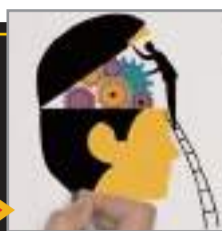


THE TIMES OF INDIA

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TODAY'S EDITION

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► Indian comic books that are still popular
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► Is Cheteshwar Pujara's low strike rate a concern for India
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STUDENT EDITION

MONDAY, JANUARY 11, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

EARTH IS SPINNING FASTER THAN IT HAS IN THE PAST 50 YEARS

2021 IS SET TO FLY BY!



Yes, you heard it right. The Earth is speeding up, prompting suggestions to shorten the minute by a second.

2021 is slated to be about 19 milliseconds short of a typical year, with an average daily deficit of 0.5 milliseconds

- 1 According to data shared by TimeAndDate.com, the 24-hour daily rotation is decreasing incrementally, making the day marginally shorter
- 2 Though the planet's rotation rate speed up or slow down slightly day to day due to the natural terrestrial and celestial alterations, astronomical calendar trends indicate that recent years have become shorter, overall
- 3 According to experts, while the addition of a so-called 'negative leap second' has never been done before, a total of 27 'leap seconds' have been added since the 1970s, in order to keep the atomic time in line with the solar time. This is because, for decades, the Earth has taken slightly longer than 24 hours to complete a rotation. However, since last year, it has been taking slightly less time to complete a rotation

WHY IT IS SIGNIFICANT

- Though this diminutive loss of time is only detectable at the atomic level, it has wide-reaching implications, say experts ► Satellites and communications equipment rely on the true time aligning with the solar time, which is determined by the positions of the stars, Moon and the sun
- In fact, some of the web's most-popular sites were laid low on July 1, 2012, after the world's timekeepers added an extra second to the day. Sites including Reddit, FourSquare, Yelp, LinkedIn, Gawker and StumbleUpon crashed, after the extra second played havoc with their servers and source code

THE TIMELINE

- Since the 1960s, the atomic clocks have been keeping ultra-precise records of the day's length and found that for the past 50 years, the Earth has taken a fraction less than 24 hours (86,400 seconds) to complete one rotation. However, in the middle of 2020, this long-standing trend was reversed, and days are now regularly shorter than 86,400 seconds
- On July 19, 2020, the day was 1.4602 milliseconds shorter than the full 24 hours – the shortest day since the records began
- Prior to 2020, the shortest day occurred in 2005, but this record has been shattered a staggering 28 times in the last 12 months
- On an average, the days are now passing 0.5 seconds shy of 24 full hours
- The next possible date for a leap second is June 30, 2021, as leap seconds are always added on the last day of June or Dec



Did You Know? The world timekeepers are debating whether to delete a second from time – called a negative leap second – to account for the change, and bring the time passage back into line with the rotation of the Earth

Spotlight

TWITTER SUSPENDS TRUMP'S ACCOUNT PERMANENTLY

Twitter has permanently suspended US President Donald Trump's account. "After a close review of the recent Tweets from the @realDonaldTrump account and the context around them, we have permanently suspended the account due to the risk of further incitement of violence, following the mob attack on Capitol," the company said in a tweet.



- The suspension of Trump's account, which had more than 88 million followers, silences his primary megaphone, days before the end of his term, and follows years of debate about how social media companies should moderate the accounts of powerful global leaders
- It is the first time that Twitter has banned a head of state, the company confirmed

KANGANA RANAUT SHARES HER LIFE MANTRA

Actress Kangana Ranaut recently shared her life mantra—never compromise on your health, stay away from unhealthy habits and pessimistic people—with a motivational workout video, where she is seen doing pilates on Twitter.

CELEB MANTRA

"Early morning fitness routine— Remember one thing in life, 'jo fit hai woh hit hai', never compromise on your health, stay away from unhealthy habits and pessimistic people. Stay in the company of great beings, if you don't find them physically, find their books or teachings," she wrote along with the video



A RINGTONE MADE FROM DATA ON MARS' WEATHER PATTERNS

Out-of-this-world' ringtones, made through a musical interpretation of the weather patterns found on Mars, was released by NASA recently. According to a Daily Mail report, researchers used the **Pleiades supercomputer** at the space agency's Ames Research Centre in California to turn predicted Martian cloud movements into sound. Once this 'data sonification' process was complete, flautists and musicologists brought the piece to life.

- From the rendition, snippets were sampled to produce ringtones, which can be downloaded from the NASA website.
- Researchers used an imaging tracking system to study the movement of cloud formations predicted by the supercomputer, from which patterns were filtered out and mapped onto musical intervals, producing a piece for playing



Did You Know? Pleiades – one of the most-powerful supercomputers in the world – is used by NASA to forecast the weather on Mars. Mars has the largest dust storms in the entire solar system, which can last for several months and cover the entire planet

13-YEAR-OLD SETS RECORD PLAYING KEYBOARD WITH A BLINDFOLD

A 13-year-old boy has set a new record by playing 20 songs in 30 minutes on a keyboard with a blindfold. **AS Hariharan Naidu** achieved the feat to enter the 'Wonder Book of Records'. A student of class VIII at the Gitanjali Devshala in Hyderabad, Naidu recently set the record by staging the performance in the presence of judges from the Wonder Book of Records (WBR). "He played 20 songs in 30 minutes and that too with a blindfold. It's a record. In fact, he completed this in 29 minutes, 19 seconds," said G. Swarna Sree, South India Chief Coordinator, Wonder Book of Records.

- Hariharan has started a YouTube channel 'Chill with Hariharan'. He has posted several videos of his performances, including a couple of songs as a tribute to actor Sushant Singh Rajput.
- The YouTube channel has already garnered over 3,000 subscribers

PM-HEADED MEET SETS JAN 16 FOR VACCINATION LAUNCH



India will launch its vaccination drive against Covid-19 on January 16 after the forthcoming festivals of Lohri, Makar Sankranti, Pongal and Magh Bihu, at a time when India's infections are low as compared to several nations witnessing fresh spikes. The decision on the roll-out date was taken at a high-level meeting, chaired by PM Modi on Saturday to review the status of Covid-19 in the country and the preparedness of the states and UTs for the vaccination programme, which in its first phase targets 30 crore people.

V-DAY

- Initially, around three crore health-care and frontline workers will be inoculated, followed by those above 50 years of age and the under-50 population with co-morbidities, estimated at around 27 crore
- The vaccination programme might also be ramped up, depending on the status of the infection spread and supply of vaccine

QUEEN ELIZABETH AND PRINCE PHILIP GIVEN COVID-19 VACCINE



Britain's Queen Elizabeth II and her husband Prince Philip received Covid-19 vaccinations on Saturday, Buckingham Palace said, in a rare public comment on the private health matters of the long-serving monarch. "The Queen and the Duke of Edinburgh have received Covid-19 vaccinations," a Buckingham Palace spokesman said. According to sources, the queen, 94, and Philip, 99, were given the injections by a royal household doctor at the Windsor Castle. No further details about the vaccinations were released.

More than 1.5 million people in Britain have so far received virus jabs, as the biggest immunisation programme in its history ramps up, with priority given to the elderly, their helps and health workers

FACTOID

\$210 BILLION

The amount of loss the world had to bear in 2020, courtesy, being the second-warmest year on record, claimed a report by Munich Re. The second-warmest year on record brought storms, fires and floods that killed at least 8,200 people, the report added.

- SIX OF THE MOST-EXPENSIVE DISASTERS HAPPENED IN THE US, INCLUDING A DESTRUCTIVE DERECHO IN THE MIDWEST, A RECORD NUMBER OF TROPICAL STORMS AND HURRICANES STRIKES, AND AN ALL-TIME HIGH ACREAGE BURN IN CALIFORNIA
- THE US DAMAGES TOTALLED AT LEAST \$95 BN, WITH \$67 BN OF THAT IN INSURED LOSSES, SAID MUNICH – THE YEAR'S SINGLE-WORST DISASTER WAS FLOODING ACROSS CHINA DURING ITS MONSOON, WHICH AMOUNTED TO \$17 BILLION, OF WHICH ONLY ABOUT 2% WAS INSURED
- GLOBALLY, 60% OF 2020'S LOSSES WEREN'T INSURED. THE GROWING ASIAN ECONOMIES SAW THE LEAST NUMBER OF INSURED LOSSES

At \$188.5bn, Musk beats Bezos as WORLD'S RICHEST

RICHIE RICH

Elon Musk, the outspoken entrepreneur behind the Tesla Inc and SpaceX, is now the richest person on the planet. A 4.8% rally in the electric carmaker's share price recently, boosted Musk past Amazon.com Inc founder Jeff Bezos on the Bloomberg Billionaires Index, a ranking of the world's 500 wealthiest people.

