Newton Howard. Just like 'Batman Begins' and later 'The Dark Knight Rises', the main motif always consists in just two notes, played by horns and accompanied by strings, representing Batman's pain and guilt.

### Requiem for a Dream, 2000

Composed by Clint Mansell and performed by the Kronos Quartet, this is one of the best soundtracks you will ever listen to...

A still from the film 'Rush'; (above) Hans Zimmer and Clint Mansell



## 5 KID-FRIENDLY MOVIES ON RACE



NASA, Katherine Johnson (Taraji P Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe), serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, while fighting racial and gender prejudices.

ance by Denzel Washington as coach Herman Boone.

### Remember the Titans (12+)

In the early 1970s, two schools in Alexandria, Virginia, integrate forming TC Williams High School. The European American head coach of the Titans is replaced by an African American coach from North Carolina. Tensions arise when players of different races are forced together on the same football team. A stellar perform-



### Moana (5+)

This Disney film opened in 2016 to critical acclaim. It features an adventurous teenager named, Moana, living on a Polynesian island in ancient times. The plot follows the track of self-discovery and self-realisation, as Moana finds her true leadership qualities through her perils.

### Akeelah and the Bee (8+)

Akeelah, an 11-year-old girl living in South Los Angeles, discovers she has a talent for spelling, which she hopes will take her to the National Spelling Bee. Despite her mother's objections, Akeelah doesn't give up on her goal. She finds help in the form of a teacher, and overwhelming support from her community.

### To Kill a Mockingbird (12+)

The Pulitzer Prize-winning novel by Harper Lee was adapted by director Robert Mulligan and screenplay writer Horton Foote, and went on to win the Academy Award for Best Writing (Adapted Screenplay). When Atticus (Gregory Peck), the widowed father and a respected lawyer, defends a Black man named Tom Robinson (Brock Peters) against fabricated rape charges, Scout Finch (Mary Badham), 6, and her older brother, Jem (Phillip Alford), are exposed first-hand to evils of racism and stereotyping.

### Hidden Figures (10+)

Three brilliant African-American women at

## 3 books to help you learn more about the iconic civil rights activist

### Why We Can't Wait by Martin Luther King Jr

Martin Luther King Jr. chronicles the story of the American Civil Rights Movement and recounts the historical moments that transformed his non-violent campaign for racial justice - from prayer meetings to a worldwide phenomenon.

### To the Promised Land: Martin Luther King and the Fight for Economic Justice by Michael K Honey

This book explores Martin Luther King Jr.'s desire for a 'moral revolution' which he hoped would replace self-seeking individualism with concern for the common good.

### Little People, Big Dreams: Martin Luther King Jr. by Maria Isabel Sanchez Vegara

If you want to educate your child about the life of the legendary Civil Rights Activist, and all his struggles, pick this one.



## CLASSICS

### 1. The Jungle Book by Rudyard Kipling (1894)

This classic by Kipling is an adventure story about a man-cub named Mowgli, who is hunted by an evil tiger named Shere Khan. Mowgli tries to live a peaceful life with other humans, but is too wild for them and too human for the wolves. Eventually, he finds a home in the jungle with a pack of his own.



### 2. Charlotte's Web by E B White (1952)

White's time-honoured story is about friendship and survival against all odds. Wilbur the piglet is a runt, but that doesn't deter Fern, his human friend, from caring for him. Along with an array of farm animals, including Wilbur's spidery friend, Charlotte, the farmyard friends set about helping Wilbur become a prize-winning pig in order to avoid an untimely end.



### 3. Goodnight Mister Tom by Michelle Magorian (1981)

This is a touching and thought-provoking portrait of how two people can find solace in each other in the midst of turmoil. Set during the Sec-



ond World War; a young boy named, William, is evacuated to the countryside to live with a grieving widower named Tom. Having been abused and beaten by his mother earlier, it takes William a while to adapt to a life with more freedom and happiness.

### 4. A Really Short History of Nearly Everything by Bill Bryson (2003)

Bryson is writer extraordinaire. If you've ever wondered how people seamlessly add humour to stories that also tell you everything you need to know, you must read all of Bryson. Begin with this one. It explains everything we've learned about our world and the universe so far, including how they formed, how we learned to make sense of time, space and gravity, why it's such a miracle that we're alive and how much of our planet is still a complete mystery to us.

### 5. Peter Pan by J. M. Barrie (1911)

In this incredible coming-of-age adventure, you'll meet pirates, fairies, mermaids as you journey through Neverland, a place you can go to only if you imagine it. Peter Pan, the protagonist is mischievous boy who refuses to grow up, befriends Red Indians, the Little Lost Boys, Tinkerbell, a fairy but a mean pirate called Captain Hook is after him and his friends.



## 5 classics for 10-12 year olds... ..and 5 new reads for 2021



## NEW READS

### 1. The Night Diary by Veera Hiranandani

An epistolary novel which recounts the Partition of India through the eyes of Nisha, a 12-year-old half-Hindu and half-Muslim girl. Nisha and her twin brother live with their Hindu father, Papa; their grandmother, Dadi; and their cook, Kazi, and try to understand the complex dynamics of religious divide, losing home, and life.

### 2. The Girl Who Drank the Moon by Kelly Barnhill

Every year, the people of the Protectorate leave a baby as an offering to the witch who lives in the forest. They hope this sacrifice will keep her from terrorising their town. But the witch in the forest, Xan, is kind and gentle, who rescues the abandoned children and deliver them to welcoming families.

### 3. Up for Air by Laurie Morrison

Thirteen-year-old Annabelle struggles in school, no matter how hard she tries. But as soon as she dives into the pool, she's

unstoppable. Over the summer, everything changes. Suddenly, she has new friends, and a high school boy starts treating her well. But after a prank goes wrong, Annabelle is abandoned by the older boy and can't swim. Who is she without the one thing she's good at?

### 4. All of Me: How I Learned to Live with the Many Personalities Sharing My Body by Kim Noble

Taking the reader through an extraordinary world where the very nature of reality is different, this personal narrative tells the story of one woman's terrifying battle to understand her own mind. From the desperate struggle to win back the child she loves to the courage and commitment needed to make sense of her life, this account is the author's experience of living in and out of mental institutions and various diagnoses until finally being appropriately diagnosed...

### 5. Genesis Begins Again by Alicia D Williams

This deeply sensitive and compelling novel is about 13-year-old, Genesis, who tries to lighten her skin, thinking it is the root of her family's troubles; before discovering reasons to love herself as is.



penquincuk.com, momlovesbest.com

# WILL CRICKET'S BUBBLE BURST IN 2021?

International cricket found a way through last year's coronavirus pandemic but the strain of 'bubble life' was evident by the end of 2020



Photo: GETTY IMAGES

A key element of the bio-bubble is that players will not be permitted to have access to families, visitors, friends, and relatives for the duration of a tournament

## FINANCIAL LOSSES TO CRICKET BOARDS

After the 2020 March lockdown, international cricket, sustained by the broadcast income from tours and tournaments, did not resume again until the England-West Indies Test series in July. That month also saw the International Cricket Council announce it was postponing 2020 Men's World Twenty20 in Australia until 2022. The England-West Indies series, played at the 'bio-secure' venues of Southampton and Manchester, established a template for cricket amid the

pandemic and spared the England and Wales Cricket Board, one of the wealthier national governing bodies, from a crippling financial hit. But the ECB still postponed its new domestic Hundred tournament, a 100 balls per side competition for men and women, while announcing 62 redundancies and pay cuts for players. The ECB also forecast a loss of more than £100 million (\$135 million) in 2020, potentially rising to £200 million in 2021. West Indies won the first Test but lost the series.

## TOM BANTON, TOM CURRAN PULL OUT FROM BBL

Together with Pakistan, another of world cricket's financially poorer leading sides, the West Indies spent much of 2020 on the road, the two teams travelling to both England and New Zealand. West Indies captain Jason Holder, who played in another bubble during a lucrative Indian Premier League, moved to the United Arab Emirates on health grounds, articulated the stresses

of cricket in confinement. "Going from bubble to bubble, being isolated in a room, sometimes the room just gets smaller and smaller by the second," said Holder following the second of West Indies' two innings defeats in New Zealand in December 2020. Meanwhile, England's Tom Banton and Tom Curran both withdrew from Australia's Big Bash League after citing bubble fatigue.

## ONLY RICH NATIONS CAN AFFORD BIO BUBBLE?

December saw England abandon their tour of South Africa after breaches of their hotel bubble. Michael Vaughan branded the decision "alarming", with the former England captain writing in the 'Daily Telegraph': "I worry that in future it will only be the rich nations that can put on cricket in bio-secure bubbles." But Judge Zak Yacoob, the interim board chairman of Cricket South Africa, criticised "an awkward narrative coming out that third-world countries can't manage these things properly."

## SHORTENED TOURS GIVE ADVANTAGE TO HOME SIDE

Pre-pandemic fears that compressed touring schedules skewed the balance too heavily in favour of the home side were highlighted again by India's collapse to their record low total in an eight-wicket defeat by Australia in the first Test at Adelaide, albeit fast bowlers Pat Cummins and Josh Hazlewood performed superbly against a side who had made 244 in the first innings.

## Players at risk of psychological impact

### "Haven't been home for 6 months"

"It has been a tough year. Not just for the team, but I know for me personally it has been tough. I haven't seen home in six months now. I have been going non-stop. We have had pay cuts. It is a situation where you are still looking to make a living, still looking to make use of every opportunity you get."  
Jason Holder, West Indies skipper (after the loss against the Kiwis in the second Test on Dec 14)



### "How long can you stay in hubs for?"

"It's not a sustainable lifestyle. You're living in a hotel room with zero outside contact. Some guys haven't seen families or their kids for a long time. It's tough going – we get to play cricket, (so) we can't complain too much – but in terms of well-being of players, staff and officials, how long can you stay in hubs for?"  
Mitchell Starc, Australia pacer



### "You couldn't get away from cricket"

"I found that you couldn't get away from cricket. You walk from one end of the ground to the other. I like to go for a coffee, see a mate, or my missus; refreshing yourself by not thinking cricket – and that's a lot harder to do in the bubble setting. That was the main challenge for me."  
Rory Burns, England opener



### "It can cause extreme burnout"

"We managed to fulfil all of our international fixtures for the summer. But to keep that level of bubble for 10 of the 12 months that we normally travel, I think is untenable. You can drill a player both mentally and physically. And it can cause extreme burnout, which nobody wants to see. We've spoken about this as a team and we've accepted that guys will come in and out of the bubble as they feel it is affecting their mental health."  
Eoin Morgan, England captain



### "Family time is really important"

"I love my Hobart (BBL) family but I think I need to spend some time with my real family as well. When the year turns, we're going to be back in a bubble in the UAE and India or somewhere. Family time is really important especially when you're in the bubble and you can't see them physically."  
Jofra Archer, England pacer



### "Bubbles are like luxury prisons"

"It can be quite tough. You can't interact. It's almost like luxury prisons we are in. But we have to remind ourselves that we are fortunate. People have lost their jobs, people are struggling at the moment, so we must be grateful for the opportunity we have been given to make some money and to do what we love."  
Kagiso Rabada, South African pacer



### "Not easy, keep tours short"

"These things will have to be considered – what length of series and tournaments one will play, what impact the players will have mentally of staying in a similar environment for 80 days, and not getting to do anything different or have the space to go see the family. At the end of the day, you want the players to be in the best state mentally and physically."  
Virat Kohli, Indian captain







# THE TIMES OF INDIA

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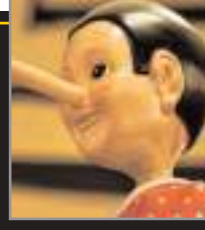


**TODAY'S EDITION**

➤ Get ready to solve your favourite sample papers. This week, it's history and English  
**PAGE 2**



➤ Worried about your kid lying to you and hiding things? We tell you how to curb this habit among the kids  
**PAGE 3**



➤ Check out the 5 top players, who may get a nod for the next IPL season  
**PAGE 4**

**STUDENT EDITION**

FRIDAY, JANUARY 22, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

**INTO THE FUTURE**

## HUMANS MAY SOON BE LIVING ON CERES!



**WHY CERES?**

Sounds like utopia? Well, for Pekka Janhunen, a physicist from the Finnish Meteorological Institute, it may be a reality in the future. Recently, he revealed his plan to construct a 'megastatellite' that orbits the planet located in the asteroid belt between Mars and Jupiter. According to a report in Daily Mail, the disc-shaped habitat would house thousands of cylindrical structures, each home to more than 50,000 people, support an artificial atmosphere, and generate an Earth-like gravity through the centrifugal force of its own rotation.

- 1 According to Janhunen, Ceres's average distance from the Earth is comparable to that of Mars, which would make travel relatively easier
- 2 Besides, Ceres is rich in nitrogen, which would be crucial in developing the orbiting settlement's atmosphere (The Earth's atmosphere is roughly 79% nitrogen)
- 3 Its close proximity to the sun can be used to grow crops on the megastatellite, he added

**DID YOU KNOW?** Ceres, the nearest dwarf planet to the Earth, is a water world, and the first dwarf planet to be visited up close. It belongs to a distinct class of objects, after the rocky inner planets like Earth and Mars and gas giants like Jupiter

**THE NEW ABODE**

➤ According to Janhunen's proposal, each cylinder of the Ceres megastatellite would produce its own gravity through rotation; each cylindrical habitat would measure about 10 kilometres long, have a radius of one km and complete a full rotation every 66 seconds to generate the centrifugal force needed to simulate Earth-like gravity

➤ Beyond the cylinders and their massive disk frame, the colony's main features will be two enormous glass mirrors, angled at 45 degrees relative to the disk in order to reflect just enough natural sunlight into each habitat

➤ According to Janhunen, a part of each cylinder would be devoted to growing crops and trees, planted in a five-foot-thick bed of soil, derived from the raw materials from Ceres

➤ The settlers could utilise space elevators to transfer the raw materials from the planet directly up to their orbiting habitats, he added

## UK invites PM Modi to attend G7 summit



The United Kingdom has invited Prime Minister Narendra Modi for the G7 summit as a guest. The meet is scheduled to be held in Cornwall from June 11 to 14, 2021. Terming India as the 'pharmacy of the world', the UK lauded the efforts regarding the production of coronavirus vaccine and said, "India already supplies more than 50 per cent of the world's vaccines, and the UK and India have worked closely together throughout the pandemic."

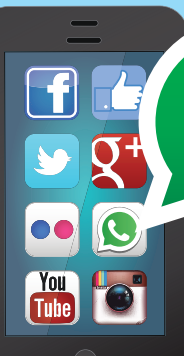
**DID YOU KNOW?** G7 is a grouping of the UK, Canada, France, Germany, Italy, Japan, the USA and the EU

➤ This year the UK has also invited leaders from Australia and South Korea to attend as guest countries to deepen the expertise and experience around the table

➤ The summit in June will address shared challenges—from beating coronavirus and tackling climate change to ensuring that people everywhere can benefit from open trade, technological change, and scientific discovery

## IT MINISTRY TELLS WHATSAPP TO WITHDRAW NEW PRIVACY POLICY

Raising concerns over the recently-announced changes to WhatsApp's privacy policy, the Union ministry of electronics and IT has asked the messaging platform to withdraw the recent change. In a strongly-worded letter to WhatsApp CEO Will Cathcart, the ministry has slammed the platform's "all or nothing" approach. The letter noted



**TECH BUZZ**

that the proposed changes to the privacy policy raise "grave concerns regarding the implications for the choice and autonomy of Indian citizens."

➤ The new policy announced earlier this month asked users to agree to the new terms by February 8. It said that not agreeing to the new terms would lead to a loss of access to their accounts. The sudden move sparked a lot of criticism across quarters, and the demand for other messaging apps surged overnight

➤ Further, amid intense criticism worldwide, the Facebook-owned platform has deferred its new data privacy policy by three months

## IN THE FUTURE, COVID WILL RESEMBLE THE COMMON COLD-CAUSING VIRUS: SCIENTISTS

SARS-CoV-2, the virus that causes Covid-19, may resemble the mild cold-causing coronaviruses that currently circulate in humans, if it becomes endemic and most people are exposed in childhood, according to a study. The study is based on the research of the four common cold coronaviruses and SARS-CoV-1.



**CORONA UPDATE**

➤ The researchers noted that four common cold-causing coronaviruses have been circulating in humans for a long time, and almost everyone is infected at a young age

➤ Natural infection in childhood provides immunity that protects people later in life against severe disease, but it doesn't prevent periodic reinfection

The research suggests that the endemic SARS-CoV-2 may become a disease of early childhood, where the first

infection occurs between 3 and 5 years old, and the disease itself would be mild

➤ Older individuals could still become infected, but their childhood infections would provide immune protection against severe disease, according to the researchers

➤ How fast this shift comes depends on how fast the virus spreads and what kind of immune response the SARS-CoV-2 vaccines induce, they said



**Quote unquote**

"We are going in to a second year of pandemic. It could even be tougher, given the transmission dynamics and some of the issues that we are witnessing. Certainly, in the northern hemisphere, particularly in Europe and North America, we have seen that sort of season – coldness, people going inside, increased social mixing and a combination of factors that have driven increased transmission in many countries"

**MIKE RYAN**, Emergencies director, WHO

## MATT DAMON JOINS 'THOR: LOVE AND THUNDER' CAST

Hollywood star Matt Damon will soon be seen in the superhero adventure, 'Thor: Love and Thunder', reports daily mail.co.uk. "I'm excited that my family and I will be able to call Australia



**ENTERTAINMENT**

home for the next few months," Damon said. "Australian film crews are world-renowned for their professionalism and are a joy to work with," added the 50-year-old.

➤ Damon had a small cameo in 'Thor: Ragnarok' as an Asgardian actor playing Loki in a play. However, it is not clear, if he is reprising the role for the superhero film, or will appear in a new role

➤ Chris Hemsworth, Natalie Portman, Tessa Thompson and Christian Bale will also feature in the movie

➤ The plot details of the new Thor film have been kept under wraps

## Names of Galwan braves get engraved on National War Memorial



The names of Galwan braves, who were killed in action during the clashes with China in Ladakh, have finally made it to the National War Memorial in New Delhi, ahead of the Republic Day. It took almost seven months to make it to the National War Memorial due to bureaucratic delays.

➤ The war memorial was built in memory of those who were killed in action after India's Independence

➤ In the 'Galwan clash' of June 15, 2020, 20 Indian soldiers died, even as the Chinese never made their casualties public

**DID YOU KNOW?** The stand-off between India and China has entered its ninth month, as both sides continue with heavy deployment of troops, artillery guns, tanks and armoured vehicles in close proximity

**FACTOID**

**350 MILLION**

People in the Asia-Pacific region are fighting hunger, thanks to the coronavirus pandemic, which has destroyed jobs and pushed food prices higher, according to the UN. The pandemic has made it difficult for 1.9 billion people to afford healthy diets. Nearly, 688 million people globally are undernourished, more than half of them in Asia. The largest share is in South Asian countries like Afghanistan, where four in 10 people are malnourished. Disruptions and job losses due to the pandemic are preventing families from getting enough to eat in many places. That's also evident in the long lines seen at the food banks even in the US. In India, broken supply chains and transport problems, especially during pandemic lockdowns, have prevented surplus grain stocks from reaching all those in need

## Nepal to turn EVEREST TRASH into art for gallery to highlight mountain's garbage blight

In a bid to highlight the need to save the world's tallest mountain from turning into a dumping site, the trash collected from Mount Everest is all set to be transformed into art, and will be displayed in a nearby gallery. Tommy Gustafsson, the project director and co-founder of the Sagarmatha Next Centre, a visitors' information centre and a waste up-cycling facility, said, foreign and local artists will not only be engaged in creating artwork from the waste materials, locals will also be trained to turn the trash into treasures. "We want to showcase how you can transform solid waste to precious pieces of art... and generate employment and income as well," Gustafsson said.

Used oxygen bottles, torn tents, ropes, broken ladders, cans, and plastic wrappers discarded by the climbers and the trekkers, litter the 8,848.86 metre-tall peak and the surrounding areas



➤ The Sagarmatha Next Centre, which has taken up the initiative, is located at an altitude of 3,780 metres at the Everest base camp, a two days' walk from Lukla, the gateway to the mountain.

➤ The products and artwork will be displayed to raise environmental awareness, or sold as souvenirs, with the proceeds going to the conservation of the region

➤ The trash brought down from the mountain or collected

from the households and tea houses along the trail is usually handled and segregated by a local environmental group, the Sagarmatha Pollution Control Committee

**DID YOU KNOW?** Nearly 4,000 people have made 6,553 ascents from the Nepali side of the mountain, since Edmond Hillary and Sherpa Tenzing climbed in 1953. It can also be climbed from the Tibetan side in China, according to the Himalayan Data base

## Draw inspiration from people who see the cup as half full: Indra Nooyi

Pepsico's former CEO Indra Nooyi has advised Indian students in the US not to idolise people based on their positions, but to draw inspiration from those "who see the cup as half full". During a video conference with the Embassy of India

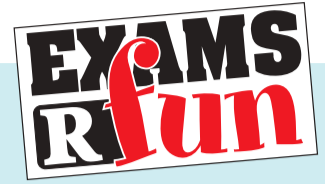
Student Hub last week, the 65-year-old Indian-American business executive said, "Don't just say to yourself that someone who inspires me has to be in a position that is higher...It is the people, who can handle crises in an interesting way that you should draw inspiration from," she added.



**CELEB TALK**

"Rather than talking about how to make that next big buck...(let's) talk about how we can mobilise to fundamentally contribute to the country. Our convenience mindset has gone too far, and we all need to do our bit...Make climate change personal"

# MASTER HISTORY TO CONNECT WITH FUTURE



CLASS: XII - 2020-21

SUBJECT:  
HISTORY (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 70

Paper set by G Vijayalakshmi, Educator (Higher Secondary), Udgam School, Ahmedabad

## SECTION-A (10x1m=10m)

- 1) Ancient Mesopotamian texts mention contact of Harappans with a region called 'Dilmun'. Which place were they referring to?
- 2) What was the role of Dhamma Mahamattas?
- 3) Read the following information and mention the context in which the statement is connected. "The impact of land grants is a subject of heated debate."
- 4) Which among the following was discovered by the Archaeologist B B Lal? A. six occupational levels at Hastinapur B. houses constructed between 12-7th centuries BC and made of mud C. palaces made of different materials D. houses made of burnt bricks in all the levels
- 5) Correct the following statement and rewrite it:

The most important idea in Buddhism is that the entire world is animated. Even stones and rocks have life.

- 6) Identify the Bhakti tradition which favoured Shiva worship in Tamilnadu. A. Alvars B. Nayanars C. Lingayats D. Siddhas
- 7) What is the compilation of the Nayanar tradition known as?
- 8) Differentiate between Palaeography and Epigraphy.
- 9) What kind of inscription is the following image from Sanchi?



- 10) With which Mughal Emperor can we associate 'Badshah Nama'? A. Aurangzeb B. Shah Jahan C. Humayun D. Jahangir

## SECTION-B

- 11) Read the following excerpt on The anguish of the King carefully and answer the three questions that follow: (1+1+1=3m)

When the king Devanampiya Piyadassi had been ruling for eight years, the (country of the) Kalingas (present-day coastal Orissa) was conquered by (him). One hundred and fifty thousand men were deported, a hundred thousand were killed, and many more died. After that, now that (the country of) the Kalingas has been taken, Devanampiya (is devoted) to an intense study of Dhamma, to the love of Dhamma, and to instructing (the people) in Dhamma. This is the repentance of Devanampiya on account of his conquest of the (country of the) Kalingas. For this is considered very



painful and deplorable by Devanampiya that, while one is conquering an unconquered (country) slaughter, death and deportation of people (take place) there.

- a. Who is referred as Devanampiya Piyadassi?
- i. Chandragupta Maurya ii. Ashoka iii. Harshavardhan iv. Bimbisara
- b. Devanampiya means: i. Beloved of the Gods ii. Pleasant to behold iii. Son of God iv. Praise of kings
- c. Assertion(A): Devanampiya was devoted to a study of Dhamma, to the love of Dhamma, and to instructing in Dhamma. Reason(R): This was the result of the king's intense repentance after the Kalinga war.

- (i) Both A and R are correct and R is the correct explanation of A.
- (ii) Both A and R are correct but R is not the correct explanation of A.
- (iii) A is incorrect but R is correct.
- (iv) R is incorrect but A is correct.

- 12) Study the given 12th century bronze sculpture and answer the following questions by choosing the correct option: (1+1+1=3m)

- a. This 12th century bronze sculpture is of i. Marichi a Buddhist goddess ii. Manikkavachakar a devotee of Shiva iii. Lakshmi the wife of Lord Vishnu iv. None of the above
- b. Which of the following are used as sources to study the Bhakti and Sufi traditions from 8th to 18th century CE? i. Compositions of poet saints ii. Hagiographies iii. Both i and ii iv. Autobiographies
- c. Which of the following Bhakti saint, adopted extreme asceticism to attain salvation?



- i. Basavanna ii. Karaikkal Ammaiyar iii. Andal iv. None of these
- 13) Study this extract of the On clearance and settled cultivation and answer the following questions: (1+1+1=3m)

Passing through one village in the lower Rajmahal hills, Buchanan wrote: The view of the country is exceedingly fine, the cultivation, especially the narrow valleys of rice winding in all directions, the cleared lands with scattered trees, and the rocky hills are in perfection; all that is wanted is some appearance of progress in the area and a vastly extended and improved cultivation, of which the country is highly susceptible. Plantations of Asan and Palas, for Tassar (Tassar silk worms) and Lac, should occupy the place of woods to as great an extent as the demand will admit; the remainder might be all cleared, and the greater part cultivated, while what is not fit for the purpose, might rear Plamira (palmyra) and Mowa (mahua).

- a. Choose the correct option. Assertion(A): Buchanan was a keen surveyor of the Rajmahal hills. Reason (R) He wanted to improve the condition of the Pahariyas.
- (i) Both A and R are correct and R is the correct explanation of A.
- (ii) Both A and R are correct but R is not the correct explanation of A.
- (iii) A is correct but R is wrong.
- (iv) R is correct but A is wrong.

- b. Buchanan's assessment was shaped by: i. commercial concerns of the East India Company ii. western notions of what constituted progress. iii. how land could be transformed. iv. all of the above.
- c. The inhabitants of Rajmahal hills: i. appreciated Buchan's ideas of development and progress. ii. immediately began to implement his ideas regarding

clearance. iii. did not want to change their indigenous ways. iv. were keen to commercialise agriculture.

## SECTION-C

Answer the following: 4x3m=12m

- 14) Discuss whether kings in early states were invariably Kshatriyas. Give examples.
- 15) List four issues against the British rule as highlighted in the Azamgarh Proclamation.
- 16) Identify the elements that went into the Mughal ideal of kingship.
- 17) Discuss any three features of the Indian Constitution.

## SECTION-D

Answer the following: 3x8m=24m

- 18) Discuss the development in sculpture and architecture associated with Buddhism and Puranic Hinduism. 4+4
- 19) What have been the sources and methods to study the history of Vijayanagar empire? Discuss the architecture of Lotus Mahal and Virupaksha temple. 3+5
- 20) Non-Cooperation movement was an epoch in the life of Mahatma Gandhi. Elaborate the movement and the way it ended. 6+2

## SECTION-E

Source Based Questions 3X5m=15m

- 21) Read the passage carefully and answer the questions that follow:

The most ancient system yet discovered About the drains, Mackay noted: "It is certainly the most complete ancient system as yet discovered." Every house was connected to the street drains. The main channels were made of bricks set in mortar and were covered with loose bricks that could be removed for cleaning. In some cases, limestone was used for the covers. House drains first emptied into a sump or cesspit into which solid matter settled while wastewater flowed out into the street drains. Very long drainage channels were provided at intervals with sumps for cleaning. It is a wonder of archaeology that "little heaps of material, mostly sand, have frequently been found lying alongside drainage channels, which shows ... that the debris was not always carted away when the drain was cleared".

- Ernest Mackay
- 21.1 What were the drains made of? Were drains found in smaller settlements as well? [2]
  - 21.2 Why were sumps provided? What do little heaps of material reveal? [2]
  - 21.3 Name the two Harappan sites in Gujarat where drains have been discovered?

ere? [1]

22. Read the following excerpt and answer the questions that follow: Love for the Lord This is a part of a song attributed to a Bhakti saint: I will build a funeral pyre made of sandalwood and alone Light it by your own hand When I am burned away to cinders Smear the ash upon your limbs Let flame be lost to flame....

Another verse goes like this: What can Mewar's ruler do to me? If God is angry, all is lost But what can the Rana do?

- 22.1 Who is this saint? Which Bhakti tradition was followed by this saint? [2]
- 22.2 How was this saint a social reformer too? [1]
- 22.3 What do the lines indicate about the saint's attitude towards a. God b. The king [2]

23. Read the following excerpt and answer the questions that follow: The British element is gone, but they have left the mischief behind. Sardar Vallabh Bhai Patel said:

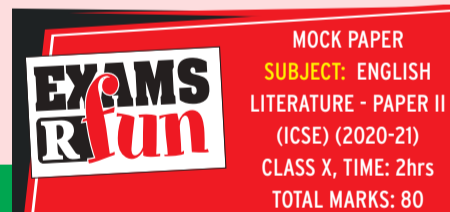
It is no use saying that we ask for separate electorates, because it is good for us. We have heard it long enough. We have heard it for years, and as a result of this agitation we are now a separate nation ... Can you show me one free country where there are separate electorates? If so, I shall be prepared to accept it. But in this unfortunate country if this separate electorate is going to be persisted in, even after the division of the country, we betide the country; it is not worth living in. Therefore, I say, it is not for my good alone, it is for your own good that I say it, forget the past. One day, we may be united ... The British element is gone, but they have left the mischief behind. We do not want to perpetuate that mischief.

(Hear, hear). When the British introduced this element they had not expected that they will have to go so soon. They wanted it for their easy administration. That is all right. But they have left the legacy behind. Are we going to get out of it or not?

- 23.1 What were the arguments Sardar Patel gave against retaining separate electorates? [3]
- 23.2 Name the Constituent Assembly member from Madras who was in favour of Separate electorates. [1]
- 23.3 Why did the British introduce separate electorates? [1]

## Of poetry, prose and passages

PAPER SET BY LEENA RAO, TEACHER, MG SCHOOL FOR EXCELLENCE, BENGALURU



## GENERAL INSTRUCTIONS

- i) Attempt five questions in all from only three text books.
- ii) You must attempt at least one question from each of the Sections A, B and C and not more than two other questions from the same books you have already compulsorily chosen.
- iii) The intended marks for questions or parts of questions are given in brackets [ ]

## SECTION-A (Drama)

The Merchant of Venice: Shakespeare

- Question 1: Read the extract given below and answer the questions that follow:

But mercy is above this sceptred sway;  
It is enthroned in the hearts of kings,  
It is an attribute to God himself;

And earthly power doth then show likest God's  
When mercy seasons justice.

- (i) Name the speaker. Why did the speaker appeal to the Jew for mercy? Earlier who else in the play appealed for mercy? [3]
- (ii) What are the three qualities of mercy which the speaker has stated just before the extract? [3]
- (iii) Give the meaning of 'But mercy is above this sceptred sway'. How does Shylock turn down Portia's plea for mercy? What does he insist on? [3]
- (iv) What is Bassanio ready to do for Antonio in the court? Why is Bassanio snubbed immediately by the disguised Portia? [3]
- (v) Mention two prominent character traits of Shylock as high-

lighted through the scene from which the extract has been taken. Substantiate your answer with examples from the text. [4]

- Question 2: Read the extract given below and answer the questions that follow:

Portia: But this reasoning is not in the fashion to choose me a husband. O me, the word "choose"! I may neither choose whom I would, nor refuse whom I dislike; so is the will of a living daughter curbed by the will of a dead father. Is it not hard, Nerissa, that I cannot choose one, nor refuse none?

- (i) What test had Portia's father devised for her suitors? What oath did the suitors have to take before making their choice? [3]
- (ii) Who is Nerissa? What does she say to cheer up Portia? [3]
- (iii) Why does Portia disapprove of the County Palatine? Who would she rather marry? [3]
- (iv) How, according to Portia, can the Duke of Saxony's nephew be made to choose the wrong casket? What do these suitors ultimately decide? Why? [3]
- (v) Whom does Portia ultimately marry? Who were the two other suitors who took the test? Why, in your opinion, is the person whom she marries worthy of her? [4]

- Question 3: Read the extract given below and answer the questions that follow:

Duke: You hear the team'd Bellario, what he writes:  
And here, I take it, is the doctor come. [Enter Portia, dressed like a Doctor of Laws]

Give me your hand. Come you from old Bellario?  
Portia: I did, my lord.  
Duke: You are welcome. Take your place. Are you acquainted with the differ-

ence  
That holds this present question in the court?

- (i) Where is this scene set? Why was Portia there? [3]
  - (ii) What reason had Bellario given for his absence? Whom had he sent in his stead? [3]
  - (iii) Bellario's letter stated that he had taken some measures to prepare the 'young and learned doctor' to deal with the case. What were they? [3]
  - (iv) What was the 'difference' between Shylock the Jew and Antonio the merchant that the Duke was unable to resolve? [3]
  - (v) How does Portia succeed in saving Antonio? [4]
- What does this reveal of her character?

## SECTION-B (Poetry)

A Collection of Poems

- Question 4: Read the extract given below and answer the questions that follow:

"Now tell us what it was all about".  
Young Peterkin, he cries,  
And little Wilhelmine looks up  
With wonder - waiting eyes,  
"Now tell us all about the war,  
And what they fought each other for."

- (i) Who are Peterkin and Wilhelmine? [3]
- How does the poet describe the scene at the beginning of the poem? [3]
- (ii) What did Young Peterkin find and where? Describe it. [3]
- (iii) Who is referred to as "each other"? What did they fight for? [3]
- (iv) To whom are the words in the extract addressed? [3]
- How was this person's family affected by the war? [3]
- (v) What, according to the poet, are the consequences that are often associated with great and famous victories? [4]

What message does the poet want to convey to the readers?

- Question 5: Read the extract given below and answer the questions that follow:

There's nobody on the house-tops now....

Just a palsied few at the windows set;  
For the best of the sight is, all allow,  
At the Shambles' Gate... or, better yet,  
By the very scaffold's foot, I trow.

- (i) Who is the speaker? Where is he being taken? Why? [3]
  - (ii) Describe the scene when he had walked down the same street a year ago. [3]
  - (iii) Where does the speaker think all the people had gathered that day? Why does he think so? [3]
  - (iv) Describe the speaker's physical condition. [3]
  - (v) What is the central message of the poem? [4]
- Does the poem end on a note of hope or despair? Give one reason for your answer.

- Question 6: Read the extract given below and answer the questions that follow:

All round the field spectators were gathered  
Cheering on all the young women and men  
Then the final event of the day was approaching  
The last race about to begin.

- (i) Where had the 'young women and men' come from? [3]
- What had brought them together? How had they prepared themselves for the event? [3]
- (ii) What was the last event of the day? [3]
- How many athletes were participating in this event? [3]
- What signal were they waiting for? [3]
- (iii) What happened to the youngest athlete half way through the race? How did he respond? [3]

- (iv) What 'strange' turn did the story take at this point? [3]
  - (v) Why does the poet say that the banner 'Special Olympics' could not have been nearer the mark? [4]
- What human quality does the poem celebrate?

## SECTION-C (Prose)

A Collection of Short Stories

- Question 7: Read the extract given below and answer the questions that follow:

An angry athlete is an athlete who will make mistakes, as any coach will tell you. I was no exception. On the first of my three qualifying jumps, I leaped from several inches beyond the take-off board for a foul.

- (i) When and where is this story set? [3]
- What reason does the narrator Jesse Owens give for the heightened nationalistic feelings at this time? [3]
- (ii) In which event had Owens been confident of winning a gold medal? Why? [3]
- (iii) What had made Owens angry enough to make mistakes? [3]
- (iv) Name Owens' rival who approached him at this point. [3]
- What advice did this athlete give Owens? [3]
- (v) How did the two athletes perform in the finals? [4]
- What does Jesse Owens consider his 'Greatest Olympic Prize'? Why? [3]

- Question 8: Read the extract given below and answer the questions that follow:

"What are you doing out here, boy?" asked Mr. Oliver sharply, moving closer so that he could recognize the miscreant. But even as he approached the boy, Mr. Oliver senses that something was wrong. The boy appeared to be crying.

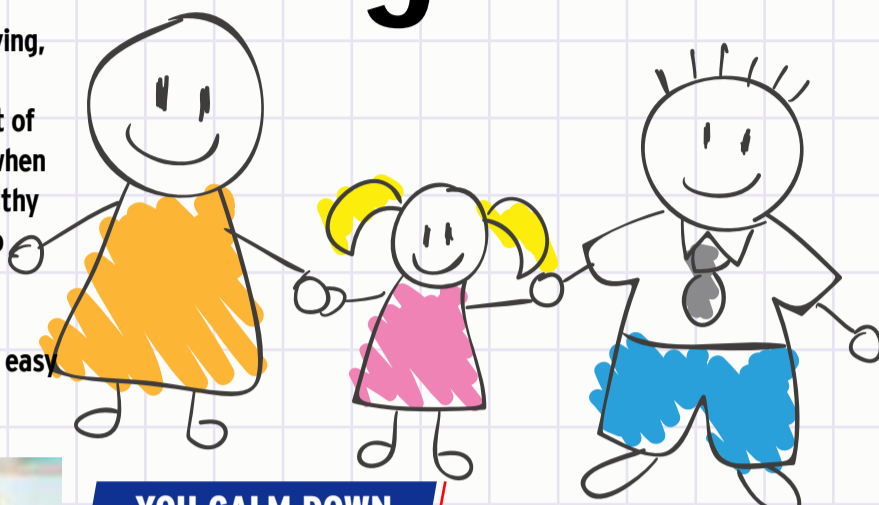
- (i) Who was Mr. Oliver? How did he usually spend his evenings? [3]
- (ii) Mention any three facts about the school at which he worked. [3]
- (iii) Where did Mr. Oliver find the boy? How could he tell that the boy was 'weeping'? What made Mr. Oliver feel uneasy? [3]
- (iv) What did Mr. Oliver see when the boy finally looked up? What was Mr. Oliver's immediate reaction? [3]
- (v) To whom does Mr. Oliver turn for help? What does he discover about this person? Mention any two effective methods that the author has used to create an eerie atmosphere in the story 'A Face in the Dark'. [4]

- Question 9: Answer the following questions with reference to T.S. Arthur's short story, 'An Angel in Disguise':
- (a) How did the children's mother die? What did the villagers decide to do about the children? [4]
  - (b) What did Joe see when he looked in through the brightly lit window of his home later that evening? Why does this scene fill him with a sense of relief? [4]
  - (c) How does the author describe Mrs. Thompson initially? Trace the change in Mrs. Thompson's nature from the time that Maggie enters the Thompsons' home. [8]

These questions and the marks alongside 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.

# Ways to calm down your kids without using screen

Children and tantrums are normal things. Screaming, crying, rolling on the floor can be difficult to handle for anyone, whether you are a new mom or an experienced one. Most of us just hand over a gadget or put on a cartoon channel when we have to deal with such a situation, which is not a healthy practice. There are several studies that suggest that too much screen time can harm your little one's eyes. It is important to handle this situation tactfully and look for alternatives to calm down your little one. Here are some easy ways to handle your kids without using a screen



### YOU CALM DOWN

The first thing should be to calm down. The more you will respond to their action, the more aggressive they will become. If you will stop responding and let them carry on, they might calm down for a while and start listening to you.

### PLAY GAMES WITH THEM

Playing a game with your kids can be the best way to deal with their tantrums. Kids will not say no to the game, especially if you offer to play with them. From board games to moulding clays, involving them in different activities will make them creative and also keep them busy.

### ASK FOR OPTION

Listen to them carefully and ask them for two alternatives that could help them at the moment. These have to be things other than what you said no to. If they suggest something that is acceptable to you, then praise them.



### COMMUNICATE

A tried and tested way to deal with their tantrums is to communicate with your children at all times. Ask your kids what is troubling them and genuinely want to solve their problems. The moment they know you are there to hear them out, their tantrums will stop!

### SING SOMETHING

Some kids respond well to music. It really helps them calm down. Play their favourite song, even when they are throwing a tantrum. You will notice that they will calm down after a while and forget about the thing they were crying about.

### HUG THEM

Human touch has a calming effect on all, even on kids. Hugs and cuddles work well when feeling left out. That will help to pacify your kids and will reduce their

emotional distress. It has proven helpful to the parents. Human touch has a calming effect on all, even on kids. Hugs and cuddles work well when feeling left out. That will help to pacify your kids and will reduce their emotional distress. It has proven helpful to the parents.



# 5 STEPS TO STOP YOUR CHILD FROM LYING

As a parent you might go through a stage in which you have to deal with your kid lying. Telling lies and hiding the truth is a common problem that kids go through during their initial years. As lying comes easy, kids often choose it over telling the truth. Follow these steps to stop this habit in them



### Principle of 'honesty is the best policy'

As the age old saying goes, 'honesty is the best policy' holds relevance in today's time as well. Make it a family rule and ask everyone to practice it. A child imitates elders and imbibes what he sees. Practicing honesty yourself will make him value the importance of being truthful.

negative consequence. They might be afraid of getting a scolding from you if they disclose the truth. In order to avoid such a scenario, assure your kid that he can trust you with anything. This way, he will not only find it comfortable to discuss issues with you but also come out clean, instead of lying.

**Figure out the reason behind their persistent lies and help them tame the habit. If not handled on time, lying might become their permanent habit**

### Figure out the reason behind it

Often kids lie because of a specific reason. It can range from bragging about stuff to avoiding taking responsibility. Figure out the reason behind their persistent lies and help them tame the habit. If not handled on time, lying might become their permanent habit as they grow up.

### Give examples and create scenarios

Teaching through examples and stories is the best way to get your message across. If you are noticing your child lying quite often, then it is best to get hold of the situation while it is raw. Once grown up, kids usually carry their childhood habits, which can pose a problem from them in the future. Make them read stories about honesty, biographies to truthful people and quotes about how being honest is essential.



### Discuss consequences and warning system

Talk to your child about what might happen if he lies about things. It can not only label them as a dishonest person but will also prevent others from trusting him in future. You can also put a warning system in place which will prevent them.

### Assure him that he can tell you the truth

Usually kids lie when they fear a

# When every parent became a superstar...

**MALINI MENON** They say it takes a whole village to raise a child. The year 2020 saw something different—the whole world became that village virtually rais-

ing one another's children. All parents, be it a celebrity or not, stormed into the social media platforms to discuss and share activities to kill boredom, ways to deal with meltdown, how to become a chef mom/dad or to

figure tech hacks for online schooling. At the click of a key, an idea emerged, teaching parents how to engage better with their 'cooped-up' kids, and become their best versions during that 'teen meltdown'.

### I told my kid to learn to live the 'now' moment: **JUHI PARMAR**

How my life changed during pandemic: I think the biggest takeaway from this pandemic was that I could reinforce to my daughter that 'life is all about now – the present'. Seize the moment and be grateful to all that you have – be it love, happiness, comfort and strength. I think if we count our blessings, we will be complaining a lot lesser every day. Biggest takeaway: Be more tech savvy.



### All that children need from you is quality time: **SHRUTI SETH**

How pandemic changed my life: Before the lockdown, I was busy with my shoot. I had not seen my daughter for 60 days, and when the lockdown happened, my daughter told me, "I am grateful to the lockdown as I will get to spend more time with you and dad." This wrenched my heart, but also made me realise how important that physical presence is to a child. We all have our careers and it has its own demands. Children understand that and adjust to it. But one thing that struck me was that whatever time even amid work that I spend with my daughter, it should be exclusively ours.



### As parents, Hrithik and I planned a schedule for kids: **SUSSANNE KHAN**

How we spent lockdown together with kids: During the first four months of the lockdown, as parents, Hrithik and I stayed together and planned out each day for our children under two sections—onscreen and off-screen activities. We made sure that we read together as a family, not on a device but a printed edition. We had gym and recreational time. My children have a musical ear and play guitar.



### Don't let technology make kids couch potatoes, physical activity is a must: **MARY KOM**

How life changed during pandemic: As a mother, I have been away from my kids for long durations due to tournaments. Hence, when the lockdown began, this was perhaps the first time I got to spend so much time with them.



## QUIZ TIME (CURRENT AFFAIRS)

**Q.1) How much fine will be imposed on the people for blocking ambulances as a part of Motor Vehicles (Amendment) Bill?**

- A. ₹10,000
- B. ₹30,000
- C. ₹50,000
- D. ₹1,000

**Q.2) Krishi kiosk, a scheme for farmers was launched in the state of \_\_\_\_\_.**

- A. Maharashtra
- B. Goa
- C. Delhi
- D. Haryana



**Q.3) Which space agency has designed Lunar Evacuation System Assembly (LESA) system to save the lives of astronauts?**

- A. European Space Agency
- B. National Aeronautics and Space Administration
- C. Italian Space Agency
- D. Canadian Space Agency



### ANSWERS

- 1. A) ₹10,000
- 2. D) Haryana
- 3. A) European Space Agency

## KNOWLEDGE BANK (NATURE)

### Aronia

Also called Chokeberries, these are cultivated as ornamental plants and as food products. The sour berries, or aronia berries, can be eaten raw off the bush, but are more frequently processed. They can be found in wine, jam, syrup, juice, soft spreads, tea, salsa, chili starters, extracts, ice cream, gummies and tinctures. The name 'chokeberry' comes from the astringency of the fruits, which create the sensation of making one's mouth pucker.