- 1 The South Africa-born engineer's net worth was \$188.5 billion, \$1.5 billion more than Bezos (at the time of reporting). Musk, who has held the top spot since October 2017, is also a rival to Bezos, owner of the Blue Origin LLC in the private space race
- 2 The milestone caps an extraordinary 12 months for Musk. Over the past year, his net worth soared by more than \$150 billion in possibly the fastest bout of wealth creation in history. Fuelling his rise was an unprecedented rally in Tesla's share price, which surged 743% last year on the back of consistent profits



Did You Know? The world's 500 richest people added a record \$1.8 tn to their combined net worth last year, equivalent to a 31% increase. The gains were disproportionately at the top, where five individuals hold fortunes in excess of \$100 bn



ACTOR NOMA DUMEZWENI JOINS DISNEY'S 'THE LITTLE MERMAID'

ENTERTAINMENT

The 'Undoing' breakout Noma Dumezweni has come aboard Disney's live-action remake of 'The Little Mermaid'. The film, to be directed by Rob Marshall, will feature singer-actor Halle Bailey as Ariel and Melissa McCarthy as her evil aunt, Ursula. The cast also includes Oscar winner Javier Bardem as King Triton, while British actor Jonah Hauer-King will take on the role of Prince Eric.

- The original film, which released in 1989, narrated the story of Ariel, a teenage mermaid, who dreams of living on the surface world and marrying Prince Eric
- Her fortunes change when a sea witch named Ursula offers to send Ariel to the human world in exchange for her beautiful voice

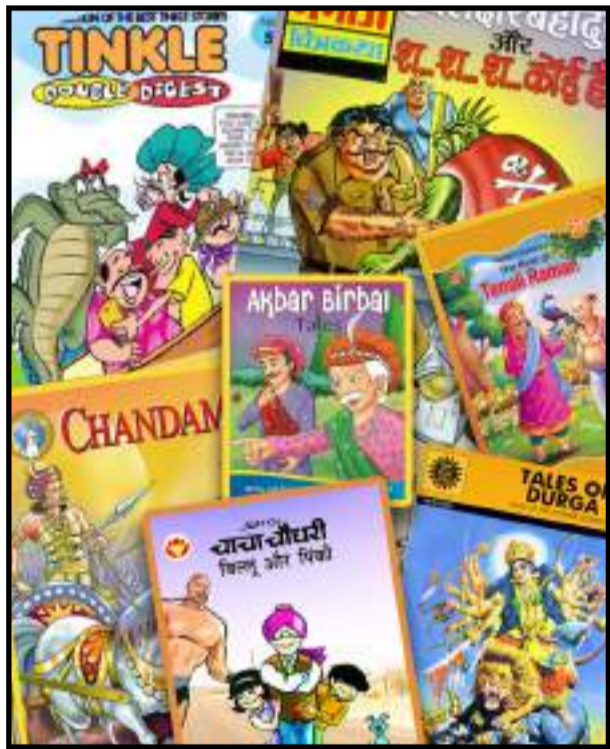


7 CLASSIC

Indian comic BOOKS

from our childhood

Remember those childhood days when life was nothing more than running around with friends, being fed by our parents' hands and reading end number of comic books? Undoubtedly, that was the best phase of our lives. Also, reading comic books used to be the most enjoyable as they acted as the gateway to new lands and universes (with superheroes and more) for us. Comic books give us the space to imagine and dream beyond the normal and the usual. Here is a look at 7 classic Indian comic books.



TINKLE
There would be few people in India, who would not have read Tinkle while growing up. A fortnightly magazine first issued in 1980, it's one of the most popular Indian comic books. The various characters like Suppandi, Shikari Shambhu are memorable.

CHACHA CHOUDHURY
An absolute favourite of many of us, the short, red-turbaned Chacha Chaudhary along with Chachi, Rocket (dog) and Sabu, his tall assistant from Jupiter were a great fun combination. In the comic, Chacha's mind worked faster than the computer!

AMAR CHITRA KATHA
Aimed to teach children about Indian culture and social heritage, the format and style of the comics made children fall in love with them. Today, it is available in 20 languages in India and enjoys a steady readership with millions of copies sold.

TENALI RAMA
Loved by the kids for his remarkable wit and wisdom - Tenali Raman was a famous scholar during the regime of the Vijayanagara Empire in the 16th century. He had a solution to every complicated problem that emerged in Krishnadevaraya's kingdom.

BAHADUR
'Bahadur (The Brave One)' is the first Indian comic book Super Hero created by Aabid Surti in the year 1976. Incidentally, Bahadur appeared on the scene when dacoit menace was at its worst in north India. Thus, the comic series focused a lot on dacoits.

CHANDAMAMA
Famous for its illustrations, Chandamama published long-running mythological and magical stories that ran for years. Its unique story-telling format taught moral values without being too preachy.

AKBAR BIRBAL
Akbar-Birbal was humorous and full of knowledge at the same time. Birbal's ability to outwit the other ministers in the court of Akbar made us laugh out loud.



FOCUS YOUR ATTENTION

Attention is one of the major components of memory. In order for information to move from your short-term memory into your long-term memory, you need to actively attend to this information. Try to study in a place free of distractions such as television, music, and other diversions. Getting rid of distractions might be a challenge, especially if you are surrounded by boisterous roommates or noisy children.



UTILISE MNEMONIC DEVICES

Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information.

For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilise positive imagery, humour or novelty.

READ OUT LOUD

Research published in 2017 suggests that reading material out loud significantly improves your memory. Educators and psychologists have also discovered that having students actually teach new concepts to others enhances understanding and recall.

VARY YOUR STUDY ROUTINE

Another great way to increase your recall is to occasionally change your study routine. If you're accustomed to studying in one specific location, try moving to a different spot during your next study session. If you study in the evening, try spending a few minutes each morning reviewing the information you studied the previous night.



METHODS FOR IMPROVING YOUR MEMORY



AVOID CRAMMING

Studying materials over a number of sessions gives you the time you need to adequately process information. Research has continuously shown that students who study regularly remember the material far better than those who do all of their studying in one marathon session.

STRUCTURE AND ORGANISE

Researchers have found that information is organised in memory in related clusters. You can take advantage of this by structuring and organising the materials you're studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts.



VISUALISE CONCEPTS

Many people benefit greatly from visualising the information they study. Pay attention to the photographs, charts, and other graphics in your textbooks. If you don't have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colours to group-related ideas in your written study materials.



ELABORATE AND REHEARSE

In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term, and then read a more detailed description of what that term means. After repeating this process a few times, you will probably notice that recalling the information is much easier.

RELATE NEW INFORMATION TO THINGS YOU ALREADY KNOW

When you're studying unfamiliar material, take the time to think about how this information relates to what you already know. By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

5 STYLE HACKS NO ONE TOLD YOU ABOUT

Haven't we all had fashion fails? A cloth fading, getting stained but that's not a reason to get disheartened. Here are five smart clothing hacks no one told you about but you wish you'd know! Read on and don't fret the next time you're in a fashion emergency. You can thank us later



Remove make-up marks from clothes

1 While wearing or changing your clothes, you can easily stain your clothes with your make-up. For this situation, you can obviously use make-up remover to get rid of the make-up smudges. But for tougher foundation and lip colours, you can use a shaving cream. Spray a little bit of it on the spot and let it stay for 5-10 minutes. This way the stain will dissolve easily and you can wash it off with cold water.

Don't let your denim fade

2 No one likes it when their favourite jeans or luxe denim jacket fades. To avoid

this, wash your denim pieces inside-out in cold water. And, just in case you want to fade your denim pieces, just wash them in hot water.

How to clean suede

3 When it comes to suede, cleaning this tricky fabric is not that easy. To clean off



the dirt, just use a crust of a bread and allow it to become stale. Now use this and rub it on

the stains to get rid of them. You can also use a nail filer or an eraser to do the same.

Remove oil stains

4 Don't you just hate big oily stains on your favourite clothes? Just put some baby powder on the stain and let it stay overnight. Now, check in the morning if the stain is still there. If it is, repeat the process until it goes off.

Don't have an iron available?

5 If you have a fashion emergency and need to fix your wrinkled clothes, you can use a blow dryer. Sprinkle some water on your clothes and use a blow dryer to get rid of the creases.

QUIZ TIME (INDIA)

SHREYA RAVI, class IX, The Brigade School, Mallewaram, B'luuru

Q.1) To which kingdom did the Mughal ruler Babur belong?

- A. Ferghana
B. Samarkand
C. Persia
D. East Asia

Q.2) Who were the first traders to land in India?

- A. Portuguese
B. Dutch
C. English
D. Italians

Q.3) To which dynasty did the Vijayanagar ruler Krishnadevaraya belong?

- A. Tuluva
B. Sangama
C. Saluva
D. Atharva

Q.4) Which Mughal ruler was also known as the Zinda Pir because of his simplicity?

- A. Shah Jahan
B. Aurangzeb
C. Jahangir
D. Akbar

Q.5) Who was the first explorer to reach Indian shores?

- A. Christopher Columbus
B. Amerigo Vespucci
C. Ferdinand Magellan
D. Vasco da Gama

Q.6) Who finished building the Qutub Minar?

- A. Iltutmish
B. Qutb-ud-din-Aibak
C. Raziya Sultan
D. Ala-ud-din-Khijji

ANSWERS

1. A) Ferghana 2. B) Dutch 3. A) Tuluva 4. B) Aurangzeb 5. D) Vasco da Gama 6. A) Iltutmish

KNOWLEDGE BANK (MUSIC)

Mandolin

A small stringed instrument related to the lute (plucked string instrument with



a neck), it evolved in Italy in the 17th century. It has a pear shaped body with four pairs of steel strings played with a plectrum. It usually has four doubled metal strings (8 strings), although five (10 strings) and six (12 strings) versions also exist. There are many kinds - the round-backed mandolin, the carved-top mandolin and the flat-backed mandolin.

Mathematics Week at Zebar



National Mathematics Day is usually celebrated with pomp and fervour in Zebar with a Maths exhibition for all classes. This year it was slightly different and was observed virtually. Students were given different projects based on their classes to do by the Maths Department.

Teachers gave different tasks to students in the Primary section. Students in class I made working models of wall clocks, class II prepared posters on tables. Grade III got a chance to use playdough, and they made fantastic fraction models with playdough.

In class IV, the students prepared charts on the topic of 'Measurement', and grade V made paper cubes on the concept of 'Volume'. There were various activities planned in the middle section. Students of class VI played Tambola in their virtual class. It was based on Fractions and Decimals. This activity helped the students recapitulate and understand fractions and decimals interestingly and engagingly.

In grade VII, Teachers conducted an activity based on exponents in the online class. The youtube link shared to the students made a folding wheel for exponents and powers. The topmost wheel had the law of ex-

ponent written on it, the middle one comprised of its explanation, and the lowermost had an example explaining the law.

Class VIII students had a storytelling activity using graphs. Students were shown graphs and were asked to use their imagination to weave a story and present it in the class. Students of the Middle Section enjoyed these activities and thanked their educators for planning out the box challenges.

In higher section flip method of teaching was adopted. Students prepared videos on complex mathematical concepts and presented them in their virtual class in this method. The entire activity enhanced their logical and presentation skills. This year the celebrations were twisted, but students came to know about many virtual platforms too in which they showcased their projects. Some of them used by our students were Flipgrid, padlet, Wakelet, and Youtube.

The week-long virtual celebrations ended with students from each grade participating and doing independent projects on Maths. This activity helped them increase their knowledge of the subject and overcome the fear of Maths or Mathsophobia.

NAVNEET ARORA BISWAS,
Zebar School for Children

THE EDUCATIONIST

CHALLENGES HELP US GROW

RUCHI MALVIYA, EDUCATOR, UDGAM SCHOOL FOR CHILDREN

Sweet are the uses of adversity. So said, Shakespeare. It could be truer than in the present condition. Those who used the lockdown period in a positive manner have become wiser and gained something. With the spread of Corona i.e. Covid-19, schools had to shut down. A nationwide lockdown was declared. But education cannot stop. Schools had to find new ways of keeping students engaged. The teaching-learning process must go on. So, we teachers were instructed by the School Management to take online classes from home. All this was completely new to us. We had a strange restlessness in our minds. We knew how to handle computers, but this method of study was innovative for us. The biggest problem was to keep such young children focussed on the computer screen for about forty minutes. It was a challenge for both the school administration and teachers, which we both accepted happily. A fixed hour of every day was allotted by the school management to provide online training to all teaching staff on Zoom and Microsoft. Once again, we were all learners. The only difference here was that instead of children, we teachers were learning. Well, this is how our online journey started. The initial problems soon turned out to be an exciting and rewarding experience. After online training, all of us would unite at a particular time and bring solutions to each other's technical problems. This was the time when all of us teachers came very close to each other, got to know each other, and shared memorable moments. Distance had definitely brought us closer!

Kabirians shine at Calfest 2020-21

A mega inter school fiesta of literary and cultural competitions CALFEST 2020 was recently organised by Calorex Public School, Ahmadabad virtually. More than 30 schools from all over India participated in the event.

St. Kabir School, Navrangpura participated in different events and grabbed prizes in 12 different categories. It was a very proud moment for the school.

LIST OF WINNERS AT CALFEST 2020

- Praha Bhatt of grade 10 bagged 2nd prize in Sanskrit Shloka chanting
- Suhani Sheth of grade 3 bagged 3rd position in Fancy dress competition
- Neev Shah of grade 1 bagged 1st position in Handwriting competition
- Dhanvi Patel of grade 2 bagged 1st position in Beauty Touch of Mother (Cat A)
- Yashvi Raval of grade 4 bagged 3rd position in Beauty Touch of Mother (Cat B)
- Aarush Ayachit of grade 1 bagged 1st position in Master chef
- Nilay Gidwani of grade 7 grabbed 3rd position in Elocution competition



- Megh Sharma of grade 8 grabbed 3rd position in Instrumental music
- Radhika Rawal of grade 8 grabbed 3rd position in Declamation (CAT B)
- Saumya Rathi of grade 3 grabbed 3rd position in Declamation (CAT A)
- Nijara Mehta of grade 10 grabbed 2nd position in Poem competition
- Aarushi Shah of grade 3 grabbed 2nd position in the Yoga display

Express YOURSELF

Rajeswari Chandel, Class VIII,
Podar World School Sherkhi



Kevin Vaghela,
Class VI,
Podar World School,
Sherkhi



Jaival Trivedi, Class IV, Zydus School Of Excellence

Anshuman Chhangani, Class I,
SGVP International School



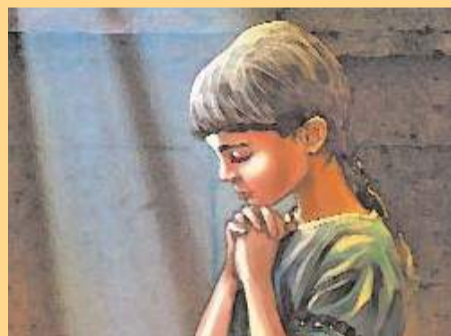
Neev,
Class I,
St Kabir School

Jenil Dalki, Class IV, Zydus School For Excellence



Tanush Jain, Class IV, Zydus School For Excellence

GOD IS ALWAYS THERE



When you are trapped in trouble,
It's just you and God, When debts get double,
It's just you and God
When failures become a regular visitor,
It's just you and God
When you don't know the way further,
It's just you and God
When you can't overcome sorrow,
It's just you and God
When insults leave you stunned,
It's just you and God
When you are left alone, It's just you and God
When you can't even moan, It's just you and God
When there's no one to share happiness with,
It's just you and God, When life becomes a mess,
It's just you and God, When the soul departs
It's still you and God.

MRINAL R. PARMAR, Class IX, Sheth CN English Medium School

HOW TO OVERCOME YOUR BIGGEST FEAR

Human life is a blessing! We are the ones who can dream, turn them into reality and do well for the society. The ones who can understand the difference between fair and unfair, just and unjust, right and wrong and can change the unfair, the unjust, and bring justice to the wrong.

When we have so many responsibilities with us, how can we fear of something? We

need courage and confidence to face these problems of life with a smile. It might be your biggest fear, but you should always remember that, we are here to live life. You should live it without any kind of fear, doubt and sadness.