## DIFFERENT STROKES FOR DIFFERENT FOLKS

### Have a tech cape on, be smarter than Google

With technology taking over our lives in 2020, I donned my 'tech cape' and bettered my knowledge so that I can be smarter than Google search engine with answers for my son. I think 2020 brought my family together.

**DEEPTI ELIAS MOHAN**, mother of a 13-year-old

### Found my happy space with my son

Supervising my son during the online classes amid own schedule was challenging. I also became a teacher. It sent me back to my own school days. 2020 gave me time to bond with my son.

**TUSHAR NAGALIA**, father of an 8-year-old

### Twin learnings: Life skills and self-reliance

The biggest takeaway from 2020 for parents has been how essential it is to be self-reliant. The year proved helpful in teaching my twins the same – doing chores on their own. I think we all learnt many life skills together.

**SHWETA MATHUR**, mother of 6-year-old twins

### Our rushed life has slowed down to meaningful moments

With online school, we have stopped rushing from one schedule to another, meeting deadlines. With my daughter, I have learnt to live the moment. 2020 gave me time to connect with my daughter.

**DR CHARU SHARMA**, mother of a 6-year-old

## IPL 2021 AUCTION

## 5 TOP PLAYERS IN SPOTLIGHT

The preparations for the IPL 2021 kicked off on Wednesday (January 20) when the 8 IPL franchises submitted their list of retained and released players. Steven Smith and Chris Morris' releases hogged the limelight as their respective franchises did not shy away from making the bold calls. Ahead of the mini-auction for IPL 2021, we have a look at players who will be in the spotlight:

## CHRIS MORRIS

Before the IPL 2020 auction, there were even doubts if Chris Morris would manage to draw a bid. He just didn't draw a bid, but went home with a fat cheque of ₹10 crore after Royal Challengers Bangalore, Kings XI Punjab and Mumbai Indians continued to bid for him. Injury prevented him from playing all the matches in IPL 2020. The SA all-rounder scalped 11 wickets in 9 matches that he played. No doubts, Morris can once again emerge as one of the highest-paid picks as he did really well for RCB, as per Mike Hesson – their director of cricket.

## GLENN MAXWELL

The biggest flop of IPL 2020, Glenn Maxwell only managed 108 runs off 106 balls and failed to hit even one six. Bought for ₹10.75 crore, Maxwell failed to do justice to the money and will once again be back into the auction. A one-season wonder so far, Maxwell's credentials in T20I cricket always make him a player to watch out for in IPL auction and this also put him on our list of players in the spotlight. Maxwell might not be able to match the ₹10.75 crore-mark this year but no doubts, he can breach the 5 crore-mark once again.

## AARON FINCH

If RR made the bold call of releasing their captain, RCB released a national captain. Bought for ₹4.8 crore, Finch didn't have a memorable maiden season for RCB and only scored 268 runs. He was also dropped from the playing XI in the second half of the season. Despite his poor run, Finch is expected to be one of the players to watch out for and he will be in the spotlight before the auction. He has 2005 runs in 87 IPL matches, at a strike-rate of 127.70.



Photo: PTI

## STEVEN SMITH

The only captain to be released ahead of the auction, Steven Smith will be in the spotlight, even though he isn't expected to hit the jackpot. Smith's credentials in international cricket are too much to be ignored but he is yet to replicate his greatness in IPL. Hence, Rajasthan Royals did not shy away from releasing their captain ahead of a mini-auction. Smith's international experience and stature put him in the spotlight but as said, he might not be able to draw a fat paycheque.



Photo: PTI

## SHIVAM DUBE

Even before his India debut, Shivam Dube made waves in IPL auction after RCB bought him for ₹5 crore. He wasn't given a long rope in IPL 2019 but next year, RCB backed him as he made his India debut before the season. Dube didn't live up to the expectations again and was released. The release could actually benefit him as Dube is expected to draw a big bid in IPL 2021 auction. Just like in 2018, Dube is once again in the spotlight going into an IPL auction.



Photo: RCB TWITTER HANDLE



Photo: PTI

## 'I WANT TO MAKE MY OWN NAME'

Rishabh Pant reacts to comparisons with MS Dhoni

After powering India to victory over Australia in the fourth Test, India wicket-keeper batsman Rishabh Pant said that although it feels good to be compared to former cricketer MS Dhoni, he does not want people to make comparisons as he wants to make his own name in the sport. Pant played an unbeaten inning of 89 runs in the fourth innings of the Test as India chased down the total of 328. This is the highest chase recorded at the Gabba, Brisbane. ANI

It feels good when you are compared to someone like MS Dhoni but I do not want people to make comparisons. I want to make my own name in the Indian cricket team. That is the only thing I am focused on. Also, it is not good that you compare a legend with a youngster.



Photo: AFP

## Ronaldo becomes 'greatest goalscorer' in history of football

Cristiano Ronaldo topped the goalscorers' charts in world football with his 760th career goal in professional football

## THERE'S STILL A DISPUTE ON WHO IS THE TOP GOALSCORER

The debates over who is the real GOAT among Lionel Messi and Cristiano Ronaldo will continue raging on for years but there's absolutely no denying that the Portuguese is the 'greatest goalscorer' the football world has ever seen. He volleyed a close-range opener to put Juventus in the lead and claim the elusive record before substitute Alvaro Morata sealed victory in injury time for the Serie A champions.

Ronaldo netted his 760th goal in professional football during Juventus' 2-0 victory over Napoli in the Italian Super Cup to register his name in the history books. Ronaldo's record-breaking strike takes him above the disputed total for Josef Bican in the list of highest goalscorers in world football history.

Bican has been sitting on top of goal scorer's charts with 805 goals to his tally but it has often been disputed that 27 of his goals came for Rapid Vienna's amateur teams as well as those which were netted in unofficial games. The revised tally, hence, sits at 759 goals in 459 games.

## Official tally of goals in professional football:

- 760 - Cristiano Ronaldo
- 759 - Josef Bican
- 757 - Pele
- 743 - Romario
- 719 - Lionel Messi

A section of statisticians also reports that some of the goals weren't accounted for in the tally as the data is partially missing from the Czech second division in 1952. Bican played for a total of 5 clubs in his career, with Rapid Vienna and Slavia Prague being the most renowned. A similar argument also surfaces including the next footballers on the list — Brazil greats Pele and Romario whose official tally reads 757 and 743 goals. The two Brazilians claimed to have scored more than 1000 goals but the official statistics say something else.

As far as Pele is concerned, the Santos legend even has mentioned on his Instagram bio that he is the 'leading goalscorer of all time' with 1,283 strikes to his name. But in the official books, it's Ronaldo who now tops the charts.



Photo: AFP

## QUIZ TIME!

**Q1:** Which of the following players holds the record for most NBA postseason wins?

- a) LeBron James
- b) Kobe Bryant
- c) Michael Jordan
- d) Damian Lillard

**Q2:** The most Formula One World Championships won is seven. Other than Michael Schumacher, which of these drivers has achieved this record?

- a) Max Verstappen
- b) Ayrton Senna
- c) Lewis Hamilton
- d) Charles Leclerc

**Q3:** One country has won the Federation of International

Polo (FIP) World Championships five times. Name the country.

- a) The United States
- b) Argentina
- c) Canada
- d) Australia

**Q4:** Which boxer did Muhammad Ali defeat to win his first World Heavyweight Championship?

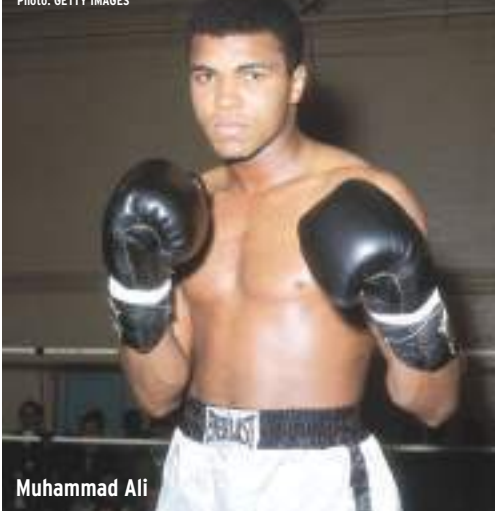
- a) Sonny Liston
- b) Leon Spinks
- c) George Foreman
- d) Muhammad Ali

**Q5:** Giannis Antetokounmpo was awarded as the 2019-20 NBA Defensive Player of the Year. He is playing for which team?

- a) Golden State Warriors
- b) Chicago Bulls
- c) New York Knicks
- d) Milwaukee Bucks

**Q6:** Muhammad Ali became the first boxer in the world to win the heavyweight champion three times. Whom did he defeat to win his third title?

Photo: GETTY IMAGES



Muhammad Ali

- a) Sonny Liston
- b) Leon Spinks
- c) George Foreman
- d) Joe Frazier

**Q7:** Who is the oldest medallist at an IAAF World Athletics Championships?

- a) Carl Dohmann
- b) Brendan Boyce
- c) Evan Dunfee
- d) Joao Vieira

**Q8:** The highest FIDE rating ever attained by a chess player is 2,882. Which of these players achieved it?

- a) Magnus Carlsen
- b) Hikaru Nakamura
- c) Viswanathan Anand
- d) Fabiano Caruana

**Q9:** Which country holds the record for most women's

ice hockey world championships?

- a) The United States
- b) Argentina
- c) Canada
- d) Australia

**Q10:** Which of the following players have won most squash world championships?

- a) Jansher Khan
- b) Hashim Khan
- c) Rodney Eyles
- d) Jahangir Khan

**Q11:** Which country has won most consecutive men's volleyball world championships?

- a) Italy
- b) Brazil
- c) Greece
- d) Japan

**ANSWERS:** 1- a) LeBron James 2- c) Lewis Hamilton 3- b) Argentina 4- a) Sonny Liston 5- d) Milwaukee Bucks 6- b) Leon Spinks 7- d) Joao Vieira 8- a) Magnus Carlsen 9- c) Canada 10- a) Jansher Khan 11- a) Italy



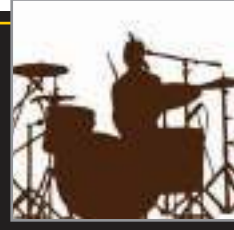
# THE TIMES OF INDIA

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**TODAY'S EDITION**

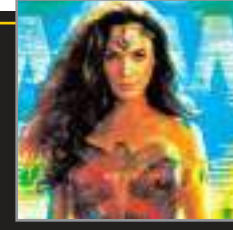
Take a note of the bands that are named after classic literature

**PAGE 2**



Students share their weekend plans  
Reviewing your favourite book/movie can be fun

**PAGE 3**



A look at the journey of the real heroes, who played a vital role in India's win over Oz

**PAGE 4**



**STUDENT EDITION**

THURSDAY, JANUARY 21, 2021



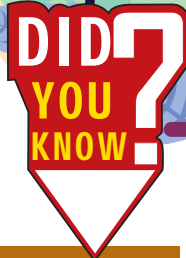
**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

## 1,000 grams

of CARBON DIOXIDE is emitted in an hour during a video call meeting, claims a new study. Switching off your camera during a web call can reduce a person's carbon footprints by 96 per cent, it adds. In other words, it can save up to three gallons of water and an area of land about the size of an iPad Mini. According to researchers, streaming content in standard definition rather than in high definition, while using apps, such as Netflix or Hulu, could also bring an 86 per cent reduction. Reducing data download will also lessen the demand of water and land. The study is believed to be the first to analyse water and land use associated with the internet infrastructure.

For the study, the team estimated the carbon, water and land footprints associated with each gigabyte of data used in YouTube, Zoom, Facebook, Instagram, Twitter, TikTok and 12 other platforms, as well as in online gaming and miscellaneous web surfing. As expected, the researchers found that the more a video is used in an application, the larger are the footprints



**1** In some countries, the internet use has spiked at least 20 per cent since the lockdowns started in March. If that level of demand continues through 2021, it will require a forest twice the size of Indiana in the US, to offset the carbon emissions, warn experts

**2** Besides, if increased usage continues, the additional water needed to process and transmit data could fill more than 300,000 Olympic-size swimming pools, and the land required would be equivalent to the size of Los Angeles, the study added

According to environmentalists, though an ongoing pandemic has seen a noticeable drop in global carbon emissions, because of closing factories and limited traffic, there has been an increase in at-home entertainment and remote working, which has a significant environmental impact, depending on how the internet data is stored and transferred around the world



Moreover, researchers found that OTT platforms like Netflix is one of the biggest contributors to the carbon footprints, using about 11 square inches of land and two

gallons of water per hour and generating more than 440 grams of CO2. It was followed in descending order by Zoom, TikTok, WhatsApp and Facebook

## INTO THE FUTURE

### SAUDI LAUNCHES CITY WITH NO CARS



Crown Prince Mohammed bin Salman has unveiled his latest vision for Saudi Arabia's future beyond oil — a city with no cars, roads or carbon emissions. According to experts, the announcement shows the extent to which Prince Mohammed is thinking about life after oil for the kingdom, which earned over half of the government's revenue from crude in 2020. Addressing his countrymen on the rising sea levels and carbon emissions, the Prince said, "Why should we sacrifice nature for development all the time?" The city, he said, would be a "revolution for the mankind" with "zero cars, zero streets and zero emissions."

The 170-kilometre-long development called 'The Line' will be part of the \$500 billion project called 'Neom'. It will be a walkable belt of hyper-connected future communities without cars and roads and built around nature. The city would have one million residents and create 380,000 jobs by 2030. The infrastructure will cost between \$100 billion and \$200 billion. The city would be built around ultra-high-speed transit and autonomous mobility solutions

## Spotlight

### JEE, NEET syllabus to remain unchanged for 2021



The ministry of education on Tuesday announced that the syllabus of the Joint Entrance Examination (JEE) and the National Eligibility-cum-Entrance Test (NEET) would remain unchanged for 2021. "The syllabus for the JEE Main 2021 will remain the same as the previous year. But students will be given a choice to answer 75 questions, out of the 90 questions," said the education ministry.

The exact pattern for the NEET (Undergraduate) 2021 is yet to be announced. However, it is believed that in view of the reduction of syllabus by some education Boards across the country, the NEET (UG) 2021 question paper would also have options on the lines of the JEE (Main)

## HONOUR

### Netaji Subhas Chandra Bose's birthday to be celebrated as 'Parakram Diwas'



The Centre has decided to celebrate the birthday of Netaji Subhas Chandra Bose as 'Parakram Diwas' every year. Union ministry of culture has announced. In order to honour and remember Netaji's indomitable spirit and selfless service to the nation, the government of India has decided to celebrate his birthday as 'Parakram diwas' to inspire the people of this country, especially the youth, to act with fortitude in the face of adversity as Netaji did, and to infuse in them a spirit of patriotic fervour, the government stated in its release.

## TRUMP BABY BLIMP LANDS AT LONDON MUSEUM

A blimp depicting former US President Donald Trump as a snarling, nappy-wearing orange baby has found a home in one of London's most-popular museums. The helium-filled balloon, originally paid for through crowdfunding, first took to the London skies during the protests against Trump's visit in 2018, and has also flown in to other locations, including France, Argentina, Ireland and Denmark.



The Museum of London said the blimp would join its protest collection, which include artefacts from the Suffragette movement as well as climate change and peace rallies

## A UNIQUE 'SUPER-PUFF' PLANET!

Astronomers have discovered a unique 'super-puff' planet that's as big as Jupiter, but 10 times lighter. According to Daily Mail, the planet, called WASP-107b, is believed to be one of the least-dense exoplanets ever discovered, earning it the nicknames of a 'super-puff' or 'cotton-candy' planet. Researchers say the findings have 'big implications' for what we understand about how giant planets form and grow.



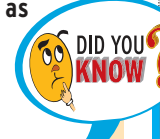
### WHAT IS WASP-107B?

WASP-107b lies around 212 light years from the Earth in the Virgo constellation. Astronomers believe that the planet is over 16 times closer to its star than the Earth is to the sun

This extremely-low density indicates that the planet must be having a solid core, which could be four times the mass of the Earth

This, according to the researchers, suggest that more than 85 per cent of its mass lies in the thick layer of gas that surrounds its core

Most gas giant planets, such as Jupiter and Saturn, have a solid core, which is at least 10 times more massive than the Earth



## ETHAN HAWKE TO PLAY SUPERVILLAIN IN COMICBOOK ADAPTATION

Hollywood star Ethan Hawke has been roped in as a villain opposite Oscar Isaac in an upcoming superhero series, 'Moon Knight'. With this role in Marvel Studios' series, the actor will be making his debut in the comicbook adaptation and superhero realm, reports hollywoodreporter.com. Hawke will play the lead villain in the series, while Isaac will don the role of the protagonist. The makers plan to start the production of the show in March in Budapest.

'Moon Knight' is the story of Marc Spector, an elite soldier and mercenary, who decides to fight crime, after he becomes the human avatar of Khonshu, the Egyptian god of the moon. The character first appeared in the August 1975 comicbook issue, 'Werewolf by Night #32'



## Rafale, vintage Dakota aircraft to be major attraction of REPUBLIC DAY PARADE



The newly-inducted Rafale and vintage Dakota aircraft will be one of the major attractions during the Republic Day parade at Rajpath in New Delhi on January 26, as they would be part of 42 aircraft taking part in the flypast..

**1** In its first appearance at the Republic Day celebrations, the Rafale fighter jets will do a "vertical charlie" to end the flypast  
**2** Dakota, on the other hand, will be part of the Rudra formation, when the Bangladesh contingent would be marching on the Rajpath. This would be the first time, when the Bangladesh contingent would be marching on Rajpath  
**3** The vintage Dakota aircraft played a crucial role in the liberation of Bangladesh and the formation of Bangladesh Air Force; they were used for air dropping army troops in Bangladesh's Tangail during the 1971 war

## OTHER HIGHLIGHTS

Apart from the Rafale jets, Sukhoi 30s and MiG 29s — the fighter jets that are part of the IAF's muscular posture in the Ladakh sector, would participate in the flypast  
The Apache attack helicopter and Chinook strategic heavy lift choppers, which have proved their mettle in the swift mobilisation of troops and logistics during the India-China military standoff, will also be part of the Republic Day celebrations  
Further, FLIGHT LIEUTENANT



BHAWANA KANTH, one of the first women fighter pilots in the IAF, will be a part of the Republic Day parade, making her the first woman pilot to take part in the parade. She will be part of the IAF's tableau, showcasing indigenously-developed Light Combat Aircraft Tejas, Light Combat

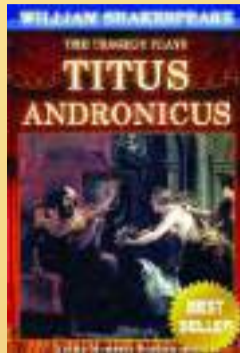
Helicopter Rudra, Rohini radars and BrahMos  
In addition to the 42 aircraft, there will be four Army Aviation helicopters taking part in the parade  
For the first time since its inception, the Republic Day parade at the historic Rajpath will culmi-

nate at the National Stadium instead of Red Fort; the number of spectators have also been reduced drastically to 25,000  
Also, the Republic Day celebration this year is going to be a low key affair, with no chief guest



1. TITUS ANDRONICUS

**SOURCE:** 'Titus Andronicus' by William Shakespeare  
**NEW JERSEY PUNKS** Titus Andronicus take their name from the greatest wordsmith of them all, William Shakespeare. Titus Andronicus is thought to be the famous playwright's first ever tragedy. It is also his bloodiest and most violent work.



2. THE DOORS

**SOURCE:** 'The Doors of Perception' by Aldous Huxley  
**WHEN THE DOORS** formed in 1965, they decided to name themselves after Aldous Huxley's book detailing the author's experiences with life. The Doors of Perception's title was inspired by a William Blake quotation: "If the doors of perception were cleansed everything would appear to man as it is, infinite."

3. MODEST MOUSE

**SOURCE:** 'The Mark on the Wall' by Virginia Woolf  
**INDIE-ROCK OUTFIT MODEST** Mouse derived their name from a passage in Virginia Woolf's 'The Mark on the Wall,' which reads "I wish I could hit upon a pleasant track of thought, a track indirectly reflecting credit upon myself, for those are the pleasantest thoughts, and very frequent even in the minds of modest, mouse-coloured people, who believe genuinely that they dislike to hear their own praises. I chose the name when I was fifteen," front-man Issac Brock explains in Modest.



4. BELLE AND SEBASTIAN



**SOURCE:** 'Belle et Sébastien' by Cécile Aubry  
**BELLE ET SÉBASTIEN** was a famous French novel about a boy and his dog living in a small French Alps mountain village. It spawned a French live-action television series in the 1965, a Japanese anime series in the '80s and the name of a popular indie-pop group in the '90s.

5. ESBEN AND THE WITCH

**SOURCE:** 'Esben and the Witch - Danish Fairy Tale'  
**THREE PIECE INDIE-ROCK** band from Brighton, England Esben and the Witch takes its name from the Danish fairy tale about a boy's encounters with a murderous witch. The name is fitting considering the dark tone of the band's music.



6. VERUCA SALT

**SOURCE:** 'Charlie and the Chocolate Factory' by Roald Dahl  
**IN ROALD DAHL'S** classic children's book, Veruca Salt is a spoiled rich girl, whose bratty greed causes her to fall down an incinerator shaft. In 1993, Louise Post and Nina Gordon used the name for their alternative rock band.



7. ORYX AND CRAKE

**SOURCE:** 'Oryx and Crake' by Margaret Atwood  
**NAMED AFTER MARGARET** Atwood's post-apocalyptic speculative fiction novel, Atlanta's Oryx and Crake "offer lyrics that are influenced by both real life stories and overly active imaginations, and music that juxtaposes sounds of the past, present and future."



WELLNESS

KOREAN skin health trends for 2021

K-beauty has been the talk of the town for the last few years as Korean skincare strategies are holistic and healing for the skin. Check out these Korean skincare trends for this year

CARROT SEED OIL

This one is an unsung hero at the moment but has been used in Korean beauty for more than 10 years now. It contains vitamin A and makes for a great antioxidant. It's antibacterial, anti-inflammatory, antiaging and antifungal, all of which makes it ideal for anyone looking to brighten up their skin.



CLEAN BEAUTY

More and more brands are putting conscious effort into developing products that are free of artificial ingredients, fragrances and chemical additives. K-beauty products will be even more gentle with effective plant-based ingredients. Many brands are even becoming vegan now. Consumers have become more aware of what they put on their skin and they should rightly do that too.

AT-HOME INDULGENCES

Skincare's functional element is to work and deliver results. But people are now going to focus on at-home beauty treatments that provide meditative, soothing and spa-like moments. The kind of treatments that can transport you mentally and emotionally to another headspace.

BODY-CARE BOOST

Several body-care routines originated from the bathhouse culture in Korea, where milk treatments are slathered on the face and body. Baths are steeped with skin-beneficial ingredients like probiotics and green tea. Personal self-care has now taken on new importance for many people ever since the quarantine period. So this year, you can expect to see people including all of the skin, from head to toe. TNN

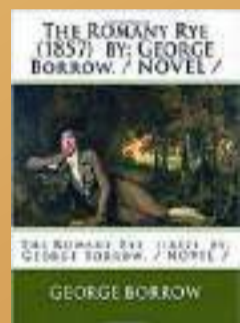


BAND NAMES INSPIRED BY LITERATURE

SOMETIMES MUSICIANS REACH FOR INSPIRATION FROM THEIR BOOKSHELVES. HERE ARE 10 BANDS NAMED AFTER CLASSIC LITERATURE. THE WORKS THAT INSPIRED SEVERAL OF THE ENTRIES ARE PROBABLY OBVIOUS, BUT A FEW OF THEM WILL MOST CERTAINLY SURPRISE YOU...

8. THE ROMANY RYE

**SOURCE:** 'The Romany Rye' by George Borrow  
**GEORGE BORROW'S THE ROMANY RYE** tells the story of a learned young man who is thrown in with a band of Gypsies. Luke MacMaster's was inspired to use the name his folk-rock project after falling in love with the protagonist, who gives up his money for life on the road. The name translates from the Romany language to mean "The Gypsy Gentleman."



9. THE FALL

**SOURCE:** 'The Fall' by Albert Camus  
**CAMUS' PHILOSOPHICAL NOVEL** focuses on themes such as innocence, imprisonment, non-existence, truth and man's fall from grace, as presented by the novel's protagonist Jean-Baptiste Clamence. The Fall bassist Tony Freil came up with the name when the post-punk band formed in 1976.

10. THE BOO RADLEYS

**SOURCE:** 'To Kill A Mockingbird' by Harper Lee  
**ENGLISH ALTERNATIVE-ROCK** band The Boo Radleys named themselves after a character in Harper Lee's only book, the masterpiece 'To Kill A Mockingbird'. In the novel, Boo Radley is a quiet, reclusive character who watches over most of the events of the story from the outside until he is forced to intervene.



Ready to eat 'Blue Rice'?

While Blue Rice is not new to Asian cuisine, it is the striking colour that has made people sit up and take notice of the dish lately. Recently, actor Jacqueline Fernandez was seen enjoying blue rice with her friends. Blue Rice, also known as 'Nasi Kerabu', is prepared using butterfly pea flower and is eaten in Malaysia and Thailand. Though mixologists across the country have previously used butterfly pea flowers to impart blue or purple colour to drinks, it is only recently that blue rice has been introduced in restaurants of the country. Tarun Sibal, a chef who serves Blue Rice at his eatery, shares:

Butterfly pea flower is packed with antioxidants and is said to detoxify your body. It is great for your skin too

HOW TO PREPARE

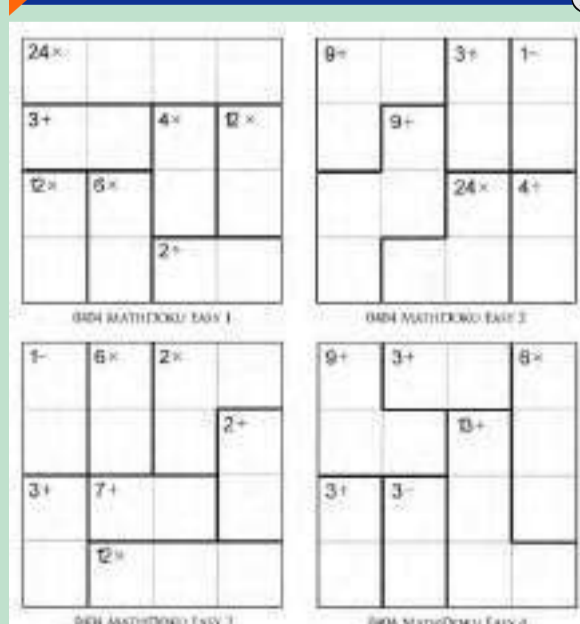
Take a cup of rice and cook it like you prepare regular white rice. To the water add a handful of butterfly pea flowers. "You will need a lot of blue pea flowers (8-10) so that the rice gets the rich blue colour," says Sibal.

PAIR IT BEST WITH

Blue rice tastes well with all kinds of curries. "Since it is a fragrant rice, personally, I prefer to pair it with Asian flavours. So, an Asian curry with mild flavour is definitely a good choice," adds Sibal.



MATHDUKO



PLAY TIME (SIMPLY FRACTIONS ZOMBIE BOARD GAME)

RULES OF THE GAME

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

- Roll the dice and count ahead according to the number that shows up.
- When a player lands on a space, the player simplifies the fraction on the space within a determined time and says the answer.
- The instructions on the other spaces are pretty straightforward.
- Lose a turn: the player loses a turn to play.
- Go forward. 6. Go backward.
- The zombie is the space no one wants to land on. It is a killer. Landing on the zombie sends the

player back to start. Restarting is no fun when your opponent is advancing.

- Trade places: this can be good or bad. The player who lands on this space swaps with the opponent. Trading places with an opponent who is ahead in the game is good. Trading places with an opponent who is behind is no fun.
- Finally the last pitfall is towards the end of the game. To finish the game, the player must get the exact number on the dice to end. If the player has more, the player has to count forward and backwards. For example if a player is at space 31, the player needs to roll and get 4 to finish. If the player has 6 for example, the player counts forward to 4 and 2 backwards to space 33.
- To customise this game, change text here in the space boxes by putting in your own words. Equally you can add small clip arts for lower levels.



# SGVP's Literature Peek in a Week



**S**GVPI International School provided students with an opportunity to plunge into the ocean of English Literature by conducting multiple activities across all sections by the virtual medium. The entire team of English educators were involved in this activity wherein they involved various student groups into a plethora of activities. It was exhilarating to see how the entire school was functioning and enjoying under the umbrella of literary characters and its colourful world. The educators had planned some activities and brought the students together to perform them.

The senior students celebrated the literature week in full swing and their ideas and themes were fantastic. They worked on creating poetic writings. A clear idea of what exactly poetry writing is and how limericks and haikus are created was explained to the young children. It was indeed a celebration where each student created some impressive limericks.

The group of students that worked on idioms also came with interesting final products in the form of charts. Picture Idioms were also explained with their thorough understanding. On the last day of the Week, they wrote the Learning Outcomes and Objectives on the Activity done on 'Idioms'.

An educator also taught students salient features of effective storytelling. Students were given an opportunity to use the mind map to organize the story they wanted



to narrate. The activity 'Mind Map Short Story' was also conducted. The mind map made the story evident. The 'Literature Peek in a Week' activity ended with students

showcasing their best of the stories.

The younger students took up the journal session and started sketching and penning their thoughts and facts about the story with different colours and tapes. Finally, they took up their favourite character and dressed up as one of them, and narrated the story.

Some grades were allowed to express their creativity and imagination through a new genre of literature that is, Comic Strip. The teacher explained the genre to the students with the comic strip created by the teacher. Many students came up with different stories and concepts and virtually represented their comic strip with their classmates. Through this activity, students learned to use different kinds of sentences to make creative writing more impactful. It also enhanced their vocabulary and allowed them to learn and use punc-

## TRUST YOURSELF AND WORK HARD!

Jiya Sompura, a student of Aga Khan School, Mundra scored 90.6% in her board exams, she shares how she prepared and what kept her going...



**Q** How did you motivate yourself to keep going during the COVID-19 pandemic?

COVID pandemic allowed me to spend time with my father which could have never been possible in normal circumstances. And this was the biggest motivation for me to keep moving towards my goal.

me. Continuous samples paper solving helped me to tackle them.

**Q** Describe briefly the study plan you opted for while preparing for your boards.

Preparing a timetable is opted by almost every student who appears for boards but the main thing is its implementation. To score better, I properly planned to-do lists for the whole day. Going through NCERT books thoroughly and reading early morning was my strategy. I also ensured ample time for co-curricular activities.

**Q** How did you deal with the pressure to perform?

The pressure to perform was almost nil, but at times when I got anxious, the support of parents and teachers helped me. At times, comedy movies helped me in bouncing back.

**Q** What were the key challenges and how did you tackle them?

Problem-solving in maths, trigonometric questions, and time management for maths exams were the key challenges for

**Q** How did you balance academics with other activities?

I spent 3 hours on other activities like dancing, music and helping my mother, 7-hour sleep, and rest preserved for academics.

**Q** What would you like to tell your future aspirants?

I would like to tell you that do your best, one day you will be someone's

## Hindi poetry recitation competition

Inter-Class HINDI Poetry Recitation Competition was organized for classes VI to IX and for class I to V recently at St Kabir School, Naranpura. It was a marvelous live online inter-class competition. Recitation is one of the important and effective modes of learning a language and appreciating a piece of literature.



The competition inspired the students to come forward and recite on a Live Virtual platform. Kabirians came up with different poems and recited them with great passion and keenness. Students were judged on the parameters like diction, voice articulation, dramat-

ic appropriateness, and overall presentation. All the children came up with outstanding performances. The young poets enthralled the audience with their articulation and memory skills while reciting poems. Everyone was delighted after seeing their pleas-

ing performances. Students recited poems on various themes based on humour, motivation, social as well as environmental issues. The judges appreciated and congratulated the performances of the participants which made them feel inspired.

## Virtual Mathematics week celebrated

Delhi Public School - Bopal, Ahmedabad, took a sheaf out of the book of nature to celebrate the First ever Virtual Maths week recently and paid tribute to the great Indian Mathematician Srinivasa Ramanujan.

The first day commenced with a short film on the renowned mathematician, S.K. Ramanujan. The story ended with a positive conclusion, 'As you sow, so shall you reap'. Many other interesting activities like Decoding shape-based equations, Number Surprises, Brain Teasers, Reach-The-Manor Relay, Bingo, etc. were taken up for the students of the primary section. Also, activities like designing one's own magic square, videos by students on various mathematical concepts, and math quizzes were conducted for students of class VI-XII and the teachers. Students were introduced and informed about the contribution of various mathematicians in the field of mathematics.



It was an overall learning and fulfilled week for all the students and teachers. The students also understood better, how Maths is closely linked with our lives.

## WEEKEND PLAN QUALITY TIME WITH ANIMALS!

**C**ome weekend and my parents always have some surprise activity for me. Last weekend, they had planned a visit to Kankaria Zoo and the lake. I went there with my mother and my Grandparents. There were many wild animals at the zoo. I saw different types of wild animals, reptiles, and birds also.



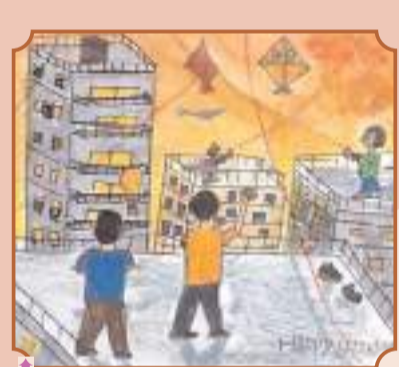
All animals were kept in safe cages. And also on that cage, there was a board on which they have written the name and about the animal. Also, proper arrangements to protect the animals from the cold have also been made.

We also saw different types of crocodiles, lizards, turtles, etc, besides birds. After visiting that we went to Kankaria Lake, and enjoyed the boat ride. It was a great experience for me and my parents, we enjoyed a lot and got some knowledge about animals as well.

I also saw reptiles also in that zoo. There were different types of snakes kept in cages. Some of them were poi-

**MISHA GANDHI**, Class III, Zebur School For Children

## Painters' Gallery



Shaunak Shah, Class VI, Eklavya School



Ayush Shah, Class I, Delhi Public School, Bopal



Manya Shah, Class V, Sheth CN English Medium School



Jijan Padaliya, Class SR. KG, SGVP International School

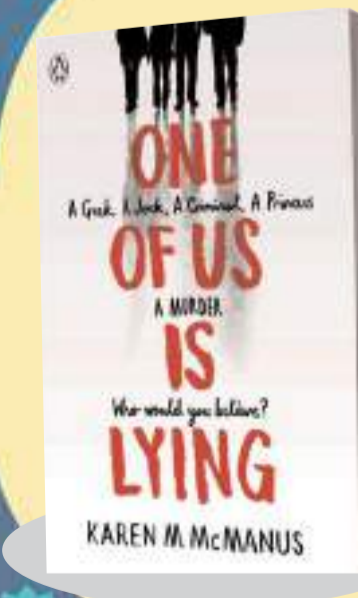


Rishit Savaliya, Class V, Delhi Public School, Rajkot



Adarsh Chovatiya, Class V, Krishna School, Jamnagar

## BOOK: PLOT THAT ENGULFS TO THE CORE



**"O**ne of us is lying" is an absolutely fantastic mystery novel written by Karen M. McManus. It is a thrilling fiction that will leave you stunned. Five students walk into detention and only four are alive. This is an incredible book with a gripping storyline, fabulous characters, and is full of amazing plot twists that will have you on the edge of your seats. The most exciting part about this book is that you get to view the story from different perspectives which makes it even more difficult to guess the whodunnit. It is definitely a page-turner and will surely have you coming back for more. One of us is lying is an epic read for children aged 13 and above. If you are a YA fan, the idea of a high school drama with a scandalous murder mystery excites you and you are looking for a 5-star entertainer, my recommendation would be to definitely go for it!



**PRITIKA MODHIA**, class VIII, Udgam School For Children

## MOVIE: MOVIE WITH AMAZING EFFECTS

**E**ven though it has been well over a year since Avengers Endgame released, the love is still alive. The hype around this movie, was not due to its star-studded cast, or the continuity of previous Marvel movies, as even non-fans avidly waited for this movie.

The best thing about this movie, I believe, was that it did not have the conventional black & white, good & bad view of the world as many films do. No villain is all bad, no superhero is flawless. But the fact that they embraced this was what allowed fans to relate to the characters.



Also, it touched issues like loss, guilt, grief without letting them overpower the movie or to weigh it down. Admittedly, it is not one of the most realistic movies around, but, on par with other time travel movies, this one makes much more sense. It is a movie that you can watch many times.

There is always something new to realize and observe while watching it.

The script is concise and crisp. The visual effects are so good, it is hard to make out what is real and what is not. The story is believable, in a sci-fi sort of way and the acting is on point. Also, it does not give the unrealistic idea of a happily ever after. The ending is what made the film so different. It is one of the best movies ever made and will continue to be so for years to come.

**CHAAHAT VERMA**, Class X, Udgam School For Children



# KNOW YOUR HEROES

We present you back stories of the magnificent bunch which gave Indian cricket 'a win to remember' for ages to come

## CHETESHWAR PUJARA

The man from Rajkot is not very expressive but has dealt with adversity because of a strong mental make-up largely due to his coach and father Arvind Pujara. He lost his mother while playing junior cricket but never wavered from his goal despite the tragedy. Those hits on the body and knuckles in Brisbane on Tuesday will be the medals he would like to wear all his life.

## MOHAMMED SIRAJ

Son of an auto-rickshaw driver from Hyderabad. He lost his father during the tour but decided to stay for the team and miss the last rites. He got a maiden five for in his debut series and was all choked up while dedicating the feat to the memory of his father. The youngster handled racist abuse from Australian fans with the same resolve.

## AJINKYA RAHANE (CAPTAIN)

The everyday man on that Mumbai local train travelling from Mulund to Azad and Cross Maidan. Rahane is someone who had a black belt in karate as a teenager, and honed his skills under former India batsman Praveen Amre. Did you know that Rahane's first ever first-class match was in Pakistan and not India? It was in Karachi where Quaid-e-Azam champions Karachi Urbans met Ranji Trophy champions Mumbai.



Photo: AFP

## THANGARASU NATARAJAN

From the remote village of Chinnappampatti in Tamil Nadu, the son of a daily wage labourer at one point in time couldn't buy bowling spikes. And then IPL riches came along but he never forgot his roots. He has built a cricket academy in his native place and helps talented but needy cricketers. His child was born during the IPL but he will now get to see him for the first time in next few days and live to tell a tale.



Photo: AP

## SHUBMAN GILL



Photo: AP

The heir apparent of Virat Kohli was born in a Punjab village called Fazilka to an affluent farmer family. His grandfather had prepared a pitch in the farming field for his dearest grandson before his father decided to shift to Mohali so that his son's cricketing ambitions got wings. He was a member of the India U-19 World Cup team. Recently, on his Instagram account, he had voiced his support for ongoing farmers' protest.

## SHARDUL THAKUR



Photo: Getty Images

He comes from Palghar and as a 13-year-old had hit six sixes for his school Vivekananda International Borivali in a Harris Shield Match. Who is the most celebrated alumni of Vivekananda International? India's white ball legend Rohit Sharma. Both Shardul and Rohit have had the same childhood coach - Dinesh Lad, whose son Siddharth also plays for Mumbai.

## NAVDEEP SAINI



Photo: Getty Images

Son of a bus driver from Karnal, he used to play tennis ball matches for ₹1000. Delhi first-class player Sumit Narwal brought him for the Ranji Trophy nets where then captain Gautam Gambhir picked him for tournament-proper. It was met with stiff resistance from none other than Bishan Singh Bedi who protested that a player outside Delhi domicile was being picked. This led to Gambhir putting his foot down and he never misses an opportunity to remind the detractors what Saini seemed capable of even at that time.

## RISHABH PANT



Photo: Getty Images

Rourkee has always been known for its finest engineering college, now an IIT but this is also the hometown of Rishabh Pant, son of school owner parents. There was a time that on occasions a young Pant, accompanied by his mother would reach Delhi in wee hours of morning on weekends to attend training at the famed Sonnet Club and before the crack of dawn rest at the Gurdwara before heading to the ground. He played an IPL game days after his father Rajendra's sudden demise.

## WASHINGTON SUNDAR



Photo: AFP

The name Washington was his father's tribute to his own mentor PD Washington, who had funded his studies and kits when he was young and faced financial hardships. A month after PD Washington's death, his own son was born and he named him Washington Sundar. He was an opening batsman back in 2016 during U-19 days. But his talent as an off-break bowler came to fore when Rahul Dravid and Paras Mhambrey told him to focus on his bowling in order to make the next grade. But batting remains his first love and India now has a ready replacement of Ravichandran Ashwin as and when required.

Mitchell Starc, who is arguably one of the best fast bowlers in the world, has not had a great Test series



Photo: AFP

## 'How India's A team won series?'

A "shocked former captain Ricky Ponting finds it difficult to comprehend how an 'A team' from India beat Australia in the Test series in their own backyard but admitted that the visitors deserved the win. An injury-ravaged India beat Australia by three wickets in the series-deciding fourth Test at the Gabba, a month after the Adelaide debacle where they scored their lowest Test score of 36

### 'THEY'RE PLAYING NET BOWLERS IN TEST MATCHES AND THEY'RE STILL WINNING'

- I'm quite shocked that Australia weren't quite good enough to win this series. The cold hard facts of it are pretty much that was the India A team that played this Test match and (India) still won.
- Considering everything the Indian team has been through in the last five or six weeks, with the captain leaving, all the injuries they've had - they've been through 20 players - (Australia) have been at full-strength, bar Davey (Warner) missing early on, so it's really hard to comprehend.
- It's probably not even (India's) second-picked team because you think of Bhuvneshwar Kumar and Ishant Sharma and those guys who didn't even make it out here. Rohit Sharma turned up for the last two Test matches only.
- Washington Sundar looked like he had played 50 Test matches through the course of this game and never looked out of place. Shardul Thakur was the same in his second Test match, picked up seven wickets and scored 60-odd handy runs in the first innings.
- I've been around the IPL a long time so I know the talent that they do have in India, but when you've got to step up on a big stage in a Test match against Australia it's a different story.
- We gave Australia the benefit of doubt the last time India were here because Warner and (Steve) Smith weren't there. But this time, Australia's at full strength and India are on the bones of their squad - they're playing net bowlers in Test matches and they're still winning. That's the worry for Australia.





# THE TIMES OF INDIA

www.toistudent.com

**TODAY'S EDITION**

► Sports has taught me dedication, discipline and patience, says Rishita Jain  
**PAGE 2**



► Students share their travel diary  
► Relive your school experiences  
**PAGE 3**



► Explained: Why India's historic win Down Under is nothing short of a WC title  
**PAGE 4**



**STUDENT EDITION**

WEDNESDAY, JANUARY 20, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**



INDIA CLINCH BORDER-GAVASKAR TROPHY

## PANT-ASTIC!!!

### REACTIONS GALORE

► Every time we got hit, we stood taller. We pushed boundaries of belief to play fearless but not careless cricket. Injuries & uncertainties were countered with poise & confidence. One of the greatest series wins! Congrats India  
**SACHIN TENDULKAR, former Indian captain**

► We are all overjoyed at the success of the Indian cricket team in Australia. Their remarkable energy and passion was visible throughout. So was their stellar intent, remarkable grit and determination. Congratulations!  
**NARENDRA MODI, PM**

Cheteshwar Pujara took the hits and Rishabh Pant counter-punched with an unbeaten 89, as India chased down a record total to win the Border-Gavaskar trophy, with three overs and three wickets to spare on the last day of the series. The injury-depleted Indian squad played with no fear, ending Australia's unbeaten run at the Gabba that dated to 1988. The last time a visiting team came out triumphant from the Brisbane Cricket Ground was back in November 1988, when the mighty West Indian outfit under the leadership of Viv Richards thrashed Allan Border's team by nine wickets.