To value what we have got in life, our friends and family! Actually fear is something that keeps you away from kind of happiness and puts you under stress, tension and frustration. Just think if you fear from water, will you stop drinking it? If

you fear from storms, will you stop breathing? If not, then just think...If you fear from any circumstance in your life, will you stop living it freely? So, just overcome your fears, no matter how big they are. Just find someone who can help you get out of it as soon as possible. You just need help. Not only for you, but the ones for whom you matter. Just learn to smile in life and overcome your biggest fear.

ALAKH GAUR, Class VII, Essar International School, Surat

SAVE THE WORLD ... GO PLASTIC-FREE

Each and every day, we are inundated with stories about how the world is converting into hell, war, poverty, population all manner of atrocities are flung at us from all directions. Fortunately, a great way to counteract all that is ugly and we want to change. None of us can change entire all by our-



elves, but by making small amendments in our own lives, we can transform the situation in the world.

STEP TO LIVE A PLASTIC-FREE LIFE

- Carry reusable shopping bag.
- Carry a stainless steel water bottle and mug.
- Carry reusable utensil and glass drinking straw.
- Cut out soda juice and other plastic bottle and beverages.
- Say no to plastic produce bags.

- Choose milk in a returnable glass bottle.
- Use natural rubber gloves.
- Switch to bar soap.
- Learn to preserve food without plastic.

Try to avoid PVC, Polystyrene and Polycarbonate. PVC is found in many products and causes environmental problems. Polystyrene contains styrene, which is toxic to the brain and nervous system. These small changes in our daily life can bring big difference to the environment.

NAMAN VORA,
Class VII,
St. Kabir Navrangpura

IS PUJARA'S POOR STRIKE RATE A CONCERN FOR TEAM INDIA?

Cheteshwar Pujara was the batting mainstay when the two sides locked horns Down Under in 2018-19, but in the ongoing series, the right-handed batsman has been struggling against Australia's pace battery. Pujara has been dismissed four times by Cummins. Former Australia captain Ricky Ponting even went on to say that Pujara's slow batting created an unwanted pressure on the non-striker who had to compensate for his slow approach. But, is the criticism justified?

PUJARA WAS SCARED TO PLAY SHOT, PLAYED TO SURVIVE

He (Pujara) is almost scared to play a shot, isn't he? He is playing to survive rather than looking to score. He's not had quite the same impact this series in that he's taken so long to score his runs, it's like he's stagnated at the crease and it has had a bit of a ripple effect through the Indian batting. They can't seem to get on top of Australia's bowling.

Credit where credit is due, the bowling has been very good and Australia haven't allowed them to get away. That's half the battle as well, the guy's been hard to get out but if the scoreboard is not moving, eventually you get your rewards.

Allan Border, former Australia skipper

UNFAIR TO ASK HIM TO PLAY AGGRESSIVE CRICKET

I don't think Pujara is the culprit in this case at all. Generally in his career he has played his brand of cricket and it would be unfair for the team to be asking him to be playing something which is totally out of his natural style.

I will put it down to Rahane and Vihari, who came in and scored 4 off 38 balls (in the first innings). To me, both players need to get the game moving, understanding the role that Pujara has done not only in this series but every other series that he has played Test cricket in for India.

Tom Moody, former Australian all-rounder

PUJARA CAN HURT TEAMS EVEN WITH A LOW STRIKE RATE

As you know Australians love to drink coffee, and we have decided to go on a little campaign to make sure we have plenty of caffeine when it comes to watching Pujara bat. But, you know what the reality is, he hurt us badly (in 2018-19).

We are of a generation now where we are admiring people for their strike play, we are admiring people for their strike rate. Well, he is one of the few guys in Test cricket that have a strike rate of sub 45 and he can hurt you.

Matthew Hayden, former Australia opener

Pujara made his slowest fifty in Test cricket before being dismissed for 50 off 176 balls, a strike-rate of 28.41 in the first innings

THAT IS HOW HE PLAYS AND IT'S EFFECTIVE

That is how he plays. We won the series (2018-19) with Pujara scoring three hundreds. So, we can't accuse him of playing slowly because that is his way of batting. You cannot accuse him of not winning matches for India, because he has done that in the past. Both in Australia and on the sub-continent wickets.

Sanjay Jagdale, former BCCI selector

Indian cricketers subjected to abuse again

Mohammed Siraj complained of racial abuse from the crowd

Cricket Australia said it condemned "in the strongest terms possible all discriminatory behaviour" after sections of the crowd in Sydney allegedly racially abused Jasprit Bumrah and Mohammed Siraj

Team India lodged an official complaint with the match officials at the end of Day 3's play in Sydney. To the shock of many the vile behaviour of the fans continued on Sunday, Day 4 of the Sydney Test as Siraj was targeted once again while fielding at the boundary rope. The play had to be halted for ten minutes after Siraj alerted his teammates and captain Ajinkya Rahane took up the matter

with the on-field umpires.

The umpires then had a chat with security officials at the ground, following which six Australian supporters were asked to leave after being identified as the perpetrators. Reacting to the racial abuse of the visiting players, Cricket Australia said it condemned the behaviour of the fans, who will be banned from the SCG once found guilty.

THERE IS NO PLACE FOR THIS RUBBISH

Tum karo toh Sarcasm, aur koi Kare toh Racism. Very unfortunate with what some of the Australian crowd has been doing at the SCG and spoiling the vibes of a good test series. Virender Sehwag

I personally have heard many things on the field while playing in Australia about Me, My religion, My colour and much more. This isn't the first time the crowd is doing this nonsense...

How do u stop them?? Harbhajan Singh

Very unfortunate to see what's happening at SCG. There is no place for this rubbish. Never understood the need to yell abuse at players on a sporting field. If you're not here to watch the game and can't be respectful, then pls don't come and spoil the atmosphere. VVS Laxman

Unacceptable behaviour there is no place for racism, I hope this is dealt in the most severe way. Tom Moody

I hope the spectators evicted from the SCG today aren't allowed into a ground at anytime. They tarnish our sport and they tarnish the reputation of their society. Harsha Bhogle

Messi revival continues as Barcelona thrash Granada

Some had wondered if Messi would ever get back to his best following an underwhelming start to the season but his latest contribution makes him the league's top scorer on 11 goals



Lionel Messi is back in form and Barcelona are finding their feet after a 4-0 demolition of Granada put them within four points of the top of La Liga. Messi scored twice to make it four goals in three matches since the turn of the year and his resurgence has coincided with an upturn for the team too, this victory is Barca's third on the bounce. It puts them in sight of league leaders Atletico Madrid, even if Diego Simeone's side now have three games in hand. AFP

QUIZ TIME!

Q1: Which wicketkeeper has made the most dismissals in the Indian Premier League?

- a) Parthiv Patel b) Robin Uthappa
c) Dinesh Karthik d) MS Dhoni

Q2: The most FIFA World Cup finals goals were made by which of these football players?

- a) Miroslav Klose b) Lukas Podolski
c) Mario Götze d) Giovanni Reyna

Q3: In which year was the Archery World Cup instituted?

- a) 2004 b) 2002 c) 2006 d) 2008

Q4: Who is the first athlete to have won both the 200 m and 400 m events at the same Summer Olympic Games?

- a) Michael Johnson b) Wayde van Niekerk
c) Justin Gatlin d) Usain Bolt

Q5: Which bowler holds the record for most wickets taken in a series in the Indian Premier League?

- a) Kagiso Rabada b) Dwayne Bravo
c) Lasith Malinga d) James Faulkner

Q6: The most goals in a single by FIFA World Cup were made by

- a) Marius Trésor b) Michel Platini
c) Just Fontaine d) Gerd Müller

Q7: Sara Lopez, who has won the Archery World Cup women's compound event five times, became champion of the first Lockdown Knockout 2020. Whom did she beat to win the title?



Sara Lopez

- a) Linda Ochoa Anderson
b) Mike Schloesser c) Paige Pearce
d) Anders Faugstad

Q8: The most gold medals won by a nation in a single Winter Olympics is 14, achieved by three countries: Canada, Norway and _____

- a) China b) Germany
c) South Korea d) Japan

Q9: The fastest goal in a World Cup finals match came in 11 seconds. Which of the following players scored this goal?

- a) Ilhan Mansiz b) Hakan Sükür
c) Arif Erdem d) Bülent Korkmaz

Q10: Which of these cricketers holds the record for the highest score in ICC Men's World Cup?

- a) Sourav Ganguly b) Chris Gayle
c) Martin Guptill d) Gary Kirsten

Q11: Name this player who has made a total of 17 appearances at the season-ending ATP Finals.