► The series will be remembered for ages and the impact that Ajinkya Rahane's team had on the cricketing fraternity

► In terms of relevance, a series win without Virat Kohli, Mohammed Shami, Ravindra Jadeja, Ravichandran Ashwin and Jasprit Bumrah not being available at various points, is zillion times more significant than the 2-1 win in 2018-19, when the opposition didn't have Steve Smith and David Warner in its ranks

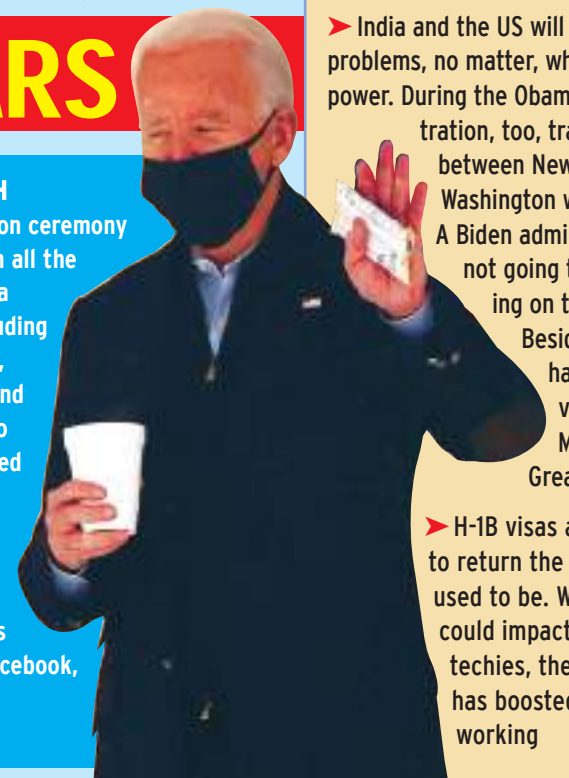
► All the newcomers played with resolve and resilience

## US ALL SET TO WELCOME ITS 46TH PRESIDENT

# WHITE HOUSE, Bi's Den for the NEXT 4 YEARS

After a chaotic election, followed by a tumultuous transition of power, Joe Biden is finally set to be sworn in as the President of the United States on January 20. The inauguration, which will take place at the west front of the US Capitol, will be historic, as Kamala Harris will become the first female vice president of the US. Set to be a virtual parade due to the coronavirus, the event and the celebrations will see the participation of singers like Lady Gaga, Jennifer Lopez and Demi Lovato and actor Tom Hanks. The presidential inaugural committee (PIC) has announced 'America United' as the theme of the inauguration to reflect the "beginning of a new national journey that restores the soul of America".

**HOW TO WATCH**  
The inauguration ceremony will be aired on all the major US media networks, including ABC, CBS, CNN, NBC, MSNBC, and PBS. It will also be live-streamed on Biden-inaugural.org/watch, PIC social media channels on YouTube, Facebook, Twitter and Twitch



## WHAT DOES BIDEN ADMINISTRATION MEAN FOR INDIA

► Biden reached out to Indian-Americans in his campaign and has a benign view of India. At least 20 Indian-Americans, including 13 women, have found place in Biden's team. The US-India relationship having become institutionalised, will be difficult to undo, feel experts

► India and the US will have trade problems, no matter, who is in power. During the Obama administration, too, trade friction between New Delhi and Washington was rampant. A Biden administration is not going to be forgiving on trade.

Besides, Biden has his own version of Make America Great Again

► H-1B visas are unlikely to return the way they used to be. While this could impact the Indian techies, the pandemic has boosted remote working

### BOOK

## PRIYANKA CHOPRA JONAS'S MEMOIR 'UNFINISHED' WILL HIT THE BOOKSHELVES ON FEBRUARY 9

Actor-producer Priyanka Chopra Jonas' long-awaited book debut, 'Unfinished', will hit the bookshelves on February 9, publisher Penguin Random House India has announced.

► The memoir aims to take readers through Chopra Jonas's childhood in India; her teenage years in the US, living with the extended family in the Midwest, Queens, and suburban Boston, where she endured bouts of racism, to her return to India, including her win at the national and global beauty pageants that launched her acting career

► According to the publishing house, the book will be an "honest account of the challenges" Chopra Jonas faced navigating her career, both in India and Hollywood

► She won the Miss World pageant in 2000, and three years later made her Bollywood debut with 'The Hero: Love Story of a Spy'



## EGYPT UNVEILS 3,000-YEAR-OLD COFFINS IN LATEST ARCHAEOLOGICAL DISCOVERY

Egypt has unveiled a significant new archaeological discovery at the Saqqara necropolis south of Cairo, including 54 wooden coffins, many of which can be traced back to 3,000 years to the New Kingdom period.



► The funerary temple of Queen Neit was also discovered near the pyramid of her husband, King Teti of Egypt's 6th dynasty, which dates back to 4,200 years

► The coffins, or sarcophagi were found at Saqqara, a UNESCO world heritage site that is home to the Step Pyramid, the tourism and antiquities ministry said in a statement

► Carved in human form and painted in bright colours, many of the coffins are still intact

► Ancient games, statues, and masks were also found

## NOW, AN APP FOR PERFORMING 'PUJA' IN PANDEMIC

An app, launched by a Mumbai-based entrepreneur, Kishor Fogla, at the ongoing Magh Mela in Prayagraj, is helping devotees to use technology for religious purposes. According to Fogla, "the Bhagwanji app is particularly useful for those who cannot undertake pilgrimage amid the ongoing pandemic outbreak. If a devotee from Mumbai wants to perform a special puja at Sangam but is unable to come, then the person can book it online. The puja or bhaj will be organised after making required arrangements," he said.

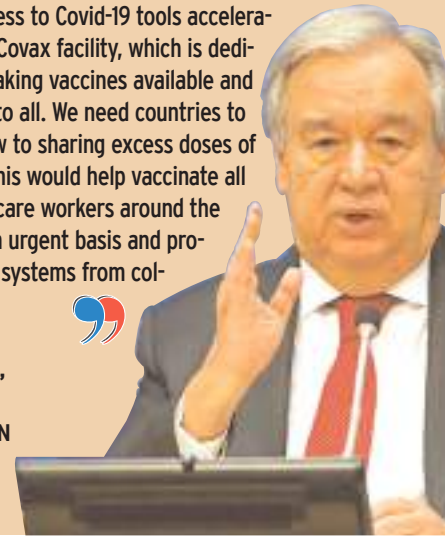


### TECH BUZZ

Science is succeeding – but solidarity is failing. Some countries are pursuing side deals, even procuring beyond need. Governments have a responsibility to protect their population, but 'vaccinationalism' is self-defeating, and will delay a global recovery. Our world can only get ahead of this virus one way – together. Global solidarity will save lives, protect people and help defeat this vicious virus. The UN is supporting countries to mobilise the largest global immunisation effort in history and the world organisation is committed to making sure that vaccines are seen as global public goods – people's vaccines. It requires full funding for the access to Covid-19 tools accelerator and its Covax facility, which is dedicated to making vaccines available and affordable to all. We need countries to commit now to sharing excess doses of vaccines. This would help vaccinate all the health care workers around the world on an urgent basis and protect health systems from collapse

## Quote unquote

ANTONIO GUTERRES, secretary general, UN



## NEWS IN CLUES

### Rajeev Ram is a doubles champion at this major

**CLUE 1:** The Bryan brothers have won six titles here  
**CLUE 2:** Leander Paes and Radek Stepanek won the 2012 doubles title  
**CLUE 3:** Sofia Kenin is the defending women's singles champion

**ANSWER: AUSTRALIAN OPEN.** 2021's first tennis major dealt another blow, after 25 more players were forced into hard lockdown, following the positive test of an individual in their charter flight from Doha. This takes the total number of players forced into a 14-day hotel quarantine – and unable to train – to 72. Australian Open is slated to begin on February 8.

# From FLYING CARS to E-VEHICLES, super tech that dominated CES 2021

The Consumer Electronics Show (CES), an annual tech affair, kicked off recently, with an astonishing line-up of ingenious updates. With the electric vehicles and flying cars launched at the CES, it's safe to say that the future of driving looks brighter than ever...

### GM VTOL

Today flying in a car seems like a dream but the future is full of possibilities, and with what General Motors presented at the CES, it's fair to say that you may soon be able to take off in a car. The auto giant introduced the future of transportation with its flying Cadillac – a self-driving vehicle, which carries the passenger above land and through the thin air. The single-person car, a VTOL (vertical take-off and landing) drone, can speed up to 55 miles per hour. The ultra-light weight flying Cadillac is paired with four rotors, and comes with a 90kWh Ultium battery pack. It's all-electric and fully autonomous.



### MERCEDES HYPERSCREEN

German luxury automotive giant, Mercedes Benz made an impact with its MBUX hyperscreen – a 56-inch sleek screen unit comprising three smooth displays merged together. With an aesthetically-pleasing design and easy device controls, Benz upped the game with its hyperscreen. It's by far the most-intelligent human-machine interface built by the German carmaker. The hyperscreen not only adjusts easily to the user but is also interactive through its infotainment suggestions.



### BMW IDRIVE

German luxury vehicles giant, BMW gave us a glimpse of its next-generation iDrive infotainment system, all set to launch on the new iX electric SUV debuting late 2021. iDrive, which was launched in 2001, appearing for the first time in the E65-7 Series, has kept its control dial that rotates and can be tapped, pushed and pressed. For the iX, the current model comes with touch-



sensitive icons with a single large panel boasting two displays for maps, media, driver information, among other things.

### MOBILEYE

Intel-owned Mobileye announced updates for use in autonomous vehicles. The company said that by 2025, it wants to move towards using its radar-based technology and single lidar sensor per vehicle, in a bid to lower autonomous driving expenses. It plans to tap sensors from Luminar Technologies Inc for a planned fleet of so-called robotaxis, which are commercial vehicles meant to carry passengers. Starting 2022, the robotaxis, combined with four Luminar units each, will roll out in at least eight different cities.



### NEW CHEVY BOLT WITH SUPER CRUISE

With a teaser image, General Motors announced two new versions of the Chevy Bolt that will arrive next month. The cars will have the company's advanced driver assistance system, Super Cruise, similar to Tesla's Autopilot. The Super Cruise uses radar, cameras, LIDAR mapping data and a driver monitoring system.



# Power lifting was very challenging, but I never gave up...

RISHITAA JAIN, CLASS XI, PRUDENCE SCHOOL TELLS NITYA SHUKLA IN A CHAT...

## I enjoyed all sports before I started powerlifting

My interest in sports began when I was in school. I started with gymnastics, then football, followed it with taekwondo. However I didn't get the hit I hoped for. I wanted to try something different. In 2017, I went to the gym (I was 14 then) with my father where he used to practice powerlifting which piqued my interest. I decided to go the gym with him regularly for cardio. Watching him lift weights made me curious how people used to lift weights (squat, bench press, and deadlift). I also wanted to know how it works. Initially, I used to lift about 20 kg-60 kg. Gradually I increased the weights. I lifted with a lot of training, dedication and discipline.

## My support system

At the start, I was unsure of whether to go for powerlifting as it is a male-dominated sport, but my father helped me to overcome the fears. He believed in me and let me get involved in sports. He is the one who is always there with me for all my tournaments to cheer me up. My mom is my pillar of strength. She used to play sports when she was younger but did she not get enough opportunity. So she wanted me to excel at it. She handles my diet, accompanies me for my daily practices and encourages me to do my best in sports. My mentor - Javed Mehta - is an international sportsman in powerlifting who has guided me through it all. He helped me sharpen my techniques. He was with me through my good and bad moments. Especially during my bad moments, he motivated me to overcome them and be strong. My personal trainer Pravesh Verma helps me with my everyday practice and motivates me to improve my game.

## I had to make lifestyle changes

It was tough when I started powerlifting because, like any other teenager, I was living a normal life, eating junk food and was having an unhealthy lifestyle. Thanks to powerlifting,

People often mistake powerlifting as weightlifting. They are two different sports. Weightlifting is an Olympic sport whereas, powerlifting is not an Olympic sport. The most obvious difference is between the competition lifts.

Weightlifting uses the snatch and the clean and jerk, both are the overhead movements. Powerlifting uses squat, bench press, and deadlift, none of which is facing vertically upwards. Since weightlifting is an Olympic sport, so it is given more recognition than powerlifting

Mishra, who supported my sporting career, encouraged me to do well and offered help and great advice. Despite all the obstacles, self-discipline and grit, allow me to strike an effective balance between the two. As a result, I won several national, regional and local tournaments.

## Gender equality should be a priority in sports

Competing in powerlifting has shaped my character, considering the many glass ceilings I had to break through as it is a male-dominated discipline. Women are incredibly important for the development of the nation. Now there are several young girls and women who have taken up powerlifting. In sports too, schools and families (at individual levels) are supporting girls to achieve their dreams. Earlier in India, society's attitude to women's participation in sports was not encouraged due to their role in domestic chores. Fortunately, now the society has a positive approach towards women and sports.

## I dream of...

My big dream and goal, since I started in 2018, has been to achieve the podium and gold medal by representing my country at a global level competition, in a country where women are perceived to have a specific role to play, sports not being one of them. I broke this barrier and raised the bar in 2019 when I made my debut at the Commonwealth Powerlifting Championship in Newfoundland and Labrador, Canada; I bagged four gold medals in my category. I have worked very hard to get to this point today. I will not stop here. I can never quit being hungry for working hard towards my goals. I want to participate in international tournaments in powerlifting and represent my country at a global level again. "I believe that my strength never came from lifting weights. My strength came from lifting myself every time I was knocked down". I cannot settle for less and strive for more all the time. I believe that the only competition I have is with myself. I aim to improve myself, my sports, and to be better than I was yesterday. I apply the same confidence and discipline in every aspect of my life.

## SUCCESS STORY

### In the pursuit of excellence

I am a dreamer, I am competitive and I am always pursuing excellence in whatever challenge I take up. I was amongst the top 10 students in my school. I am also an athlete, competing at an agnostic level in a powerlifting athletics discipline. At first, it was difficult to juggle between sports and academics due to the demanding schedule. However, my school staff provided phenomenal support. Especially my school principal, Dr Chandra Bhanu

## I learned to overcome challenges

When I experienced my first failure in powerlifting, I was very sad. But I knew that I had to get up, practice, and win (which I did).

Gender discrimination was another challenge. Powerlifting is a sport dominated by men and fellow students, relatives used to make

petty comments like, "Girls can't lift heavy weights", etc. But I didn't let all this get to me.

My diet was my third challenge. Since I am a vegetarian, which is usually not perceived to be compatible with athletics. This is why I started living a healthy life.

Sports has taught me dedication, discipline, patience, also enabled me how to do teamwork, and has improved my leadership skills. Most importantly, it has taught me the ability to fail and learn from the setback and move forward which is a vital life skill. It also increased my self-esteem, made me mentally and physically strong, and improved me as a person

# Heard of vegetarian meat?



Planning to go vegetarian this year but can't let go of the food cravings? Vegetarian meat is here for all your problems. With the exact same taste, texture and flavours, you'll get vegetarian meat made with meat substitutes, in a cruelty-free manner. These veg meat substitutes are made to ensure that you have all the nutrients present in the non-veg foods. Read on to know how it is made.

cate it exactly in vegetarian form? Well, a number of ingredients like plant-based proteins, soy, potato protein, pea protein, mung bean protein and even rice protein are used in the process. These ingredients combined with other ingredients give the perfect chewy texture and juiciness to the vegetarian meat as well.

## How are taste, colour and flavours replicated?

When it comes to vegetarian meat, you can barely point out the difference because of its uncanny similarity to actual meat. But how do they repli-

The texture of soy is similar to chicken but the real question is how is the flavour mimicked? The exact flavour

## Is veg meat healthy?

When it comes to replicating non-vegetarian food items, most nutrients make it to the list. Vegetarian substitutes make it healthier by reducing sodium and cholesterol levels that are spiking high in non-veg foods.



# Tips to lighten ACNE SCARS

Acne is a major problem that tweens and teens face. But, dealing with acne is one problem, while dealing with acne scars is another. Even if you have fought acne, scars can take a lot of time to disappear. To speed up the healing process, follow these steps

## DON'T SKIP THE SUNSCREEN

With sun exposure, acne marks can become stubborn. Make sure you apply a broad spectrum SPF to avoid permanent spots. A fresh scar is prone to more sun damage. Without sun protection the colour of the marks can easily turn brown from red or light brown marks.

## GO FOR PRODUCTS THAT SUIT YOUR SKIN

Look for skincare products with AHA (alpha hydroxy acid), glycolic

acid, BHA (beta hydroxy acid) and salicylic acid. From cleansers to exfoliators, regular use of these ingredients will help to rejuvenate your skin and fade those stubborn scars.

## TAKE VITAMIN C IN ABUNDANCE

The ascorbic acid, Vitamin C, does wonders for improving skin's clarity. It helps to fight free radicals and fades pigmented spots on the skin. You can look for high concentrated serum or even try making your own Vitamin C serum at



home. For getting enough of this vitamin in your regular diet, have oranges, amla, grapes, kiwis, etc.

## SEE A DERMATOLOGIST

If you're dealing with stubborn marks and nothing seems to work, consult a dermatologist. There are many treatments like Intense Pulsed Light (IPL), microdermabrasion to chemical peels, which have been successfully known to remove scars. Depending on the intensity of the scar, you can choose the treatment and get rid of the scars.

## QUIZ TIME (MIXED BAG)

**Q.1) When did Germany declare war on Russia in 1914 during World War I?**  
A. July 28 B. Sept 1  
C. Sept 4 D. Aug 1

**Q.2) Hygrometer is used to measure \_\_\_**

- A. Relative humidity  
B. Purity of milk  
C. Specific gravity of liquid  
D. None of the above



**Q.3) Indian Institute of Petroleum is located in \_\_\_**

- A. Dehradun B. Kolkata  
C. Dhanbad D. New Delhi

**Q.4) Philology is the \_\_\_**

- A. Study of bones  
B. Study of muscles  
C. Study of architecture  
D. Science of languages

**Q.5) Hargobind Khorana's work relates to:**

- A. Synthesis of simple DNA  
B. Understanding the genetic code  
C. Reduction of mutation  
D. Synthesis of RNA from bacterial cell



## ANSWERS

1. D) Aug 1 2. A) Relative Humidity 3. A) Dehradun  
4. D) Science of languages 5. B) Understanding the genetic code

## KNOWLEDGE BANK (FAUNA)

### PURPLE FROG

The purple frog (or pig-nosed frog) spends much of its life underground, emerging briefly for a few days each year at the start of the monsoon to breed. The purple frog is one of only two species in the Nasikabatrachidae family. This family is endemic to the Western Ghats in India and has been evolving independently for around 100 million years. Molecular evidence has found the purple frogs to be most closely related to a family of tiny frogs - only found in the Seychelles.



## Digital Aashayen at SAS



**W**ith sheer determination and ability, Aashayen 2020 - 'The Carnival of creative innovations', was celebrated with grandeur and enthusiasm on a digital platform by Shanti Asiatic School, Bopal.

Aashayen which is the yearly feature and an integral part of SAS was given a unique twist in the wake of the pandemic - was hosted on a nationwide platform to witness multi-farious talents of magnificent children from across the nation. It was an attempt to learn from each other and have a brilliant exchange of ideas.

This annual event witnessed a remarkable fusion of ingenious minds and artistic thoughts.

There were a plethora of interesting competitions for students from grade Pre-Primary to XII which was judged on a virtual level by the teachers of SAS, Bopal. Students from across the nation came together for the following events and fought it out resolutely to clinch the top three positions. The arena of events included:

**■ CATEGORY I:** Clay modeling & Character dress up



**■ CATEGORY II:** Poem Recitation, Lights Camera Dance, Illustrate My Name(Art)

**■ CATEGORY III:** My Story World (Art), Mesophiles (Solo Singing), Happy Feet (Dance), Wellness @Body-Mind-Soul (Yoga), Be a tale-teller (Story-telling), From Granny's bucket (Cookery), Math-E-Magica (Math), Explorers Vision (Science), Katha Pravahini (Hindi)

**■ CATEGORY IV:** My home (animals in their habitat) (Art), Gratitude (Music), My State My Pride (Dance), Wellness @Body-Mind-Soul (Yoga), Current Politics(Hindi), Welcome to the 3D world (Heritage), Myth

Busters (Science), Mathematical Modelling, The Young Orators, Create a Thematic Jingle, Annimivity (IT)

**■ CATEGORY V:** Design a Seal (Art), Mozartian, Dancing through the Decades, Travelogue to My Dream Country, APPtitude (IT), Play2Learn (Math), Quod Spectat, Theatron, Hasya Kavita, Young Tech Innovators, Through My Eyes (Photography)

The curtains were drawn on the event, with 'A Mega Finale'. The venue for the same was the Social media page of SAS, Bopal. The program had some spectacular performances by SASians and the winners of all the Aashayen competitions were also declared with great pomp and style.

Overall Aashayen 2020 was yet another major milestone covered, in the history of Shanti Asiatic School, Bopal. It was indeed the collective accomplishment of the motivating management, energetic teachers, and innovative participants that brought about such splendid results!

## CREATIVE CHEFS OF HBK

*A pinch of patience,  
A dash of kindness,  
A spoonful of laughter,  
And heaps of love.*



All of these have been used by the students of grade VII of The H.B.Kapadia New Primary School English Medium. The students were asked to prepare an innovative dish using a key ingredient that was given to each one of them. This activity was integrated with Social Science subject, in which students learned about the different crops of India.

Students not only prepared many Indian traditional dishes but also made doughnuts, cakes, pastries, momos, and other mouth-watering dishes. The activity turned out to be a great hit



as the students loved and enjoyed it to the fullest. This activity not only gave them a chance to explore the different methods of cooking but also boosted their self-esteem.

## A clip of learning with fun...



A school is a workshop of life building in which the raw materials are the nascent young students. The principal and the teachers give shape to these young minds. Keeping this in mind, we, the educators of LML School do several activities. Class, I students learned shapes with the help of biscuits which was a fun learning activity. School believes in learning with fun and it proved right as the concept of shapes, their sizes, corners, and edges are pretty much clear to students now.

One creative and extraordinary activity was done during EVS class as well, wherein students were told to make placards of community helpers. The enthusiasm and creativity of the students can be seen in their work.

Maintaining the benchmark of activities without comprising with creativity during online class was not a path of roses but LMLites has proved this - "Where there is will there is a way."

SRIKALA SINGH, LML Educator

## Happy New year to all!

New year is an occasion of celebration as it's count increment by one year in a calendar. It is celebrated on the first day of the year i.e on 1st January. This year students of Siddharth's Miracles School celebrated New year virtually with educators and friends. Students welcomed the New year with great enthusiasm. Students dressed up well and wished educators and friends, explored the school area ( decorated boards, their classes, and play area) virtually which made their eyes sparkle.

Celebration continued with singing, dancing, and playing games. Students had a great time celebrating New year.



Painters' Gallery

Shoyam Saxena, Class Jr. KG, SGVP Int'l School

Yash Sheth, Class VIII, Delhi Public School, Bopal

Vaishvi Chauhan, Class V, Krishna School, Jamnagar

Prince Vanvi, Class VIII, Delhi Public School, Bopal

## MY TEMPLE OF LEARNING ABOUT LIFE!

It is said that all work and no play makes Jack a dull boy. Everybody's most memorable time is spent in school. And I am also not out of this group. Schools shape us as an obedient and respectful human being. Our school is the first step for our better future. The schools are significant because it makes us learn many things. I have excellent teachers in my school. They teach me many things along with studies, sports, art, music, dance, yoga, life skills, etc. These things are equally essential to our life. In life skills, I learn about core values which are very important for our life. I also try to implement those core values.

Because actions speak louder than words. I have fun doing dance, yoga, and sports because I think that it keeps me wholesome. I try to participate in drawing because it is my hobby and it also makes us more creative. Last but not least music, keeps our mind calm and helps us when we are tempestuous. Along with all these activities,

studies are also very important, as it gives us knowledge. All of these activities have benefits. In the future, it would surely help us. The good thing about school is that you can get together with friends and the people who live in a different neighbourhood than you. In recess, I and my friends used to play many games and have fun. In this pandemic, I came to know the real value of the school. What makes a child gifted and talented may not always be good grades in school, but a different way of looking at the world and learning.



VIHANAA BHATT, Class V, Zebar School For Children

## WONDERFUL TRIP TO US

**H**ey friends! I love traveling and exploring new places. Well, my trip to the USA was just amazing when I went with my family in the summer vacations in the year 2018. My destinations were New York, New Jersey & Seattle. After I reached, I got to see the sight of high rise buildings, its famous Statue of Liberty & stores in New York, which were just incredible. After reaching my aunt's house, we immediately fell asleep as we were totally jet-lagged. The next day was my birthday, so everyone got together to fulfill all my wishes. We went to a toy store and purchased my favourite watch from V-tech. This watch would tell me about my health data and offer me many games! We had dinner at my best pizza place.



After a week, we went to Seattle to attend my cousin's wedding. It was an Indian wedding with delicious food and ambiance. We visited many places in Seattle. I bought beautiful tulips for my mom from a famous Tulip garden. Their Chihuly Glass museum with marvelous glass structures was also worth watching. Getting a little drenched at the Snoqualmie

waterfalls was great fun! But my most favourite part was at the zip line garden swinging from one end to another. Enjoying all these lovely locations, I did not even realize when my trip came to an end, and I had to return to India. **AMEY CHOCSI, Class IV, Udgam School**



## LAND OF SUNSHINE AND BEACHES!

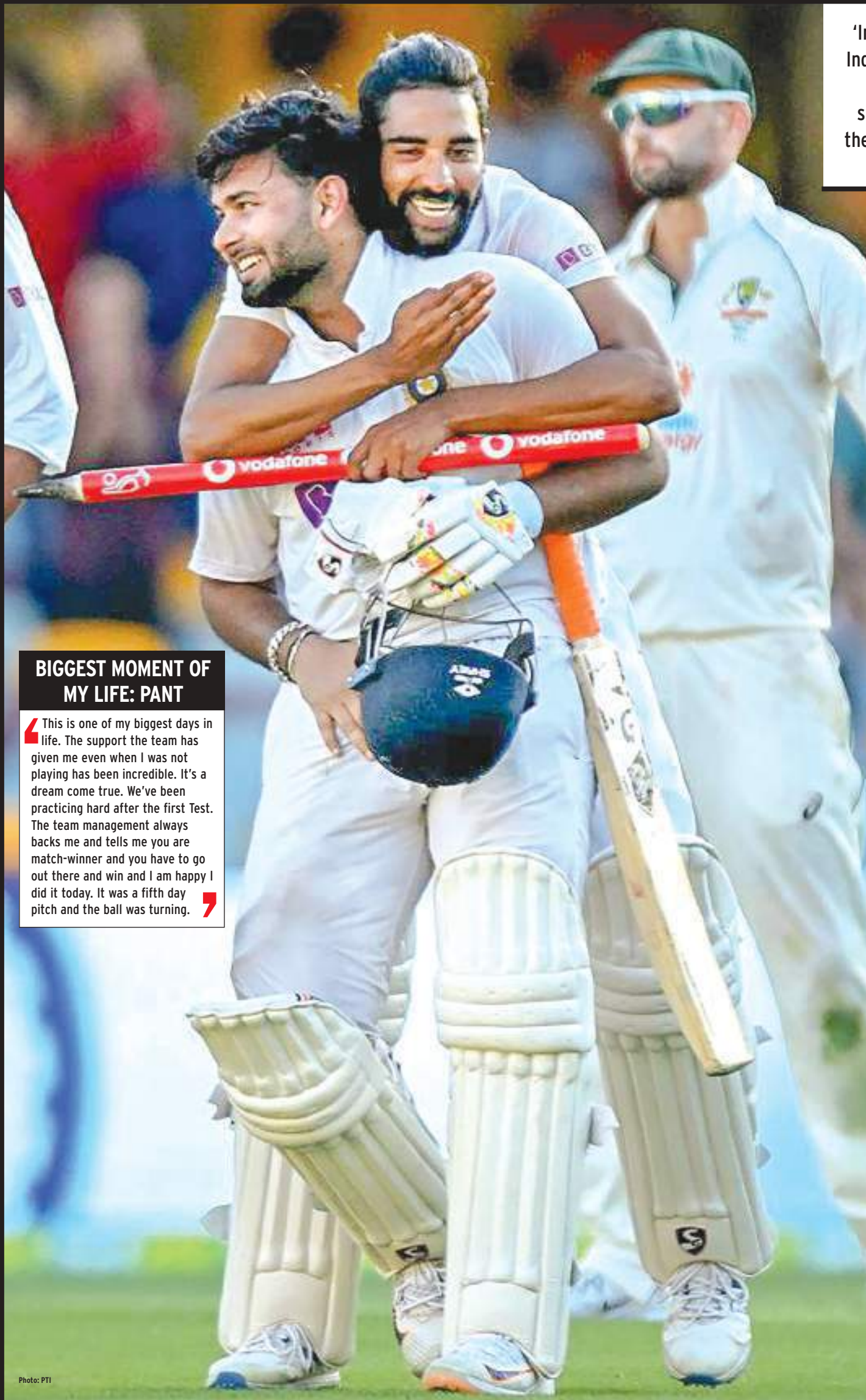
**L**ast year in November, my mother told me that we were going to my maternal aunt's wedding which was in Dubai. On hearing this I was very excited. My mother told me that the emirate of Dubai is one of the world's most famous tourist destinations, with the sun shining throughout the year, the magnificent beaches, hotels, and international markets. It was a three-day program. After the wedding, we went sight-seeing. I was very curious to know about the Burj Khalifa, so my parents first took me there, we went to 142 floors and clicked pictures over there. I felt that I was floating with the clouds. Then we went to visit the beautiful and famous Dubai miracle garden. The garden was in full bloom

with its 150 million flowers arranged in colourful arches and patterns. The next day, when I woke up I saw a book which was kept on the table beside me. I saw pictures of the Dubai aquarium in it. I told my father to take me there. It was a big aquarium with thousands of fish species in it. Next, our destination was the famous desert safari. We did many activities like camel trekking, dune driving, etc. We also enjoyed the amazing sunset at the Dubai desert safari. This trip was very memorable and remarkable.

**AKSHITA JINDAL, Class VIII, Essar International School, Surat**



# AS BIG AS A WORLD CUP TITLE TRIUMPH



'India will lose 4-0', was the prediction of some of the greats of the game as the Indian team arrived in Adelaide to kickstart the 4-match Test series. The expected return of skipper Virat Kohli after the first Test further sent shivers down the spine of many Indian supporters, especially after the nature of India's defeat in the Adelaide Test. But, what happened after the pink-ball Test was something even the biggest supporters of the Indian team hadn't imagined

## INDIA'S RESURRECTION WAS FAIRYTALE OF FAIRYTALES

### ➤ 36 ALL-OUT DEBACLE

**1** Battered, bruised, and trolled over the nature in which the Indian team was dismissed in the second innings of the Adelaide Test, the touring side headed to their hotel rooms with their heads looking down. The good cricket India had played for the first two days in Adelaide was undone in a matter of one session as Josh Hazlewood and Pat Cummins ran riot. With Virat Kohli returning home for the birth of his first child, questions arose over the team's strategy to make a comeback in the absence of their best batsman, over their plans to retain the Border-Gavaskar Trophy. With such critical questions hovering in their minds and the fate of many senior players hanging in balance, the Indian team mustered up enough courage to do their bat do the talking.

### ➤ MELBOURNE MAGIC

**2** With their backs against the wall, the Indian cricket team produced one of its most memorable fightbacks in cricketing history. Stand-in skipper Ajinkya Rahane notched up his first century of the series as India secured a dominant 8-wicket victory over the Aussies. More than the fact that the team had pulled itself to level the series 1-1 by winning the second match, it was the odds Rahane's men had beaten to secure the win that made headlines. A story of grit and determination to perform after a morale-shattering defeat in the previous match spoke leaps and bounds of the character of this Indian team. The fact that the Indian team didn't have the services of Mohammed Shami and also Umesh Yadav injure himself for the most part of the match further demonstrated the depth of talent that the team possesses.

### ➤ SYDNEY STALEMATE

**3** A huge injury setback hit the Indian team as Umesh Yadav joined Mohammed Shami in the injury list but the fixture also marked the return of one of the finest batsmen in the team, Rohit Sharma. The Hitman joined Shubman Gill in the opening department, with both scoring their first half-centuries of the series in the match. Steve Smith stood tall in India's pursuit of a second consecutive victory in the series, scoring 131 and 81 in the two innings. There were moments on Day 5 of the Test where the prospects of Rahane's men going for the kill emerged but injuries to Rishabh Pant, Hanuma Vihari, Ravindra Jadeja, R Ashwin as well as Jasprit Bumrah meant that such execution couldn't practically be possible. The result of the match kept the series level 1-1 but what became a huge reason of concern for the Indian team management was the number of injuries the team had incurred.

### ➤ BREACHING BRISBANE FORTRESS

**4** Australian cricket team skipper Tim Paine had taunted India's R Ashwin to come to Gabba, referring to the fact that the hosts had not lost a single match at the venue since 1988. While Ashwin himself couldn't make it to the fourth Test due to a back injury, the Indian team still managed to give an apt response to Aussie arrogance. As many as four Indian players were ruled out from the match – Ashwin, Bumrah, Jadeja, and Vihari – while T Natarajan and Washington Sundar made their debuts in the match alongside Shardul Thakur and Mohammed Siraj who were only one and two matches old respectively. Given a target of 328 runs to chase on Day 5, India entered the final day's contest with an overnight score of 4/0. Rohit Sharma was dismissed early but Shubman Gill notched up his highest score in the format (91) but failed to convert it into his maiden hundred. Cheteshwar Pujara anchored the innings as he always does but the most special knock of the match came from the Rishabh Pant, who produced arguably the most impressive performance of his match to guide India to a victory. Pant's 138-ball 89 put the final nail in the coffin for Australia as India retained the Border Gavaskar Trophy by beating Australia in their own home on the second consecutive occasion. Pant was adjudged Player of the Match.

### BIGGEST MOMENT OF MY LIFE: PANT

**4** This is one of my biggest days in life. The support the team has given me even when I was not playing has been incredible. It's a dream come true. We've been practicing hard after the first Test. The team management always backs me and tells me you are match-winner and you have to go out there and win and I am happy I did it today. It was a fifth day pitch and the ball was turning.

### NEVER UNDERESTIMATE INDIANS: LANGER

**4** Their young bowling attack kept us under pressure in the whole game. India deserves full credit. You cannot take anything for granted, never ever underestimate the Indians, 1.5 billion (people in India) and you play in the senior team, you have to be really tough. I couldn't appreciate India enough.

**Justin Langer, Australia Coach**

It means a lot to us. I don't know how to describe this, but our boys showed a lot of character and determination after the Adelaide Test. I'm really proud of each individual. The conversation between Pujara and me was that he would bat normal, and I would take it on. It was all about intent.

Credit to Pujara, the way he handled the pressure was magnificent. Rishabh and Washington were very good at the end. Taking 20 wickets was the key, so we opted for 5 bowlers.

**Ajinkya Rahane, Indian captain**

I'm not someone who gets emotional but even I had real tears in my eyes because this is unreal. What these guys have pulled off will go down in history as one of the greatest series ever played. When you look at the COVID situation and the spate of injuries, all those things when you take it into account then to show the stomach for a fight after being bowled out for 36 is unimaginable.

**Ravi Shastri, India head coach**



Indian players and support staff pose with the Border-Gavaskar Trophy

### THE DEPTH OF INDIAN CRICKET IS SCARY

**➤** Khushi ke maare pagal. This is the new India. Ghar mein ghuskar maarta hai. From what happened in Adelaide to this, these young guys have given us a joy of a lifetime. There have been World Cup wins but this is special. And yes, there is a reason Pant is extra special.

**Virender Sehwag**

Historic series win for Team India! Youngsters delivered when it mattered, with Gill and Pant in the forefront. Hats off to Ravi Shastri and the support staff for their part in this turnaround! So so proud of this bunch, this is one for the ages.

**VVS Laxman**

Just a remarkable win...To go to Australia and win a test series in this way...will be remembered in the history of Indian cricket for-

ever...Bcci announces a 5 cr bonus for the team...The value of this win is beyond any number...well done to every member of the touring party..

**Sourav Ganguly**

Wow.. That has to go down as one of the greatest if not the greatest Test victory of all time!! Egg on my face over here in the UK.. but I love to see character & skill.. India have it in abundance.. btw @RealShubmanGill & @RishabhPant17 are future superstars!

**Michael Vaughan**

What a Test match! The depth of Indian Cricket is scary. @RishabhPant17, sweet number 17. Well played young man. #testcricket at its very best

**AB de Villiers**

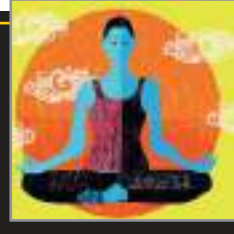


# THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Explained: Latent heat of fusion and vapourisation  
➤ Did you know arts can enhance your innate skills?  
**PAGE 2**



**PAGE 3**

Maths or for that matter, any subject can be fun! Our experts tell us how...



➤ India vs Australia 4th Test: India eye 328 to seal a fairytale series win  
**PAGE 4**



STUDENT EDITION

TUESDAY, JANUARY 19, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Quote unquote

**“** I learnt a lot last year. The first thing was patience, because we had no tournaments for a couple of months. We couldn't step out or play badminton, and we needed to have patience. Covid also taught me to stay positive. But the most lesson that life has taught me is not to get disheartened by the losses. I always believe that when you start, you lose some and you win some. When you lose, it's a sad feeling, as you always want to win. But remember, life is not about winning all the time. More important, you learn a lot more from your losses. I have learnt a lot more from my losses. It helps you to come back stronger the next time. PV Sindhu, badminton player **”**



MAJOR PREDICTIONS

## INEQUALITY TO GROW

**1** The pandemic widened the gap between the rich and the poor. According to economists, the richie rich have grown richer, courtesy the stock market increases, driven by the pandemic successes of tech giants like the Amazon, Netflix, Zoom, etc. Similarly, those in full-time work, often in highly-paid jobs working from home, have accumulated substantial savings, since there is less avenue to spend their wages on. While America's 651 billionaires have increased their net worth by 30% to \$4 trillion, a quarter of a billion people in the developing countries have lost their livelihoods. This trend is likely to continue, predict market gurus

## GLOBAL ECONOMY TO EXPAND

**2** According to PwC, the global economy is expected to expand by around 5% in market exchange rates, which is the fastest rate recorded in the 21st century. However, the expansion is dependent on a successful deployment and spread of effective Covid-19 vaccines and continued accommodative fiscal, financial and monetary conditions, it adds

## GLOBAL DEBT TO INCREASE

**3** Estimates from the International Monetary Fund's (IMF) October 2020 World Economic Outlook show that the G7 public debt is projected to increase by around \$4 trillion in 2021, which is significantly lower than the \$7 trillion increase recorded last year. In relative terms, this translates to a public debt level of around 140% of G7 GDP, reflecting the level of support the workers and businesses continue to require, as we gradually exit the health emergency. By comparison, in the Emerging 7 (E7) economies, public debt is expected to increase by around \$2 trillion

# How the world ECONOMY will fare in 2021



The coronavirus has crippled the world economy. The global GDP suffered its sharpest drop since the end of the second World War in 2020. Will 2021 bring in some remarkable changes? We find out...

## THE WINNERS AND LOSERS

**ADVANTAGE CHINA** ■ According to economists, the big winners are likely to be countries like China and South Korea that succeeded in suppressing Covid-19 early. China's economy is likely to grow twice that of the most successful western countries, predict economists. They reason: China's export-led economy has actually benefited from the lockdowns in western countries. Western demand for household consumer goods and medical supplies, which surged in 2020, has put Beijing in a com-

fortable position. **TOUGH TIME FOR THE DEVELOPED ECONOMIES** ■ For rich countries such as the US, UK and Europe, experts have painted a rosy picture. After brief recoveries in summer 2020, their economies stagnated. This was driven by the second wave of the pandemic, forcing further lockdowns. In the US, the unevenly-applied lockdowns resulted in a decline in consumer confidence, leading to a decline in businesses in various sectors. Even with some recovery next year, these economies are expected to be 5% smaller in 2022, predict experts. **DEVELOPING COUNTRIES BIGGEST LOSERS** ■ As the developing coun-

tries lack both the economic resources to acquire enough vaccines and the public health systems to treat large numbers of Covid patients, they will end up as the biggest losers, feel economists. ■ They also can't afford the huge government subsidies that have prevented mass unemployment in Europe and the US, add experts. With demand for their raw materials crippled by the recession in the west, and little aid available from the rich countries to alleviate their large debts, they can ill-afford further lockdowns. Even formerly fast-growing countries like Brazil, India and South Africa face difficult times.

## THE GREEN PASTURES

**1** Experts believe that 2021 will be the first year, where the three main economies or trading blocs of the world – the US, the European Union (EU) and China – will refocus their efforts in fighting the climate change

**2** The US is expected to re-join the Paris Accord and host an international climate summit



early in the year

**3** Similarly, the EU member states are expected to finalise their plans to accelerate the transition towards a greener and a more digital economy by the end of April this year

**4** The EU Commission is also expected to release the first tranche of grants and loans worth around 0.5% of Eurozone GDP (or 5% over five years) to speed up the process

## Scientists introduce new twist to learning periodic table



EDUCATION

To make chemistry more interesting for the students of first-year chemistry graduates, who find it a daunting task to interpret the periodic table of elements, researchers in the US have introduced an innovative way to make learning about the elements much more approachable – by using 'pseudo' periodic tables filled with superheroes, foods and apps. The researchers replaced the pseudo periodic versions of the elements with single items to demonstrate one or more concepts needed to understand the trends and layout of the real chemical one. For example, a superhero table featured characters, such as Superman, Wonder Woman and the Green Lantern, prompting in-class discussions among the students on how to group the icons by ability, strength, gender and other properties – just as the elements are arranged in the real periodic table based on their similarities. Over 75% of students taught with this strategy found it extremely useful.

An increase in the correct answers relating to the subject on mid-term exams suggested that these periodic tables improved students' comprehension. The researchers say that the familiar items reduce stress and help students to successfully build their base of chemistry knowledge

## I did it for my kids: Ben Affleck on playing Batman

Actor Ben Affleck has revealed that he played Batman in DC films because he wanted to impress his children. "I wanted to do it for my kids. I wanted to do something that my son would dig. I wore the suit to my son's birthday party, which was worth every moment of suffering on 'Justice League'," he told The Hollywood Reporter.



■ Affleck first donned the cape and cowl in 2016's 'Batman v Superman: Dawn of Justice', where he squared off against Henry Cavill's Superman, who was first seen in 2013's 'Man of Steel', both of which were

directed by Zack Snyder

■ He also returned in a cameo as Batman in 2016's 'Suicide Squad', which, like 'Batman vs Superman', was savagely bashed by the critics, though both put up decent box office numbers

ENTERTAINMENT

# Five vaccines that saved the world before Covid-19 came along



## TETANUS

Tetanus causes painful muscle stiffness and lockjaw and can be fatal. Earlier, parents used to warn their kids about tetanus every time they scratched, scraped, poked on something metal. Nowadays, the tetanus vaccine is a part of a disease-fighting vaccine called DTap, which provides protection against tetanus, diphtheria, and pertussis (whooping cough).

## POLIO

According to the Centre for Disease Control and Prevention, polio is a crippling and a potentially-deadly infectious disease that is caused by poliovirus. The virus spreads from person to person, and can invade an infected person's brain and spinal cord, causing paralysis. Polio has been eliminated in a number of countries through inoculation.



## INFLUENZA

Flu is a respiratory illness caused by the influenza virus that infects the nose, throat, and lungs. Flu can affect people differently, based on their immune system, age, and health. Flu can be dangerous for children of any age. Therefore, scientists came up with a flu vaccine, which is usually given to the mother during pregnancy. Besides, babies aged six months and beyond, need a flu vaccine every year.

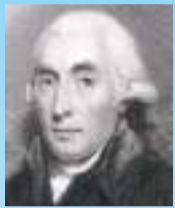
## HEPATITIS B

Hepatitis B, which is spread through blood or other bodily fluids, are dangerous for babies, since the hepatitis B virus can spread from an infected mother to the child during birth. The first dose of hepatitis B vaccine is given to babies shortly after their birth.

## RUBELLA

Rubella, which is spread by coughing and sneezing, is given to a pregnant woman, because if an unvaccinated pregnant woman gets infected with rubella, she can have a miscarriage or her baby could die just after birth.