- a) Novak Djokovic b) Ivan Lendl
c) Andre Agassi d) Roger Federer

ANSWERS: 1 d) MS Dhoni 2 a) Miroslav Klose
3 c) 2006 4 a) Michael Johnson
5 b) Dwayne Bravo 6 c) Just Fontaine
7 d) Anders Faugstad 8 b) Germany
9 b) Hakan Sükür 10 c) Martin Guptill
11 d) Roger Federer

STOP MAKING THESE MISTAKES!

HI FRIENDS. WE ARE HOPPER & CROCKY.

You might be shocked to know the simple words and phrases we mixed up on a regular basis. It's time you purge them off your vocabulary

When communicating, what is essential is to get diction and grammar right, not really the style. Be it Chinese, Indian, Korean or British, everyone has their own style of speaking English. In his latest book, "The Sense of Style," Harvard cognitive scientist and linguist Steven Pinker explores the most common words and phrases that people stumble upon and tend to err.

ADVERSE means detrimental and does not mean averse or disinclined.
CORRECT: There were adverse effects. / I'm not averse to doing that.

APPRAISE means to ascertain the value of and does not mean to apprise or to inform.
CORRECT: The employee has been appraised. / I appraised him of the situation.

AS FAR AS means the same as but cannot be used the same way as for.
CORRECT: As far as the money is concerned ... / As for the money ...

HOMOGENEOUS is pronounced as homo-genius not "homogenous."
CORRECT: The population was not homogeneous; it was a melting pot.

INTERN (verb) means to detain or to imprison and does not mean to inter or to bury.
CORRECT: The rebels were interned in the military jail. / The king was interred with his jewels.

ENERVATE means to sap or to weaken and does not mean to energise.
CORRECT: That was an enervating rush hour commute. / That was an energising cappuccino.

DATA is a plural count noun not, a mass noun. Note: "Data is rarely used as a plural today, just as candelabra (a large branched candlestick or holder for several candles or lamps) and agenda long ago ceased to be plurals," Pinker writes. "But I still like it."
CORRECT: This datum supports the theory, but many of the other data refute it.



DICHOTOMY means two mutually exclusive alternatives and does not mean difference or discrepancy.
CORRECT: There is a dichotomy between even and odd numbers. / There is a discrepancy between what we see and what is really there.

DISINTERESTED means unbiased and does not mean uninterested.
CORRECT: The dispute should be resolved by a disinterested judge. / Why are you so uninterested in my story?

CLICHÉ is a noun and is not an adjective.
CORRECT: Shakespeare used a lot of clichés. / The plot was so clichéd.

BEMUSED means bewildered and does not mean amused.
CORRECT: The unnecessarily complex plot left me bemused. / The silly comedy amused me.

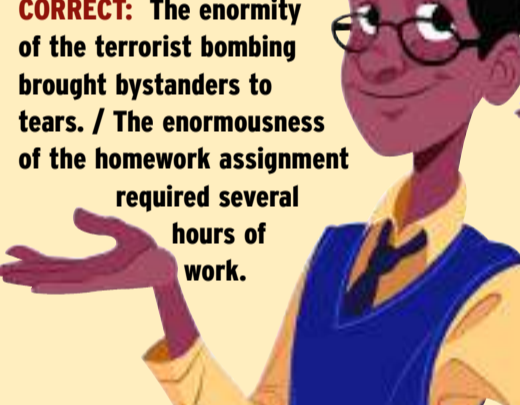
CREDIBLE means believable and does not mean credulous or gullible.
CORRECT: His sales pitch was not credible. / The con man took advantage of credulous people.

CRITERIA is the plural, not the singular of criterion.
CORRECT: These are important criteria.

HUNG means suspended and does not mean suspended from the neck until dead.
CORRECT: I hung the picture on my wall. / The prisoner was hanged.

IRONIC means uncannily incongruent and does not mean inconvenient or unfortunate.
CORRECT: It was ironic that I forgot my textbook on human memory. / It was unfortunate that I forgot my textbook the night before the quiz.

ENORMITY means extreme evil and does not mean enormousness. (Note: It is acceptable to use it to mean a deplorable enormousness.)
CORRECT: The enormity of the terrorist bombing brought bystanders to tears. / The enormosity of the homework assignment required several hours of work.



FLAUNT means to show off and does not mean to flout.
CORRECT: She flaunted her abs. / She flouted the rules.

FLOUNDER means to flop around ineffectually and does not mean to founder or to sink to the bottom.
CORRECT: The indecisive chairman floundered. / The headstrong chairman founded.

IRREGARDLESS is not a word but a portmanteau (a large travelling bag) of regardless and irrespective. (Note: Pinker acknowledges that certain schools of thought regard "irregardless" as simply non-standard, but he insists it should not even be granted that.)
CORRECT: Regardless of how you feel, it's objectively the wrong decision. / Everyone gets a vote, irrespective of their position.

LITERALLY means in actual fact and does not mean figuratively.
CORRECT: I didn't mean for you to literally run over here. / I'd rather die than listen to another one of his lectures – figuratively speaking, of course!

LITERALLY means in actual fact and does not mean figuratively.
CORRECT: I didn't mean for you to literally run over here. / I'd rather die than listen to another one of his lectures – figuratively speaking, of course!

Source: Business Insider



4 tips to write emails

Author of "Unsubscribe: How to Kill Email Anxiety, Avoid Distractions, and Get Real Work Done", Jocelyn Glej gives some important tips on emailing



1 Preview emails to busy people on your phone before sending

Most emails get opened for the first time on a mobile device. And a message that looks fine on a laptop might look epic – in a bad way – on a phone. So test it out before you send anything to a busy person.

To boost your chances of getting a reply, make sure you establish your credibility early on in the message, especially if the recipient doesn't know you. "In a short-attention span world, it's best to get right to the point immediately and do your explaining later," Glej writes in "Unsubscribe." "Think about what will appear in the two-line message preview the recipient will see as she scrolls through her inbox: Will it capture her attention?"

2 When emailing someone for a favour, put your request right upfront

To boost your chances of getting a reply, make sure you establish your credibility early on in the message, especially if the recipient doesn't know you. "In a short-attention span world, it's best to get right to the point immediately and do your explaining later," Glej writes in "Unsubscribe." "Think about what will appear in the two-line message preview the recipient will see as she scrolls through her inbox: Will it capture her attention?"

3 Don't be afraid to use exclamation points in your emails

Glej said that whatever enthusiasm you intend to convey gets taken down a notch when the recipient reads your email: "When the sender thinks it's neutral, receivers tend to think it's more negative." So if you think you sound overly upbeat, you probably sound normally enthusiastic. That's why it's not necessarily unprofessional to use an exclamation point or two in your message.

4 Write a subject line that shows people how this email will help them

Ask yourself: "How can I step into their shoes?" What would feel like a strong value proposition to them?" One thing to avoid in your subject lines, according to Glej: ALL CAPS. Source: Business Insider

5 WORDS FROM THE DOMAIN OF DIPLOMACY

CASUS BELLI

An action by one state regarded as so contrary to the interests of another state as to be considered by that second state as a cause for war.
EXAMPLE: In 1914, Franz Ferdinand, Archduke of Austria and his wife Sophia are killed in Sarajevo by a Serbian nationalist young man: Gavrilo Princip, the casus belli of World War I.

DEMARCHE

A common term used by diplomats to indicate the official raising of a matter with host country officials, often accompanied by a specific request for some type of action or decision in connection with it.
EXAMPLE: India has served a fresh strongly worded demarche to Pakistan on the continued ceasefire violations by its Army along

the Line of Control (LoC).

DÉTENTE

An easing of tension between states.
EXAMPLE: The ambassadors spoke to each other about creating a climate of détente in the war torn region.

ENTENTE

Denotes a close understanding between certain nations. It suggests mutual and complementary efforts, and a sense of compatible objectives.
EXAMPLE: The two leaders signed a treaty of entente and cooperation.

GOOD OFFICES

Influence, especially with a person in a position of power
EXAMPLE: He got the coal mining contract through the good offices of his known minister.



Wonderful words that you're not using (yet)

BIBLIOKLEPT

MEANING: One who steals books

ACNESTIS

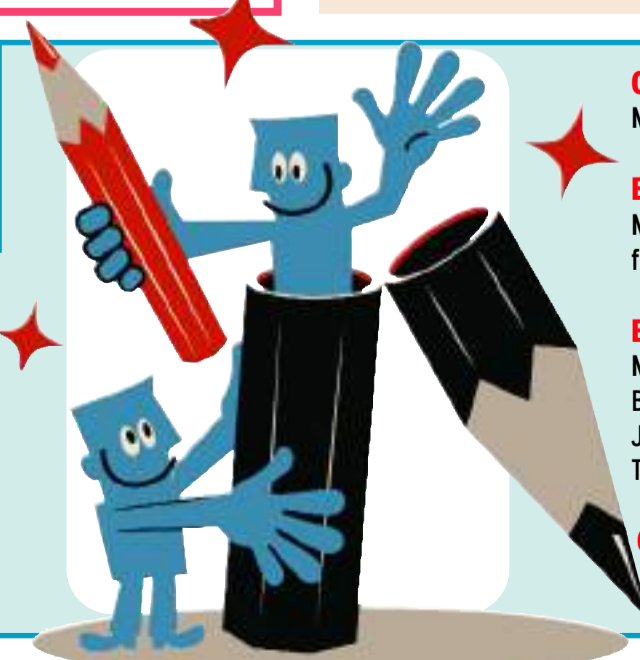
MEANING: The part of the back (or backbone) between the shoulder blades and the loins, which an animal cannot reach to scratch.

MELDROP

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

ARGUS-EYED

MEANING: Vigilant, referring to Argos, a Greek mythological watchman with a hundred eyes.



OCTOTHORPE

MEANING: The symbol #

BOBSY-DIE

MEANING: A great deal of fuss or trouble

BROBDINGNAGIAN

MEANING: Gigantic, from Brobdingnag, a country in Jonathan Swift's Gulliver's Travels.

CHILIAD

MEANING: A thousand

things or a thousand years.

FIPPLE

MEANING: The mouthpiece of a recorder or similar wind instrument

ALCAZAR

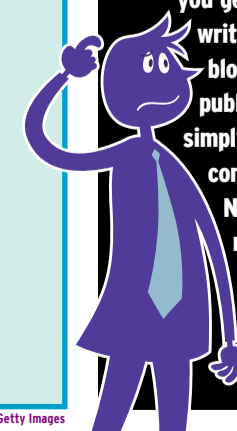
MEANING: a Spanish palace or fortress

ARGLE-BARGLE

MEANING: copious but meaningless talk or writing.

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 toinie75@gmail.com



"When people ask me if I went to film school, I tell them, 'No, I went to films'."

QUENTIN TARANTINO, director



Watch. Feel. Repeat.

Why do we watch some movies repeatedly? Let's find out because January is the best month to begin this annual ritual

Haimanti.Mukherjee@timesgroup.com

The question isn't whether you have watched 'Lord of the Rings', 'Harry Potter' or 'Andaz Apna Apna', it's more: Do you remember how many times you have watched them?

We talked about going back to familiar feel-good films in December. This month, let's dig a little deeper and find out why most of us can't change a channel if our favourite film or TV series is on - even if we have watched it a few days ago. With streaming services taking over the world, repeat-watch is only going to get a much larger audience. Since the pandemic lockdown began, social media chatter on films have concentrated a lot on bingeing on favourite TV series or movies that we have watched before. With so much new content on OTT platforms releasing on a daily basis, why is repeat-viewing still a favourite among people?

EMOTIONAL PAYOFF

An article on 'thoughtcatalog.com' by January Nelson says, "The driving force behind feeling good about revisiting old movies and TV shows is that you aren't surprised. Maybe you



Lord of the Rings

MOVIES PEOPLE OFTEN RE-WATCH...

- Lord of the Rings
- The Harry Potter series
- The Apu trilogy
- from the 1990s
- Lagaan
- Sholay
- Andaz Apna Apna
- Most David Dhawan comedies
- As Good As It Gets
- Star War series
- Casablanca



Casablanca

pick up some minor details you never noticed before, but for the most part, you are genuinely comforted by the fact that you know what's going to happen before it happens... there's this knowledge that what we're watching is not going to disappoint us or be a waste of our time. We know what's going to happen. It's a huge emotional payoff for us."

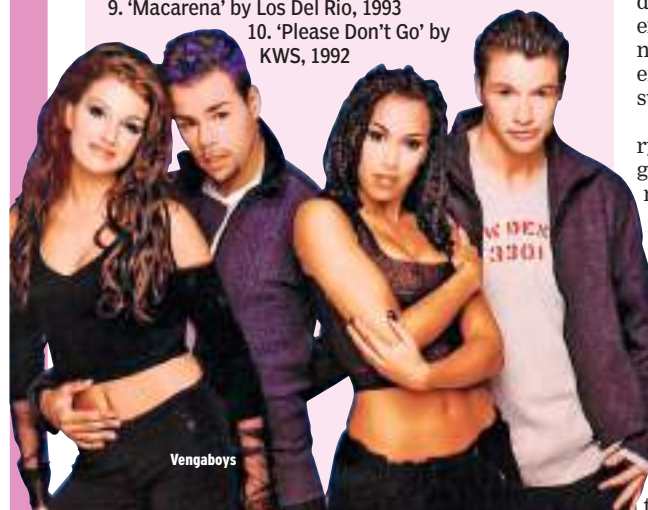
Emotional payoffs have acquired a whole new meaning last year. Without our friends, colleagues, familiar office surroundings, we have all lost our bearings quite a bit. In such a scenario, we want to go back to 'Home Alone' or 'Dil Chahta Hai' far more than anything on our screen that may have a surprise factor. Student Sohini Sen says she has watched the 'Harry Potter' series at least five to six times. "But every year, when I'm re-watching it, it's like beginning the whole journey again and I get very excited about it even though I know the ending. It's that journey, that familiar journey - from innocence to hard times to darkness to light again - that I love so much. The films make me believe that though I'll go through some bad times, I'll emerge out of it, victorious."

In our times, emerging out in itself is victory. To put it very simply, we re-watch films for the same reason we listen to a song innumerable times. We love that song. We love that movie. Nothing in our lives need to be more complicated than that as of now. So, if you have never binged your favourite film, the right time to do it would be now.

10 BIGGEST 90S CLUB HITS

The 1990s was the last decade when people danced away to glory to club songs with mostly one-song-wonders or one-album-famous pop groups. Here are the 10 best numbers that rocked the dance floors all over the world.

- 'What Is Love' by Haddaway, 1993
- 'Rhythm Is A Dancer' by Snap!, 1994
- 'Be My Lover', La Bouche, 1990
- 'All That She Wants' by Ace of Base, 1992
- 'Barbie Girl' by Aqua, 1997
- 'Good Vibrations' by Marky Mark and the Funky Bunch, 1991
- 'We Like To Party' by Vengaboys, 1991
- 'Hey Mr DJ' by Zhane, 1994
- 'Macarena' by Los Del Rio, 1993
- 'Please Don't Go' by KWS, 1992



Vengaboys

The story of Love Story's success

The year was 1970. No one quite expected it. But the whole world walked with Kleenex in their bags as 'Love Story', Erich Segal's phenomenal story of Oliver and Jenny's young love literally tore through the hearts of millions. Critics scoffed. Intellectuals gave their verdicts from their ivory towers calling it "sappy". But no one could take the power away from this simple story of love and loss.

To this generation, the story may seem old. Boy meets girl. They fall in love. Boy is rich and Protestant. Girl is Catholic and poor. They fight odds. Their love wins. But a disease takes it all away. Do watch this original film, and read the book because no matter what the world says, some experiences should be personal so that you can get

your own takeaway. Don't go by what others say. Just read 'Love Story'. Watch the film. And feel it all.

Both the novel and film made a huge amount of money. Says an article in 'pophistorydig.com': "The story's success marks one of those moments in popular culture when a simple love story sweeps through society as something of a gale force phenomenon, though sometimes, as in this case, to the disdain of more highbrow literary and film critics."

"...The book burst on the scene one morning when Barbara Walters, who was a TV hostess, began her programme by saying: 'I was up most of the night reading a book I couldn't put down, and when I finished it, I was sobbing. I cried and cried.' That's all the women of America had to hear. By the time bookstores were opening all over the United States they were getting calls for a book called



Erich Segal author of 'Love Story'; (pic left) Ryan O'Neal and Ali MacGraw brought the characters to life in the movie

'Love Story' by someone you never heard of named Erich Segal. Harper went crazy. We were out of stock within hours...."