# LATENT HEAT OF FUSION AND OF VAPOURISATION

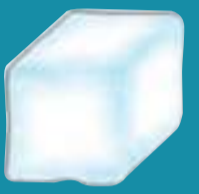


**JOSEPH BLACK**  
Introduced the concept of Latent Heat between 1750 and 1762.

**JAMES PRESCOTT JOULE**  
described Latent Heat as a form of potential energy.



**SOLIDS**  
have a fixed shape and volume



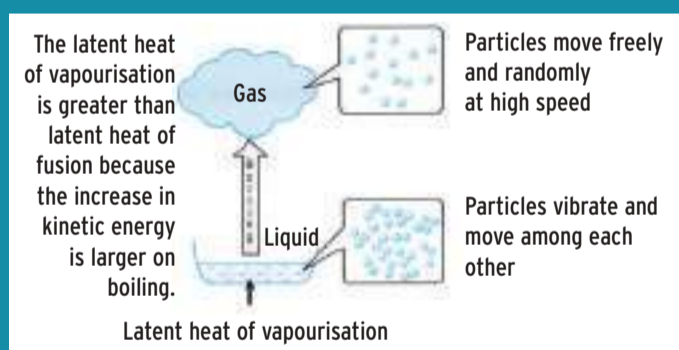
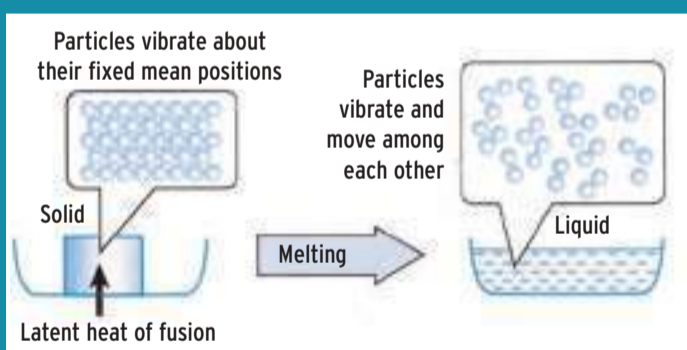
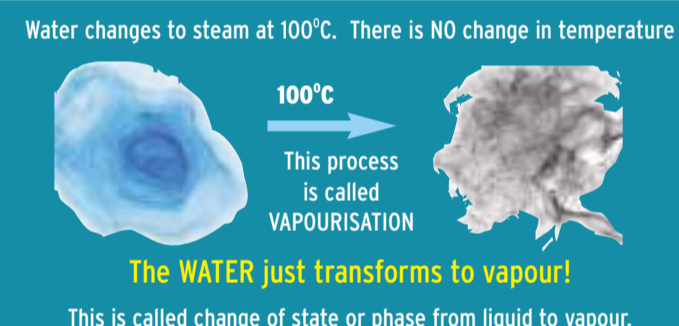
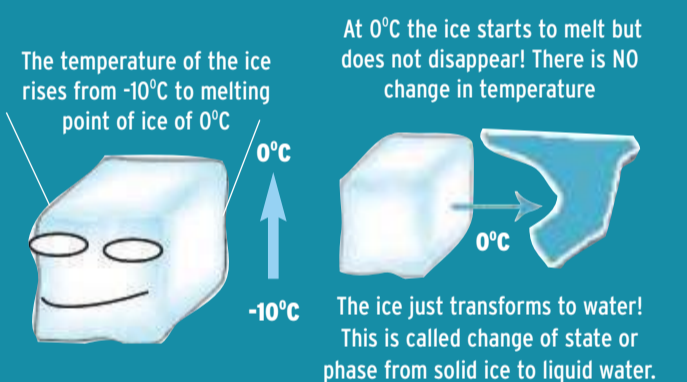
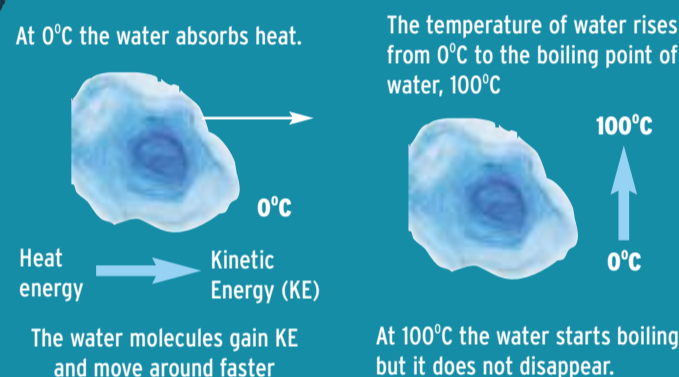
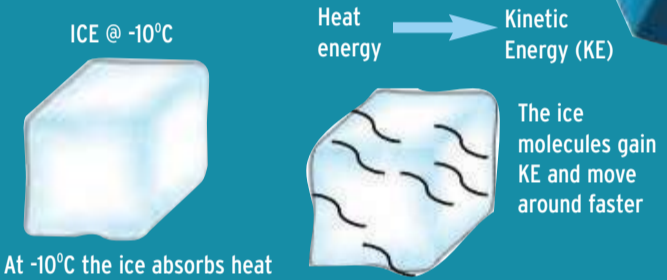
**LIQUIDS**  
have fixed volume but a variable shape

**GASES**  
do not have a fixed shape or volume



**What happens when ice melts?**

**What will happen if we continue heating the liquid formed above?**



The heat absorbed by the melting solid is called **LATENT HEAT OF FUSION**.

The heat absorbed during boiling is known as **LATENT HEAT OF VAPOURISATION**.

The latent heat of fusion of a solid is the quantity of heat in joules required to convert 1 kg of the solid to liquid, without any change in temperature. The latent heat of fusion of ice =  $3.34 \times 10^5$  J/kg

The latent heat of vapourisation of a liquid is the quantity of heat in joules required to convert 1 kilogramme of the liquid to vapour or gas, without any change in temperature.

Latent heat of vapourisation of water =  $22.5 \times 10^5$  J/kg

C V Rao, Physical Science teacher, Bharati Vidya Bhavan's Public School, Visakhapatnam

## MY SCHOOL PROJECT ELECTRONIC ASPIRIN

### Modern cure for headache

#### WHAT IS IT?

- Electronic Aspirin is a device which deals with migraine attacks, clustered and severe headaches.
- It requires a minimal invasive surgery. Sphenopalatine Ganglion (SPG) is part of the human brain which sends pain signal to the body during migraine attacks. A chip known as ATI neurostimulator is implanted in SPG which blocks the pain signals from travelling to the body.



#### POSITIVE EFFECT

- People with cluster headache had a 68% improvement

**88%** reduction in attack frequency is observed in 43% of patients

**67%** pain reduction within 15 minutes of the attack

#### DISTINCT FEATURES

- Electronic Aspirin is a one-time surgery which cures the migraine attacks of a patient
- The normal Aspirin in form of capsule has many side effects like stomach ache, rapid breathing, confusion, coughing of blood, hallucinations, etc. however the Electronic Aspirin does not show any of the side effects
- It gives relief within few seconds from migraine attacks



#### HOW WE WENT ABOUT IT

- My teammates and I made a model of ATI neurostimulator for display
- However to demonstrate the working of it, we created a human brain cardboard prototype comprising LEDs, a receiver and transmitter. Coloured LEDs were inserted in the circuit to represent the pain loop
- In order to indicate pain in human brain the LEDs were powered on
- To demonstrate that ATI chip diminishes the pain, we used a remote which acted as ATI to switch off the LEDs and thus showing the human brain pain is reduced within few seconds

Ashmit Janjirkar along with Aaryan Ojha, Shaunak Beura, Antariksh Ranka, class X, Gundecha Education Academy, Borivali (East), Mumbai



### HOW TO STUDY FOR LONG HOURS...

*With self-discipline anything is possible.* When you feel you have been tackling a topic for hours but in reality only a few minutes have passed, the stress of not having devoted sufficient time earlier for studies takes over. If you wish to overcome this stress, here are a few tips to help you concentrate on your studies and achieve optimal results.

- Tackle the tougher topics when you're at your best, energy wise. And take up easier, mechanical topics later in the day.
- Take to regular cardiovascular exercise that ups your heartbeat, improves your concentration and alertness.
- Eat small portions, preferably low-glucose food and protein, to maintain your energy level.
- Steal a 30-40 minutes nap, preferably in the afternoon, to improve the quantity and quality of your study hours in the evening.
- Avoid studying late into the night as it affects the circadian rhythm. This leads to change in sleep patterns and sleep loss. Try not to strain yourself, for you can only study well when you have a fit body.
- Take a 10-minute break after every 50-odd minutes of study session. If possible, study/work in daylight to feel less drowsy.
- To have a schedule is another way to get through the day, but more important than the schedule itself is to strictly adhere to it.
- Remember not to take long breaks, as this will lead to a break in your studies. This is a bad habit, which can derail your entire schedule. As tempting as they seem, remind yourself that it is not worth it in the end.
- It is also a bad habit to depend on caffeine, like coffee, as it leads to acidity.

**Pranav Balraj, class XI, National Public School, Kengeri, Bengaluru**

When a debilitating, irrelevant thought strikes your mind, count up to three and divert your attention elsewhere.

# Using arts to enhance innate skills

Arts are more than an aesthetic extension of our lives. When we use the term holistic learning and we talk about creativity, we must understand the interwoven nature of art and the human being. The arts in education encourage critical thinking, rational thought, and sensitivity to human existence and compassion. A good activity provides clear instructions and expectations. It incorporates one or more approaches as skills, beyond dialogues. Our goal is not to teach these skills but to facilitate ways to use these skills.

- 1 Sound and movement activity for analysing and reflecting - Students are more expressive or kinesthetic in terms of expression.

**Follow the line:** Ask students to follow the line in any scrambled painting for practicing visual skills and observation of the body while moving, and gestures in the process.

**Living sculpture:**  
Observe a sculpture and ask students to pose like it.

**Yoga and asanas:** Ask students what they know about yoga and asanas. Inform students that asanas are named after animals and plants. Assign the words 'Cobra', 'Frog', 'Lion', 'Lotus' and 'Tree' to students and ask them to form groups. Ask groups to figure out what the asana associated with their group name might look like. Demonstrate a simple pose.

- 2 Writing and discussion-based activity for imagination and connection - Students create responses, interpret or connect ideas to their own lives before they apply it to looking at an artwork.

#### Identity icebreaker:

First reflect on their own identity. Ask them to think about three words that represent them and their identity. For example: do the words relate to their heritage, where they live, or their hobbies? Then ask them to scratch one of the words without revealing the actual word. Ask them how it feels to lose one of the items on their identity list. The last step is to scratch off the other word leaving just one.

**Reflect:** Observe what they notice about how they construct their identity. Does the construct have more to do with how they see themselves or how others see them? Did they notice how attached they become to those words and how difficult it was to lose some? This activity provides a great transition into exploring the concepts of identity in the work of art. Not only in regards to the subject matter but the identities of the artists and themselves as viewers.

**Thought bubbles or comic strips:** Encourage students to write in a bubble what the work of art is saying or thinking. By imagining, students get inside the head of the character and get a deeper understanding of the artwork; also using creative writing skills.

Archita Surti, vice-principal, Podar World School, Ahmedabad





Beginning the journey of learning in an alphabetical order, Times NIE tells about one concept from each subject every fortnight



TEACHERS, IF YOU HAVE A CONCEPT THAT CAN CHANGE A CLASSROOM, SHARE IT ON

toinie175@gmail.com WITH YOUR PHOTOGRAPH

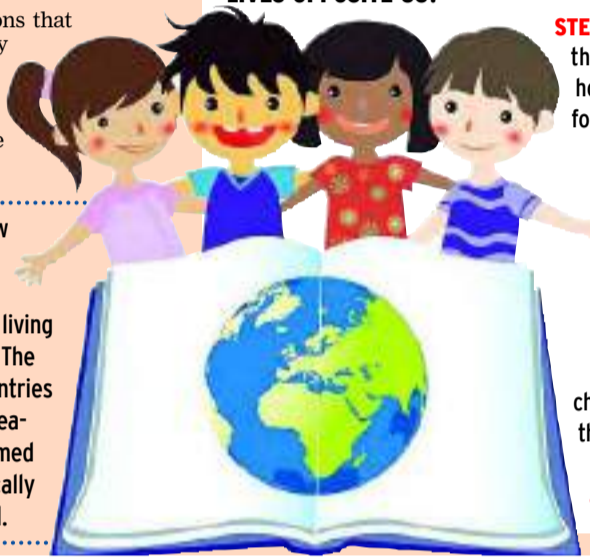
# CLASSROOMS TO EXPERIENCE ZONES

## GEOGRAPHY

### ANTIPODE

Any two places or regions that are on diametrically opposite sides of the earth are called antipodes. For example, the North and South Poles, China and Chile are diametrically opposite.

**DID YOU KNOW?** Australia and New Zealand are called antipodes 'informally' by those living in the northern hemisphere. The term emerged when the countries were discovered by British seamen in 1800 and were so named as they are almost diametrically opposite Greenwich, England.



## IT'S ACTIVITY TIME!

TOPIC: WHERE IN THE WORLD ARE WE? AND WHO LIVES OPPOSITE US?

**STEP 1:** Have students find the antipodes of their home. Here is a formula for determining the antipode of any given location:

- 1 Find the latitude of your home and change its direction. For example, if the latitude is south, make it north.
- 2 Find the longitude of your home and subtract it from 180, then change its direction. For example, if the longitude is east, make it west.
- 3 You now have the latitude and longitude of the opposite point



on the globe.  
**STEP 2:** After students have determined the antipode for their hometown, have each student choose a point on the globe to start digging.  
**STEP 3:** Ask the students to calculate where they would end up if they could dig right through Earth.  
**OPTIONAL:** Use stickers and students' initials to mark each pair of antipodes on a large map of the world.

## ECONOMICS

### ABSOLUTE ADVANTAGE



This is the simplest yardstick of economic performance. If one person, firm or country can produce more of something with the same amount of effort and resources, they have an absolute advantage over other producers due to enhanced efficiency.

**TEACHER PROMPT: EXPLAIN WITH LIFE EXAMPLES**

Every person and group has different skills. Writers likely write better than a baker. Construction workers know more about building houses than artists. When it comes



to producing a good or service, some people or groups have advantages over others. Absolute advantage is used to describe the scenario when one person or group can produce the same amount of a product as another person or group, despite using fewer resources.

### Countries with absolute advantage

One real-world example of absolute advantage is in oil production. Nations in the Middle East have an absolute advantage when it comes to producing oil. In oil-rich nations, businesses can use simple, inexpensive techniques to drill for the resource and get it in large quantities. In other countries, like the US, producing oil requires more expensive efforts, such as offshore drilling. Many Central and South American countries have an absolute advantage when producing coffee. Chile and Zambia both have an absolute advantage in mining copper.

### HOW TO CALCULATE ABSOLUTE ADVANTAGE

**TEACHER PROMPT:** Harry and Sally both like to knit and sell handmade scarves out of their home. They use the same raw materials and purchase them at the same price from the same store, meaning that the difference in production input is the amount of time it takes to make a scarf. Harry can make five scarves in 20 hours, and Sally can make four scarves in 20 hours. In this scenario, Harry has an absolute advantage because he can make one more scarf than Sally using the same amount of time. Put another way; he makes one scarf every four hours, and Sally makes one every five hours. Sally is 80% efficient in comparison to Harry in making scarves.

## LANGUAGE



### ABBREVIATION

By Kartik Bajoria  
Jaipur-based  
Communication Skills  
Educator & Writer



It is ironic that a word which means 'short form' or short-version of a phrase/word, is itself, quite long! A derivative of the word 'abbreviate', meaning, to reduce, shrink, or shorten. Abbreviations have existed for a long time, in official as well as more casual parlance.

Initially in schools, abbreviations are introduced as short forms of official bodies such as the UN — United Nations. Sometimes also known as acronyms, abbreviations, can be fun. For instance, the word FUN itself is an abbreviation; however interestingly, it doesn't translate to anything remotely 'fun'. It is the acronym for Financial Underwriters Network!

Today, abbreviations have acquired a whole new meaning. With 'chatting & texting' becoming the language adopted by Gen Z, ROFL — Roll On the Floor Laughing or BRB — Be Right Back have become the norm.

Do you know what the short form for Abbreviation is? It is Abbr. The term Radar we use quite unassumingly actually stands for Radio Detection and Ranging.

**TEACHER PROMPT:** Hold a fun competition wherein students have to use abbreviations to communicate with each other

## MATHS



### APPROXIMATION

Sandeep Srivastava, an educator for 20 years, has been trying to transform how maths is taught in schools. After having received education from IIT-Delhi and INSEAD-France, and having worked with MNCs, he redirected his focus onto making India a math-literate society. Srivastava is here to make maths easy for you



What's the 'Apple of math', what may 'A' stand for in math? Did Algebra, or addition, cross your mind? That's expected. Kindergarten math completely cuts off 'approximation' and almost starts with numbers. Worse, approximation is reduced to rounding-off numbers in Grades V/VI.

However, way before numbers kick in children's academic life, they can estimate and approximate. It is approximation that informs them that fathers are mostly taller of the parents, and many similar measures.

You may be surprised that there are four kinds of approximations we use, extensively, critically, and creatively; Extensively, as in comparing heights, weight, etc. Critically, such as guessing volume of a backpack. Creatively, by deceptively photographing something to look slimmer/shorter.

First uses gut instinct — 'Qualitative approximation'. Measurement expressions of the kind 'The headache is intolerable', 'The headache is bad', 'I am ok, not sad', etc. Many such evaluations can only be qualitative in approximating them to some measure.

Second uses vision — Approximate Number System (ANS). It's the visual acuity to figure out quantitative difference as more or less. Many animals report this basic ability. For instance, which of the two wreaths has more flowers?



Being well-educated in ANS is to be good in estimating and comparing quantities. For example, figuring out the shorter queue, or even better - figuring out the fast-moving queue. Let's find the queue with more people (without counting).



Third is based on vision and a sense of small quantities — Subitising. It involves quickly identifying patterns/groups of smaller quantities of things, e.g., reading 1 to 6 on a dice's face by just looking at it. Seeing classrooms as rows and

columns of desks is an easy way to find bigger classrooms. Being able to subitise is very important for children; helps early understanding of conservation, units, composition of numbers, addition, subtraction, etc.!

### SUBITISING IS OF TWO TYPES

**PERCEPTUAL SUBITISING** is instantly recognising quantity of a small set of things, usually up to 4 or 5. For example, reading the 5 dots without counting.



**CONCEPTUAL SUBITISING** is recognising subgroups of quantities and combining them to know the total. Eg, 9 could be seen as 4 and 5/3 and 3 and 3/4 and 4 and 1.



Learning is a survival skill that children are born with. Children are born with ANS and subitising abilities, education must hone them for solid math foundation in academics, and in life.

## BIOLOGY

### AEROBIC AND ANAEROBIC RESPIRATION

**AEROBIC RESPIRATION:** It is the process of cellular respiration that takes place in the presence of oxygen to produce energy from food. This type of respiration is common in most plants and animals, birds, humans, and other mammals.

**ANAEROBIC RESPIRATION:** It is a process which takes place in the absence of oxygen gas. Example is the process of fermentation in yeast.



**TEACHER PROMPT: INVESTIGATING PULSE RATE TO UNDERSTAND AEROBIC RESPIRATION**

Divide students into groups of three or four. Ask them to design a table to record their results. Tell them they are going to investigate the effect of exercise on pulse rate. Ask them to measure the pulse rate (pulse per minute) for each person in the group at rest (sit-

ting down). After this, ask them to walk for 30 seconds before taking the pulse again of each other. Repeat the same after running.

After they have finished, ask them to write a paragraph describing their results using the following words and phrases: average; differences between individuals; increased heart beat; oxygen; muscles; respiration; rate; energy.

### PART 2: EXPERIMENT WITH YEAST TO SHOW ANAEROBIC RESPIRATION

Put some yeast in a bowl, add some warm water and a little sugar. Ask students to watch.

Explain to class that yeast is a single-celled fungus. Like all living organisms, yeast gets its energy during respiration. Yeast can respire without the need for oxygen. As it respire, yeast produces carbon dioxide and alcohol.

By now, the students would have noticed the froth developing in the form of bubbles and a smell.



## HISTORY

### ANITA ANAND



**IN THE NEWS FOR:** British-Indian journalist and author Anita Anand's book that tells the story of a young man caught up in the 1919 Jallianwala Bagh massacre in Amritsar has won a prestigious history-literary prize in the UK. **'THE PATIENT ASSASSIN: A TRUE TALE OF MASSACRE, REVENGE**



**AND THE RAJ'** beat six other titles for the PEN Hessel-Tiltman Prize for History 2020, awarded for a non-fiction book of historical content.



# NO COMEBACK FOR RAINA?

The road to IPL 2021 has kicked off with the BCCI announcing the last date to submit the list of retained and released players. The eight IPL franchises have been asked to submit the list by January 20. They can continue to trade players till February 4. The date of the auction hasn't been announced but it is confirmed to take place next month. Let's look at 5 players who could be shockingly released by their franchises



## SURESH RAINA

Had Suresh Raina stayed in UAE for IPL 2020, no one would have questioned his future with the Yellow Army but his absence has certainly raised doubts. Even after Raina had hinted at making a return, N Srinivasan wasn't sure about it, thus confirming that he might have upset the management. Add to it Raina's poor run in the ongoing Syed Mushtaq Ali Trophy 2020/21; he has only scored 98 runs in four matches. And not to forget, his price of ₹11 crore. Raina could be offloaded if the management considers the mentioned factors. With 5369 runs, Raina is CSK's highest run-scorer and if released, it would be the most shocking release. Raina has been in IPL auction only once - in 2008.

## LASITH MALINGA

One of the few players to have played for just one franchise, Lasith Malinga could be released if the management decides to retain the present set of pacers. A team can only have 8 foreign players, which could see MI making the tough call of releasing their senior pacer. Two years ago, it was Malinga who had bowled the last over of the IPL 2019 final and if released, the update would come as a big surprise. Malinga has been an integral part of MI for a decade and even when he didn't play for them - in 2018 - he joined MI as their bowling mentor.

## AJINKYA RAHANE

Not a big surprise but considering that he left his previous team - Rajasthan Royals - for Delhi Capitals, Ajinkya Rahane's release could be a big shock. Rahane was RR's former captain and wasn't expected to be released after playing 100 games for them. Still, he decided to move on and joined DC. The senior batsman wasn't part of the playing XI on a regular basis in IPL 2020 and only scored 113 runs in 9 matches at a strike-rate of 105.60. Surely, the team management wouldn't be impressed with his performance and might look for others who can score quickly and consistently.

## STEVEN SMITH

Another veteran who could be shockingly released is Steven Smith, under whom Rajasthan Royals endured a poor run in IPL 2020. The one-time champions only managed six wins and finished at the last spot. He did score 311 runs but couldn't inspire the team as a whole. Considering the team's poor run and his fee of ₹12 crore, Smith could be shockingly back in the auction after a long time.

## DINESH KARTHIK

We have rarely seen franchises releasing their captains in a mini-auction but that could be the case with Dinesh Karthik. Surprisingly picked for captaincy job over Robin Uthappa, Karthik hasn't had a great run in 3 years. In 2018, KKR somehow managed to qualify for playoffs while in 2019, they crashed out from the league stage. In 2020, he stepped down during the season, handing over the charge to Eoin Morgan. Considering Karthik's below-par performance and his price of ₹7.4 crore, the management might take a call on him. If released, it would be another big and shocking update.



## HATS OFF!

Mohammed Siraj led the Indian bowling attack brilliantly in the Gabba Test where the Indian bowlers managed to bowl Australia out in both innings for 369 and 294 runs respectively. Siraj claimed just one wicket in the first innings but made a huge impact in the second innings where he bagged a 5-fer. India now need to score 328 runs for victory or bat all day for a draw

### THE TOUR DOWN UNDER HASN'T BEEN A BED OF ROSES FOR THE YOUNGSTER

➤ Siraj lost his dad in November last year, but didn't travel back to India for the last rites due to bio-bubble restrictions with an eye on the coronavirus pandemic. If this wasn't a blow enough, he was subject to racial slur on day two and three of the Pink Test in Sydney, and a formal complaint was filed by the Indian team. Siraj also had to face the brunt of an unruly crowd on the fourth day.

➤ But the Hyderabad speedster defied all odds and came out firing on all cylinders on day four of the series decider at The Gabba. Siraj revealed

that it has been very tough for him, but a phone call from his mother gave the pacer much-needed confidence to go out and express himself.

➤ Siraj in the fourth Test showed why he was trusted to lead the attack after Jasprit Bumrah couldn't get ready for the game despite trying till the eleventh hour on Friday. "I want to thank god that I got the chance to play for India as it was my dad's wish too. If he was alive today, he would have been very happy. But I know his blessings were with me and I am speechless after my performance," said Siraj

I am thankful that I was able to pick five wickets as it was a very tough situation for me after my dad passed away. But after talking to my mom at home, I gained some confidence. The call with my mom made me mentally strong. My focus was to fulfill my dad's wish.

MOHAMMED SIRAJ



## Lionel Messi shown first red card of Barcelona career

Lionel Messi was sent off for the first time playing for Barcelona as Athletic Bilbao stunned the Catalans to win the Spanish Super Cup, a dramatic final finishing 3-2 after extra-time. Moments before Bilbao's momentous triumph was confirmed, Messi threw an arm at Asier Villalibre, who had earlier scored a 90th-minute equaliser in normal time to deny Barca victory. Antoine Griezmann's double looked to have sealed the trophy but Villalibre intervened before Inaki Williams' fabulous strike three minutes into extra time proved decisive. It was a first ever red card for Messi in 753 appearances for Barcelona, to go with his two reds for Argentina in 2005 and 2019.



## QUIZ TIME!

**Q1:** Which of the following cricketers holds the record for most sixes in ICC World Test Championship?

- a) Mayank Agarwal  b) Ben Stokes   
c) Rohit Sharma  d) Jos Buttler

**Q2:** The fastest Rugby Union World Cup hat-trick came in 20 min 6 sec. Which player scored the goals?

- a) Damian Willemse  b) Steven Kitshoff   
c) Herschel Jantjies  d) Cobus Reinach

**Q3:** Which of the following players has made most

runs in the Wisden Trophy?

- a) Brian Lara  b) Viv Richards   
c) Shivnarine Chanderpaul  d) Desmond Haynes

**Q4:** The most gold medals won at the World Artistic Gymnastics Championships is 19. Name the gymnast who has bagged them.

- a) Simone Biles  b) Vitaly Scherbo   
c) Laurie Hernandez  d) Aly Raisman

**Q5:** Which of the following players have taken most wickets in Champions League Twenty20?

- a) Ravichandran Ashwin  b) Doug Bollinger   
c) Sunil Narine  d) Dwayne Bravo

**Q6:** The oldest female Olympic Chusovitina of Uzbekistan, who competed at the age of 41 years 56 days in the \_\_\_\_\_ Games?

Photo: GETTY IMAGES



- a) 2004 Athens Games  b) 2008 Beijing Games   
c) 2016 Rio Games  d) 2012 London Games

**Q7:** Which Indian batswoman has made the highest score in ICC Women's World Cup?

- a) Punam Raut  b) Mithali Raj   
c) Harmanpreet Kaur  d) Smriti Mandhana

**Q8:** Which woman cricketer holds the record for most runs scored in a single ICC Test match?

- a) Emily Drumm  b) Kiran Baluch   
c) Sandhya Agarwal  d) Karen Rolton

**Q9:** The fastest hat-trick in a FIFA World Cup match was at 7 minutes. Which footballer holds this record?

- a) Geoff Hurst  b) Gerd Müller   
c) László Kiss  d) Pelé

**Q10:** Name the player who has taken the most catches in ICC Men's T20 World Cup?

- a) Daren Sammy  b) Ross Taylor   
c) Martin Guptill  d) AB de Villiers

**Q11:** The most wins of the FIVB Volleyball Women's World Cup is 5, and was achieved by which of the following countries?

- a) the United States  b) South Korea   
c) the United Kingdom  d) China

**ANSWERS:** 1 b) Ben Stokes 2 d) Cobus Reinach  
3 a) Brian Lara 4 a) Simone Biles  
5 c) Sunil Narine 6 c) 2016 Rio Games  
7 c) Harmanpreet Kaur 8 b) Kiran Baluch  
9 c) László Kiss 10 d) AB de Villiers 11 d) China





# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ How about identifying a popular quarantine habit into a healthy lifestyle this year  
**PAGE 2**



➤ Educationists and students share their views on various issues engulfing the world  
**PAGE 3**



➤ India back in the game, with a century partnership between Shardul & Washington  
**PAGE 4**



**STUDENT EDITION**

MONDAY, JANUARY 18, 2021



**WEB EDITION**

**Education minister to go live today to interact with Kendriya Vidyalaya students at 12 noon**

The Union education minister Ramesh Pokhriyal Nishank will go live again today to interact with the students of Kendriya Vidyalaya. The live webinar, which would begin at 12 noon, can be watched via the official Twitter and Facebook account of the minister.



Earlier, the minister had gone live to release the CBSE Board Exam 2021 dates, JEE Main Exam 2021, and JEE Advanced dates through a live webinar

**NO FOREIGN LEADER AS CHIEF GUEST ON REPUBLIC DAY: GOVERNMENT**



The ministry of external affairs has confirmed that there will be no foreign head of state or government as the chief guest for this year's Republic Day event on January 26. The move follows after the cancellation of United Kingdom Prime Minister Boris Johnson's visit to India as the chief guest for the Republic Day parade. The Britain PM cancelled his visit after the spread of the new contagious mutant strain of the novel coronavirus in his country.

**After a gap of 27 years, a UK prime minister was supposed to be the chief guest at India's Republic Day. Former Britain PM John Major had attended the Republic Day parade in New Delhi in 1993**

**CLICK HERE: PAGE 1 AND 2**

**INDIA ROLLS OUT WORLD'S-LARGEST VACCINATION DRIVE**

## SHIELDED & VACCINATED



**1** The first Covid-19 vaccine shots in India were given on Saturday to nearly **two lakh frontline healthcare and sanitary workers**, as Prime Minister Narendra Modi rolled out the world's largest inoculation drive against the pandemic that has caused 1,52,093 deaths and upended millions of lives in the country.

**2** **Manish Kumar**, a sanitation worker, became the first person to receive the vaccine jab at the AIMS, Delhi, in the presence of Union health minister Harsh Vardhan and AIMS director Dr Randeep Guleria.



**3** Serum Institute of India's **Covishield and Bharat Biotech's Covaxin** were deployed across the country on Saturday.

**4** The highest number of beneficiaries to get vaccinated were in **Uttar Pradesh (21,291)**, followed by **Andhra Pradesh (18,412)** and **Maharashtra (18,328)**.



I want to remind the people of the country that two doses of the corona vaccine are very important. Experts have said that there should be a gap of one month between both the vaccinations. I also request you not to make the mistake of taking off the mask and not maintaining social distancing after getting the first dose, because immunity develops after the second dose. We must, therefore, take another vow: 'Dawai bhi, Kadaai bhi' (medicine and caution)

Narendra Modi, PM

**CLIMATE ACTIVIST GRETA THUNBERG FEATURES ON SWEDISH STAMPS**

Climate activist Greta Thunberg has featured on a set of stamps issued by Sweden's postal service. She will join a hall of fame of Swedish personalities—from Zlatan Ibrahimovic to Greta Garbo, who have been depicted on the country's postage stamps. The stamps that went on sale from PostNord on Thursday, show Thunberg in her familiar yellow raincoat, standing on a rocky coast looking out at a flock of birds. Other stamps in the collection have an environmental theme, including depictions of Swedish mountains, lakes and forests.

**HONOUR**

- Thunberg rose to global fame in 2018, after she began skipping school to protest with a homemade sign, outside the Swedish parliament in Stockholm, demanding that her government take action on climate change
- Within months, more than two million students in 135 countries had set up their own picket lines, joining Thunberg's 'School strike for the climate' campaign
- In 2019, Thunberg took a break from school to travel the world by car, train and boat - but not plane - to demand action on climate change, a trip that involved a brush with the US President Donald Trump and a speech at the United Nations climate summit



**IN A FIRST, FM RADIO SIGNAL FOUND COMING FROM JUPITER'S MOON**

In an interesting revelation, a spacecraft orbiting Jupiter has discovered an FM radio signal from Ganymede, one of the planet's giant moons. The discovery marks the first time, when a signal has been detected from an outer planet.

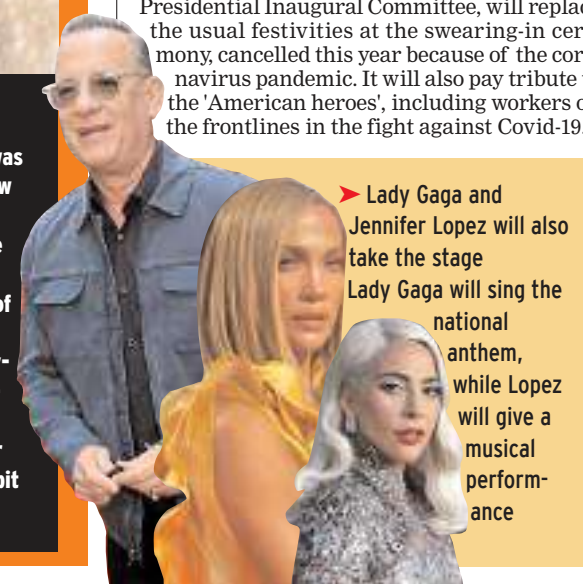
The spacecraft, called Juno, which was moving across a region of Jupiter, picked up the radio source, courtesy its magnetic field lines, which can connect with the Ganymede moon

According to astronauts, the signals mostly originated from the electrons, and is a natural phenomenon from a 'lifeless' planet. Interestingly, the same electrons that cause these radio signals are responsible for creating auroras (natural light display in the Earth's sky), in the far-ultraviolet spectrum, they say

**DID YOU KNOW?**

In 2011, NASA sent a space probe named Juno into space. It was a part of NASA's 'New Frontiers Programme', which aims to explore the entire solar system and strengthen the understanding of space. The probe also aims at studying Jupiter, the planet and discover more about how it was formed and how it evolved over time. It entered Jupiter's orbit in 2016

**SPACE**



**Tom Hanks to host special TV show for Joe Biden's inauguration**

Joe Biden, the President-elect, has cast himself as a unifier for the USA, but there is someone else, which the future administration hopes can help start healing a divided country: the universally-beloved actor Tom Hanks. The 'Forrest Gump' star will host a special programme that will be broadcasted simultaneously on all the major US networks on the night of Biden's inauguration, the American media reported. The 90-minute show entitled 'Celebrating America' will feature musical performances from Jon Bon Jovi, Justin Timberlake and Demi Lovato. The broadcast, organised by the Presidential Inaugural Committee, will replace the usual festivities at the swearing-in ceremony, cancelled this year because of the coronavirus pandemic. It will also pay tribute to the 'American heroes', including workers on the frontlines in the fight against Covid-19.

Lady Gaga and Jennifer Lopez will also take the stage. Lady Gaga will sing the national anthem, while Lopez will give a musical performance

**FACTOID**

**4,500 YRS**

The age of a cave painting discovered by archaeologists in Indonesia. Believed to be the world's oldest-known cave art, this life-sized picture of a wild pig, uncovered in South Sulawesi, consists of a figurative depiction of a warty pig, a wild boar that is endemic to this Indonesian island. According to archaeologists, these pigs were the most commonly portrayed animal in the ice age rock art of the island, suggesting that they have long been valued both as food, and a focus of creative thinking and artistic expression

**From Signal to Telegram, five alternatives to WhatsApp**

**TELEGRAM**

Encrypted messaging app Telegram has seen a huge surge on the heels of the WhatsApp service terms announcement, said its Russia-born founder Pavel Durov. Interestingly, Telegram's refusal to cooperate with the authorities over the handover encryption keys, has resulted in its ban in several countries, including Russia. Last year, Russia announced that it will lift its ban on the messenger app, after more than two years of unsuccessful attempts to block it.



**SIGNAL**

Signal, a cross-platform end-to-end encrypted messaging service that allows users to have one-on-one conversations and group chats, saw a meteoric rise as a direct consequence of privacy debate around its larger rival WhatsApp. Its co-founder Brian Acton said, the messaging platform is hoping to capitalise on the opportunities with its "simple and straightforward" terms of service and privacy policy.



With social-messaging app, WhatsApp, postponing its new privacy policy to May 15 from February 8, after a backlash from its users, who switched to rival messaging platforms, here's a look at other messaging apps that are making headlines...



**VIBER**

Apart from protecting the communication of its users, with end-to-end encryption as a default mode, Viber also ensures that the shared messages are stored on Viber's servers, once delivered. Messages sent by the users make their way from their device to the recipient as an encrypted code, according to Viber.



**WIRE**

All communication through Wire is secured with end-to-end encryption - messages, conference calls, files, etc. The company's source code is available on GitHub for everyone to verify, modify and improve. The company does not sell analytics or usage data to anyone.

**KIK**

Kik was founded in 2009 by a group of students from the University of Waterloo. Kik uses your device to store your data. However, this data storage feature has been an advantage as well as a disadvantage, as the data can't be retrieved, in case you lose or switch your device.

# Build on Your Gratitude Habit

This year, let's identify a popular quarantine habit and offer a new strategy for turning it into a healthy lifelong one. Why not start with making gratitude a habit?

Quarantine clapping became a nightly ritual in many parts around the world as a collective thanks to health care workers. It was both a show of community and a show of gratitude. The experience was what sociologists call "collective effervescence," which happens when people simultaneously come together and take part in a group ritual.

A way to develop more gratitude would be small steps – an extra email or note of appreciation to a teacher will show you how rewarding it is to brighten someone's day with appreciation



## Why it matters

Studies show that people who have a daily gratitude practice, in which they consciously count their blessings, tend to be happier, have lower stress levels, sleep better and are less likely to experience depression. In one study, researchers recruited 300 adults, most of them college students seeking mental health counseling. All the volunteers received counseling, but one group added a writing exercise focused on bad experiences, while another group wrote a

letter of gratitude to another person each week for three weeks. A month later, those who wrote gratitude letters reported significantly better mental health. And the effect appears to last. Three months later, the researchers scanned the brains of students while they completed a different gratitude exercise. The students who had written gratitude letters showed greater activation in the medial prefrontal cortex, believed to be related to both reward and higher-level cognition.

## Gratitude Challenge

This week, try one or more of these simple gratitude exercises.

## Start small

Send an appreciative email or text, thank a service worker or tell your friend how they have made your life better. "A great way to develop more gratitude would be small steps — an extra email or note of appreciation to a teacher will show you how rewarding it is to brighten someone's day with appreciation," Brown said.

reads: 1. Someone 2. Something 3. Yourself

It's a daily reminder to express gratitude not only for the people, events and gifts in your life but also for your own accomplishments. You might feel gratitude for completing a workout, for a healthy body or for taking on a new challenge. Gratitude is really good when what you need is a belief in your ability to create a more positive future.

of gratitude on social media or in a group chat. Or think of someone in your life and write that person a letter of gratitude. (You don't have to mail it.)

**Fill your letter with details describing how this person influenced your life and the things you appreciate about him or her. Or keep a daily gratitude journal.**

"I think the full potential of gratitude is realised when people are able to express gratitude in words," said Y Joel Wong, chairman of the department of counselling and educational psychology at Indiana University.

## Create a gratitude reminder

Keep a sticky note on your desk that

## Express your gratitude in writing

You can send emails or post feelings

## 5 ways to protect eyes while wearing masks

Wearing a face mask has become the new normal. But face masks come with some not-so-great side effects like maskne, dental issues, and breathlessness. Now, there's a new addition to this list: mask-associated eye irritation. If you have noticed a burning sensation in your eyes after wearing a mask for a long time you are not alone. People are coming to ophthalmologists with this new problem of eye irritation and dryness. Know more about it and how to manage it better.

### What leads to dry eyes?

The eye problem is caused by wearing the mask incorrectly. When your mask is ill-fitted or your nose is exposed, the warm exhaled air goes through the top of the mask and dries the eyes. This can easily dry your natural tears, cause eye inflammation, and increase oxidative stress. However, eye irritation can also be due to pandemic-related stress and anxiety. Check these tips to keep your eyes in good condition.

### Wear the mask properly

The hot air exhaled from your nose can easily bother your eyes, leading to dryness and irritation. The first thing you should do is to fix your mask properly. Masks are only effective when they are worn properly. If you leave the space or cover only the mouth, then it would not only increase the risk of infection, but can also be problematic for your eyes. Make sure your nose and mouth are properly covered. Look for any

space left uncovered with your mask and adjust it well.

### Buy mask of breathable material

There are different types of masks available in the market. Always buy the one made of breathable material and it should fit you perfectly. If your mask is too big and touches your eyes, then cornea scratches and irritation are normal. If the material is stiff, wash it a few times to soften it.

### Do not ignore discomfort

If you experience any kind of irritation or discomfort, don't ignore it. In the case of styes, dry eyes or irritation, use some over-the-counter lubricating drops. Take regular breaks from digital screens to prevent this. If the problem continues meet your doctor.

### Do not touch your eyes

While adjusting your mask do not touch your eyes. The warm air exhaled from the nose might make you feel uncomfortable, but don't touch your face or eyes. Our hand contains different kinds of bacteria, which may be transferred to the eyes, causing irritation and dryness.

### Apply warm compress

You can also use a warm compress to soothe your eye irritation. Dampen a clean cloth or flannel with warm water and place it on your closed eyelids for a few minutes. The warmth of the eyelids can help stimulate your tear glands in the eyelids to produce more liquid.



## Why you should practice Pranayama every day

Pranayama, a Sanskrit word which means 'mastery of life force', is a practice that gives energy to every cell of our body

The practice of Pranayama may seem simple, but includes regular training. According to yogic science, the aim of Pranayama is to participate all that guides life force. Pranayama typically includes the practice of correct breathing. Since Pranayama requires you to breathe right, it involves all body parts. This means that fresh oxygen reaches every organ of your body.

1 Pranayama is known to purify as many as 80,000 nerves in the body. Since it balances out the energy flow of the body, Pranayama is known to affect our overall well-being. There are many health as well medical practitioners that recommend the practice of Pranayama daily. It is said that this

consistent practice helps one achieve a steady mind and a disease-free body.

2 Many have dismissed yoga for 'just another meditation practice'; however, Pranayama is a practice that can help you achieve physical fitness. Since, oxygen is reaching all your organs, Pranayama balances digestive system and gives a natural glow to your skin and increase your vitality.

3 Pranayama also builds mental health when it comes to concentration, memory and stress reduction. Our mind is a powerful tool that can guide what our entire day will look

like. Pranayama helps bring serenity to our mental nerves as it increases oxygen supply in the body. This means that blood circulation increases and helps the mind to relieve stress.

4 According to yogic philosophy, "our longevity depends on our breathing rate." Many studies have proven that Pranayama can increase life span of a person. This is because it helps a person to breathe systematically.

5 Pranayama is great for those who want to lose weight. This is because it helps you in taking control of your body. When we start practicing Pranayama our craving for many foods decreases as it starts eliminating the imbalances in our body. When our body is in a tired state, we tend to eat unhealthy foods. Practicing Pranayama increases our awareness towards the food that we consume.

## QUIZ TIME (MIXED BAG)

Q.1) Which of these won the Filmfare award for best film in 2019?

- A. Raazi B. Sanju  
C. Andhadhun  
D. Padmavat

Q.2) Which country hosted the 2018 Winter Olympics?

- A. Russia  
B. The US  
C. South Korea  
D. Australia

Q.3) What is the name of Sherlock Holmes' housekeeper?

- A. John Watson  
B. Martha Hudson  
C. Molly Hopper  
D. Mary Watson

Q.4) How many US presidents have taken charge till now?

- A. 42 B. 41 C. 43 D. 44

Q.5) Which country presented the Statue of Liberty to the US?

- A. Russia B. France  
C. South Africa D. Japan



## ANSWERS

1. (A) Raazi 2. (C) South Korea 3. (B) Martha Hudson 4. (D) 44 5. (B) France

## KNOWLEDGE BANK (AQUATIC LIFE)



**DUMBO OCTOPUS:** Grimpoteuthis is a genus of pelagic umbrella octopuses known as the dumbo octopuses. The name "dumbo" originates from their resemblance to the title character of Disney's 1941 film 'Dumbo', having a prominent ear-like fin which extends from the mantle above each eye. There are 13 species recognised in the genus. Their prey include crustaceans, bivalves, worms and copepods. The average life span of various Grimpoteuthis species is 3 to 5 years.

## IDENTIFY THE PERSONALITY

Born on January 15, 1929, he is known for his speech like "I have a dream". His non-violent activism was inspired by Mahatma Gandhi

Answer: Martin Luther King Jr



THE EDUCATIONIST

# MENTAL HEALTH IN TODDLERS ...MATTERS!

The current pandemic has taught us, adults, to enhance various skills and hobbies. We have learned and adapted to various coping mechanisms to help us deal with these difficult times. When it is challenging for adults, how do children cope? The little ones start to show signs and symptoms, which the majority of the parents often miss out on. Giving an example of a toddler who was facing difficulties and how changing the approach leads to better mental



health of the child. A child 5 years old, often showed restlessness in virtual classes, was always unwilling to perform despite appreciation. The parents shared that she always looked for excuses while performing academics and in the house always seeking the attention of her parents in inappropriate ways. On getting an in-depth idea of how the girl spent her time during the day and the parenting strategies in counselling sessions, it was found that she was often ignored since the parents were busy in their routine and work from home schedule. The girl had a lot of spare time, the activities she performed were not challenging for her. On guiding the parents to take care of the child, changing their approach, accept the child as an individual, and acknowledge her emotional needs. This shift in the parent's approach brought a lot of changes in the child. She even started to express herself appropriately.

The first 5 to 6 years of development in children are very crucial. They grow and develop in various stages including emotional development. Early experiences shape and lay the foundations of mental health. Disruptions to this developmental process can impair a child's capacities for learning and relating to others - with lifelong implications. By improving children's environments of relationships and experiences early in life, we build a foundation for strong and sound mental health. **SHREELAL JIVRAJANI, Counselor, Bodakdev School for Children**



LOCKDOWN DIARY

# LIFE SKILL - MANAGE ENERGY

It's easy to calculate how long you work on average each day, but can you calculate or know how much energy you have to use each day? "The number of hours in a day is fixed & constant, but the quantity and quality of energy available to us is not, so to improve and boost your productivity we need to manage our energy."