The most feared and discerning film critic, Roger Ebert, wrote this in his review of the film in 1970: "The story by now is so well-known that there's no point in summarizing it for you. I would like to consider; however, the implications of 'Love Story' as a three-, four- or five-handkerchief movie, a movie that wants viewers to cry at the end. Is this an unworthy purpose? Does the movie become unworthy, as 'Newsweek' thought it did, simply because it has been mechanically contrived to tell us a beautiful, tragic tale? I don't think so. There's nothing contemptible about being moved to joy by a musical, to terror by a thriller, to excitement by a Western. Why shouldn't we get a little misty during a story about young lovers separated by death?"

LET'S TALK ABOUT

Sally Rooney

'Normal People', the highly acclaimed TV series based on author Sally Rooney's eponymous bestseller, arrived on Indian screens on January 8. Let's find out why Rooney has become the most sought-after author right now

WHAT'S SO SPECIAL ABOUT ROONEY?

At only 29 years old, the Irish author and screenwriter is one of the hottest names in the world of publishing. Her novels and short stories have done exceedingly well. Her debut novel, 'Conversations with Friends' (2017) was nominated for the 2018 Swansea University International Dylan Thomas Prize, the 2018 Folio Prize, and won the 2017 Sunday Times/Peters Fraser & Dunlop Young Writer of the Year Award. 'Normal People', her second novel published in 2018, won the 'Irish Novel of the Year' at the Irish Book Awards, was named Waterstones' Book of the Year for 2018, and won the Costa Novel Award. It was also longlisted for the 2019 Dylan Thomas Prize and the 2019 Women's Prize for Fiction. That's not all. Several of her short stories, poems and essays have also won her various accolades.

IMPRESSIVE, WHAT ELSE?

According to Wikipedia, Rooney is a brilliant debater as a student at Trinity College Dublin. She rose through the ranks of the European circuit to become the top debater at the European University Debating Championships in 2013.



LIFE-CHANGING BOOKS THAT YOU CAN READ IN A SINGLE DAY

Nitya.Shukla@timesgroup.com

Like most people, we're very sure you can read at an average rate of 250 words per minute (or 15,000 words per hour), which means that you can read any of the following books in a single setting. TODAY. It'll do two things for you. First, if you've wanted to make a significant change in your habits or daily routines, these books will help you figure it out without taking too much of your time. And second, congratulations! You have read something instead of thinking about reading something and then not having done it! (It's a win win!).

The Dip: A Little Book That Teaches You When To Quit (And When To Stick) by Seth Godin

If you are anything like me, then starting a project feels fantastic, and you are motivated to keep at it. However, it gets frustrating very quickly and you decide to ditch it because you couldn't do it. This moment, when one quits because it's starting to get frustrating



or difficult to continue is what Seth Godin calls 'The Dip'. And his book tells you what you need to do in order to get through the dip and ultimately succeed.

PS: Show this book to anyone who says 'Winners don't quit.' Because according to Godin, successful people quit projects that they weren't good at, or didn't

love. At 96 pages, you won't even feel a dip because it can be read in one afternoon.

Steal Like An Artist: 10 Things Nobody Told You About Being Creative by Austin Kleon

At only 160 pages, creative graphic

artist and author Austin Kleon shares 10 simple ideas anyone may use to unleash her/his inner creative genius. This book is for people who considers themselves an artist or plan to work in a creative field in the future, or just feel like doing something different.

According to Kleon, creativity isn't only innate, rather a skill that can be developed with practice. A cool idea in the book that really impressed us is that the author encourages us to get BORED, let our mind wander because you never know what ideas may come.

Eat That Frog!: 21 Great Ways To Stop Procrastinating And Get More Done In Less Time by Brian Tracy

This is another super short read that will help you overcome procrastination and work more efficiently, while also experiencing more happiness in the process. Sounds unbelievable, right? We thought so too until we read it and came across the basic tenet that the book rests on: planning. According to the author, spending time on planning every day in advance is a good rule of thumb. For example every minute

spent on planning saves as many as 10 minutes in execution.

Superhuman By Habit: A Guide to Becoming the Best Possible Version of Yourself, One Tiny Habit at a Time by Tynan

Got a few New Year's resolutions that you'd really like to achieve? Go for this 122-pager that offers practical, science backed strategies for building good habits. One of the best tips the book offers is to never skip a habit twice. The logic offered is that missing one day reduces your chances of long-term success by a small amount like 5%, missing 2 days reduces it by 40%. Three days missed and you may as well be starting over.

Letters from a Self Made Merchant to his Son By George Horace Lorimer

This book is for anyone who is interested in business or has a young adult raring to be part of the workforce and the big, bad world. Packed with wisdom and practical advice, this is one of the best business books you will ever read. Also offers beautiful tips, like a person and her/his job should be best friends inside the office, but enemies outside of it. A sign of someone who has a clear mind is when they don't think of work outside of work and when they don't think of leisure while at work. Need we say more?

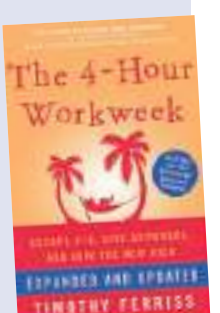
TINY BUT POWERFUL IDEAS

1 In his book 'Getting Things Done', author David Allen describes the 2-Minute Rule which says that you should get anything done immediately if it takes less than two minutes to complete. Though we'd say even five minutes is alright, as long as you are getting it done, there and then. Seriously, just do it.



2 In his book 'Finding Your Element', author Ken Robinson recommends us to open ourselves up to as many new opportunities as possible, to discover our unrealised aptitudes. Plus, strive to have a growth mindset.

3 In his book, 'The 4-Hour Workweek', author Tim Ferriss offers a unique idea to gauge your happiness levels. He says you should rate the importance of a task by asking yourself, "If this is the only thing I do today, would I be happy with today?"



ENDURANCE SPORTS

Any sporting activity tests you physically but endurance sports require the ability to maintain the intensity of an activity – like swimming, running or riding – over a long period of time. And to recover as soon as possible. Let's analyse some of the sports which require a high level of endurance

Photo: GETTY IMAGES



OPEN WATER SWIMMING

This swimming discipline takes place in outdoor bodies such as oceans, lakes, and rivers. Rough conditions, cold water, sharks, jellyfish, tides, lack of visibility are some of the obstacles participants have to be prepared for. The formidable 150km swim from Havana (Cuba) to Key West (Florida) involves swimming continuously for well over 24 hours, in strong currents and in the company of jellyfish and sharks. In 2013, Diana Nyad, aged 64, became the first and only person to complete the swim without a shark cage. The Olympic Games race is held over a distance of 10 km and is officially called marathon swimming. In an interview to outsideonline.com, Dan Simonelli, founder and director of the Open Water Swim Academy in San Diego advised, "Before suiting up for an open-water workout, you should be able to swim at least two to three times that distance non-stop in the pool. Open-water distances typically get elongated due to shifting conditions, so a mile in the ocean will take more time—and feel more challenging—than a mile in the pool."

Photo: GETTY IMAGES



RACE WALKING

Race walking dates from the 17th and 18th centuries. According to worldathletics.org, "The first competitors were the footmen who would run and/or walk by the side of their masters' coaches." It differs from running because one foot must be in contact with the ground at all times. Failure to do so is known as 'lifting'. The rules also state that the advancing leg must straighten from the point of contact with the ground and remain straight until the body passes over it. Three violations of the rules during a race lead to disquali-

fication. Athletes, during the course, must always have one foot on the track while they cover a distance ranging from 3000 m up to 100 km. At the Olympics, men and women compete for the top three spots under the 20 km short-distance category while the 50km long-distance features only men. National record holder Irfan Kolothum Thodi — better known as KT Irfan — became the first Indian to qualify for Tokyo Olympics in race walking. Many athletes have described race walking as "painful and just plain torture".

TRIATHLON

A multi-discipline non-stop race, it tests skill and speed in swimming, running and cycling. It usually starts with a swim in open waters, followed by a biking stretch and then the run. Distances vary from one event to another. The super sprint has 400 m swim, 10 km bike and a 2.5 km run. The Ironman has a 3.8 km swim, 180 km bike leg and 42 km run. There are also the ultra triathlons, where the distances are almost double of the Ironman. There are more than 40 Ironman events organised across the world annually. Rules regarding equipment, clothing, safety gear vary from

event to event. The Enduroman, also called "Arch to Arc", links London's Marble Arch and the Arc de Triomphe at Paris. This extreme long-distance triathlon starts with a 140 km run, a 34 km swim across the English Channel to Calais, and about 300km of cycling to finish in Paris on the Champs Elysées. The Ironman of Lanzarote (Spain) is the oldest of long distance Ironmans. The cycling course includes almost 2550m of positive elevation gain and is renowned for its strong winds, which make it very difficult. It is the qualifying event for the World Championships in Hawaii.