TIPS TO MANAGE YOUR ENERGY:

**1 ENERGY AWARENESS:** Our energy levels go up and down throughout the day (in approximately 90-minute cycles called ultradian rhythms). Sleep, food, ME-time, who we spend time with, our thinking/ emotions/ purpose are few factors that affect our energy. The trick is to be more aware of our "Peak Energy Period" to get our most important work done.

**2 "WHY" IN OUR LIFE:** Without understanding our purpose

of work or focusing on what motivates us, we are wasting both our time and energy. Remember the purpose of work is the core of our personal energy. The moment we get a clear picture of "WHY" in our life and work, we feel a boost of energy which will help to sustain momentum as we continue the long journey toward life purpose.

**3 DEVELOP HABIT:** Save energy: Habits are the foundation of our lifestyle design. Habits development can take a lot of energy as we need focused thoughts. Once our habits are developed it can save a lot of energy and time. For instance, approximately 40% of the actions we take every day are habits and it requires no thought, so you save energy. For Instance, Why make a i n g

time-table or to-do lists are so exhausting? Because each task in that list requires thinking and decision that means more energy. Developing habits thus will save your energy by turning common work into habits.

**4 AVOID DECISION FATIGUE:** Decision making can take and eat a lot of our time and energy as our brain has to constantly need to focus on making a new choice. So, the more decisions we have to make in a day, the more decision fatigue we experience and ultimately sapping our energy.

The trick is to reduce the number of decisions through elimination, automation and delegation so you use only limited energy on decisions that are important.

**5 STOP MULTITASKING- START MONOTASK:** Multitasking can lead to mistakes, reduced quality, and more time to fix the mistakes we made, wasting more energy. On the other hand, Monotasking reduces the number of times our brain needs to switch between reducing the amount of energy required to get more work done.

**SMITA GHOSH, Counsellor, Anand Niketan School**



# Creativity shines through BEAUTIFUL MASKS

Mask making is one of the most enjoyable crafts that children can be engaged in. This activity was organized in Ananda Global School to explore and encourage creativity in children and offer them a platform to show their skill in mask making. It inspired children to think and work creatively and promoted artistic excellence. Children participated in the competition. Children came up with



amazing artwork in mask making. They used a variety of paper and plastic plate masks, headbands, eye masks...

Each of these masks prepared by the children was a treat to our eyes. This fun-filled activity witnessed the enthusiastic participation of all the students..

# Maths day celebrated

India has a rich legacy of Mathematics. Amongst them was a brilliant Mathematician, Srinivasan Ramanujan. Our former PM Manmohan Singh declared December 22 as National Mathematics Day to commemorate Srinivasan Ramanujan's birth anniversary. Teachers informed the students online about Srinivasan Ramanujan's findings in Mathematics. Students made craft articles associated with Maths, like a kite, coned shaped tree, origami table, etc to denote the various angles and shapes. They also shared maths puzzles. All these activities and craft



articles portrayed students understanding of various Maths concepts and also showed student's enthusiasm. The students also understood better, how Maths is closely linked with our lives.

# Express YOURSELF

## LIFE IS SLOW, BUT IT'S OK!



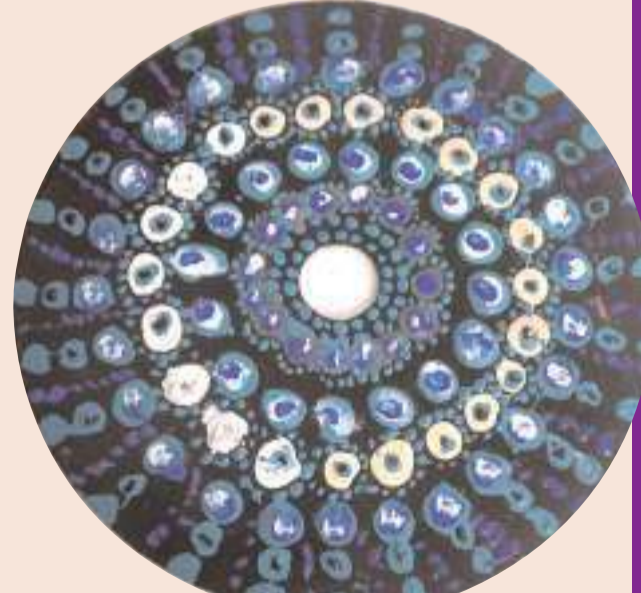
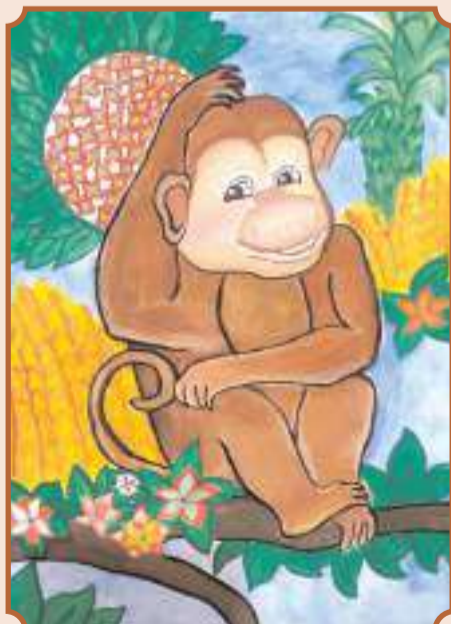
Life has been good,  
But not that good that  
I can't say it's not been bad.  
I got excited too much for my future  
But now that it's on hold,  
I don't want to grow up.  
I've been having these déjà vu feeling  
About the places I wanna go to  
However, that's just sad  
Cause now I'm trapped inside 4 walls  
There's no way out  
What am I supposed to do now?  
Sitting and waiting for the time to come  
All the nostalgia building up inside me  
I grow impatient day by day.  
This year felt like forever,  
I'll be happy to forget it.  
Glad to know,  
That I wasn't the only one  
And I've got your back too.  
Happy ending or not,  
Life will go on.  
And this year would be unforgettable  
Without it how could I have learned to grow  
And thrive in different situations?  
Whatever happens now,  
I'll be ready.  
Life is slow but it's ok!  
At least I'm here with the people,  
I love and we are all healthy!

**AYUSHI AKHANI, class VII, St Kabir School, Naranpura**



**Kaavya Patel, Class VI, Cygnus World School, Vadodara**

**Aadarsh Raj, Class IV, Podar World School Sherkhi**



**Amber Kanodia, Class VI, Essar International School, Surat**

**Ananya Pisharody, Class VI, Siddharth's Mracles School**



**Pavit Bhambhani, Class I, Udgam School**

## POST COVID IMPACTS

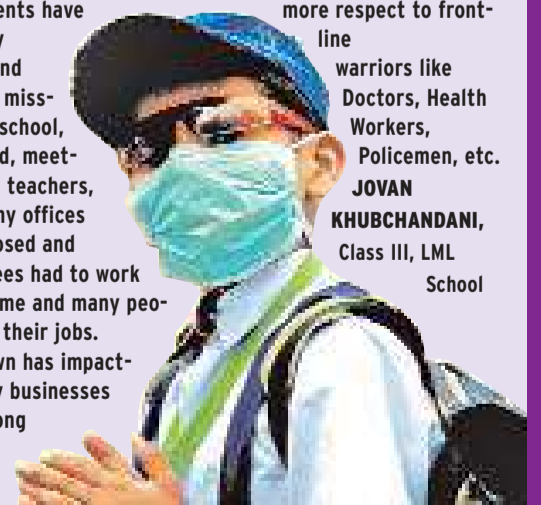
As we all are aware that COVID-19 Virus has impacted a lot in everyone's lifestyle all over the globe. It has caused both positive and negative impacts. The World Economy is affected whereas on the other side the Health & Technology got its importance.

If we talk about negative impacts, we are not allowed to go walking, running, cycling, playing with friends and became a little lazy. We as students have to study online and terribly missing our school, fun, food, meeting with teachers, etc. Many offices were closed and employees had to work from home and many people lost their jobs. Lockdown has impacted many businesses and among which the

hospitality and tourism industries are affected the most.

If we talk about positive impacts, nature became clean and pollution was reduced. The water of rivers became clean and potable. We have spent quality time with family. We learned to adopt new technologies and virtual learnings. People have started believing in the importance of Ayurveda, Yoga & Pranayama. Civilian people have started giving more respect to front-line

warriors like Doctors, Health Workers, Policemen, etc. **JOVAN KHUBCHANDANI, Class III, LML School**



Picture used for representational purpose

# THE SAVIOURS

Test rookies Shardul Thakur and Washington Sundar combined for a rearguard century stand to drag India back into the contest in the deciding fourth test against Australia being played at the Gabba, Brisbane

## RECORDS SHATTERED AT THE GABBA

■ Washington Sundar on Sunday registered the highest individual score for a debutant batting at number seven in Australia. Sundar went on to play a knock of 62 runs in his debut Test and with the help of this innings, India came storming back into the ongoing fourth Test against Australia. Overall, Sundar has registered the third-highest score for an Indian debutant batting at number seven. Sundar and Shardul Thakur registered their half-centuries on day three against Australia. Both batsmen also registered the highest seventh-wicket partnership for India at the Gabba.

■ Shardul and Sundar built a 123-run stand and finally, the partnership was broken by Pat Cummins as he dismissed Shardul (67). The duo broke the record of Kapil Dev and Manoj Prabhakar. Dev and Prabhakar had stitched together a partnership of 58 runs in 1991, and 20-years later, finally the record has been broken. Shardul and Sundar joined forces at the crease when India was in a spot of bother at 186/6 and the visitors were looking to avoid being bundled out in a hurry.

■ The duo mixed caution with aggression and both batsmen were up to the task of capitalising on the loose balls. Sundar and Shardul also faced seven overs with the second new ball, and both batsmen remained unfazed. India was finally bundled out for 336, handing Australia a lead of 33 runs. Openers David Warner and Marcus Harris remained unbeaten on 20 and 1 respectively, helping Australia swell their lead to 54.

## TOP ORDER GOT OUT PLAYING RASH SHOTS

■ India's top-order batsmen all squandered chances to score heavily, with all but Shubman Gill getting starts but all except Cheteshwar Pujara falling to rash shots. The visitors began the extended morning session on 62 for two, with Pujara and Ajinkya Rahane at the crease. Both men looked to keep the scoreboard ticking over, in contrast to Saturday afternoon, where they were more intent on survival.

■ They saw off Starc and Cummins but Hazlewood was introduced into the attack and produced a brilliant over which led to Pujara's downfall. Hazlewood got a ball to angle in, then straightened slightly to catch the outside edge of Pujara's bat and Australia's captain and wicketkeeper Tim Paine took a routine catch.

■ Rahane and Mayank Agarwal steadied the ship but with the lunch break in sight, Rahane couldn't resist playing at a wide ball from left-arm paceman Starc angling across his body and edged a comfortable catch to Matthew Wade at fourth slip. The Indian captain, on 37, threw his head back in disgust in the manner of his dismissal before trudging off. The Indians began the second session at 161 for four with the dangerous Agarwal and Rishabh Pant at the crease.

■ However, like Rahane, both Agarwal and Pant fell to injudicious shots. Agarwal slashed at a wide delivery from Cummins' second ball after the resumption to fall for 38, caught at second slip by Steve Smith. Then to compound India's problems, Pant did the same to Hazlewood, only to be caught in the gully by Green for 23. At that stage Australia were in command of the Test but Sundar, playing his first Test, and Thakur, in his second, had other ideas and defied the bowling attack.

Washington scored his maiden fifty while finding the fence seven times and clearing it once

Shardul opened his account with a hooked six off the world's number one bowler, Pat Cummins



Photo: AFP

## SURE I WILL GET A BIG SCORE: SUNDAR TO HIS DAD BEFORE GABBA INNINGS

While fans and former cricketers are pleasantly surprised at India's tail wagging with No. 7 and 8 scoring half-centuries, Washington Sundar's father is upset at his son for not getting a Test century. "I am disappointed he did not get a 100. When Siraj came, he should have hit fours and sixes. He is capable of that. He should have gone for sixes. He could have gone for pulls and big hits. Perhaps, he thought of trying to come close to Australia's total as the lead was very less," father M Sundar told IANS from Chennai. "I speak to him in Australia every day. I told him last evening whenever you get a chance, get a big score. He said, 'sure I will'." IANS



## WE HAVE TO STAND UP AND APPRECIATE ONE OF THE MOST RESILIENT FIGHTBACKS!

Outstanding application and belief by Washington Sundar and Shardul Thakur. This is what test cricket is all about. Washy top composure on debut and tula parat maanla re Thakur! (hats off to you again)  
**Virat Kohli**

Adelaide 2003: India conceded a lead of 33. Today in Brisbane India concede 33, when at one

stage it looked like they may end up conceding 133. Great effort considering that Australia's 4 bowlers had more than 1000 Test wickets to India's 5 bowlers having 11. Shandar Zabardast. **Virender Sehwag**

Congrats Washington Sundar and Shardul Thakur on your maiden Test '50s. Loved the fight, technique and will power you both exhibited. Also, a good example

for young bowlers to work on their batting as you never know when your contribution with the bat will help the team. **VVS Laxman**

From net bowlers who arrived for practice to the highest scorers in the innings. We have to stand up and appreciate one of the most resilient fightbacks!  
**Dinesh Karthik**

Full credit to India ... The char-

acter they have had to show on this tour has been remarkable ... also the resilience with so many injuries ... a team is only as good as its bench many say ... Well India have a very strong bench of players now. **Michael Vaughan**

Was the Shardul-washi partnership the Most defining partnership of the series or was it the

Ashwin-vihari one??  
**Murali Kartik**

I don't know if our team will win the border gavaskar trophy but they are definitely have won our hearts !! The grit, courage, determination and skill shown by them is exemplary !! Can't stop smiling at the moment.  
**Rohan Gavaskar**

Magnificent Knocks, top order batters would be proud of.  
**Deep Dasgupta**

## I'M NO DUD WITH THE BAT: THAKUR

I do believe I have some batting talent. I do work on my batting in the nets. We wait for these moments, these opportunities, to contribute with the bat.

When we were new, we were trying to defend a lot. As our partnership grew, we started playing shots. We knew that there is some true bounce here at the Gabba. If bowler errs on his line and length, we can put those loose deliveries away. We waited for our chance. Whenever there was a loose delivery we tried to put it away for four or take twos and threes hitting in outfield.

## QUIZ TIME!

**Q1:** The most consecutive UEFA Champions League football seasons a player has scored in is 16, achieved by Lionel Messi and \_\_\_\_\_?

- a) Kylian Mbappé  b) Karim Benzema   
c) Cristiano Ronaldo  d) Zlatan Ibrahimovic

**Q2:** Which player won the 2017-18 NBA Twyman-Stokes Teammate Award?

- a) Dirk Nowitzki  b) Mike Conley   
c) Shane Battier  d) Jamal Crawford

**Q3:** Which tennis player was the first in history to win

at least three consecutive Slams in a year on three separate occasions?

- a) Novak Djokovic  b) Rafael Nadal   
c) Roger Federer  d) Andy Murray

**Q4:** Name the basketball player who won the 2014-15 NBA Most Improved Player Award

- a) Jimmy Butler  b) Goran Dragic   
c) Paul George  d) Ryan Anderson

**Q5:** The fastest hat-trick in a Bundesliga match came within 4 minutes. Which of these footballers achieved it?

- a) Kylian Mbappé  b) Karim Benzema   
c) Robert Lewandowski  d) Zlatan Ibrahimovic

**Q6:** At which Olympic Games did tennis player Andy Murray win his first Olympic singles gold medal?

- a) 2004 Athens Games  b) 2008 Beijing Games   
c) 2016 Rio Games  d) 2012 London Games

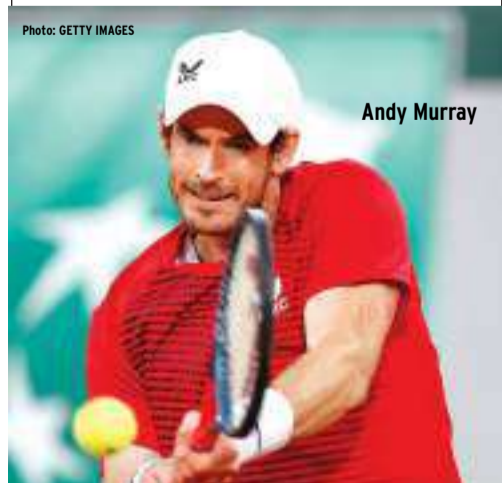


Photo: GETTY IMAGES

**Q7:** The most men's singles titles won by a badminton player in a season are 11, achieved by which of the following players?

- a) Lin Dan  b) Kento Momota   
c) Viktor Axelsen  d) Chen Long

**Q8:** Which football team has the most UEFA Champions League victories to its credit?

- a) Arsenal  b) Liverpool   
c) Real Madrid  d) Barcelona

**Q9:** Murray became the first tennis player in Olympic history to win two singles gold medals. Whom did he defeat in the final?

- a) Novak Djokovic  b) Rafael Nadal   
c) Roger Federer  d) Juan Martin del Potro

**Q10:** The fastest goal scored in a Serie A football match came in 6.76 seconds. Which player scored the goal?

- a) Alexis Saelemaekers  b) Ismael Bennacer   
c) Riyad Mahrez  d) Rafael Leão

**Q11:** Which basketball player won 2014-15 NBA Rookie of the Year Award?

- a) Ben Simmons  b) Damian Lillard   
c) Andrew Wiggins  d) Michael Carter-Williams

**ANSWERS:** 1 b) Karim Benzema

- 2 d) Jamal Crawford 3 a) Novak Djokovic  
4 a) Jimmy Butler 5 c) Robert Lewandowski  
6 d) 2012 London Games 7 b) Kento Momota  
8 c) Real Madrid 9 d) Juan Martin del Potro  
10 d) Rafael Leão 11 c) Andrew Wiggins



# THE TIMES OF INDIA



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**TODAY'S EDITION**

> The most likely places for an alien life in our solar system and more interesting facts  
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> Why the world loves John Green?  
> Five best-selling pop music artists of all time  
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> How can India achieve football glory? Various experts weigh in  
**PAGE 4**



**STUDENT EDITION**

SATURDAY, JANUARY 16, 2021



**FASHION ICONS**



Pics: Istock

## The life of PIERRE CARDIN

December 2020 saw the passing away of legendary fashion designer Pierre Cardin – known for his futuristic and disruptive designs. Here's what made him iconic

### THE CARDIN LOOK

The distinct Cardin look is based on geometry – it's sculptural and sometimes kinetic. It also tends to the clean and minimal. He made the bubble skirt. Some of his work is considered too far-out. In 1964 he told 'Vogue', "every dress is an adventure in ideas."

### THE BEGINNING

After apprenticing himself to a tailor at 17, he worked at the houses of Paquin and created costumes for the film 'Beauty and the Beast'. He worked with Schiaparelli before signing on with Christian Dior, where he rose to prominence.

### HE PIONEERED MENSWEAR

He set his first shop in 1957 and favoured freedom for women and men. His relaxed fits for men struck a chord and

**HOW TO PRONOUNCE**  
Pierre Cardin is French so obviously it's not pronounced the way it's written! Pee-er Car-dohn is how it would sound

his menswear business in 1966 had a turnover of \$26 million, six times more than his womenswear.

### ALWAYS FUTURISTIC

In 1967 he launched "robes électroniques," which were decorated by light-up LED embroideries. The catwalk they were presented on were darkened to heighten their effect. He invented Cardine – a revolutionary fabric that could be heat-treated to hold embossed designs. Cardin used it to make an "egg carton" dress in 1968.

### DÉCOR



## Affordable ways to give your wall a makeover

### Use Calendars

Get a good wall calendar, now you can also make your own digitally. You can repurpose old calendars by using their pictures as a wall art. Get frames, cut the pics and hang them up. Or make collages.

### Try macramé

Use jute or a thicker rope to create wall hangings. There are many online tutorials available on how to fashion your wall hangings. Using jute ropes gives a rustic feel to the craft.

### Use magazines

Just like old calendars, you can use pictures from old magazines and newspapers to create multiple stunning pho-

tos and illustrations. It's like a collage you can stick together following themes like holiday destinations, food or artists.

**Old photos**  
Old photographs look extremely fetching on the walls. And you don't even need frames. Use a sturdy thread to create a pattern by tying it to nails and then put photos with wooden clips. Add fairy lights to create a mood light.

**Fabric**  
Use old pieces of fabrics as wall décor. The best bit: if you get bored with one style, simply swap your fabric for a fresh look and even decorate it with other DIY artworks.

# 10 EASY PRODUCTIVITY HACKS

It's said, "either you run the day or the day runs with you". In short, you need some tips to plan your day in a way that work gets done. Here are some tips

just work on one thing.

5-minute break for the next sprint. After every four 25-minute cycle, take a longer break. Because of its gamification effect, this technique really works like magic.

## 5 USE THE POMODORO TECHNIQUE

**SIMPLY: Split your tasks into 20-25 minutes chunks**  
The Pomodoro Technique is the most popular productivity strategy. It's great for building focus. The idea is to split your tasks into chunks of 20 or 25 minutes. So you create chunks that can be handled within the time. Bigger tasks can be broken into smaller bits. Set your timer and get to work. When time is up, take a

## 6 BATCH YOUR TASKS IN GROUPS

**SIMPLY: Group similar, smaller jobs**  
Batching helps to use a time slot to do similar little jobs like personal finance stuff or replying to messages. The idea is to do away with smaller, similar tasks in one go.

## 7 IDENTIFY YOUR BEST TIME FOR WORK

**SIMPLY: Schedule most work for when you are the most active**  
While everyone talks about being an early bird, some of us are night owls, some work better after a workout or prefer to work after a hearty breakfast. Use your personal peak time to maximise your efficiency.

## 8 IDENTIFY YOUR TIME WASTERS

**SIMPLY: Find your weak spots**  
Use a mobile time tracker to know how you are managing your time. It will help you identify how much time you spend on which apps. Identify the ones that are eating into your time and work on wearing off or minimising your time.

## 9 USE YOUR "LOST" TIME TOO

**SIMPLY: Fill in all your time with something productive**  
Right from your commute to the time you are waiting in a line or at the doctor's waiting room, fill in the "lost" time with activities that help you productively. It can be listening to a podcast, replying to messages, reading articles or making online payments – your lost time can be used better.

To be more productive, take care of your body and your mind. Good sleep, right food, exercise, meditation all help you work better

## 10 GET A MORNING ROUTINE

**SIMPLY: Well begun is half done**  
A powerful morning ritual can set the mood for the whole day. Research has proven that a morning ritual can significantly increase your focus, clarity, productivity and motivation. Figure out what works – some people like workouts, others prefer journaling, eating right or setting their daily agenda in the morning hours.

SOURCE: VARIOUS WEBSITES

## 1 FOLLOW THE PARETO PRINCIPLE

**SIMPLY: Focus on 20% of your tasks**  
The Pareto Principle or 80/20-rule says that 80% of outputs come from only 20% of the inputs, 80% of your results come from only 20% of your effort and time. You can use the principle to answer the two main questions: Which 20% of your current efforts are resulting in 80% of your desired outcomes and happiness? And Which 20% of your current efforts are causing 80% of your problems and unhappiness?

This helps you prioritise your to-do list effectively

## 3 MORNINGS ARE THE BEST

**SIMPLY: The most important task should be done first**  
For most people, the most important task is the one that they dread the most too. We tend to fill our day with other tasks and want to tackle it when we are free from everything else. But that rarely happens. The one task you dread the most should be the first to be struck off.

## 4 FOCUS ON ONE THING

**SIMPLY: Stop multi-tasking, if you haven't already**  
In the constant information world, focus is the new currency. It requires a proper retraining your brain to stay on one task. For full focus, keep your phone away, shut all browser tabs and



## Successful people ON READING

### 1. Warren Buffet

In an interview, Buffet was asked about keys to success, and he said "Read 500 pages every day. That's how knowledge works. It builds up, like compound interest. All of you can do it, but I guarantee not many of you will do it." He allots 80% of his day to reading.

**DID you know?**  
■ Warren Buffet reads 500 pages a day  
■ Bill Gates reads 50 books a year

### 2. Mark Cuban

Entrepreneur Mark Cuban reads about 3 hours a day because it gives him a level of comfort. On reading he shares that growing up, he'd read anything he could get his hands on. In an interview on Inc he said: "I feel like if I put in enough time consuming all the information available, particularly with the net making it so readily available, I can get an advantage in any technology business."

### 3. Bill Gates

Gates is a voracious reader. In an interview to CNBC.com he said: "Every book teaches me something new or helps me see things differently. I was lucky to have parents who encouraged me to read. Reading fuels a sense of curiosity about the world, which I think helped drive me forward in my career and in the work that I do now with my foundation." He also remembers everything he reads and finishes each book that he has started.

### 4. Elon Musk

In a 2017 interview to 'Rolling Stone' Tesla CEO Musk said that he was "raised by books. Books and then my parents." He said that books gave him the inspiration to his career. "The lesson I drew from the works of Isaac Asimov, science fiction writer, is you should try to take the set of actions that are likely to prolong civilisation, minimise the probability of a dark age and reduce the length of a dark age if there is one." He apparently taught himself to build rockets by reading.



### HOW TO READ MORE

- Get a library membership and make sure you go
- Set a timer. Read for 30 minutes by the clock to begin with
- Get e-readers, audio books or podcasts – get books into your life
- Read before bed – it helps you to absorb more information and also sleep better
- Read at least three chapters before you decide to leave the book for the next good thing

## Around the World IN 8 EDIBLE FLOWERS

Supriya.Sharma2@timesgroup.com

**1 Hibiscus:** A tea made from hibiscus is popular in various countries including Egypt and Brazil, while in Mexico dried hibiscus flowers are easily found in shops and markets. They are also common in the UK as syrup.

**2 Balloon Flower:** The root of the Balloon Flower, Platycodon grandiflorus, is very popular in Korea where it is cut into strips, seasoned with chillis, vinegar, sesame oil and soy sauce and eaten as a salad.

**3 Borage or Starflower:** The flower's origins lie in Syria where it is prized for its sweet, honey-like taste. The flowers are very tasty and can be tossed into salads or can be tumbled to make a "candy." Its oil helps regulate metabolism and lower blood pressure.

**4 Honeysuckle:** A favourite treat of hummingbirds with a sweet scent and flavoured nectar which can be used in desserts and teas. It is commonly found in China and the Northern hemisphere.

**5 Black locust:** Italians are known to harvest the delicate clusters of black locust, or acacia honey blossoms in the spring in order to coat them in a pasta and deep-fry them. Sprinkled with sugar, these frittered petals, taste like little kernels of lavender. They also fry fiori di zucca, or zucchini blossoms.

**6 Violet:** The French are also known for their violet syrup, most commonly made from an extract of violets. The flowers can be eaten in salads; crystallised as candies; made into a delicate jelly and boiled, pressed, pounded, and mixed with milk, rice flour and sugar into porridge.

**7 Nasturtium:** Native to South and Central America, nasturtiums shake your senses with their peppery punch unlike most other edible flowers that have a subtle flavour. Even its young leaves are edible as well. Furthermore, when mixed with chives, both the leaves and blossoms blend beautifully into omelets or potato salad.

**8 Banana flowers:** Known as kele ke phool in India, these are purple blossoms that are eaten raw in South Indian usli (a chana dal and grated coconut vegetable), adai, and sometimes stuffed like koftas. Common in South-East Asian cuisine, banana blossoms are tear-shaped maroon or purplish flowers.



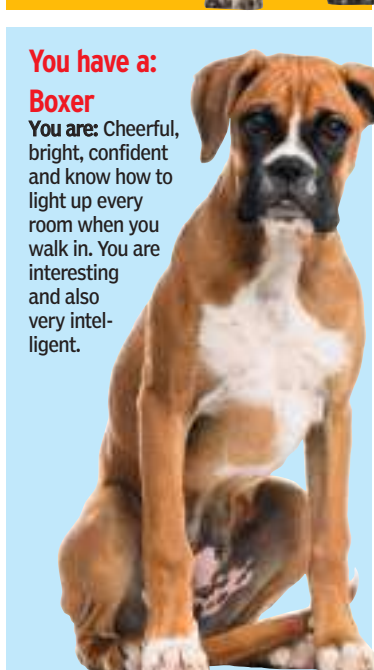
**You have a: German Shepherd**  
**You are:** Strong and dependable, tenacious and focused. Fiercely loyal, you are interesting and someone who can take charge.



**You have a: Pomeranian**  
**You are:** The life of the party, an extrovert and extremely social. You know how to work your charm and someone has to really upset you big time for you to stop liking them.

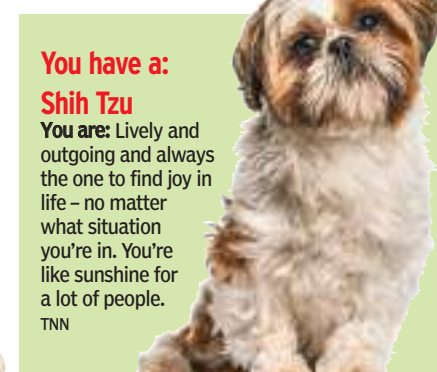


**You have a: Labrador**  
**You are:** Lovable and even-tempered, you are kind hearted. You're loyal to the ones you love.



**You have a: Boxer**  
**You are:** Cheerful, bright, confident and know how to light up every room when you walk in. You are interesting and also very intelligent.

## WHAT YOUR DOG'S BREED SAYS ABOUT YOU?



**You have a: Shih Tzu**  
**You are:** Lively and outgoing and always the one to find joy in life – no matter what situation you're in. You're like sunshine for a lot of people. TNN



**You have a: Pug**  
**You are:** Stubborn and someone who can't be budged when you have made up your mind. But you're also charming and clever.



HEY FOLKS! I AM **EXPLORIA**. DO YOU KNOW WHAT IS IT LIKE IN THE EYE OF A TORNADO? KEEP READING...

## WHICH ARE THE MOST LIKELY PLACES FOR ALIEN LIFE IN OUR SOLAR SYSTEM?

We continue to scan the length and breadth of the universe for signs of life, glossing over the fact that in our own solar system there are places offering conducive conditions for microscopic life-forms to thrive. And the best part is that we could visit them during our lifetime. Here's our rundown of the best bets...



ILLUSTRATION: ARYA PRAHARAJ

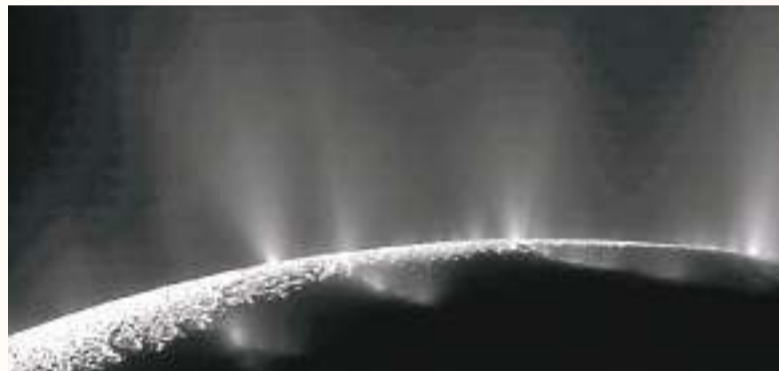
### 1 EUROPA



Jupiter's fourth-largest moon is widely considered by scientists as the most ideal place in our solar system to harbour life. Why? Scientists believe there may be life on Europa due to the possibility that there is liquid water and volcanic activity below the surface of the moon. Europa could contain more water than all of the Earth's oceans combined, and where there is water, there could be life. The amount of oxygen contained in the underground ocean would be enough to support more than just microscopic life-forms. At least

three million tonnes of fish-like creatures could theoretically live and breathe on Europa, said Richard Greenberg of the University of Arizona in Tucson in an interview. In fact, researchers recently found in some spots, enormous jets of water are actually being spewed out through small holes on Europa's icy surface. NASA scientists have been working on proposals for a Europa mission for 15 years; there are tentative plans to send a spacecraft on a flyby near the moon in the 2020s, zipping past its intense radiation field.

### 3 ENCELADUS



Enceladus, Saturn's sixth-largest moon, is also home to a liquid water ocean. The Cassini mission investigating Saturn since 2004 made the most amazing discovery – that the moon, Enceladus, is the source of strong geysers ejecting plumes of water and ice just like Europa. Instead of a thick cap of ice, similar to the one found on Europa, Enceladus has a thinner coating of ice mixed with crust.

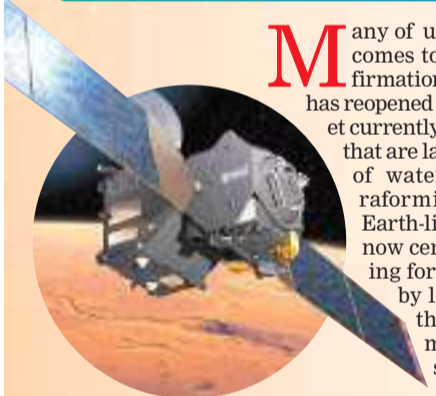
Scientists believe that hydrothermal activity on Enceladus could inject heat, energy, and complex molecules near the ocean floor to support life. On Earth, such activity in the deep oceans generates nutrient chemicals that harbour life. However, there are currently no plans to send a specialised probe to land on its surface, or sample the water vapour plumes for evidence of life.

### 5 TITAN



Saturn's largest moon, Titan, is the only celestial body in the solar system, known to have liquid lakes on the surface, other than the Earth. In fact, many astronomers have called it the most Earth-like world in the solar system. Organic chemicals had already been detected on the 3,200-mile-wide planet. However, the liquid on Titan is not water but methane – scientists expect life there to be methane-based (not water-based). On Titan, temperatures of minus 180 degrees Celsius would make it difficult for processes like metabolism and reproduction to occur. If life does exist on Titan, it would demonstrate that methane, in addition to water, could be an indicator of life, and that life could more easily populate the cosmos.

### 2 MARS



Many of us believe that Mars is our best bet when it comes to finding extraterrestrial life. Recent confirmation that liquid water does indeed flow on Mars has reopened the discussion about Martian life. The planet currently has permanent ice caps on each of its poles that are largely composed of water ice. The existence of water could open up opportunities for 'terraforming', a process to modify a planet to have Earth-like conditions. Future ground missions will now certainly focus on looking for water and testing for the presence of microbial life harboured by liquid water. But we have to keep in mind that the Red Planet has an extremely thin atmosphere (to protect against radiation from space) and is also extremely cold.

### 4 GANYMEDE



Jupiter's biggest moon is an interesting candidate for extraterrestrial life, though searching through the large moon could prove to be difficult. Jupiter's largest moon, Ganymede, was also found to have a subsurface ocean, putting it on the same ranks as Europa and Enceladus. What sets Ganymede apart from any other moons (apart from its size – it's larger than Mercury) is its self-generating magnetic field, which, like the Earth, is caused by its liquid, iron-rich core. European Space Agency (ESA) is developing a space mission, called Jupiter Icy Moons Explorer (JUICE), to examine Jupiter's moons in the 2030s. It aims to collect data from Ganymede, Europa, and Callisto, with emphasis on determining whether or not extraterrestrial organisms could thrive in their respective environments.

### Is it true that one dog year is equal to seven human years?

There are myths and there is truth. Turns out this one is a myth. Dogs mature or age a lot faster than humans, so, the first year of your pooch's life is almost equal to a good 10-15 human years. However, the size of the dog and its breed play a major role in its longevity. This means there is no 'one-size-fits-all' scheme for dogs. Small-breed dogs like terriers become old at around 11 years, medium-breed dogs like spaniels are ready to retire by 10, and larger breeds like German Shepherds are ready to call it a day by 8 years. Giant-breed dogs like Great Danes get old pretty early – when they are seven. Interestingly, by the time a dog is one, it is physically mature. Like in humans, emotional maturity happens gradually, over the years.



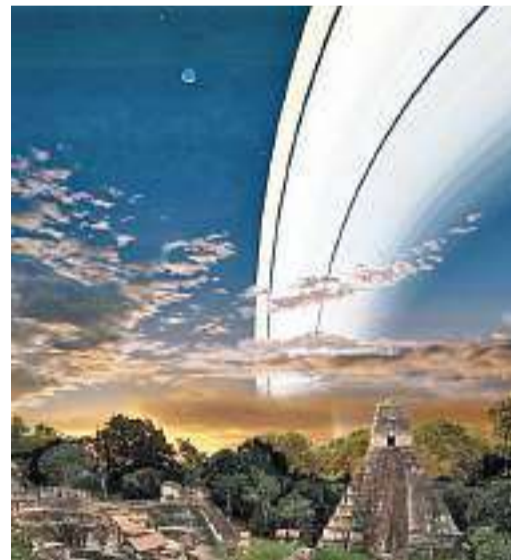
### What is it like in the eye of a tornado?

Well, fans of 'Twister' must wonder what it is like to be in the middle of a tornado, a region of mostly calm weather at the centre of strong tropical cyclones. It has been described as "still as death." The eye of a storm is a circular area, typically 30-65 km in diameter. It is surrounded by the eyewall, a ring of towering thunderstorms where the severe weather occurs. Here is a first-hand account by a survivor, Will Keller, a farmer from Greensburg, Kansas, US, to NOAA History: "At last the great end of the funnel hung directly overhead. Everything was as still as death: there was a strong gassy odour, and then a screaming, hissing sound directly from the end of the funnel. I looked up and I saw right up into the heart of the tornado. There was a circular opening in the centre of the funnel, about 50 or 100 feet in diameter, and extending straight upwards for a distance of at least half a mile. The walls of this opening comprised rotating clouds and all of it was made brilliantly visible by constant flashes of lightning. Around the lower rim, small tornadoes were constantly forming and breaking away." The tornado then passed, skipping over his house and smashing the home of his neighbour.



### What if Earth had rings like Saturn?

PICTURE CAPTION: PHOTO BY SPACE ARTIST RON MILLER



Interestingly, several billion years ago, the Earth did have a ring. According to a theory, a planet named Thea crashed into the Earth. The resulting impact spewed a huge amount of debris into space. This material went into orbit around the Earth, forming a ring until it eventually coalesced into our present-day satellite – the moon. This occurred only because the material was orbiting outside the Earth's Roche limit. The Roche limit is the minimum distance to which a large satellite can approach its primary body without being torn apart by tidal forces. Consider this: Just as Earth's gravity pulls on the moon, moon's gravity pulls on Earth. The tides in oceans are a result of this interaction. The Earth's Roche limit is 18,470 km. If our moon ever ventured within this Roche limit, it would be pulled apart by tidal forces and the Earth would have rings. The four gaseous outer planets (Jupiter, Saturn, Uranus, and Neptune) do have their rings systems inside their respective Roche limit.

### Can the whole world become vegetarian?

A report published in the journal 'Climate Change' said that if the world instantly switched to vegetarianism, then by 2050, there will be a paradigm shift in world climate in a positive way: carbon emissions related to the agriculture industry would reduce by 17 per cent, methane emissions by 24 per cent and nitrous oxide by 21 per cent. Greenhouse gas emissions will also reduce significantly. A report said that agriculture, particularly meat and dairy products, account for 70% of global freshwater consumption, 38% of the total land use and 19% of the world's greenhouse gas emissions. But meat is an important part of history, tradition and cultural identity. Numerous groups around the world give livestock gifts at weddings and celebratory dinners. The cultural impact of giving up meat would be very big, which is why efforts to reduce meat consumption have often faltered. However, experts say that the entire world doesn't have to convert to vegetarianism to improve the health of our planet. Instead, moderation in meat-eating frequency and portion sizes are crucial.



### What Are Black boxes?



After finding possible survivors and victim remains, the first priority of air crash investigators is to locate the black boxes, a duo of data recorders that can hold vital clues on why an aircraft went down. Despite their name, the boxes that hold a plane's flight data and cockpit voice recordings are actually bright orange with white reflective strips to make them easier to spot among debris. Made of hard-to-destroy materials, all commercial planes are mandatorily required to have them on board. Black boxes explain the causes of nearly 90% of crashes.

**DEVELOP:** The gadget was developed in the 1950s by an Australian scientist, David Ronald de Mey Warren, who helped probe a crash of a De Havilland Comet – the first commercial jetliner. The first box he designed, inspired by a miniature voice recorder he saw at a trade fair, worked with magnetic recording tape – nowadays they are digitised. Each black box comprises two units: a digital flight data recorder (FDR) to record the plane's speed, altitude and direction, and the cockpit voice recorder (CVR) to note conversations of the pilots and ground or cabin crew as well as any alarms, engine noise, explosions, pops or thuds. The FDR can hold about 25 hours of information, the CVR some two hours.

# The effervescent Mr Green

Nitya.Shukla@timesgroup.com

## HE UNDERSTANDS A TEEN ANGST

According to a story in the 'New Yorker', John Green shared 'The Catcher In The Rye' author J.D. Salinger's conviction that adults "underestimate the emotional depth of adolescents". Green told the interviewer of the story... "I love the intensity teenagers bring, not just to first love but also to the first time you're grappling with grief, at least, as a sovereign being — the first time you're taking on why people suffer and whether there's meaning in life, and whether meaning is constructed or derived. Teenagers feel that what you conclude about those questions is going to matter. And they're dead right. It matters for adults, too, but we've almost taken too much power away from ourselves. We don't acknowledge on a daily basis how much it matters."

## HE GOES FOR THE REAL 'NORMAL'

It doesn't matter which book you read, Green's protagonists are down to earth, disarmingly natural and relatable. For example, in 'Looking for Alaska', Miles Halter is a high schooler preoccupied with girls but also likes to collect the dying words of famous people and struggles to write essays on topics

like, "What is the most important question human beings must answer?". Similarly, Colin Singleton, in 'An Abundance of Katherines', is a genius but can't figure out love, and Hazel from 'The Fault in Our Stars' is a cancer-suffering-book-loving intellectual, who also loves to watch America's Next Top Model. Any reader — whether a teen or an adult relate to Green's characters who contain multitudes, like normal people.

## ANYTHING BUT SAPPY

'The Fault in Our Stars' (T.F.O.S. as it is now popularly referred to) is about teenagers facing terminal illness. 'Looking for Alaska' is about unrequited first love, and 'Turtles All The Way Down' tackles the loss of a parent, OCD and anxiety disorders... These realities make Green's nov-

Let's talk about why the world loves John Green, the author of bestselling novel 'The Fault In Our Stars' and many more

els truthful. He doesn't give in to aspirational romance or happy endings which is why his stories stay with readers long after the pages are done. But he also offers hope. For example, while T.F.O.S. is about dying teenagers, the author said in an interview that he'd decided that it would also be funny, romantic, and offered hope.

## WHY ADULTS LOVE HIM

To start with, none of his book covers sport typical romantic colours or a cringe-worthy embrace between lovers. The novels feature simple cover designs, where the title is given weightage, a blessing for any adult who may feel embarrassed to be found reading the Young Adult genre. More importantly, Green treats adults in his novels as 'normal', and people who deserve a lot of empathy. For example, Hazel worries how her death will affect her parents writing that: "There is only one thing in this world shittier than biting it from cancer when you're sixteen, and that's having a kid who bites it from cancer." Hazel's mom is not just the worrying kind; she also has a sense of humour: takes her daughter to Amsterdam to meet her favourite author; also loves to watch America's Next Top Model with her daughter. As the feature in the 'New Yorker' puts it, "Green's books seem calibrated for an era in which parents — vigilant and eager not to seem out of touch — often read the books that their children are reading."



## NEW TO GREEN? START HERE

**Looking for Alaska**  
Miles Halter moves from Florida to Deep South Alabama and falls in insta-love with the unattainable Alaska Young, even as he struggles to find his place at his new school.

**An Abundance of Katherines**  
A one-time child prodigy who has been dumped 19 times, all by girls named Katherine, embarks on a road to recovery with his friend.

**Let It Snow**  
Young adult authors John Green, Maureen Johnson, and Lauren Myracle, write a collection of interconnected holiday tales of romance.

**Will Grayson, Will Grayson**  
John Green and fellow New York Times best-selling author David Levithan team up for this novel that swings between the thoughts of two high schoolers, each sharing the same moniker.

**The Fault in Our Stars**  
The tragi-comedy revolves around two teenagers: Hazel Grace, a recluse fighting Stage 4 thyroid cancer, and Augustus Waters, a bibliophile in remission from osteosarcoma.

## BY GENRE!



## WHAT IS STEAMPUNK FICTION?

**Definition:** A sub-genre of science-fiction or science-fantasy, steampunk fiction is an alternative setting (featuring Victorian era England), in which all machinery is driven by steam power.

**Genres:** Steampunk fits in with science fiction, fantasy or horror themes. Researchers also say cyberpunk predates the invention of this genre.

**Elements:** Technology and aesthetics are inspired by the inventions of the Victorian era. Expect to see female characters in hoop skirts and corsets while male characters wear tailored suits, trench coats, and jaunty hats.

**Related genres:** According to 'www.syfy.com', steampunk fiction is part of an interesting series which includes cyberpunk (futuristic and dark); dieselpunk (gas engines); biopunk (genetic engineering); clockpunk (advanced technology with pre-modern design); mythpunk (a mix of post-modern storytelling techniques and folklore); elfpunk (urban fantasy with fairies and elves) and more.

**Who wrote it first?** According to Wikipedia, 'The Difference Engine' (1990) by William Gibson and Bruce Sterling is widely regarded as a book that helped establish the genre.

**Begin with...** 'Leviathan' by Scott Westerfeld or 'Boneshaker' by Cherie Priest.

## THE BEATLES

**British pop and rock band**  
Formerly called the Quarrymen or the Silver Beatles, The Beatles were the hopes and dreams of a generation in the 1960s. Members included John Lennon, Paul McCartney, George Harrison and Ringo Starr. Formed around the nucleus of Lennon and McCartney, the group grew out of a shared enthusiasm for American rock and roll. Like most early rock-and-roll figures, Lennon, a guitarist and singer, and McCartney, a bassist and singer, were largely self-taught as musicians. Harrison, the lead guitarist, and a young painter, brought about a bohemian style. Starr was the drummer of this iconic band.

## ELVIS PRESLEY

**American rock and roll, pop and gospel artist**  
Elvis Presley, in full, Elvis Aaron Presley, was the America's most popular singer, widely known as the 'King of Rock and Roll'. He was one of rock



## 5 best-selling POPULAR MUSIC artistes of all time

The popularity of musicians is defined by the number of singles and albums they sell, and the music charts all over the world



Clockwise from left: The Beatles, Michael Jackson, Elvis Presley, Elton John and Madonna

films were box office smashes.

## MICHAEL JACKSON

**American soul, pop and dance-pop artist**  
Michael Jackson, in full, Michael Joseph Jackson, was an American singer, songwriter, and dancer who was the most popular entertainer in the world in the early and mid-1980s. Reared in Gary, Indiana, in one of the most acclaimed musical families of the rock era, Jackson was the youngest and most talented of five brothers of Jackson 5. The 'King Of Pop' as he was known, Jackson's first solo effort, Off the Wall (1979), exceeded all expectations and was the best-selling album of the year. It eventually sold more than 20 million copies. It had massive international hit singles, like 'Don't Stop 'til You Get Enough' and 'Rock with You', both of which showcased Jackson's energetic style and capitalised on the disco dance fad. Three years later, he came out with 'Thriller', a tour de force that featured an array of guest stars and elevated him to worldwide superstardom.

## MADONNA

**American pop/dance-pop artist**  
Madonna, original name Madonna Louise Ciccone, is an American singer, songwriter, actress, and entrepreneur whose immense popularity in the 1980s and '90s allowed her to achieve levels of power and control that were nearly unprecedented for a woman in the entertainment industry. Born into a large Italian-American family, Madonna

studied dance at the University of Michigan and with the Alvin Ailey American Dance Theater in New York City in the late 1970s. Her first hit, 'Holiday', in 1983, provided the blueprint for her later material: an upbeat dance club sound with sharp production and an immediate appeal. Her hits include, 'True Blue', 'Justify My Love', 'Ray of Light'. Madonna was the first female artist to exploit the full potential of the music video. By 1991, she had scored 21 top 10 hits in the US and sold some 70 million albums internationally, generating \$1.2 billion in sales.

## ELTON JOHN

**British rock and pop singer-songwriter**  
Elton John, original name Reginald Kenneth Dwight, is a British singer, composer, and pianist, who was one of the most popular entertainers of the late 20th century. He fused as many strands of popular music and stylistic showmanship as Elvis Presley in a concert and recording career that included the sale of hundreds of millions of records. A child prodigy on the piano, John was awarded a scholarship to the Royal Academy of Music at 11. Throughout his career, he demonstrated a supreme talent for assimilating and blending diverse pop and rock styles. By 1973, John was one of the world's best-selling pop performers. His greatest songs are: 'Goodbye Yellow Brick Road', 'Candle in the Wind', 'Can You Feel The Love Tonight', 'Tiny Dancer'.  
—Britannica.com, englishclub.com

# 12 UNDERRATED FAMILY FILMS YOU MUST WATCH



**THE BORROWERS, 1997**  
A family is in trouble when a lawyer plans on destroying their home in order to build a complex. However, a group of miniaturised humans, living below their floorboards, vow to save the house.



**ODDBALL AND THE PENGUINS, 2015**  
An eccentric chicken farmer, with the help of his granddaughter, trains his mischievous dog, Oddball, to protect a penguin sanctuary from fox attacks in an attempt to reunite his family and save their seaside town.

**SPIRIT: STALLION OF THE CIMARRON, 2002**  
The film follows the adventures of a wild and rambunctious mustang stallion as he journeys through the untamed American frontier. Encountering man for the first time, Spirit defies being broken...

**THE PIRATES! IN AN ADVENTURE WITH SCIENTISTS, 2012**  
In an attempt to win the 'Pirate of the Year' award, Pirate Captain and his crew must travel to Victorian London, take on some of the best pirates in the world.

**MOUSEHUNT, 1997**  
A pair of brothers inherits a huge, luxurious mansion all to themselves. However, a stubborn mouse

who lives there is determined to continue to do so, regardless of their wishes.

**JAMES AND THE GIANT PEACH, 1996**  
This inventive adaptation of Roald Dahl's tale follows the adventures of an orphaned young British boy. Forced to live with his cruel aunts, James finds a way out of his bleak existence when he discovers an enormous enchanted peach!

**FLUSHED AWAY, 2006**  
Roddy, a rat, lives a luxurious lifestyle in a furnished flat. However, life has other plans for him after he gets flushed from a toilet into the sewers of London, where a new beginning awaits him.



**PAPER PLANES, 2015**  
After he wins his school's paper plane making contest, 11-year-old Dylan and his father bond as Dylan prepares for the World Paper Plane Championships in Tokyo.

**SKY HIGH, 2005**  
At a school in the sky, where teens learn to be superheroes, Will Stronghold lands in a class for students who show special promise. Classmate Gwen quickly cozies up to Will, but it's soon clear that she has other motives.

**RISE OF THE GUARDIANS, 2012**  
When Pitch, an evil spirit, returns to planet Earth to throw children into darkness and despair, a group of

immortal guardians with extraordinary abilities join forces to protect them.



**MILLIONS, 2004**  
When nine-year-old Damian finds a bag of money in his back yard, he and his brother decide to try to spend it without telling their father. Seeking advice from the imaginary saints with whom he converses, Damian struggles with his own morality...

**THE IRON GIANT, 1999**  
A boy befriends an innocent alien, who resembles a gigantic robot. A paranoid government agent, however, desires to obliterate the alien.  
-denofgeek.com

## CAN YOU NAIL THIS BOOKER QUIZ?

- Which British author (female) has won the Booker prize twice?
- Who was the first Indian to win the Booker prize?
- Which American author was the recipient of the 2017 Man Booker Prize?
- What was the Man Booker Prize for Fiction (or Booker prize) formerly known as?
- Who was the first ever winner of the Booker Prize?
- How many women authors have won this prize till now?
- At 132 pages, which was the shortest novel ever to win the Booker prize in 1979?

**Answers:**  
1. Hilary Mantel; 2. Arundhati Roy; 3. George Saunders; 4. Booker Prize for Fiction (1969–2001) and the Man Booker Prize (2002–2019); 5. PH Newby; 6. 18 women; 7. 'Offshore' by Penelope Fitzgerald

# HOW CAN INDIA ACHIEVE FOOTBALL GLORY?



Photo: ANI

Not by building world-class football stadiums. That's the counter-intuitive suggestion from Simon Kuper, who has co-authored the widely-acclaimed book 'Soccernomics' with economist Stefan Szymanski. Here are some more reasons why India isn't a football superpower yet, and ways it can become one...

## 1 WHY INDIA SHOULD NOT BID FOR THE WORLD CUP

Kuper says India does not have any world-class sporting stadiums yet. And he sees no point in building them. He says India would be left with lots of white elephants afterwards, like South Africa was after the 2010 World Cup. According to Kuper, the World Cup is not a viable economic or sporting proposition. The better option for India is to spend money on building cheap, simple all-weather fields for kids.

## 2 WHY INDIA SHOULD FOCUS LESS ON THE NATIONAL TEAM

According to the book, if India wants to win the World Cup, it needs to focus on the grassroots. "There isn't much point in paying huge salaries to big-name foreign coaches to coach your national team, as China did with Marcello Lippi. By the time players are working with him, they are already in their twenties and almost fully formed. Nor do you need a strong domestic league to have a good national team.

In fact, India and China will improve once their best players start leaving young to play in the world's strongest leagues — that's where they will get better, not playing at home."

## 3 WHY FOCUS ON KIDS IS IMPORTANT

The main secret to success of even quite small western European countries, like Portugal and Iceland, is their focus on children. His advice for India is to get kids in huge numbers playing football in fields near their homes, with qualified coaches, passing on the best cutting-edge western European knowledge, and then wait to see who turns out to be good.

## 4 INVEST IN HEALTHCARE AND TACKLE POLLUTION

Good healthcare is another must for excellence in football. If a large chunk of India's population is not in good enough health, India can't expect to produce top-class athletes. "India and China simply don't

have enough fields for kids to play football on. And given that Indian cities are some of the most polluted on earth, how can you expect kids growing up there to become footballers?" he says.

## 5 IMPORT 'DESI' TALENT FROM EUROPE

India does not share a border with any soccer superpower, a condition Kuper lays for global success in his book 'Soccernomics'. He suggests India could form a team from its European diaspora for better performance in the World Cup. This method is working for Morocco, which has a starting XI made up of players probably entirely European-born. "Algeria shone in 2014 with a squad that was three-quarters European-born. Having just seen Saudi Arabia play, I would suspect that with a mostly UK-born Indian diaspora team you'd have a very good shot at qualifying from Asia, given how weak the competition is there. True, UK isn't the perfect place to draw your footballing diaspora from — in an ideal world there'd be millions of German-raised Indian kids — but in football terms it's better than any other Asian country for now," he says.

## "FOCUS ON 'GALLI' FOOTBALL"

- Eventually access is everything. And for most Indian kids, the time at school is the best window for maximum access to play. And if they are back home and their parents disapprove, or think sport is a waste of time, the chances of anyone taking up sport seriously are close to zero. So school heads need to be convinced about the value of sport, both for the well being of their wards and the reputation of their institutions.
- The second is that football doesn't necessarily need ninety yard pitches, eleven a side games or goalposts to be played. A pitch of that size, especially, for players who are not yet teenagers is simply a waste of time and effort. The number of touches that younger players get on a full size pitch is just not enough even to get them interested. Small-sided games, four or five players on each side and small grounds are the way to go. Even more important, allowing smaller grounds brings in many more potential sporting spaces into play.
- It's fascinating that Indians keep talking of 'galli cricket'. But 'galli football' is what brought the likes of Pele and Ronaldhino into football, and if we have to embrace the game in India, it has to be accessible and playable on every available open space.
- After their stunning run in Euro 2016, Iceland are regarded as the poster boys of international football development. A country which has one-fifth the population of a Mumbai suburb like Andheri making the playoffs of a major international tournament makes for one of the great stories in sport. But football developed in Iceland not because of the seven full size pitches that they had in the entire country. It was the 154 mini pitches; at least one in every major town, where the next generation learnt to love and play the game.

Excerpts from Joy Bhattacharjya's (sports writer) article in The ET



Photo: PTI

## "CITIZENS ALSO NEED TO TAKE UP RESPONSIBILITY"

- Citizens play a big role in making an event successful and India is no different. I have always stated that if India needs to emerge as a sporting nation, football needs to play a major role in it. It is the most popular sport globally. As the sports minister, my target is to galvanise the nation.
- But you need to understand that the Government has its own limitations. We need to involve the citizens. If they participate, success will follow. We have seen people filling up stadia during the U-17 World Cup in 2017. If we don't give due space and recognition to the athletes, they don't become superstars. We need to do that.

Kiren Rijju, Sports Minister

## "WE SHOULD DREAM OF QUALIFYING FOR 2026 FIFA WC"

- We have six years and the FIFA World Cup will be expanded to 48 teams. Eight teams will go from Asia. Why not look at it like this? We can dream of playing in the World Cup in 2026. That should be our goal.
- We have hosted the FIFA U17 World Cup for boys in 2017, and will host the U17 World Cup for girls this year. These are very important developments for the future of Indian football. I am happy, not only as AIFF President but as an AFC and FIFA Board member; that Indian football is on the rise, and I am very happy to see Indian football going in the right direction.

- Praful Patel, All India Football Federation (AIFF) President





# THE TIMES OF INDIA

www.toistudent.com

**TODAY'S EDITION**

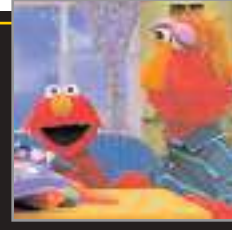
**PAGE 2**

We are back with the sample papers. This week, we bring you economics and maths paper



> An expert's take on how the pandemic has created opportunities for one and all

**PAGE 3**



> Explained: Why the Gabba ground is Australia's fortress

**PAGE 4**



**STUDENT EDITION**

FRIDAY, JANUARY 15, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

**1**

More than 128 mn pieces of space debris, larger than 1mm, some even bigger than 10cm, are orbiting the Earth

**2**

The space junk range from old rocket parts to the flakes of paint that have chipped off from the satellites

**3**

There are nearly 3,000 inactive satellites drifting in space, with recent data suggesting that there have been more than 500 break-ups or explosions of these space objects, resulting in fragmentation

**4**

Since January 2019, there have been more than 5,000 satellites in space; 2,000 are still active

**THE WAY FORWARD**

> Last year, the UK Government awarded seven private companies £1 million to help track space junk as part of its space surveillance and tracking (SST) programme. The UK will also play a critical role in building 'The Claw', which will be the first-ever satellite to remove space junk. A part of the ESA's ClearSpace-1 mission sched-

## Space junk left behind by humans has become an island of plastic in low-Earth orbit!



Photo: Getty Images

Sounds unbelievable? Unfortunately, it's true. Yes, experts have warned that the pieces of unwanted debris left by humans in low-Earth

### ALERT

orbit has become the equivalent of a 'new drifting island of plastic' in the outer space. In fact, according to them, this space junk is 'not a theoretical threat but a reality' - similar to the threat posed by floating islands of plastic in the Earth's oceans.

### THE CONSEQUENCES

1 According to scientists, the fragments of space debris, as small as 1cm, has the potential to destroy satellites

2 Space junk can impact other objects at over 22,300 mph, faster than a speeding bullet. Collisions with those tiny pieces often leave pits and dings in the artificial satellites, telescopes, and other objects orbiting our planet

3 In fact, scientists have also warned that a web of networked satellites - known as mega constellations - to space could result in the Kessler syndrome, a chain reaction, where more and more objects collide to create new space junk to the point, where the Earth's orbit becomes unusable



**DID YOU KNOW?**

The worst space debris event happened on January 11, 2007, when the Chinese military destroyed the Fengyun-1C weather satellite in a test of an anti-satellite system, creating more than 3,000 fragments, or more than 20% of all space debris

### MARVEL SUPERHEROES ARE BACK FOR A QUIRKY, BLACK-AND-WHITE SITCOM

As Marvel Studios gears up to launch the fourth phase of the Marvel Cinematic Universe (MCU) with the upcoming Disney Plus series 'WandaVision', the company's head Kevin Feige has promised a 'new and different' experience for the fans of the superhero franchise.

#### ENTERTAINMENT



- > Debuting in India from today on the Disney + Hotstar Premium, 'WandaVision' is a mash-up of classic sitcoms and large-scale Marvel action
- > The nine-part limited series, directed by Matt Shakman and penned by Jac Schaeffer, will stay true to Marvel's trend of dropping the easter eggs, but with a sitcom twist
- > The studio had initially planned to start its new phase with 'The Falcon and The Winter Soldier', but due to the coronavirus pandemic, the production on the mini-series got delayed

## Donald Trump is impeached!

First President in US history to be impeached twice



President Donald Trump has been impeached by the House, days before leaving office. The Democrats and 10 Republicans voted to impeach Trump on one charge: "incitement of insurrection." Senate majority leader Mitch McConnell has said that the Senate will not begin a trial until January 20. It's however, unclear, for now, exactly how that trial will proceed. Even though the trial won't happen until Trump is already out of office, it could still have the effect of preventing him from running for President again.

#### IN THE NEWS

##### MEANWHILE, YOUTUBE SUSPENDS TRUMP CHANNEL

Google-owned YouTube on Tuesday temporarily suspended Trump's channel and removed a video for violating its policy against inciting violence. The channel is now "temporarily prevented from uploading new content for a 'minimum' of seven days," the statement said

The previous three impeachments - those of Presidents Andrew Johnson, Bill Clinton and Trump - took months before a final vote, including investigations in the House and hearings. This time, it only took a week after Trump encouraged a crowd of his supporters, who attacked the US Capitol

Last week, Facebook had suspended Trump's Facebook and Instagram accounts, following the violent invasion of the US Capitol by a mob of his supporters. Twitter went a step further by deleting Trump's account, depriving him of his favourite platform. Trump was also hit with suspensions by services like Snapchat and Twitch

### 'REAL GDP TO GROW AT 11% IN FY22'

#### ECONOMY



The country's real gross domestic product (GDP) is likely to expand by 11 per cent in the next financial year due to a faster economic recovery and on a low base, says a report. The report by domestic rating agency Brickwork Ratings said that the economic activities are slowly reaching pre-Covid levels, following the relaxation of the lockdown, except in sectors that remain affected by social-distancing norms.

- > The report said, the economy is likely to witness a positive growth in H2FY21
- > Revival in sectors that fall under discretionary spending is likely to be delayed, as the economy is still under the grasp of the pandemic, it said
- > The agricultural sector may continue with stable growth momentum in the next fiscal also at around 3.5%, but these projections are largely based on normal monsoons and the effective implementation of farm reforms

Which Indian city was called 'Kakamuchee' and 'Galajunkja' in ancient times?

**CLUE 1:** During the mid-18th century, it was reshaped by the Hornby Vellard project

**CLUE 2:** The birthplace of the Indian National Congress, the party's first session was held here in December 1885

**CLUE 3:** The city also has the highest number of millionaires and billionaires

**ANSWER: MUMBAI.** Despite the drop in traffic congestion levels due to pandemic, Maharashtra's capital remains the most-congested city in the country. In fact, three cities from India featured among the top 10 congested cities on the TomTom Traffic Index's global list - Mumbai (2nd), Bengaluru (6th) and New Delhi (8th). Russian capital Moscow stood at No 1

### FACTOID

**500 MILLION**

The number of active Telegram users globally in the first week of January, according to Telegram. It has continued to grow, with 25 million new users joining the messaging app in the last 72 hours alone, it added. These new users are from across the globe - 38% from Asia, 27% from Europe, 21% from Latin America and 8% from MENA (Middle East and North America).

> WHATSAPP, WHICH UNVEILED A NEW POLICY THAT ALLOWS INCREASED DATA SHARING WITH FACEBOOK LAST WEEK, HAS FOUR BILLION USERS GLOBALLY

## Forest loss 'hotspots' bigger than Germany: WWF

#### ENVIRONMENT

More than 43 million hectares - an area bigger than Germany - of forest have been lost in a little over a decade in just a handful of deforestation hotspots, conservation organisation WWF said. According to the WWF, swathes of forest continue to be flattened each year mainly due to industrial-scale agriculture, as biodiversity-rich areas are cleared to create space for livestock and crops. Forests are an enormous carbon sink, together with other vegetation and soil sucking up

roughly a third of all the carbon pollution humans produce annually. Yet, they continue to disappear rapidly, threatening irreparable losses to the Earth's crucial biodiversity. As wild species find their living space shrink further each year, the risk of a repeat of zoonotic diseases - such as the Covid-19 pandemic - jumping to humans is ever higher, warn environmentalists.



> Analysis by the WWF found that just 29 sites across South America, Africa and South East Asia were responsible for more than half of the global forest loss

> The Brazilian Amazon and Cerrado, the Bolivian Amazon, Paraguay, Argentina, Madagascar, along with

Sumatra and Borneo in Indonesia and Malaysia, were among the worst-affected, it said

> In Brazil's Cerrado region, home to five per cent of the planet's animals and plants, land has been cleared rapidly for soy and cattle production, leading to a 32.8-per cent loss of forest area between 2004 and 2017

## India's first eco-friendly, non-toxic wall paint launched

The Union minister for road transport and highways and MSME Nitin Gadkari has launched an innovative new paint developed by the Khadi and Village Industries Commission.

> The eco-friendly, non-toxic paint, called the Khadi Prakritik Paint, is a first-of-its-kind product, with anti-fungal, anti-bacterial properties. Based on cow dung as its main ingredient, the paint is cost-effective and odourless, and has been certified by the Bureau of Indian Standards

> The Khadi Prakritik Paint, available in two forms, distemper paint and plastic emulsion paint, is free from heavy metals like lead, mercury, chromium, arsenic, cadmium, and others

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

The Khadi Prakritik Paint has the potential of turning it into a ₹6,000 crore market that could revolutionise the agro-based economy of the country. The bulk utilisation of cow dung will ensure monetary gains for the farmers and will also assist them from selling cows in the market. This will also put a check on cow slaughter

**NITIN GADKARI,**  
UNION MINISTER



# TIME TO BE BULLISH ON ECONOMICS TO SCORE



CLASS: XII - 2020-21

SUBJECT:

Economics (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 80

## GENERAL INSTRUCTIONS

- This question paper contains two parts:
  - Macro Economics (40 Marks)
  - Indian Economic Development (40 Marks)
- Question No. 1-10 and Question No. 18-27 (including two Case Based Questions) are 1 mark questions and are to be answered in one word/sentence.
- Question No. 11-12 and Question No. 28-29 are 3 marks questions and are to be answered in 60-80 words each.
- Question No. 13-15 and Question No. 30-32 are 4 marks questions and are to be answered in 80-100 words each.
- Question No. 16-17 and Question No. 33-34 are 6 marks questions and are to be answered in 100-150 words each.
- Answers should be brief and to the point and the above word limit be adhered to as far as possible.

SECTION-A  
(MACRO ECONOMICS)

1. Bank money is that money which is

A: Printed by the government  
 B: Printed by RBI C: Generated in the form of credit creation D: None of these

If the real GDP is ₹ 200 and the price index is 120. Nominal GDP will be.....  
 a: 300 b: 200 c: 100 d: 150

2. Which of the following is the cause of expected obsolescence?

a. Natural calamities  
 b. Change in demand  
 c. Change in technology  
 d. Both B & C

3. Equality between AS and AD implies the equality between \_\_\_\_ (Y&AS/ Y&AD)

4. From the set of statements given in the column 1 & 2. Choose the correct pair of statements:

| Column 1                                    | Column 2                                  |
|---|---|
| A. Demand curve of foreign exchange         | 1. Upward sloping curve                   |
| B. Import from India to US                  | 2. Supply of foreign exchange from US     |
| C. Repayment of International Loans         | 3. A source of supply of foreign exchange |
| D. Appreciation of international currencies | 4. Government plays no role whatsoever    |

5. Invisibles in BOP accounts include monetary transactions related to current transfers. (True/False)

Paper set by Sonia Ahuja, PGT Economics, St Soldier's School, Sector 16, Panchkula



6. Identify the correct statement.
- 
- a. Exchange rate is the price of a currency expressed in terms of gold.
- 
- b. Revaluation of domestic currency is planned by the government.
- 
- c. Managed floating comprises only the element of fixed exchange rate system.
- 
- d. In case of depreciation of domestic currency exports are likely to fall.

Read the following statement and answer question 7-10 on the basis of the same

"Consumption shock severe, economic recovery will take longer, poorest hit the hardest" RBI official statement on Covid-19. Based on this statement answer the following questions:

7. What will be the impact on MPC?

8. Suggest fiscal policies that can be used to minimise the impact.

9. Suggest Monetary policies to minimise the impact.

10. How will it impact objective of government budget?

11. State with valid reason whether the following statements are True or False.

- a. Nominal GDP may increase without any increase in quantity of Output in economy.

- b. Production of defence goods is a limitation of GDP as an Index of social Welfare.

12. What is Deflationary gap? Explain the role of Repo rate in removing it.

OR

- Distinguish between deficient demand and excess demand. State any two measures by which these can be corrected.

13. The saving function of an Economy is
- $S = -50 + 0.10Y$
- . If ex-ante investments are ₹ 450 cr, calculate the following:

- a. Equilibrium level of income in the

economy

- b. Additional Investment which will be required to gain an additional income of ₹ 3000 cr

14. Explain how introduction of money has led to the expansion market?

15. Categorise the following into revenue expenditure and capital expenditure: (Give reasons)

- a. Grants given to state government

- b. Repayment of loans

- c. Construction of flyover d. Subsidies

16. (a) Calculate sales from the given data: [3]

| Item                              | Rs (In Cr) |
|-----------------------------------|------------|
| 1. Intermediate cost              | 700        |
| 2. Consumption of fixed capital   | 80         |
| 3. Change in stock                | -50        |
| 4. Subsidy                        | 60         |
| 5. Net value added at factor cost | 1300       |
| 6. Export                         | 50         |

- (b) Mention any three precautions of Income method of measuring National Income. [3]

OR

Calculate operating surplus and domestic income (In Cr)

|                                 |      |
|---------------------------------|------|
| 1. Compensation of employees    | 2000 |
| 2. Rent and Interest            | 800  |
| 3. Indirect Taxes               | 120  |
| 4. Corporation Tax              | 460  |
| 5. Consumption of fixed capital | 100  |
| 6. Subsidies                    | 20   |
| 7. Dividend                     | 940  |
| 8. Undistributed profit         | 300  |
| 9. Net factor income to abroad  | 150  |
| 10. Mixed Income                | 200  |

17. (a) State the components of Current account and capital account of BOP. [3]

- (b) Give the meaning of Fiscal deficit, primary deficit and budget deficit. [3]

## SECTION-B

(INDIAN ECONOMIC DEVELOPMENT)

18. Occupational structure refers to distribution of \_\_\_\_\_ across primary, secondary and tertiary sector of economy. (Population/ Working population)

19. Expand NITI ayog or UNDP

20. New base year for the estimation of National income accounts in India has been changed to

- a. 2004-05 b. 2009-10 c. 2011-12 d. 2010-11

21. Read the following statements - Assertion (A) and reason (R). Choose one of the correct alternatives given below:

Assertion (A): Low cost housing is not a demand of capital economy.

Reason (R): In a socialist economy the government decides what goods are to be produced as per the needs of society.

- 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 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

22. Read the following statements - Assertion (A) and reason (R). Choose one of the correct alternatives given below:

Assertion (A): Tariffs and quotas in the economic policy post independence were used to assist domestic industries

Reason (R): Our planners wanted to use foreign exchange for importing luxury goods

- 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 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

23. From the set of events/systems given in column I and corresponding relevant fact given in Column II, about China, choose the correct pair of statement:

| Column 1                          | Column 2   |
|-----------------------------------|--|
| A Great leap forward              | i) Cultivating land collectively                               |
| B Commune system                  | ii) Opening of the industries in their homes                   |
| C Proletarian Cultural revolution | iii) Students were sent to work and learn from the countryside |
| D Economic Reforms in china       | iv) 1988   |

24. Investment limit for small scale industries is
- 
- a. 1 cr b. 4 cr c. 5 cr d. 3 cr

Read the following extract and answer the question 25-27 on the basis of the same

Demonetisation is a policy action of the government that withdraws the status of legal tender from the existing currency. Once the status of legal tender is withdrawn, the existing currency is reduced merely to pieces of paper. These notes lose their acceptance as a medium of exchange or they lose their power to buy goods and services in the market.

Government of India announced demonetisation of currency notes of ₹ 500 and ₹ 1000. The people were required to deposit the demonetized currency notes with the banks within a period of 2 months. The demonetized notes were replaced by new currency notes of ₹ 500 and ₹ 2000.

25. When was demonetisation introduced in India?

- a. Nov, 2016 b. Dec, 2016 c. Nov, 2017 d. Dec, 2017

26. Demonetisation compels people to deposit their demonetised notes with the banks accordingly financial base of the country \_\_\_\_\_

- a. Expands b. Contacts c. Remains constant d. None of these

27. What do you mean by legal tender of money?

28. There are two broad approaches to eradicate poverty:

- a. Increase in social spending by the government b. GDP growth

- Which of the two would you prefer, if you were the prime minister of the country?

OR

Do you agree with the statement that human resource has developed into the main economic factor? Justify

29. There is a mismatch between GDP growth and employment growth in India. How do you justify the statement?

30. Discuss briefly the concept of informalisation of work force.

31. Critically examine globalisation under economic reforms of 1991.

32. (a) State and discuss any two challenges in health sector of India.

- (b) Why are fewer women found in regular salaried employment?

33. (a) Explain how the opportunity cost of negative environmental effect are high?

- (b) How will you distinguish between economic and social infrastructure?

34. Do you agree with the opinion that structure of growth is more complementary with the GDP growth in China than India. Why?

## Maths: Find the profit of practice

## GENERAL INSTRUCTIONS

- (i) This question paper contains two parts A and B. Each part is compulsory. Part A carries 24 marks and part B carries 56 marks.

- (ii) Part A has objective type questions and Part B has descriptive type questions.

PART-A: It consists of two sections- I and II

- Section I comprises 16 very short answer type questions.

- Section II contains 2 case studies. Each case study comprises 4 case related MCQs.

PART-B: It consists of three sections- III, IV and V

- Section III comprises 10 questions of 2 marks each.

- Section IV comprises 7 questions of 3 marks each.

- Section V comprises 3 questions of 5 marks each.

## PART-A

## SECTION-I

Questions 1-16 carry 1 mark each.

- 1) Check whether the relation
- $R = \{(a, b) | b \geq a\}$
- on the set
- $R$
- of real numbers is reflexive or not.

- 2) The relation
- $R = \{(l, m) | l \text{ is parallel to } m\}$
- is defined in the set of all lines in a plane. Complete the following equation
- $[3x + 4y - 9 = 0] = [U/Eq \text{ of } l \text{ is } \dots]$
- , where
- $l$
- and
- $m$
- stand for equivalence class.

- 3) Find the number of injective functions from
- $A = \{1, 2, 3\}$
- to
- $B = \{p, q\}$

- 4) If
- $A = \begin{bmatrix} a & b \\ c & -a \end{bmatrix}$
- is such that
- $A^2 = I$
- , then find value of
- $1 - a^2 - bc$

- 5) What type of matrix is?

$$\begin{bmatrix} 0 & 0 & 5 \\ 0 & 5 & 0 \\ 5 & 0 & 0 \end{bmatrix} ?$$

- 6) Find the value of
- $x$
- if
- $\begin{bmatrix} x+2 & 3 \\ x+5 & 4 \end{bmatrix} = 3$

$$\int \frac{\sin^2 x}{\cos^2 x} dx$$

- 8) Find the area under
- $y = x^2$
- between
- $x = -1$
- ,
- $x = 2$
- and
- $x$
- axis.

- 9) Write the integrating factor of the differential equation
- $\frac{dy}{dx} + y \tan x = \sec^2 x$
- .

- 10) Find a vector in the direction of
- $\hat{i} + \hat{j} - \hat{k}$
- having magnitude 8 units.

- 11) Write the value of
- $m$
- if
- $m\hat{a}$
- and
- $\hat{a}$
- are unit vectors.

- 12) Find the projection of
- $2\hat{i} + \hat{j}$
- on
- $\hat{i} - 3\hat{j} + \hat{k}$
- .

- 13) Find the equation of a plane whose intercepts on coordinate axes are
- $-4, 2, 3$
- .

- 14) Find vector equation of line passing through
- $A(3, 4, -7)$
- and
- $B(1, -1, 6)$

- 15) Evaluate
- $P(A \cup B)$
- if
- $P(A) = 0.7$
- ,
- $P(B) = 0.4$
- and
- $A$
- &
- $B$
- are independent.

- 16) Two balls are drawn at random with replacement from a box containing 10 black and 8 red balls. Find the probability that both balls are red.

## SECTION-II

Both the case study based questions are compulsory. Each subpart of the questions 17 and 18 carries 1 mark.

- 17) A new room is to be constructed in a house to increase the living area into it. A window is to be opened on one of the walls of the room in shape of a rectangle surmounted by an equilateral triangle. If perimeter of the window is 12m and they want to bring maximum light from the window.

- 18) Sanjay, Ajay and Vijay are three best friends. After completing their MBA, they apply for the same post in a company. Their respective chances of selection are 1:2:4. The probability that Sanjay can increase the profits of the company is 0.8 whereas probabilities of the same of Ajay and Vijay are 0.5 and 0.3 respectively.

From the above information, attempt the following questions.

- i) If
- $E_1, E_2, E_3$
- are the events of selecting Sanjay, Ajay and Vijay respectively then find
- $P(E_1)$
- ,
- $P(E_2)$
- ,
- $P(E_3)$
- .

- ii) Find the probability that at least one of them is selected.



Give the answer of the following questions:

- i) Express
- $y$
- in terms of
- $x$
- :

a)  $y = 6 - \frac{3}{2}x$  b)  $y = 3x - 6$

c)  $y = \frac{3}{2}x - 12$  d)  $y = \frac{3}{2}x - 6$

- ii) If
- $A$
- represents the area of window, what is the function
- $A$
- in terms of
- $x$
- ?

a)  $A = \frac{3x^2 - \sqrt{3}x^2 + \sqrt{3}x^2}{4}$

b)  $A = \frac{3x^2 - \sqrt{3}x^2 - 6x}{4}$

c)  $A = 6x - \frac{3x^2 + \sqrt{3}x^2}{4}$

d)  $A = \left(\frac{3 + \sqrt{3}}{4}\right)x^2 + 6x$

- iii) For what value of
- $x$
- , the area will be maximum?

a)  $\frac{12}{6 + \sqrt{3}}$  a)  $\frac{12}{6 - \sqrt{3}}$

b)  $\frac{18 - 6\sqrt{3}}{6 - \sqrt{3}}$  d)  $\frac{6 - \sqrt{3}}{12}$

- iv) When area is maximum, write the breadth of each window

a)  $\frac{6 + \sqrt{3}}{12}$  a)  $\frac{6 - \sqrt{3}}{12}$

b)  $\frac{12}{6 + \sqrt{3}}$  d)  $\frac{18 - 6\sqrt{3}}{6 - \sqrt{3}}$

- 19) Sanjay, Ajay and Vijay are three best friends. After completing their MBA, they apply for the same post in a company. Their respective chances of selection are 1:2:4. The probability that Sanjay can increase the profits of the company is 0.8 whereas probabilities of the same of Ajay and Vijay are 0.5 and 0.3 respectively.

From the above information, attempt the following questions.

- i) If
- $E_1, E_2, E_3$
- are the events of selecting Sanjay, Ajay and Vijay respectively then find
- $P(E_1)$
- ,
- $P(E_2)$
- ,
- $P(E_3)$
- .

- ii) Find the probability that at least one of them is selected.

respectively then find  $P(E_1)$ ,  $P(E_2)$ ,  $P(E_3)$ :

a)  $\frac{1}{7}, \frac{2}{7}, \frac{4}{7}$  b)  $\frac{2}{7}, \frac{4}{7}, \frac{1}{7}$

c)  $\frac{4}{7}, \frac{2}{7}, \frac{1}{7}$  d)  $\frac{4}{7}, \frac{1}{7}, \frac{2}{7}$

- ii) Probability of increase in profit will be

a)  $\frac{2}{7}$  b)  $\frac{3}{7}$  c)  $\frac{1}{7}$  d)  $\frac{5}{7}$

- iii) If there is increase in profit, then probability that Ajay was selected is

a)  $\frac{1}{3}$  b)  $\frac{1}{6}$  c)  $\frac{4}{15}$  d)  $\frac{2}{5}$

- iv) If there is no increase in profit, then probability that Sanjay was selected is

a)  $\frac{1}{4}$  b)  $\frac{1}{3}$  c)  $\frac{2}{7}$  d)  $\frac{4}{7}$

## PART-B

## SECTION-III

Questions 19-28 carry 2 marks each.

- 19) Evaluate:
- $\sin\left[\frac{\pi}{3} - \sin^{-1}\left(\frac{1}{2}\right)\right]$

- 20) If
- $\begin{bmatrix} 1 & 2 \\ 3 & 4 \end{bmatrix} \begin{bmatrix} 3 & 1 \\ 2 & 5 \end{bmatrix} = \begin{bmatrix} 7 & 11 \\ k & 4 + 1 \end{bmatrix}$
- , then write the value of
- $k$
- .

- 21) Check the continuity of the function

$$f(x) = \begin{cases} \frac{1 - \cos x}{x^2} & \text{if } x \neq 0 \\ \frac{1}{2} & \text{if } x = 0 \end{cases}$$

- 22) Prove that tangents to the curve
- $y = x^2 + 6$
- at the points
- $(-1, 5)$
- and
- $(1, 7)$
- are parallel.

- 23) Evaluate
- $\int_1^e e^{\left(\frac{1}{x} - \frac{1}{x^2}\right)} dx$
- .

- 24) Using Integration, find the area bounded by the line
- $y = |x|$
- ,
- $x$
- axis and the lines
- $x = -2$
- and
- $x = 1$
- .

- 25) Find the general solution of the differential equation
- $y(1 - x^2) \frac{dy}{dx} = x(1 + y^2)$
- .

- 26) Find a unit vector perpendicular to both
- $\hat{a}$
- and
- $\hat{b}$
- where
- $\hat{a} = \hat{i} + 2\hat{j} - 3\hat{k}$
- &
- $\hat{b} = 2\hat{i} + 4\hat{j} + 9\hat{k}$
- ?

- 27) Find whether the line passing through
- $(3, 2, 5)$
- and
- $(3, 2, 6)$
- is perpendicular to the line
- $\frac{x-3}{4} = \frac{y-2}{3} = \frac{z-5}{0}$

- 28) A and B appear for an interview. Probability of A's selection is
- $\frac{1}{3}$
- and that of B's selection is
- $\frac{2}{5}$
- . Find the probability that only one of them is selected.

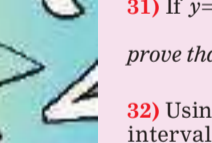
## SECTION-IV

Questions 29-35 carry 3 marks each

- 29) Prove that the function
- $f: [-1, 1] \rightarrow A$
- defined as
- $f(x) = \frac{x}{(x+2)}$
- is one-one. Also, find
- $A$
- if
- $f$
- is onto.

- 30) Differentiate
- $\log(1 + \cos x)$
- with respect to
- $\tan^{-1} x/2$

## MOCK PAPER



SUBJECT:

MATHEMATICS (CBSE)

(2020-21)

CLASS XII,

TOTAL MARKS: 80

- 31) If
- $y = x \log\left(\frac{x}{a+bx}\right)$
- , prove that
- $\left(\frac{dy}{dx}\right)^2 = \frac{1}{x} \left(\frac{a}{a+bx}\right)^2$

- 32) Using differentiation, find the intervals in which the function
- $f(x) = \sin x$
- is an increasing function in
- $[0, 2\pi]$
- .

- 33) Evaluate:
- $\int \frac{x}{(x^2+1)(x+1)} dx$

- 34) Using Integration,
- $\frac{x^2 + y^2}{4} = 1$
- find the area of

- 35) Find the particular solution of the differential equation
- $(y+3x^2) \frac{dx}{dy} = x$
- at
- $x = -1, y = 0$

EXPERT SPEAK

# How to turn the pandemic into a learning opportunity for your child

BY SONALI KHAN

THE POWER OF PLAY

The online class has only been on for 10 minutes but Sameera's 6-year-old daughter is already yawning. Her face tilts away from the teacher on her computer screen to the carefree clouds skimming a blue sky beyond the window. Look, ma, it's shaped like a cat! Sameera tries to pull her daughter's attention back, her frown reflecting the worries of a million mums and dads. Parents,

take heart. It is true that the pandemic has upended traditional academic routines. But this doesn't mean that learning will stop or that your child can't develop the skills necessary to succeed at school. Take some time out to evaluate your goals. Are you trying to replicate school at home or to cultivate an environment in which your child is naturally learning through the day? With a shift in per-



spective, you might find yourself being grateful for the unexpected opportunities that the pandemic has brought you.



Play isn't just for the little ones. It helps older children too. For example, building and acting out a story with every day props and then writing a play or adding grocery bills are engaging, low-stress ways to build creative writing and numerical skills. Similarly, looking at pictures and talking about what's happening in the world and what other children may be experiencing in different countries can build empathy and a sense of connectedness even when you are isolated at home. Play is also a good way to inculcate life skills and as children learn to pitch in at home.

SKILLS FOR SCHOOL

In the early years, all schools look at preparing your child for formal learning by developing fine and gross motor skills, language, numeracy and critical thinking. With a bit of planning and a lot of fun and laughter, these skills are easily accelerated at home by the person best-attuned to the mental and emotional needs of your child: you.

Did you know, for example, that the best way to advance your child's language skills is to talk to her? Ask her about what she is

playing and guide her to think deeper. For example, what are all the things she would need to put on a doll's dinner plate? Can these be grouped into types of food? Or what is the sequence in which she is cooking her pretend meal. Can she teach you what goes first and what to add second? What if more people arrive to share the meal? In just a few moments of play, you've enriched language, math and problem-solving skills, all while strengthening the bond with your child.



CLASSROOM IN THE KITCHEN

Put on your thinking hat and look around. Literally everything you see is a portal for play-based learning. Separating dal from rice helps little fingers prepare to hold a pencil firmly soon. Tumbling and rolling while making the bed releases pent-up energy, gives larger muscles a workout and builds co-ordination. Counting spoons and bowls or folding laundry kickstarts mathematical thinking. And an empty cardboard box is the perfect tool for a burst of unbridled creativity while you get your emails and other tasks out of the way.

THE BEST FOUNDATION IS A HAPPY CHILD

It is easy to forget that children experience stress too. Children are quick at absorbing stress around them and playing it back in ways that appears like they are acting up. To be able to help your child in naming big feelings and make sense of them is to equip him with the ability to hold himself in the face of uncertainty. In fact, edu-

cators acknowledge that emotional intelligence is the biggest indicator of success in life. In the hurly-burly of a regular school day, these softer skills are sometimes forgotten. The pandemic has offered parents a rare window to give time and honour the feelings of their children. Even in the

face of the adversity that so many of us are currently experiencing, a moment taken to remind a child that her feelings are seen and heard and that her view of the world is just as important as any one else's, can help her learn the socio-emotional skills needed to navigate both school and life. (The writer is MD, Sesame Workshop, India)



## Signs to know if your child has dyslexia

Dyslexia is a learning disability that affects a child's oral and written language. It makes it difficult for kids to grasp some words and numbers and it can happen to anyone; the disability becomes challenging when kids get it during their learning and growing age. However, dyslexia is not a disease and is nothing to be ashamed of. It's just a disability and does not impact a child's intelligence, learning abilities and emotional intelligence. In fact, you will be surprised to know that kids with dyslexia have proven to be academically strong and intelligent as compared to others. But to recognise it in time gives you the power to improvise on certain difficulties and make learning easier for the child.



Difficulty in reading

Most kids suffering from dyslexia have reading difficulties. They find it hard to comprehend language, letters, alphabets and

words. They often read slowly and mispronounce letters as compared to other kids. They might also feel shy to read in front of others.

Difficulty with numbers

Dyslexic kids find mathematics challenging. It's very difficult for them to do addition, subtraction and other big calculations. Remembering days, colours and months can also be difficult.

Bad handwriting

Dyslexic kids often have difficulty in their writing style. Pay attention to the way they hold the pen or pencil to write on the paper. They even might find it diffi-

cult to understand grammar.

Don't follow instructions

These kids don't have the ability to multitask or follow a series of instructions at once. This is because their comprehension skills are slow, it takes them time to understand and implement instructions.

Development of speech problem

A dyslexic child might take time to learn how to talk. Their learning and speech process is slow as it's very difficult to grasp a new vocabulary, language and grammar.



## Have you read this winner?

Book mark



The following books won big at the Costa Awards

**Voyage of the Sparrowhawk**  
by Natasha Farrant

CHILDREN'S BOOK AWARD

Set right after World War I, this adventure book follows two orphans as they sail the Channel in an attempt to find some missing loved ones and maybe even a home.



**'Love After Love'**  
by Ingrid Persaud

WON THE FIRST NOVEL AWARD

The book is about an unconventional family, consisting of a woman, her son Solo and their lodger. One night a revelation proves too much...



**'The Mermaid of Black Conch'**  
by Monique Roffey

WINNER OF THE NOVEL AWARD

This is set in a Caribbean village on the island of Black Conch in 1976 and based on a romance between a native and a mermaid.



**'The Louder I Will Sing'**  
by Lee Lawrence

WINNER OF THE BIOGRAPHY AWARD

This is based on the author's experience of being Black in Britain. The author's mother was wrongly shot by the police while their house was being raided. Read to know more.



**Costa Book Awards**

The UK-based award celebrates British and Irish authors across five categories: First Novel, Novel, Biography, Poetry and Children's Book. For each category, there are 3 judges who select a shortlist of 4 books and choose the winning work. Each category winner receives £5,000 and the overall winner receives a further £30,000.

**'The Historians'**  
Eavan Boland

POETRY AWARD

This is the last collection of poems before the author passed away in April 2020. The judges said the book contains, "some of the finest lines of poetry written this century". Don't miss this one.



QUIZ TIME (MIXED BAG)

- Q.1) Sri Lanka has launched its first satellite. What is the name of the satellite?  
A. Raavana 1 B. Colombo X  
C. Kataragama D. Vibhishana
- Q.2) When is World Heritage Day observed every year?  
A. April 17 B. April 18

- C. April 19 D. April 20
- Q.3) A raging fire tore through Notre-Dame Cathedral, a 850-year-old Gothic building. The cathedral is located in which country?  
A. France B. Italy  
C. Belgium D. Hungary
- Q.4) What did Google chief Sundar Pichai study at IIT

- Kharagpur?  
A. Mechanical Engineering  
B. Software Engineering  
C. Chemical Engineering  
D. Metallurgical Engineering
- ANSWERS  
1. (A) Raavana 1 2. (B) April 18 3. (A) France 4. (D) Metallurgical Engineering

KNOWLEDGE BANK

COMBINATORICS ACADEMICS

This is a branch of mathematics dealing with combinations of objects belonging to a finite set in accordance with certain constraints such as those of graph theory. It deals with the study of countable discrete structures. Combinatorial structures arise in many areas of pure mathematics in algebra, probability, theory, topology and geometry.



# CAN INDIA BREACH FORTRESS GABBA?

The Gabba has been Australia's fortress in Test cricket for many years now. Many teams have tried their best but none of them have managed to breach the fortress in the last 28 years. Australia have not only made Gabba their fortress but have also dominated teams at the venue and proved too good for any opposition

## AUSTRALIA UNDEFEATED IN 31 TESTS SINCE 1988

Australia last lost a Test match in Brisbane against the mighty West Indies in 1988. They have since played as many as 31 Test matches at The Gabba but have been unbeaten. They have managed 24 wins and drawn 7 games while losing none of them.

### INDIA WINLESS AT THE GABBA IN SIX ATTEMPTS

Contrasting to Australia's fortunes in Brisbane, India have an awful record in Brisbane when it comes to Test matches. India have played six Tests at The Gabba and have failed to win any

of them. They have lost five and drawn one game. It was in 2003 that then captain Sourav Ganguly helped the team earn their best Test result at the venue in the form of a draw after his gritty 144.

### NO FOREIGNER IN THE LIST OF TOP 20 TOP-SCORERS AT THE GABBA IN TESTS

Putting runs on the board has been Australia's key to success at the venue and the hosts have managed to stop others from doing so with the ball. There are only Australian batsmen in the list of top 20 run-getters in Tests at the venue with David

Warner (817) and Steve Smith (579) featuring at the 7th and 18th spot respectively. England great Alastair Cook with 443 runs is at the 23rd spot and holds the record for most Test runs in Brisbane by any overseas batsman.

It will take nothing short of a herculean effort from an injury-ravaged Indian side to win the Gabba Test and clinch the Border Gavaskar Trophy. But going by how India have managed to overcome adversities and turn them into opportunities in the series so far, no one can write the visitors off from putting an end to Australia's stellar streak at the venue.

Rishabh Pant did not get his hundred in Sydney but his innings was one full of audacity. Marred with injuries, abuse, and bio-bubble fatigue, India have been relentless so far in their pursuit of glory as they look to round off what can be another memorable tour of Australia

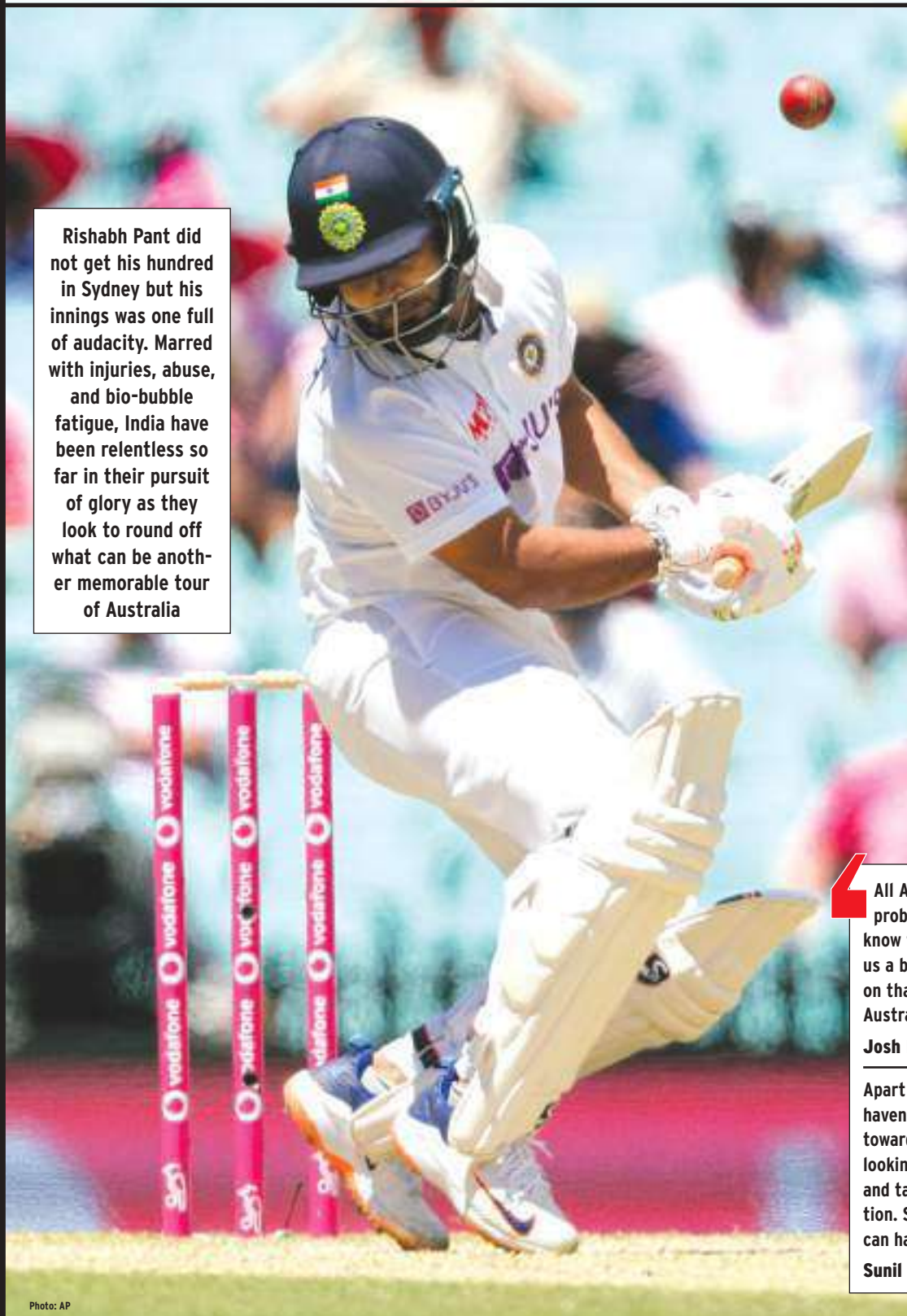


Photo: AP

All Australians love playing up there (The Gabba). We probably grow a leg given the record we've got. We know touring sides don't like to play there, so that puts us a bit ahead before a ball is bowled. I guess we thrive on that. It's an awesome place to play. Very much an Australian venue, I've always enjoyed playing there.

Josh Hazlewood, Australia pacer

Apart from Smith and Labuschagne, the other batsmen haven't got too many runs. Yes, Cameron Green got runs towards the end (in 3rd Test) and Tim Paine was also looking good. But the Indians were not looking to try and take wickets, they were trying to delay the declaration. So the Australian batting is vulnerable. Anything can happen.

Sunil Gavaskar, former India captain

## SMITH 'FEEDS OFF' CRITICISM WARNS PAINE AHEAD OF GABBA SHOWDOWN

Skipper Tim Paine warned that Steve Smith "feeds off" criticism and was fired up for the high-stakes fourth Test against India, which Australia will start without injured opener Will Pucovski. Smith has faced accusations he had been trying to cheat by scuffing up batsman Rishabh Pant's guard at the crease during the tense drawn third Test at Sydney, which left the series locked at 1-1. He strongly denied it and said he was shocked by

the reaction, claiming he was simply shadow batting. "Steve is in a good frame of mind. I think we've seen through what he's been through in the last three years... he's mentally very strong, very tough. He knows sometimes he's going to be criticised and he's handled that supremely well. If anything, I think he feeds off it. His statistics speak for themselves and we'll see the best of Steve Smith again this week," said Paine. AFP

## IPL hurt India more than Australia

Australia coach Justin Langer's suggestion that the 2020 Indian Premier League (IPL) held just before the big-ticket India-Australia series may have been responsible for the soft tissue injuries to players, may be true more for the Indians than for the Aussies

### INDIA'S FRONTLINE BOWLING ATTACK WAS INVOLVED HEAVILY IN THE IPL

The Covid-19 situation has made things difficult for the Indians as they can't seek replacements. It has forced them to rely on the net bowlers who they thankfully carried, considering that they had a very long tour inside a bio-bubble. While Langer agonisingly witnessed David Warner miss the first two Tests due to a groin injury as the Aussie batting struggled, somehow his squad has managed the workload much better than the Indians have. That is why they still have first-choice players available towards the end of the long, arduous tour.

As many as 10 members out of the Australian squad of 18 for the white ball series had played the

IPL 2020, with six of those players making the playoffs. Among those in the playoffs, only a couple, Delhi Capitals' (DC) Marcus Stoinis and SunRisers Hyderabad skipper David Warner, had played all 14 games for their franchises in the league phase. In comparison, most of India's players, barring the likes of Cheteshwar Pujara and Hanuma Vihari, were part of IPL with most of them an integral part of their teams.

Importantly, while India's front-line bowling attack of Bumrah (15 matches for Mumbai), Shami (14 for Punjab), Ashwin (15 for Delhi), Umesh (although just 2 for Bangalore), were involved heavily in the IPL, Australia's front-line bow-

lers didn't play much. Only Pat Cummins among the Aussie front-line bowlers played as many as 14 IPL games for Kolkata while Josh Hazlewood featured in just three matches for Chennai. Left-arm quick Mitchell Starc skipped the IPL whereas off-spinner Nathan Lyon doesn't feature in IPL at all.

Importantly, Cricket Australia sent support staff to ensure players whose teams were out of IPL before play-offs got enough training and rest. Those were Steve Smith, Glenn Maxwell, Hazlewood and Cummins. Coaches Andrew McDonald (MI), Ricky Ponting (DC), and Simon Katich (RCB) were also tasked to look after the workload of Aussie players during the IPL.

Mohammed Shami played 14 matches for KXIP in the IPI 2020. He fractured his right arm in the First Test



Photo: AP

## Neymar on the spot as PSG clinch French Super Cup

Neymar scored on his return from injury as Paris St Germain beat Olympique de Marseille 2-1 to win the French Super Cup in Lens. Brazil forward Neymar, who had been out of action since mid-December with an ankle injury, netted from the penalty spot in the second half to add to Mauro Icardi's first-half opener. Icardi, who has been struggling for goals this season, found the back of the net in the first half to set Ligue 1 champions PSG on the way to a routine win against last season's runners-up Marseille. "I hope to win more titles, but the first will always be special," said head coach Pochettino. "We deserved this victory, we played a good match." REUTERS



Photo: AFP

## QUIZ TIME!

**Q1:** The most FINA world individual records is held by which of these current swimmers?

- a) Adam Peaty  b) Luke Greenbank   
c) Duncan Scott  d) Caeleb Dressel

**Q2:** Which female athlete was awarded the 2020 World Athlete of the Year award?

- a) Robeilys Peinado  b) Yulimar Rojas   
c) Caterine Ibargüen  d) Olga Rypakova

**Q3:** Which cricket captain has scored the most consecutive fifties in an ICC World Cup tournament?

- a) Virat Kohli  b) Graeme Smith   
c) Aaron Finch  d) Michael Clarke

**Q4:** Australia holds the record of highest team score in an ICC World Cup match. Against which country did they achieve this record?

- a) Afghanistan  b) Zimbabwe   
c) Bangladesh  d) Pakistan

**Q5:** In 2015, who became the first female swimmer to win four individual gold medals at a single edition of the long course world championships?

- a) Missy Franklin Johnson  b) Katie Ledecky   
c) Simone Manuel  d) Sarah Sjöström

**Q6:** Diego Maradona's record in FIFA World Cup as captain has been equalled by which of these footballers?



Diego Maradona

- a) Robert Lewandowski  b) Luis Suárez   
c) Mohamed Salah  d) Harry Kane

**Q7:** Which of the following male athletes was awarded the 2020 World Athlete of the Year award?

- a) Usain Bolt  b) Eliud Kipchoge   
c) Renaud Lavillenie  d) Armand 'Mondo' Duplantis

**Q8:** The most goals scored in La Liga by a defender is 68 and was achieved by which of the following players?

- a) Luka Modric  b) Sergio Ramos   
c) Marcelo Vieira  d) Karim Benzema

**Q9:** Who is the first cricketer to score two centuries

hundreds on debut as Test opener?

- a) Rohit Sharma  b) Steve Smith   
c) Kane Williamson  d) Aaron Finch

**Q10:** During which Olympics, did Sarah Sjöström become Sweden's first female Olympic swimming champion with her victory in the 100m butterfly?

- a) 2004 Athens Games   
b) 2008 Beijing Games   
c) 2016 Rio Games   
d) 2012 London Games

**ANSWERS:** 1- d) Caeleb Dressel 2- b) Yulimar Rojas  
3- a) Virat Kohli 4- a) Afghanistan  
5- b) Katie Ledecky 6- d) Harry Kane  
7- d) Mondo Duplantis 8- b) Sergio Ramos  
9- a) Rohit Sharma 10- c) 2016 Rio Games



# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ 7 ways to recharge and refresh  
➤ How to give back to the society more meaningfully

**PAGE 2**



➤ Students share their travel diaries  
➤ Relive your school experiences

**PAGE 3**



➤ India's injury concerns mount ahead of the 4th Test

**PAGE 4**



**STUDENT EDITION**

WEDNESDAY, JANUARY 13, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

## BREAK OUT ECONOMY

**WHAT:** A rapidly-digitalising India has been ranked highly among the 'Break Out Economies' in the third edition of the Digital Evolution Scorecard developed by the Tufts University's Fletcher School, in partnership with the Mastercard. 'Break Out Economies' are defined as those economies that are digitalising very quickly, and yet have a lot of room to grow before matching those in the developed economies, such as those in Europe and in more-developed Asian countries like Singapore, South Korea and Hong Kong.

**X-PLAINED**

**WHO ARE THE SUCCESSFUL BREAK OUT ECONOMIES:** Successful 'Break Out Economies' are those economies that have sophisticated mobile internet access, affordability and quality to foster more widespread adoption. The governments of these economies have also taken steps to strengthen their institutional environments and have stringent digital regulations. Moreover, in these economies, generating investments in digital enterprises, fund-

ing digital R&D, training digital talent and leveraging digital applications to create jobs are given priority. Besides, steps have also been taken to reduce inequities in access to the digital tools across gender, class, etc.

### THE RANKINGS

**1** China, which leads the countries in the 'Break Out Economies' group is more-evolved digitally mainly due to its combination of rapidly-growing demand and innovation

**2** Indonesia, and India, which ranks third and fourth respectively, in momentum, have displayed increasing digital-momentum, suggesting the potential to rapidly digitalise in the post-Covid world, the report stated

**3** South Korea, Singapore and Hong Kong are the leading 'Stand Out Economies', the top-performing group, thanks to a high-degree of digital evolution and a strong momentum in continuing to advance their digital capabilities

**4** Other consistently top performers, include Estonia, Taiwan, and the United Arab Emirates. These economies have displayed both adaptability and institutional-led support for innovation. Interestingly, the US also shows remarkable momentum for an economy of its size and complexity, scoring second in digital evolution, after Singapore

Photo: Getty Images



## COVID DISTURBS TRADITIONS

### In a first, budget to go paperless

The upcoming budget scheduled for February 1 will go paperless, as the finance ministry has decided not to print the budget documents, amid the pandemic. This is a historic move, as it will be for the first time that the budget papers will not be printed.

The decision has been taken, as the printing process would require several people to stay at the press for around a fortnight, amid the coronavirus fears



➤ The budget for the financial year 2021-22 may also see several conventions being broken, as according to sources, the traditional 'Halwa' ceremony may not take place this year, or a subdued function may be held with a limited gathering  
➤ This ceremony, which normally starts around January 20, is attended by all the people involved in the budget-making, and marks the beginning of printing  
➤ Once printing starts, the printing staffers stay inside the press till the presentation of the budget. Only a few high-ranked officials are allowed access and that too on the basis of a special identity card. The entire facility, the loading-unloading and the transportation are manned by the special security forces

This is not the first time that there would be a change in tradition in the presentation of the budget under the finance minister Nirmala Sitharaman. Last year, she did away with a colonial-era tradition of carrying the budget papers in a briefcase, and introduced the budget 'Bahi Khata' or a ledger, enclosed in a red cloth folder and tied with a string

## Quote unquote



“Even as vaccines start protecting the most-vulnerable, we're not going to achieve any levels of population immunity or herd immunity in 2021. Even if it happens in a couple of pockets, in a few countries, it's not going to protect people across the world. It is critical that countries and their population maintain strict social-distancing and other outbreak control measures for the foreseeable future”  
**DR SOUMYA SWAMINATHAN, chief scientist, WHO**

## INDIA'S FY21 FISCAL DEFICIT SEEN AT OVER 7%, DOUBLE OF BUDGETED TARGET

Despite high-frequency indicators showing a turnaround, the revenue gap will continue to be high, forcing India to end the year with a higher than anticipated fiscal gap.

Photo: Getty Images



➤ According to sources, India's fiscal deficit for the year ending in March 2021 is likely to be over 7% of the gross domestic product (GDP), more than double of the 3.5% target that was set in the last budget  
➤ The fiscal deficit could widen to as much as 8% of GDP, with the current expected economic contraction of 7.7% in 2020-21  
➤ The government expects the tax revenue to decline by ₹ 4-5 lakh crore and a ₹ 1.2-1.5 lakh crore shortfall in divestment proceeds, officials said  
➤ With the economy on the rebound, and crackdown on tax evaders, experts say the tax collection at best will increase by 70% from the current levels in the remaining months of the fiscal

## VIEWPOINT

### REMOVE 'UNHISTORICAL' REFERENCES FROM SCHOOL BOOKS: HOUSE PANEL

A Parliamentary panel has called in the education ministry over three critical issues flagged by various members of Parliament, including the need for a politically-sensitive 'reform', which includes the removal of 'unhistorical fact' and 'distortions' from the school textbooks.



Several members have pointed out the lacunae in textbooks in terms of history. They have highlighted on the need to include the role of great historic women heroes - from Gargi and Maitreyi to rulers like Rani of Jhansi, Rani Chennamma, Chand Bibi, Zalkari Bai, and so on, in the textbooks

### ORGANIC CHALK STICKS OUT OF RICE FLOUR AND EUCALYPTUS

After seeing the harmful effects that regular gypsum chalks have on the staff and students in their school, two students from a government school in Hyderabad's Adilabad, have come up with an innovative organic replacement for gypsum chalks. P Harshit Verma

#### INNOVATION

and K Rudra, students of the Telangana State Model School (TSMS) in Bangari Guda, used rice flour and natural clay for the preparation of these chalks. Along with these two, they also mixed neem oil, lemon oil, camphor, and many other naturally-extracted substances. Further, to create a natural aroma in the classroom, they



added natural fragrances like rose water, extracts of Jasmine and sandal, and many other natural aromatic substances. "There are many schools, colleges and other educational institutions across India, which use chalks to write and teach. These chalks lead to many health issues like allergies, respiratory diseases, including asthma, and even eye infections. That is why we have come up with this idea to create organic chalks," said Rudra.

### PM MODI NOW MOST-FOLLOWED ACTIVE POLITICIAN ON TWITTER AFTER SUSPENSION OF TRUMP'S ACCOUNT

PM Narendra Modi has become the most-followed active politician on Twitter, after the micro-blogging platform permanently suspended the account of the US President Donald Trump, following the recent siege on the Capitol Hill by hundreds of pro-Trump rioters.



#### NEWSMAKER

➤ PM Modi currently has 64.7 million followers, while Trump had 88.7 million followers, before his account was suspended. Former US President, Barack Obama, however, remains the most-followed politician on Twitter with 127.9 million followers.

## NEWS IN CLUES

### Which Indian state is home to the Earth's only saline soda lake?

**CLUE 1:** It has the country's largest road network.

**CLUE 2:** It is home to the world's largest planned city.

**CLUE 3:** It is home to five international airports.

**ANSWER: MAHARASHTRA.** The state's government has downgraded the security cover of several leaders, including former CM Devendra Fadnis, from Z-plus to Y-plus security with escort. Others whose security cover has been downgraded, include Fadnis' wife and daughter as also MNS chief Raj Thackeray.

**DID YOU KNOW:** With over 2.67 lakh-km of road length, the state, which is also home to a saline soda lake at Lonar, created by a meteor 52,000 years back, has India's largest road network. Navi Mumbai is the world's largest planned city

## FACTOID

**\$131 MN**

The moolah minted by 'Wonder Woman 1984' in the US and Canada, leading the box office charts for the third straight weekend without much in the way of competition. Overseas, the film grabbed \$98.8 million, outperforming most-fellow pandemic-era releases.

➤ THE COMIC BOOK ADAPTATION WAS RELEASED SIMULTANEOUSLY ON HBO MAX, IN AN EFFORT TO BUOY STREAMING SERVICE SUBSCRIBERS. IT'S UNCLEAR HOW MANY HBO MAX USERS WATCHED THE MOVIE, THOUGH THE COMPANY TOUTED RECORD VIEWERSHIP

## NOMADLAND BAGS FOUR NATIONAL SOCIETY OF FILM CRITICS AWARDS



Hollywood film 'Nomadland' has won four awards at this year's National Society of Film Critics awards, including the best picture, best cinematography, best director and best actress. The Chloe Zhao-directed film won the most-awards at the

#### ENTERTAINMENT

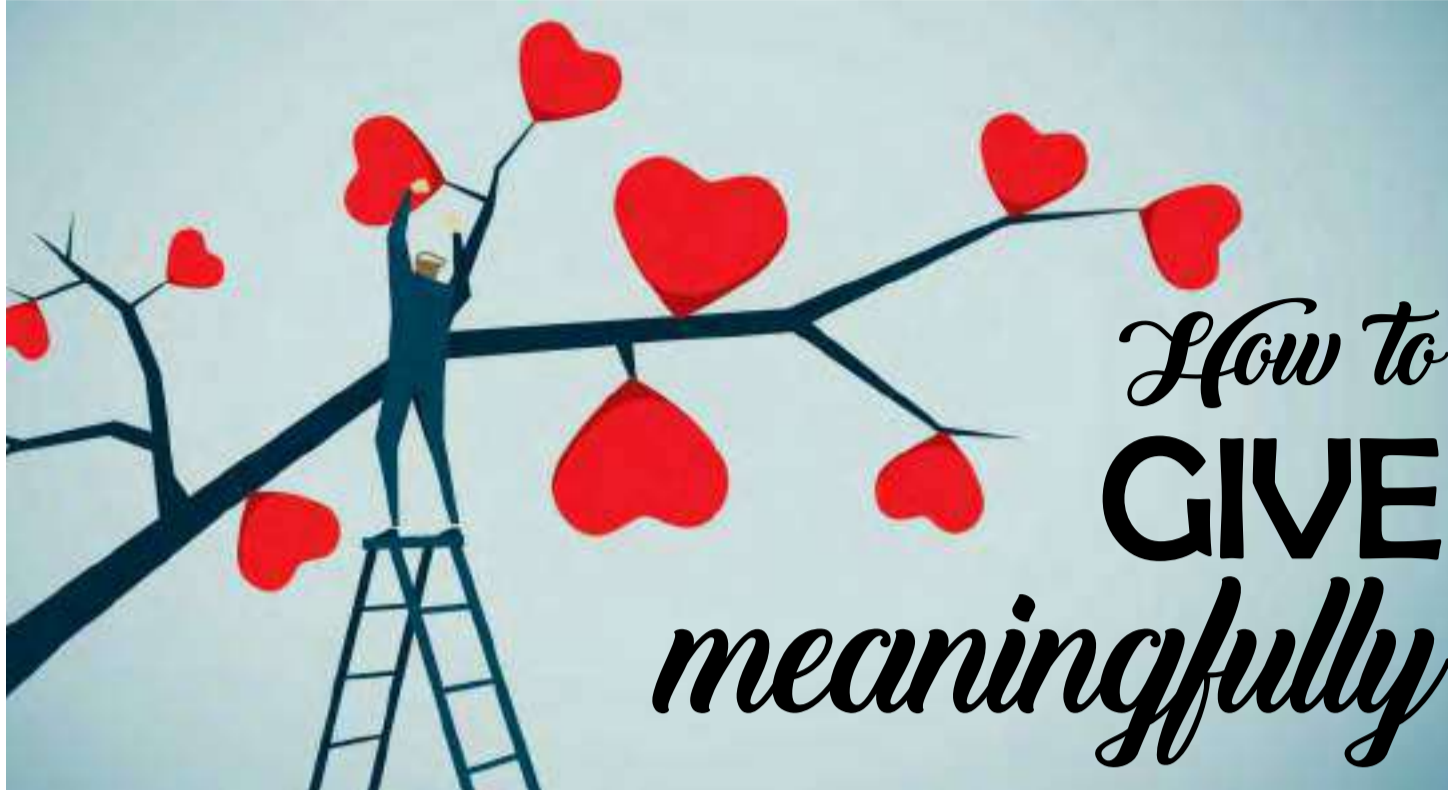
55th annual meeting for the organisation recently. Frances McDormand was named the best actress for her role in 'Nomadland', while Zhao received the best director award.

➤ Delroy Lindo won the best actor for his role in Spike Lee's 'Da 5 Bloods'  
➤ The other awards went to 'Collective' for the best foreign-language film, 'Time' for the best non-fiction film  
➤ 'Never Rarely Sometimes Always', directed by Eliza Hittman, won for the best screenplay  
➤ The National Society of Film Critics comprise 60 film critics from across the US

## FLOATING IGLOO TO PROTECT PENGUINS!



Sajjad Navidi, an Iranian architect, has come up with a design for floating igloos that could protect the endangered penguins and stop the melting of polar ice in Antarctica. It uses igloos, both under and above the water, with the upper structure providing penguins the space to breed and the lower half connected to a swinging pendulum. The idea is, as the pendulum is moved by the waves, it produces electricity to cool the ice to stop it from melting



## How to GIVE meaningfully

**G**iving has been something of a silver lining to a dark year. If you are interested in helping even just a person or family during this crisis, here are some strategies that work well and fast.



**1** Sponsor Childcare. Because of Covid-19 cases, many schools have decided to shut their doors and teach virtually. As a result, working parents are scrambling to figure out a childcare solution they can afford. Reach out to your Parent Teacher

Association or principal's office for guidance on the best ways to help. They may have a list of families looking for assistance. You can also go the social media route to help parents, raising money from others who see your posts and want your support.

**2** If you can't support monetarily, try dialling your local library or nearby NGOs and asking about in-person support. Assist with basics like food and rent. To identify households to send groceries to, simply ask around.



**3** Crowdfunding sites like Kickstarter and GoFundMe, traditionally go-to sites for raising money for one's documentary or invention, have increasingly become platforms for everyday people seeking and providing donations for next month's rent, food and other necessities.

**4** Donate to organisations giving directly. For those in distress, the gift of money may only be temporary financial relief. But it's also a priceless reminder that we will do our best to get through this together.

- BLOOMBERG.

# 7 ways to recharge and refresh

Feeling overwhelmed this week? Try one of these speedy booster breaks to turn your day around. If you are busy for longer hours and struggling to get everything done, taking short but regular breaks through the day brings benefits - from less stress to improved mental health... Read on



## Get outside

In a study published in the 'Journal of Workplace Behavioural Health', workers were asked to head outside for 10-minute "outdoor booster breaks" and focus on natural elements such as clouds, sounds of birds or the grass beneath their feet. At the end of the four-week study, they felt significantly less stressed than those who took indoor breaks.

## Take a walk

Taking a short leisurely stroll could help you experience that eureka moment, according to researchers at Stanford University. They found that a short walk helped boost creativity in participants by an average of 60 per cent.



## Make time for prayer

Spending lots of time online puts you at the risk of Repetitive Strain Injury (RSI). Pain, tingling and stiffness felt in muscles, nerves and tendons. Try the following prayer stretch once or twice a day as a preventive measure. First, place your palms together at chest height in a prayer position. Keeping your palms connected, slowly lower your hands until your arms reach a 90-degree position. Hold for 10 seconds. Tip your hands to the left; tip your hands to the right; move your hands outward.



## Give green a chance

In addition to improving air quality, interacting with potted plants can do wonders for your well-being. A study in the 'Journal of Physiological Anthropology' found that subjects who re-potted a houseplant felt stress-free. Experts say that smelling/touching plants can produce similar effects.

## Nap happy

Between the hours of 1pm and 3pm, we experience a small dip in core body temperature (a signal to the brain to release



melatonin, the sleep hormone). Taking a 10-minute nap around this time period is ideal to work around this natural dip. Research has found that a short power nap can help boost productivity, mood, alertness and even improve memory recall.

## Kawaii to go

Kawaii is a Japanese word that roughly translates to "cuteness". Researchers from the University of Hiroshima found that viewing kawaii images - specifically cute kittens or puppies - had an amazing effect on workers. They not only felt happier, they also performed tasks better.



## Meditate

Research shows that mindfulness meditation can lower stress levels, improve our ability to cope with pressure and boost concentration, memory and creativity. To start, use a guided meditation app to help transport you from tense to zen in seconds.



## Awesome NYT Bestsellers to read

### AMNESTY

by Aravind Adiga

The "driving force" of this "thriller-like" novel by the Booker Prize-winning Indian Australian author of 'The White Tiger' is an unsolved murder about which its undomesticated protagonist has information. Praising its "humanity," Times reviewer declared it "a significant book."



### GOLDEN GATES: The Housing Crisis and a Reckoning....

by Conor Dougherty

Although this "masterly primer on the fight for new construction" in California's Bay Area can feel "a little local," Times reviewer noted, the economics reporter, convincingly argues that these "battles" are "done well."



### GROWN UPS

by Emma Jane Unsworth

This "truly funny" comedic novel about a female web-obsessed millennial - Times reviewer Kelly Conaboy wrote - is "less of an escape than it is a set of 'Clockwork Orange' metal eye clamps, forcing you to examine," via "hand-wringing over exclamation points and emoji choices."

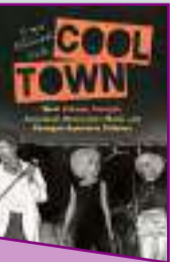


### COOL TOWN:

How Athens, Georgia, Launched Alternative Music and Changed American Culture

by Grace Elizabeth Hale

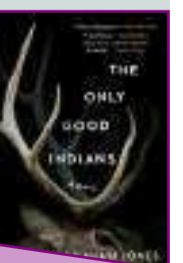
A professor who once played in a band and ran an underground club in Athens, Hale analyses why this sleepy college town spawned the likes of the B-52's and R.E.M., and became "the model for the small bohemia that together formed '80s indie culture."



### THE ONLY GOOD INDIANS

by Stephen Graham Jones

Times reviewer Danielle Trussoni called this "panoramic view" of the struggles and triumphs of four Native American young men, haunted by the spirit of an elk they killed on an expedition and by the burdens of tradition, a "gritty and gorgeous" horror novel.



## QUIZ TIME (MIXED BAG)

- Q.1)** The Vijayanagara king who employed skilled archers of the Turkish clan and raised the fighting capacity of his bowmen was....  
A. Bukka I B. Devaraya I  
C. Krishnadevaraya  
D. Ramaraya
- Q.2)** The Venetian traveller who travelled with his wife and reached Vijayanagar around 1420 was....  
A. Athanasius Nikitin  
B. Nicolo de Conti  
C. Ibn Batuta D. Ferishta
- Q.3)** The Uprising of 1857 was described as the first Indian war of Independence by...  
A. SN Sen B. RC Mazumdar  
C. BG Tilak D. VD Savarkar
- Q.4)** The 23rd Jain teacher, Parsva, the immediate predecessor of Mahavira enjoined on his disciples four great vows. To these Mahavira adds which of the followings as the fifth vow?  
A. Abstinence from stealing B. Non-injury  
C. Brahmacharya or continence  
D. Non-attachment

### ANSWERS

1. B) Devaraya I 2. B) Nicolo de Conti 3. D) VD Savarkar  
4. C) Brahmacharya or continence

The Sun goes down  
And the Moon comes up  
The cycle continues...  
But the fire in your eyes never goes down.  
How do I know?  
It stares at me so.  
And in my heart  
I feel it all rising  
The air unbreathable, overrun with smoke  
The temperature unbearable  
An overdose of heat.

Tell me why your determination is so.  
You want to be great.  
Why you want to be Me.  
Tell me why do you show such ignorance.  
Indifference to your childhood - for you only get one.  
You want to earn,  
But first you have to learn.

This is the problem with you, now.  
I see that you can't be fixed.  
My creation is undeniably flawed.  
I wish I could keep you somewhere close to me,  
So you don't create any trouble for me.  
Oh! You want to be free, I see.

I have checked after you for years now.  
But the fire in your eyes has sealed your fate.  
Why in the world would you provoke Mother Nature  
Please, I beg of you.

## THE FIRE IN YOUR EYES

ANANT VEER SINGH, class VII, DPS  
Sushant Lok, Gurgaon



Do not take me lightly,  
For I am your God.

I see that you've made her eternally sick,  
Unable to fight back.  
Earlier she was all powerful  
But your ego and greed...  
It made her crack.  
Her trees are dying ever so quickly  
And her reservoirs are done for good.

Now I am going to punish you with a remedy of my own.  
It will make you get a cold and cough  
And make you stay home  
I hope you are prepared for the shock  
The following years are cursed for you,  
Except for the Ones who find peace in themselves.  
And once you learn your lesson,  
I shall free you of this curse.

Uh-oh.  
In all this mayhem, your God has forgotten how to stop it  
You'll have to come up with a cure of your own.  
I am ever so sorry.  
But for now,  
My curse shall make you say your last prayers.

It seems that the fire in your eyes has led you astray,  
And you cannot find your way back,  
That's the price you pay for making her crack..

# STUDENT MAKES THE SCHOOL PROUD



**P**radyum Chauthan, a grade XI (Science) student, who by virtue of his position is the Head Boy of Podar World School, Sherkhi, Vadodara. He is popular among his schoolmates for his sporting skills. Excellent athlete, he not only helps school mates in resolving their problems but also motivates them to be a part of school activities, always leading them to success.



In the 8th Annual Virtual Lead Award 2020, Pradyumn Chauthan was one of the 10 finalists winning the Lead Award for Confidence Category out of 450 participants across the country. This platform with its rigorous training procedures coupled with his inherent latent abilities enabled him to be one of the shortlisted 30 finalists. His Lead journey entitled, 'Rise of a Phoenix' and the Action Research on the topic 'Smashing Patriarchy and Conservative Mindsets' has finally made him

the proud recipient of the Lead Award 2020-21. He received a Certificate, a Trophy, and a cash prize. He strongly feels that the great moral support of his family and the guiding support of his Principal, Preeta Pillai has led him on the path of success. Chairman Raghav Podar and his team congratulated him for his exemplary successful venture. It is worth mentioning that LEAAD Award is a unique leadership development program; it emphasizes practical exposure over classroom learn-

## Educator gets Most Impactful School Leader Award 2020

**M**r Raghav Podar, Chairman, Podar Education, received the award of Most Impactful School Leader Award 2020 by Indian Principals Network foundation recently. After being honoured Podar said, "I am humbled upon receiving the award, but the credit goes to my team that works dedicatedly with passion day in, day out to better the lives of our students. I am just receiving the award on behalf of them, as a captain is as good as his team." He added, "We as a team have been very adaptable and nimble to the incoming challenges so that we can inculcate and build 21st-century skills in ourselves and our students. We have changed the focus from content mastery to competence mastery."



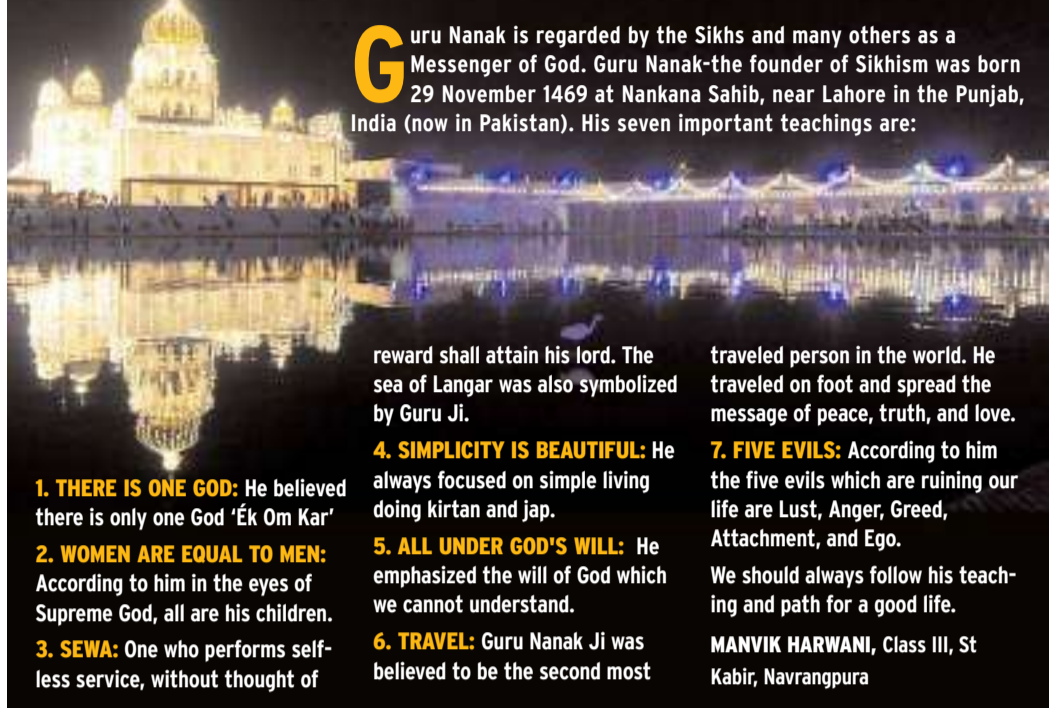
It may be mentioned that Raghav Podar is shouldering a 93-year-old legacy of Podar Education and continuing with the values of Mahatma Gandhi who was the first president of the Podar Trust. He feels that any worthy award serves not only as recognition,

but more importantly a responsibility to keep the burning hunger for excellence alive, no matter how turbulent the headwinds might seem.

Podar said, "Adversity has the ability of eliciting talents that lay dormant inherently during prosperous times. There is no better time than a crisis that forces us to grow and wakes us up from the slumber of rudimentary practices. Our team has not only taken care of our students but also their parents, we have conducted successful Yoga, Zumba, Dance classes online for the families of our students to keep them fit and healthy & fit. I believe we should defenestrate the narrative that 2020 is a write-off, and recognize it's the year of unearthing new potential inside us."

Raghav Podar who has also been awarded as Glory of India Award by Deputy PM of Thailand in year 2016 is now looking forward to making 2021 a year of even greater growth for his students, Parents & his team.

## IN HONOUR OF GURU NANAK JI



**G**uru Nanak is regarded by the Sikhs and many others as a Messenger of God. Guru Nanak-the founder of Sikhism was born 29 November 1469 at Nankana Sahib, near Lahore in the Punjab, India (now in Pakistan). His seven important teachings are:

- 1. THERE IS ONE GOD:** He believed there is only one God 'Ek Om Kar'
- 2. WOMEN ARE EQUAL TO MEN:** According to him in the eyes of Supreme God, all are his children.
- 3. SEWA:** One who performs selfless service, without thought of

reward shall attain his lord. The sea of Langar was also symbolized by Guru Ji.

**4. SIMPLICITY IS BEAUTIFUL:** He always focused on simple living doing kirtan and jap.

**5. ALL UNDER GOD'S WILL:** He emphasized the will of God which we cannot understand.

**6. TRAVEL:** Guru Nanak Ji was believed to be the second most

traveled person in the world. He traveled on foot and spread the message of peace, truth, and love.

**7. FIVE EVILS:** According to him the five evils which are ruining our life are Lust, Anger, Greed, Attachment, and Ego.

We should always follow his teaching and path for a good life.

**MANVIK HARWANI**, Class III, St Kabir, Navrangpura

## Udgamites booked in Indian Book of Records



**H**eeva Shah and Palash Axay Shah, studying in Class I-B and VI-A respectively at Udgam School for Children are honoured with the Indian Humanitarian Award for their continued dedication and humanitarian work with their drawings to create awareness on this COVID-19 Pandemic. Both students are also participants of the maximum number of drawing competitions on COVID-19.

Their work was witnessed and adjudicated by Dr. GVNRSSS Vara Prasad, Advocate, Supreme Court of India, at Hyderabad, Telangana, India.

The school proudly acknowledges and appreciates such talents of students.

## City kid to view Republic Day parade from PM's box

**P**rachi Jindal, a student of Delhi Public School, (Bopal) has been selected to witness the Republic day parade at Delhi from the Prime Minister's box. Every year, fifty meritorious students from all across the country are invited to view the parade.

It may be mentioned that Prachi had scored 99.8% in her class X exam conducted by the Central Board of Secondary Education. She will reach the national capital by January 25 and will be there till January 27.

Keeping in mind ongoing pandemic, all invited children have to get their rapid Antigen Test or RT PCR Covid-19 test report, 72 hours before the departure.



## Painters' Gallery



Manushi Shah, Class XII, Delhi Public School, Bopal



Mantra Vadhadiya, Class I, SGVP International School



Amber Kanodia, Student, Essar International School, Surat



Jiya Mehta, Class X, Zebar School For Children



Jaival Trivedi, Class IV, Zydus School Of Excellence



Sipra Patel, Class V, Sheth CN English Medium School

## SCHOOL LIFE IS THE BEST!!

**T**he best days of our life are those spent at school. During this pandemic, I am missing those wonderful moments of school.

Whenever I sit for my online classes with my uniform, it reminds me of entering the school premises.

Whenever I sit to study, it reminds me of how we all talked in the class when the teacher taught us something.

Whenever I sit to have my lunch, it reminds me of those amazing moments in the canteen area.

I feel that school life is the best as we take uncountable amazing moments of school with us ahead in the journey of life. The pranks, fun, gala time, and mischief are only possible in



school life. In this situation, we are getting to know the importance of school. I am really missing all my friends, the teachers and all those exciting periods. In class VII, we did not even get to see our new teachers physically.

Those P.E. grounds, the computer labs, our classrooms, our school corridors. These things are the best part of my school and I am missing them a lot. I hope that this pandemic gets over very soon and our school life gets back to normal.

**SHANAY SHAH**, Class VII, Udgam School



## AMAZING TRIP TO NASA

**I** never knew how interesting space could be...until I visited NASA (National Aeronautics and Space Administration) in Orlando, U.S.A. When we reached there, the security was very tight. We were asked to throw away all liquid products. First, we took a bus tour of the premises. Here we found that - believe it or not - NASA is home to hundreds of alligators! We saw everything from the place where rockets are made to the van which carried astronauts to the launch pad. We even saw the launch pad itself. Launchpad is the spot that has been the beginning of many world-changing programmes. May it be the first man to reach space, or the first person to step on the moon - all of them have started their journey from the Kennedy



Space Centre, i.e. NASA. After the thrilling bus tour, we went for a ride. It was a simulator ride in which we would experience the lift-off of an actual space

shuttle. At the end of the ride, the ceiling of the 'space shuttle' opened up to reveal a very good imitation of space.

While exiting the ride, we saw the model of the Atlantis, which was a space shuttle. I also bought a toy of the same from the NASA gift shop. There were shows of the failed moon landings and finally the successful one, which was Apollo 11.

Apart from these, there were two I-max 3-D shows, one of which depicted how astronauts live in space. After exploring all these spots, we were left with some extra time. We utilized it to see some interesting rocket models in the Rocket Garden. Above that, I also played in the rocket-shaped play area. I will definitely visit NASA once the pandemic

ends - and maybe as an astronaut in the future? Will you visit it?

**HIYA VASAVADA**, Class VII, Udgam School For Children



## THRILLING JAWAI TRIP

**T**ravelling is my passion as it makes my mind fresh and happy. Going to different places with my family and friends adds charm to my life. Last year, I spent a lifetime memorable Christmas vacation at Jawai with my family. Jawai forest is situated around Jawai Sagar Dam catchment area. It is a well-known leopard century. We went there by Volvo bus. We booked one of the best resort located amidst the Jawai Sagar forest. After taking high tea at the resort, we went for an open gypsy safari in search of a leopard. It was a thrilling experience in an open safari on the flat mountain of the leopard's home. We saw two leopards on the mountain. They were very near to us, they were almost just ahead of our gypsy and then went to their cave. We had a beau-



tiful candlelight dinner on the mountain hilltop. The same night, we did a campfire in our resort. The next day, early morning, we again went for an open safari. We found one mother leopard with a baby leopard just beside our resort. I wish to share my learnings in a nutshell, "If we will not

harm animals, they will also not harm us". We enjoyed it a lot. The trip was full of thrill and happiness and we made lifetime memories.

**NITYA SHAH**, Class VII, St Kabir School Navrangpura



# UNPRECEDENTED INJURY CRISIS

Injuries are part and parcel of the game but as things stand at the moment, it seems like the Indian cricket team will have more players on the treatment bed than on the field. After Ravindra Jadeja and Hanuma Vihari became the latest Indian players to have been ruled out from the Brisbane Test, it seems there is an injury cloud over Jasprit Bumrah ahead of the fourth and final Test starting January 15

## BUMRAH'S ABSENCE COULD HURT INDIA'S CHANCES

India pace spearhead Jasprit Bumrah has suffered from abdominal strain ahead of the fourth and final Test against Australia that begins at The Gabba in Brisbane. Bumrah was seen holding his stomach during the third Test, which ended in a draw at the Sydney Cricket Ground (SCG), and had undergone scans. While speculation is rife that he won't play the final Test, a BCCI official told IANS that there has been no confirmation on his availability. "There is no confirmation on it yet," said the official when asked about Bumrah's availability.

The right-arm pacer has three days to recover and the Indian team will do its best to ensure his availability for the final Test as his absence following the pullout of Umesh Yadav (injured in second Test), Mohammed Shami (injured in first Test) and Ishant Sharma (who didn't travel at all to Australia), will mean that the visitors will be forced to field a very inexperienced pace attack at The Gabba. Mohammed Siraj (two Tests), Navdeep Saini (one Test) have both made their debut in the ongoing series while Shardul Thakur on the bench has played just one Test in his career. Left-arm fast bowler T Natarajan is yet to play a Test. Kartik Tyagi is also there but as a net bowler. He is yet to play any form of international cricket and has played just two first-class matches.

Bumrah has been the most overworked pace bowler in both camps, having bowled 117.4 overs in the Test series. Overall, on the Australia tour, he has bowled 169.1 overs (including 22 in the warm-up fixture and 29.3 in ODIs). This follows 60 overs he bowled in the Indian Premier League (IPL) before coming to Australia. The right-arm pace bowler had suffered a lower back injury late last year. He did not play an international after August, 2019 and made his international return only in January 2020.

## WITH VIHARI & JADEJA OUT, MIDDLE ORDER IS SHAKY

India's lower middle-order could be the weak link with both Hanuma Vihari and Ravindra Jadeja being unlikely starters for the fourth and final Test. They could draft in Wriddhiman Saha as regular wicketkeeper and play Rishabh Pant as the specialist batsman. Mayank Agarwal also suffered a blow in training that has put his participation in doubt too.

There are also concerns over R Ashwin's fitness as he woke up with a back tweak on Monday and then suffered a hit on his ribs by a short delivery from speedster Pat Cummins. While Vihari's hamstring issue was noticeable, not many knew that even Ashwin had back issues on Monday morning. It was later revealed by his wife Prithi on social media. "The man went to bed last night with a terrible back tweak and in unbelievable pain. He could not stand up straight when he woke up this morning. Could not bend down to tie his shoe laces. I am amazed at what @ashwinravi99 pulled off today," she tweeted after the win.

All these absentees make the Indian line-up uncertain and shaky. Thankfully for India, the top-order looks established. There is no doubt that Shubman Gill and Rohit Sharma would continue to open the innings after they put on 70 and 71 for the first wicket in the third Test. Cheteshwar Pujara and Ajinkya Rahane will play at No. 3 and No. 4.

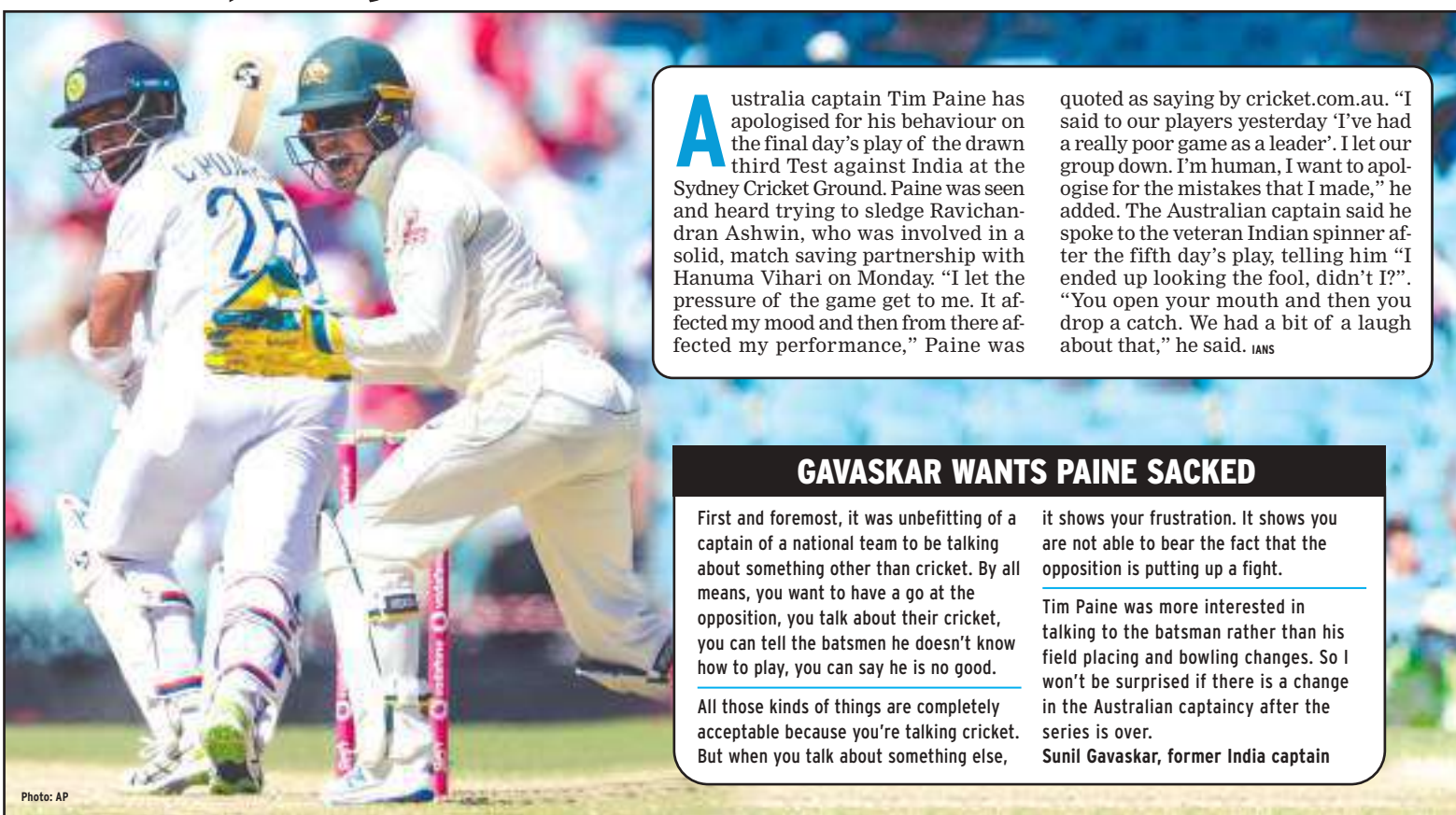
## A LOOK AT INDIA'S INJURY LIST

1. ISHANT SHARMA (couldn't get fit before the series)
2. MOHAMMED SHAMI (fractured his arm)
3. UMESH YADAV (calf injury)
4. KL RAHUL (wrist injury)
5. RAVINDRA JADEJA (dislocation and fracture on his left thumb)
6. HANUMA VIHARI (hamstring injury)

India's already inexperienced attack will further be depleted if Bumrah is ruled out

I have never seen this kind of injury list, ever. @Mickeyarthurcr1 alluded to the effects of lockdown and @ashwinravi99 pointed it out too. He has a bad back, Bumrah is unlikely to play, Agarwal hurt...if India hadn't taken such a large contingent, wouldn't have had 11 left. HARSHA BHOGLE, commentator

## Paine apologises for SCG conduct, Ashwin barbs



Australia captain Tim Paine has apologised for his behaviour on the final day's play of the drawn third Test against India at the Sydney Cricket Ground. Paine was seen and heard trying to sledge Ravichandran Ashwin, who was involved in a solid, match saving partnership with Hanuma Vihari on Monday. "I let the pressure of the game get to me. It affected my mood and then from there affected my performance," Paine was

quoted as saying by cricket.com.au. "I said to our players yesterday 'I've had a really poor game as a leader'. I let our group down. I'm human, I want to apologise for the mistakes that I made," he added. The Australian captain said he spoke to the veteran Indian spinner after the fifth day's play, telling him "I ended up looking the fool, didn't I?". "You open your mouth and then you drop a catch. We had a bit of a laugh about that," he said. IANS

## GAVASKAR WANTS PAINE SACKED

First and foremost, it was unbecoming of a captain of a national team to be talking about something other than cricket. By all means, you want to have a go at the opposition, you talk about their cricket, you can tell the batsmen he doesn't know how to play, you can say he is no good.

All those kinds of things are completely acceptable because you're talking cricket. But when you talk about something else,

it shows your frustration. It shows you are not able to bear the fact that the opposition is putting up a fight.

Tim Paine was more interested in talking to the batsman rather than his field placing and bowling changes. So I won't be surprised if there is a change in the Australian captaincy after the series is over. Sunil Gavaskar, former India captain

## Team has blossomed under Rahane: Vengsarkar



Rahane showed great character to inspire India to a remarkable bounce back win against Australia in Melbourne to level the series at 1-1 and then secured a hardfought draw in Sydney. "The team has really blossomed under the leadership of Ajinkya Rahane. India were bundled out for 36 and lost the match (in the first Test in Adelaide) but the way Rahane led the team after the Adelaide defeat is amazing. Ajinkya showed tremendous character. Players are more at ease under Rahane. He has given the freedom to his players. Freedom is the top most thing that Rahane has injected into the team. Not just Ashwin and Jadeja, the youngsters Siraj, Saini, and Gill also impressed in the series. Ajinkya has done a fantastic job in Virat's absence." Vengsarkar, who played 116 Tests and 129 ODIs for India from 1976 to 1992 said.

## QUIZ TIME!

**Q1:** Who won the first NBA All-Star Most Valuable Player award, named after Kobe Bryant?

- a) Anthony Davis  b) LeBron James   
c) Kawhi Leonard  d) Kevin Durant

**Q2:** Which tennis player became the youngest Brazilian ever to win an ATP title after defeating Casper Ruud?

- a) Marcos Daniel  b) Gustavo Kuerten   
c) Marcelo Melo  d) Thiago Seyboth Wild

**Q3:** Name the player who has won the most Player-of-the-Match award in Test cricket.

- a) Jacques Kallis  b) Muttiah Muralitharan   
c) Wasim Akram  d) Shane Warne

**Q4:** Who won the 2016 NBA Sixth Man of the Year award?

- a) Eric Gordon  b) Lou Williams   
c) Jamal Crawford  d) Montrezl Harrell

**Q5:** Who won the NBA Most Improved Player 2018 award?

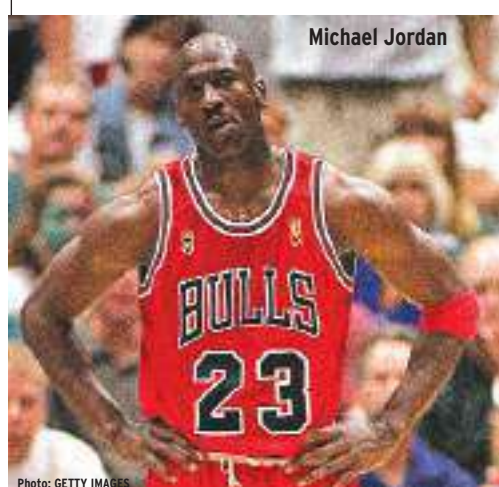
- a) Brandon Ingram  b) Victor Oladipo   
c) Giannis Antetokounmpo  d) CJ McCollum

**Q6:** Which of these cricketers has played the most number of Test matches?

- a) Jacques Kallis  b) Steve Waugh   
c) Ricky Ponting  d) Sachin Tendulkar

**Q7:** Michael Jordan won NBA Rookie of the Year Award in 1985. Which teams was he playing for at that time?

- a) Chicago Bulls  b) Washington Wizards   
c) Charlotte Hornets  d) New York Knicks



**Q8:** Which footballer has won the most European Golden Shoe awards?

- a) Lionel Messi  b) Cristiano Ronaldo   
c) Luis Suarez  d) Robert Lewandowski

**Q9:** Who has been an umpire for the most matches in One Day Internationals?

- a) Rudi Koertzen  b) Aleem Dar   
c) Billy Bowden  d) Steve Bucknor

**Q10:** Who added his name to with his ATP title run at the Generali Open?

- a) Casper Ruud  b) Ugo Humbert   
c) Miomir Kecmanovic  d) Yannick Hanfmann

**Q11:** The most hat-tricks in a La Liga career is 36. Which players has achieved this feat?

- a) Lionel Messi  b) Cristiano Ronaldo   
c) Luis Suarez  d) Robert Lewandowski

**Q12:** Who won the 2017 NBA Defensive Players of the Year award?

- a) Rudy Gobert  b) Kawhi Leonard   
c) Giannis Antetokounmpo  d) Draymond Green

**ANSWERS:** 1 c) Kawhi Leonard  
2 d) Thiago Seyboth Wild 3 a) Jacques Kallis  
4 c) Jamal Crawford 5 b) Victor Oladipo  
6 d) Sachin Tendulkar 7 a) Chicago Bulls  
8 a) Lionel Messi 9 b) Aleem Dar  
10 c) Miomir Kecmanovic 11 a) Lionel Messi  
12 d) Draymond Green





# THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

TUESDAY, JANUARY 12, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

## 10 ways coronavirus has changed

### THE WORLD ECONOMY

The economic shocks like the coronavirus pandemic of 2020 come once in few generations, bringing about permanent and far-reaching changes. Here is an overview of some of the transformations...

#### LEVIATHAN

Big government (government that is excessively interventionist) staged a comeback, as authorities had to track where people went and who they met, and to pay their wages when employers couldn't manage it. These interventions, however, incurred budget deficits of \$11 trillion in 2020.

est rates for a long time. According to economists, the interest rates dipped 1.5% points than they otherwise would have been.

#### DEBTS AND ZOMBIES

Governments worldwide offered credit as a lifeline, and businesses grabbed it. One result was a surge in the corporate debt levels. The Bank for International Settlements calculates that non-financial companies borrowed a net \$3.36 trillion in the first half of 2020.

#### EVEN EASIER MONEY

The Central banks were plunged back into printing money. Interest rates hit record lows. History shows that the pandemics depress inter-



#### YOU'RE ON MUTE

Work-from-home has mostly passed the technology test. It's a boon for companies like the videoconferencing platform. However, it's a worry for businesses catering to the old infrastructure of office life— from commercial real estate to food and transportation.



#### NOT GOING ANYWHERE?

Global tourism fell 72% in 2020 through October. McKinsey reckons that a quarter of business trips could disappear forever as meetings move online.



#### A DIFFERENT GLOBALISATION

When Chinese factories shut down early in the pandemic, it sent shock waves through the supply chains everywhere and made businesses and governments reconsider their reliance on China.



#### GOING GREEN

When 2020 saw planes grounded and people staying home, even oil majors like BP felt a real threat from the world, getting serious about climate— Governments from California to the UK announced plans to ban the sale of new gasoline and diesel cars by 2035



#### THE GREAT DIVIDES

The World Bank warns that the pandemic is spawning a new generation of poverty and debt turmoil.

#### K-SHAPED

As economies locked down, the upshot has been labelled a 'K-shaped recovery.' The virus has widened the income or wealth gaps across fault lines of class, race and gender.

#### RISE OF THE ROBOTS

Covid-19 triggered new concerns about the physical contact in the industries where social distancing is tough, like retail, hospitality or warehousing. This led to the rise of the robots. Companies replaced the humans with robots.



You share your BIRTHDAY with

**SWAMI VIVEKANANDA**

JANUARY 12

- A true luminary, Swami Vivekananda was credited with enlightening the western world about Hinduism
- He pushed for national integration in colonial India
- In 1984, the government of India declared his birthday as the NATIONAL YOUTH DAY
- The main objective is to promote rational thinking among the youth, believed to be the voice of the country

PM Narendra Modi will address the valedictory function of the second National Youth Parliament Festival via video conferencing today. The festival's objective is to hear the voice of the youth aged between 18 and 25 years, the future of India

### VIEWPOINT

#### WHY NOT BHARAT RATNA FOR DHYAN CHAND, ASKS FORMER HOCKEY CAPTAIN GOVINDA



Hockey wizard Dhyana Chand was a "great man, great human being and a great player" and it is a surprise that he has not yet been conferred with the Bharat Ratna, India's highest civilian honour, says former India hockey captain BP Govinda. "Being a hockey wizard and someone who is well known around the world, why not? People have compared Dhyana Chand to what Pele was to football. Why shouldn't he get it?" he questioned.

■ There has been a steady demand from various quarters on conferring Dhyana Chand the highest civilian award since a long time. Born on August 29, 1905, Dhyana Chand was arguably the face of sports in pre-Independent India, and for many years after 1947 as well. He led the Indian team to back-to-back gold medals at the 1928, 1932, and 1936 Olympics

■ In 1956, the government conferred on him the Padma Bhushan— he was never presented the Arjuna award though— and released a postage stamp in his memory on December 3, 1980, a year after he died

Cricketer Sachin Tendulkar is the only sports person to have been conferred with the Bharat Ratna, till date



#### APPLE TO LAUNCH SMALLER, FASTER CHARGERS: REPORT

Representational pic



Mobile giant Apple is reportedly planning to bring smaller and lighter versions of its USB-C wall chargers. Navitas Semiconductor is expected to obtain orders for gallium nitride or GaN chargers for the same.

- > GaN chargers use gallium nitride technology, and are more heat-efficient, allowing faster-charging speeds, despite the charger itself being quite smaller
- > Ireland-based Navitas Semiconductor, US-based Power Integrations and China-based Innoscience are the global top three suppliers of fast-charging solutions based on GaN-on-Si chips

#### New state of matter 'liquid glass'

Scientists have uncovered a new state of matter, the liquid glass, with previously-unknown structural elements. The surprise discovery comes 20 years after the existence of the 'liquid glass' was first predicted, and reveals new insights into the mysterious glass transition.

#### DISCOVERED

- 1 According to scientists, this new state seems to exist between a solid and a colloid (such as a gel) homogeneous mixtures with particles that are microscopic but still bigger than the atoms and molecules and easier to study
- 2 When materials transform from liquids into solids, their molecules usually line up to form a crystalline pattern, which is not the case with glass, which is why scientists are so keen to analyse and deconstruct it— with glass (and glass-like materials), the molecules are locked or frozen in a disordered state
- 3 In the liquid glass, the scientists noticed that the colloids were able to move, but couldn't rotate - they had more flexibility than the molecules in glass, but not enough to make them comparable to



regular materials that have already been extensively studied

4 The findings have the potential to go way beyond the glass as well, shedding light on everything— from the smallest biological cell to the biggest cosmological system - any scenario, where there is unexplained disorder

#### GM CHANGES BRAND LOGO TO HIGHLIGHT EV FUTURE

General Motors has unveiled a new corporate logo, its first major logo change since 1964, as part of a new campaign to accelerate the automaker's focus on electric vehicles (EVs).



- The "m" in the new GM logo is a nod to the shape of an electrical plug, the company said
- The campaign includes a previously-announced \$27 billion investment in EV and autonomous vehicles (AV) through 2025 and the launch of 30 new EVs by 2025-end



### A solar-powered remote for your TV!

As part of its 'Going Green' scheme, tech giant Samsung has created a solar-powered TV remote, which can also be charged by indoor lighting, removing the need for replaceable batteries...

- Called the Solar Cell Remote Control, the new TV remote contains a small solar panel, and can be charged using both indoor and outdoor light, as well as being plugged in
- Samsung says it estimates that the remote will help prevent waste from around 99 million batteries in the next seven years



- The remote, made of recycled-plastic bottles, is part of the company's eco-packaging scheme, which reduces text and images on the packaging in order to reduce the amount of oil-based ink used in printing
- In a more unusual step, the packaging is also covered in a pattern of microdots, aimed to help the buyers reuse, customise and repurpose the packaging

#### FOR A CAUSE

- > The South Korean firm has also pledged to reduce the carbon footprint of its TV business over the next few years, as well as seek to reduce power consumption in its products and use more recycled materials
- > Several tech giants have begun taking a range of steps to improve their green credentials. Last year,



Apple stopped including charging plugs in the box for new iPhone models, in an effort to reduce the weight and the amount of packaging required for each device

Should Dhyana Chand be conferred with the Bharat Ratna or is it too late? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM. YOU CAN POST YOUR COMMENTS AT TOISTUDENT.COM

**F**undamental Science Physics is an essential part of most technological and scientific educational curriculum. Amongst the many tools that can be used for making knowledge of Physics and its learning fun, the most attractive is that of Hands-on Physics Experiments (HPEs), which helps in the understanding of many natural and technical processes via direct observation and experience. A study published by Prof. Sain Beilock in Psychological Science showed that students who took a hands-on approach to learning had activation in sensory and motor-related parts of the brain. Activation of these brain areas was associated with better quiz performance by physics students who participated in the research.

An HPE involves any material, object, instrument or experimental setup used for learning a properly contextualized concept, principle, law or application. They contribute to the student's use of basic concepts and experimental skills to construct something new and so give the pupil a chance to integrate theoretical and practical contents naturally.

Some Hands-on Physics Experiments are given below with an effort to allow students to become part of the learning process so that physics as a subject becomes interesting, exciting and easy to understand.

### EXPERIMENT 1 BEND WATER WITH ELECTRICITY

**T**his experiment is so simple you can do it at any time. Turn on the tap so that you get only a very thin stream of water flowing. Now comb your hair 10 times and then bring the comb close to the flowing water, without actually touching the water.

#### OBSERVATION:

If all goes well, the stream of water should bend towards the comb.

#### EXPLANATION:

While brushing hair, electrons are collected on the comb. These electrons have a negative charge. When you bring the negatively charged comb near the stream of flowing water, it is attracted to it. You can try another experiment with your comb. Tear up pieces of tissue paper into tiny bits. Then charge your comb again by brushing it through your hair and bring it close to the tiny pieces of tissue paper. They will jump off the table to the comb the same way that the water was pulled to the comb. It is all thanks to the wonders of static electricity.



### EXPERIMENT 5

#### FUN WITH ICE CUBES

**A)** Squeeze a few ice cubes together in a towel and hold them for a minute.

#### OBSERVATION:

When you stop pressing, the cubes are frozen together.

#### EXPLANATION:

The pressure causes the ice to melt by lowering its melting point. When the pressure is withdrawn the molten water re-solidifies and joins the cubes together.

**B)** Take two heavy stones and a thin metal wire. Tie the stones at the two ends of the wire. Hang the wire along with the stones over a larger block of ice.

#### OBSERVATION:

The wire passes through the ice without breaking it, leaving a solid cube.

#### EXPLANATION:

The line of ice directly under the wire melts because the pressure lowers the melting point. The wire sinks into this water. The water above the wire freezes again due to decrease of pressure. Therefore the wire passes through.



### EXPERIMENT 6

#### BAR MAGNET'S MAGNETIC FIELD LINES

**T**ake some iron filings and spread them over a small region on a sheet of white paper. Put a bar magnet below the sheet of paper and tap the paper gently.

#### OBSERVATION:

Iron filings form a definite pattern.

#### EXPLANATION:

When the magnet is placed below the sheet of paper, it attracts the iron filings. The pattern of the iron filings shows the lines of force that make up the magnetic field of the magnet. The concentration of iron filings near the poles indicates that these areas exert the strongest force.

### EXPERIMENT 2

#### FLOAT EGG IN WATER

**P**lace an egg in a glass of fresh water. Notice what happens. Add salt to the water, stir gently, and observe what happens.

#### OBSERVATION:

In the fresh water, the egg sinks. As you add salt, it floats.

#### EXPLANATION:

A denser liquid exerts a greater up-thrust or buoyant force. Salt makes water denser. Now you understand easily why a ship rides higher in ocean water than in river water. You understand why it's easier to swim in the ocean than in a lake or pond.



### EXPERIMENT 3

#### BOTTLE SUBMARINE

**T**ake a soft drink bottle and fill it with water up to the brim. Collect a plastic dropper and wrap a few turns of a metal wire to make it heavy at one end. Fill up the dropper with water up to its neck and insert it into the bottle. If the plastic dropper floats on top of the water, add more water to it; on the other hand if it sinks, pour out a little so that the dropper just barely floats. Close the cap of the cold drink bottle tightly. Hold the palm of your hand over the bottle and press it firmly; then release your hand.

#### OBSERVATION:

The plastic dropper dives down. When you remove your hand, the dropper floats again.

#### EXPLANATION:

When you press with your hand, you force the air inside the plastic dropper to compress - to occupy less space. This leaves room for more water. When the added water enters the dropper, it becomes heavier than the water which it displaces and sinks.



### EXPERIMENT 4

#### FLOATATION OF NEEDLE ON WATER

**U**sing a tissue paper as a carrier, place a needle on the surface of water in a glass tumbler. With the help of a fork gently press the tissue paper so that it sinks into the water.

#### OBSERVATION:

The needle will float.

#### EXPLANATION:

The needle is heavier than the amount of water it displaces and should be expected to sink. It, however, floats because of an invisible elastic skin of



soap solution reduces the surface tension of water. By lowering surface tension, soap makes water able to wet the surface of the needle.



Binay Biswas, Physics teacher, Birla High School, Kolkata

### EXPERIMENT 7

#### TO SHOW THE PRESENCE OF ATMOSPHERIC PRESSURE

**T**ake a glass tumbler, water and a card. Fill up the glass tumbler completely with water and cover it with the card. Putting your hand on the card, turn the glass upside down and then slowly remove your hand.

#### OBSERVATION:

Water does not fall down.

#### EXPLANATION:

When you turn the glass upside down, the pressure of the air outside the glass is greater than pressure of water inside the glass. Therefore the card experiences an upward push. For this reason water does not fall the card stays in place.



### EXPERIMENT 8

#### AIR CONTAINS NITROGEN AND OXYGEN IN RATIO 4:1 BY VOLUME

**T**ake a flat container and fix a candle at its center. Put some quantity of water in the container. Place an empty, dry glass tumbler over it. Mark five marks above the water surface on the glass tumbler at equal distances. The candle is lightened and is covered with the glass tumbler.

#### OBSERVATION:

After some time the candle is extinguished and the water level is raised in the glass tumbler up to first mark.

#### EXPLANATION:

The air in Earth's atmosphere is made up of approximately 80 per cent nitrogen and 20 per cent oxygen. The raised level in water is 1/5 of the volume of air in the glass tumbler. This proves that one part of the air of the glass tumbler is a gas which supports combustion, i.e., oxygen. Hence, 1/5 by volume is oxygen in air.



## PREP UP TO FRAME ANSWERS SMARTLY

**M**y advice to students who will be appearing for their board exams is that they should not bank on last minute study plans. From what we can gather from the sample papers released by CBSE, the English paper could be quite tough and students would be required to use their critical thinking skills to comprehend questions and frame answers. Whether exams would be offline or online, students must keep the following points in mind:



**1** First and foremost, reading the texts meticulously is a must. Read every story and make a mind map of the plot and the setting of the stories. According to the new pattern, extracts can be given from any part of the texts and questions will be based on the extracts. If you skip the reading part in your preparation, chances are you will get muddled with the plots and the characters.

**2** Analyse the characters of each story carefully. Do not mix them up. If your details are correct but the character is wrong, your answer is technically wrong. Also remember the names of the writers and poets.

**3** Remember the dialogues attributed to different characters and relate them to the situations in which those dialogues were spoken. Ask someone to quiz you on who said what, to whom and why.

**4** For the advanced writing questions, regular practice on questions from sample papers is im-

portant. Read up on current affairs to make your writing authentic and matured.

**5** Practice all formats regularly. Remember you stand to lose marks for messed up formats.

**6** Spare some time to read newspapers, blogs, articles on relevant topics. Keep yourself updated. CBSE often gives topics from current affairs, and projects floated by the government. Be prepared with solutions to socio-economic-environmental issues. Think like a responsible citizen. Always give positive ideas. Your attitude will reflect in your writing and that can impress the examiners.

**7** Finally, write neatly. Your neat presentation can win the hearts of the examiners and you might get some extra marks too.

*Best wishes for a fantastic performance!*

Lovely Dutta Prusty, Vice-Principal, DPS Whitefield, Bengaluru



## MY SCHOOL PROJECT CRISPR-CAS9

### Marvels of genetic engineering

#### WHAT IS IT?

- The code of life; Deoxyribonucleic Acid (DNA) is a complex molecule that guides growth, development, function and reproduction of every living thing.
- Information is encoded in the structure of molecule.
- Genetic Engineering involves editing the DNA to change the traits of organisms.
- CRISPR is a powerful tool to edit genomes. The protein CAS9 is capable of cutting the DNA.

#### SALIENT FEATURES

- There are many genetically modified organisms used today in the food industry, especially meat sector.
- Genetic engineering is also widely used in the medicine industry to produce insulin for diabetic patients.
- Genetic engineering at research stages involves replacing the faulty gene of an embryo which might be carrying a genetic disorder.
- Genetic engineers today believe that it is possible to edit the genome of humans to alter certain traits.
- CRISPR-CAS9 can help defeat cancer by editing immune cells and making them better cancer hunters.

#### HOW WE WENT ABOUT WITH IT

- We used PPTs and graphic videos to explain the basic concept of genetic engineering, its procedure and how it is done today.
- To show the structure of DNA and the placement of nucleotides, we created a 3D model of the double helix that showed the hydrogen bonds between Adenine, Guanine, Thymine and Cytosine.
- We also wanted to show the audience a snippet of an actual DNA strand so we conducted an experiment deriving the DNA from strawberries.



#### MORE FACTS

- December 10, 2018: A scientist in China successfully altered the faulty genes of twin babies during the procedure of IVF.
- CRISPR CAS9 tech is a defense system used to make bacteria fight against viruses.

Sonakshi Sood, class XI, NES International School, Mulund (W), Mumbai

# 8 WAYS TO

# OVERCOME SHYNESS

Here are 8 ways to overcome shyness and be more confident:

**Overcome Shyness Tip #1: WORK ON DEEPER FEARS.**

Take shyness as a symptom for the need to address your deeper fears. Is your shyness a case of poor self-esteem, related to childhood conditioning, excessive worrying and so on? If you need help and assistance with overcoming shyness once and for all, consider doing some emotional release work.

**Overcome Shyness Tip #4: GO ON NEW ADVENTURES.**

When most people think about stepping out of their comfort zones, they usually run the other way. Being bold is an important step in overcoming feelings of shyness. The next time you are presented with a social opportunity that is not your usual scene, go out on a limb and give it a try. Need more tips on getting out of your comfort zone?

**Overcome Shyness Tip #2: APPRECIATE YOUR INDIVIDUALITY.**

In case you haven't noticed, everyone is unique and different. Instead of feeling self-conscious, embrace who you are - unconditionally. When you learn to embrace your uniqueness, you will have more confidence.

Remember this quote - "The significant business of your life is alive and well, awaiting discovery within your very soul. You and I were born to come into ourselves as complete and distinctive persons. Accepting this, we build a valuable life." - Marsha Sinetar



**Overcome Shyness Tip #5: STOP SAYING YOU ARE SHY.**

Have ever noticed that the more you say you're shy, the more your shyness increases? Instead of constantly talking about how shy you are, try reframing your mind with positive affirmations. Affirm statements such as "I am confident", "I speak clearly and with ease" and "I can articulate beautifully, eloquently and freely".

**Overcome Shyness Tip #3: TAKE DEEP BREATHS.**

When you are in situations where you feel shyness trying to takeover, it can be helpful to take deep breaths. This will help you to clear your mind, give you some time to gain composure and avoid an anxiety attack.

**Overcome Shyness Tip #6: RELEASE THE PAST.**

Have you ever been rejected by someone that you admire? And so you have found

it difficult to bounce back from the hurt. Don't allow past hurts to rule your future. Everyone can't be friends with everyone, so instead of allowing hurt to hold you back, find new friends who will appreciate you for who you are.

**Overcome Shyness Tip #7: LEARN TO SPEAK UP.**

Do you talk so quietly that people are always asking you to talk louder? It is okay to speak and be heard, so try to get into the habit of talking louder. Feeling afraid? Practice in front of the mirror. Visualise your voice as a dial that you can turn for managing the level of your volume. Get someone you feel comfortable with to provide you with feedback about your audibility.

**Overcome Shyness Tip #8: MEET NEW PEOPLE REGULARLY.**

A great way to overcome shyness is to make it a point to meet someone new every week. When you are constantly focused on making new friends, you will forget all about your shyness. Try overcoming your shyness by volunteering to organise social outings for senior citizens every week. Maybe start an online video outing to start with and generally progress to meetings in reality.



My first language was shy. It's only by having been thrust into the limelight that I have learned to cope with my shyness.

AL PACINO actor



# The trendiest workout of 2020

The year 2020 has been difficult for all of us. Due to the lockdown imposed in the wake of coronavirus pandemic, we have spent almost the entire year indoors. With offices and gyms shutting down, our levels of physical activity also decreased drastically. One of the greatest lessons that we learned during this testing time was that to stay fit we do not need to go to the gym or step outdoors. A report

**YOGA**

**1** The pandemic took a major toll on our physical as well as mental well-being. Staying indoors, limiting contact from the outer world and constant fear of contagion caused stress and anxiety. This forced most of the people to add yoga in their daily routine. The ancient Indian form of physical activity helped to calm the mind and flex the muscles. A lot of people opted for yoga during the pandemic to sail through a hard time.



**ZUMBA**

**2** Zumba is another form of cardio exercises that people followed in 2020. This workout routine does not have any set rules. It is more of a fun activity that helped people a lot to get relief from stress and stay fit during the lockdown. There has been a surge in the online Zumba classes during the pandemic



**STATIONARY BIKE**

**3** Cycling both indoor and outdoor was a top pick of the year. This is the reason why the price of outdoor and stationary bikes skyrocketed in the mid of last year. Biking helped people get a good cardio session and burn some serious calories. Besides, it also helps to lift the mood and reduce stress.



**HIIT**

**4** For a good cardio session, most people opted for High-intensity interval training (HIIT). This workout routine has been around for quite some time, but during the lockdown, its popularity touched a new height. The primary reason being it gives the maximum result in minimum time. In just 10 minutes of workout, one can burn a considerable amount of calories by performing HIIT.



**BODYWEIGHT WORKOUT**

**5** Bodyweight workout has always been famous among people. It can be anywhere and one does not need any kind of equipment for it. Besides, it is effective and the results are visible if you are consistent. This is what made this workout routine more popular during the pandemic.



# WEAR CLOTHES THAT HEAL

This year, you can focus on your well-being by picking up clothes that heal you. Brands across the globe are coming up with concepts like sun-protective clothing, collagen-infused apparel and vitamin-infused collections. This trend of wellness clothing, a fad over the years in the West, is slowly getting a boost in India. A few brands have unveiled collections with 'no toxic irritants' and 'immunity boosters'... Here are a few 'wellness clothing'

**Sun-protective clothing**

This is rated on Ultraviolet Protection Factor (UPF); a higher SPF number means better protection. Tsippora Shainhouse, MD, a US dermatologist, was quoted as saying that "Sun-protection clothing carries a rating that indicates exactly how much UV can be blocked by the special fabric." Experts say these fabrics must be tight in structure and dark coloured.

**WEARABLE COLLAGEN**

In 2018, US sportswear brand Buki unveiled a collection made of fabric that has protein collagen in its fibres. The clothes are also said to provide protection from the sun.



**Vitamin-infused clothing!**

Some international brands have come up with the idea of 'wearable vitamin technology' textiles, which are made with fibre infused with pro-vitamin substances. One such brand is a Japanese company Fuji Spinning Co, which is working on a tee containing the equivalent of two lemons in its fibre, said a spokesperson.

**Ayurvedic apparel**

Many are following Ayurveda to take a lead in wellness clothing. A Kerala brand - Niraamaya's handwoven 'ayurveda' are free and equipped with healing properties of neem, tulsi, turmeric, red sandal. The use of herbs imparts their goodness.



# GLORIOUS DRAW

Batting out 258 balls with a fierce home team throwing everything it had up its sleeve is no mean feat. But the Indian duo of Hanuma Vihari and R Ashwin stood their ground and managed to do just that as they eked out a draw in what was nothing short of an action-packed fifth day in the third Test between India and Australia at the Sydney Cricket Ground

## BRAVEHEARTS VIHARI, ASHWIN

■ Batting out 131 overs, the most India have batted in the fourth innings of a Test since 1980, showed exactly what Ashwin meant when he spoke about playing like true warriors at the end of the fourth day's play at the SCG.

■ A hamstring injury notwithstanding, Vihari hit an unbeaten 161-ball 23 while Ashwin hit 39 off 128 balls as the two defended away any hopes Australia had of registering a win. With an injured Ravindra Jadeja waiting in the pavilion, it was important for the two to ensure they saw India to the end and that is just what they did as the players shook hands with an over left.

■ But it all started in the morning when the team management

decided to send in Rishabh Pant at the fall of stand-in skipper Ajinkya Rahane's wicket. With the game clearly in Australia's court, Pant decided to show why the team has backed him despite his inconsistent run.

■ A fearless brand of cricket from him suddenly saw India walking into the lunch break with the score on 206/3. With 201 needed and Pant on a roll, it suddenly looked like India was playing to go 2-1 up in the series. Credit must also be given to Cheteshwar Pujara as he kept the board ticking and didn't get into a shell.

■ But Nathan Lyon sending Pant back on 97 suddenly saw the Indian fans fear another collapse. But the out-of-form Vihari wasn't letting anybody

down this time round.

■ He first combined for a short partnership with Pujara and then after the latter's dismissal for 77, combined with Ashwin to see India home. The scoresheet might call this a draw, but both teams know that India will walk away with their heads held high. Not just that, they will walk onto The Gabba high on confidence after this inspiring effort.

■ There was banter, there was humour and there were a few ugly gestures in-between, but it was all in the spirit and nothing that crossed the line in what was an adrenaline-filled final session of the third Test. While the Australian skipper Tim Paine tried to get into the skin of Ashwin, the Indian spinner was no less.

## THIS RESULT IS TOUGH TO SWALLOW: PAINE

Australia skipper Tim Paine on Monday said that the result was a tough one to swallow and not holding onto catches costed the side. "I thought we created enough chances to win the game, this one's a tough one to swallow. Our bowlers were superb, (Nathan) Lyon bowled well. Just that we didn't hold onto our catches. Looking forward to Brisbane. We didn't play our best in the last two games, but we were somewhat good with the bat in this Test. There were a few positives for us, our bowlers created plenty of chances," said Paine during the post-match presentation. "Today was a whole-hearted effort from the boys, just that things didn't go our way," he added. Paine did not have a good day behind the stumps as he ended up dropping three catches (two of Rishabh Pant and one of Hanuma Vihari). **ANI**



Photo: AP

## PLAN WAS TO FIGHT TILL THE END WITHOUT THINKING ABOUT THE RESULT: RAHANE

The talk going into day five was to fight till the end without thinking about the result, said India skipper Ajinkya Rahane. "Our talk coming this morning was to show character and fight till the end. Not to think about the result. Really happy with the way we fought especially today, but also throughout the game," Rahane said at the post-match presentation. "Even in the first innings when Australia were 200 for 2 and getting them all out for 338 was really good," he added. Pant came ahead of Hanuma Vihari at number five, a move that was made keeping the left-right combination in mind, said Rahane. "There are few areas we can improve (ahead of fourth Test) on but special mention to Vihari and Ashwin. The way they batted in the end and showed character was really good to see. Credit to him (Pant) for the way he played," said the skipper. **ANI**



Photo: AFP

## VIHARI'S KNOCK WAS EQUAL TO SCORING A HUNDRED: ASHWIN

Chasing 400 in Sydney was never going to be easy, as the ball was going up and down. That knock by Pant set us up. After Pujara and Pant's wicket and with Vihari injured, it was going to be difficult to go for the win. Touring Australia is never easy so Vihari can be proud of himself. It was a knock equal to scoring a hundred. I was just telling the batting coach during the lunch break that I have never left the SCG without a fifty, this is a venue where I have done well with the bat and today's innings is right up there.

The game will be definitely be remembered for a great show of character by an Indian team which has missed the services of regular skipper Virat Kohli and a bunch of seniors like Mohammad Shami, Ishant Sharma and Umesh Yadav in what is one of the toughest places to tour

Australia's seamers attacked Ashwin relentlessly with short-pitched deliveries aimed at the body

## NEVER BACKING DOWN FROM A CHALLENGE

Hats of to both @Hanumavihari and @ashwinravi99. To draw the test! A lot has to be said about vihari for his grit and determination even after being injured! This knock is as good as any hundred in test cricket! Ashwin always had the talent to be a main allrounder! #AUSvsIND K Srikanth, former India batsman

Tried all tricks including Steve Smith trying to remove Pant's batting

guard marks from the crease. Par kuch kaam na aaya. Khaaya peeya kuch nahi, glass toda barana. But I am so proud of the effort of the Indian team today. Seena chonda ho gaya yaar.

Virender Sehwal, former India batsman

Really proud of #TeamIndia! Special mention to @RishabhPant17, @cheteshwar1, @ashwinravi99 and

@Hanumavihari for the roles they've played brilliantly. Any guesses in which dressing room the morale will be high?

Sachin Tendulkar, former India captain

Loved the fight and determination of India all day today. Starting with Pant and Pujara, and then for Vihari and Ashwin to withstand Australia and look largely in control for most

of the day was very impressive. Can't wait for Brisbane now. #AUSvsIND

Ricky Ponting, former Australia captain

Never giving up. Never backing down from a challenge. Great character and resilience displayed by the team. Mayank Agarwal, India batsman



Photo: GETTY IMAGES

## QUIZ TIME!

**Q1:** In which year did Andy Murray last win a Grand Slam title?

- a) 2010  b) 2012  c) 2014  d) 2016

**Q2:** Who is the first person to have won Olympic volleyball gold medals as a player and a coach?

- a) Lang Ping  b) Zhang Changning  c) Hui Ruoji  d) Ding Xia

**Q3:** Which country holds the record of most consecutive wins in T20Is?

- a) India  b) England  c) Afghanistan  d) Pakistan

**Q4:** Who has been the longest-serving International Olympic Committee president?

- a) Thomas Bach  b) Avery Brundage  c) Demetrius Vikelas  d) Baron Pierre de Coubertin

**Q5:** The Wimbledon women's singles event was first introduced in 1884. Which players won the title?

- a) Lottie Dod  b) Maud Watson  c) Blanche Bingley  d) Ellen Hansell

**Q6:** Which footballer was the top scorer of 2020-21 German Bundesliga?

- a) Lars Stindl  b) Robert Lewandowski  c) Erling Haaland  d) Wout Weghorst

**Q7:** In which tournament did Serena Williams win her first Grand Slam title?

- a) US Open  b) Wimbledon  c) Australian Open  d) French Open



Serena Williams

**Q8:** In the year 1877, which tennis player won the first Wimbledon Championship?

- a) William Renshaw  b) John Hartley  c) Spencer Gore  d) Frank Hadow

**Q9:** Which woman cricketer has made the most runs on debut in a ODI match?

- a) Reshma Gandhi  b) Mithali Raj  c) Nicole Bolton  d) Lynne Thomas

**Q10:** Which cricketer made the most runs in his debut T20I match?

- a) Ravinderpal Singh  b) Leslie Dunbar  c) Ricky Ponting  d) JP Kotze

**Q11:** Other than Virat Kohli, which Indian batsman has made most career fifties in T20 Internationals?

- a) Rohit Sharma  b) KL Rahul  c) Shikhar Dhawan  d) Yuvraj Singh

**Q12:** Which cricketer holds the record for longest Test career?

- a) Sachin Tendulkar  b) Wilfred Rhodes  c) Brian Close  d) Frank Woolley

**Q13:** Which of the following players won the 2020 Women's Australian Open?

- a) Simona Halep  b) Iga Swiatek  c) Sofia Kenin  d) Naomi Osaka

**ANSWERS:** 1 d) 2016 2 a) Lang Ping 3 c) Afghanistan 4 d) Baron Pierre de Coubertin 5 b) Maud Watson 6 b) Robert Lewandowski 7 a) US Open 8 c) Spencer Gore 9 d) Lynne Thomas 10 b) Leslie Dunbar 11 a) Rohit Sharma 12 b) Wilfred Rhodes 13 c) Sofia Kenin