Photo: GETTY IMAGES



ROAD CYCLING

It's a cycling discipline held on paved roads. Cyclists compete in several formats, like the time trials, where individual riders or teams race against the clock or stage races or tours, which take multiple days. Randonneuring and ultra-distance races can last several weeks, and cover distances of up to 4800 km in a week. The objective in single stage races is to be the first to cross the finish line. However, in the multi-stage races, clocking the least aggregate finish time is of prime importance. Tough climbs, fast descents, technical surfaces like cobbled pathways, crosswinds are among the challenges cyclists face. Excellent bike handling skills and muscular endurance are vital in cycling. The Tour de France spans over 21-23 days. The race covers around 3,500 km with 9 flat stages, 6 mountain stages, 5 hilly stages, 5 high-altitude finishes, and 1 individual time-trial stage. The Giro d'Italia has 21 stages across 3500km in 23-24 days. The Union Cycliste Internationale (UCI) World Championships for men and women, the Race Across America (RAAM), are among the other popular racing events. Cycling has been a discipline in the summer Olympics ever since the birth of the modern Olympic movement, but has undergone several changes in format.

Photo: REUTERS

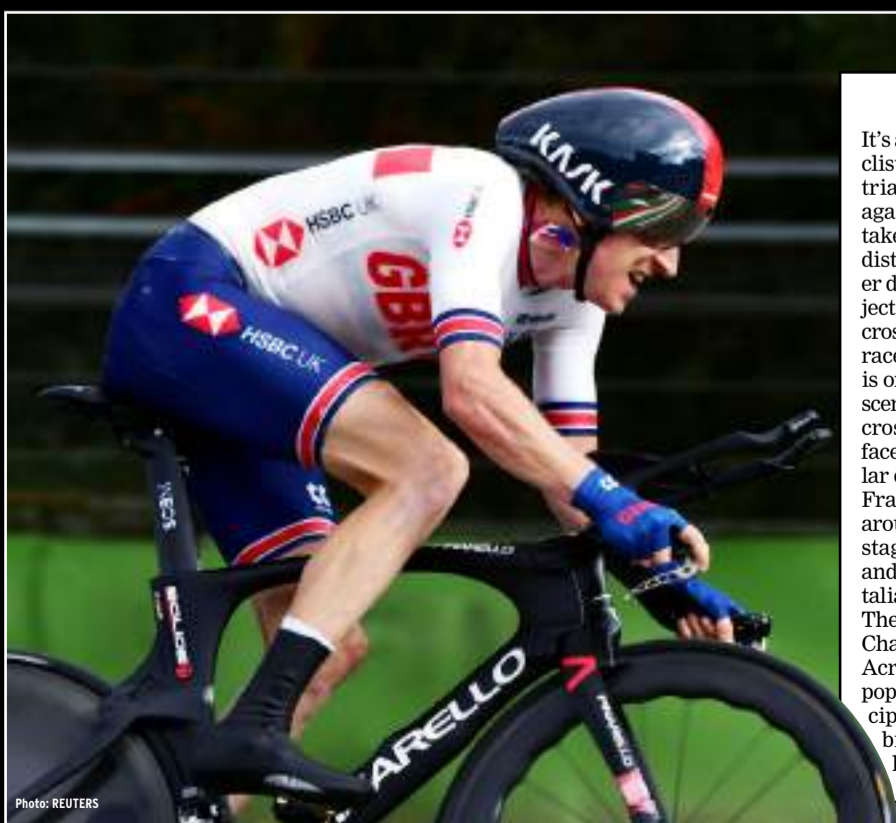


Photo: GETTY IMAGES



ROWING

In rowing, athletes use oars to propel a boat through water at high speeds. There are two types of rowing: sweep and sculling. Sculling racers use two oars, while in sweep the rowers hold one oar each. Ocean rowing races are held across bays, seas and coastlines. They are measured in miles and vary from 5, 10 to 20 miles. The sport requires

strong core balance, flexibility, physical strength, and cardiovascular endurance. Rowing does not involve just arm strength. When done correctly, it requires 85% exertion of the legs, with the back, core and arms making up the rest. Having the right breathing technique is important, as is the correct posture. Inflammation of knee

joints, spine and forearm tendons, blisters, track bites, that is thin cuts on the calf or thigh are among the dangers rowers face. The Celtic Challenge is the world's longest rowing race. It sets off from Arklow, Wicklow on Ireland's south-east coast, and takes rowers 167 km across the Irish Sea to Aberystwyth on the Welsh coast.

Photo: AFP



CROSS-COUNTRY SKIING

Cross-country skiing is an endurance sport in which competitors propel themselves through heavy or thick snow over long distances wearing skis and using ski poles. Skiing is physically demanding on the athlete's arms and legs. Power, speed and endurance apart, skiers also have to develop heart and lung capacity to ensure blood flow to every part of the body in the extreme weather

conditions. The 220 km Nordenskiöldsløppet is the longest race in the world. The course, north of the Arctic Circle, goes through forests and frozen lakes. Athletes have to endure 1,500 meters altitude. The 54-km Birkebeiner race in Norway goes through two mountains with breathtaking sceneries. Arctic Circle Race is held around Sisimiut on Greenland's west coast in the midst of magnificent

scenery. Skiers have to cover a distance of 160 kilometres over a period of 3 days with overnight stays in tents in the wilderness — sometimes in temperatures as low as minus 30 degrees C. The famous 90-km Vasaløppet race in central Sweden leads through a nature reserve, past small villages and picturesque chalets. In the Olympics, events vary between 15 km and 50 km for men, and 10 km and 30 km for women.



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STUDENT EDITION
FRIDAY, JANUARY 8, 2021
WEB EDITION

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Capitol attack 'shakes the world'



As an angry mob stormed the heart of the world's most-powerful democracy to overturn the electoral verdict, the rest of the world watched the once-unimaginable scenes unfolding in Washington with dismay and disbelief — and concern about what the turmoil could mean, as authoritarian forces gain strength around the globe. It has also prompted calls by a few lawmakers to remove Donald Trump from office before the President-elect Joe Biden is sworn in on Jan. 20.

The attack on the Capitol, coming less than a day after the Hong Kong police arrested more than 50 democracy activists, is being seen as a blow to America's global credibility on advocating liberal values, which would make it harder for the US to hold to account the authoritarian leaders around the world

At this hour, our democracy is under an unprecedented assault. To storm the Capitol, to smash windows, to occupy offices, the floor of the US Senate... threatening the safety of the duly-elected officials...it's not a protest, it's insurrection
JOE BIDEN, President-elect, US

THE WORLD REACTS

Peaceful transfer of power must continue. The democratic process cannot be allowed to be subverted through unlawful protests
NARENDRA MODI, PM, India

The US stands for democracy around the world, and it is vital that there should be a peaceful and orderly transfer of power
BORIS JOHNSON, PM, UK

We will not give in to the violence of a few, who want to question democracy
EMMANUEL MACRON, President, France

X-PLAINED

CAN TRUMP BE REMOVED BEFORE HIS TERM ENDS?

There are two ways to remove the president from office: the 25th Amendment of the US Constitution and impeachment, followed by a Senate conviction. In either scenario, vice president Mike Pence would take over until Biden's inauguration.

nation in 1963, deals with presidential succession and disability. Section 4 addresses situations where a president is unable to do the job but does not step down voluntarily.

WHAT'S THE PURPOSE OF THE 25TH AMENDMENT? The 25th Amendment, ratified in 1967 and adopted in the wake of President John F. Kennedy's assassi-

HOW CAN TRUMP BE REMOVED? For the 25th Amendment to be invoked, Pence and the majority of Trump's Cabinet would need to declare that Trump is unable to perform the duties of the presidency and remove him.

Spotlight

JEE-ADVANCED EXAM FOR ADMISSION TO IITs WILL BE CONDUCTED ON JULY 3

Union education minister Ramesh Pokhriyal has said that the JEE Advanced 2021 exam will be held on July 3. It will be conducted by IIT, Kharagpur, he added. Addressing a live tweet on Thursday, the minister also announced that the relaxation in the eligibility criterion pertaining to class XII marks will be offered this year too. PTI



For admissions to the IITs, apart from qualifying the Joint Entrance Examination (JEE)-Advanced, the candidates are required to secure either minimum 75 per cent marks in class XII board exams or rank among the top 20 percentile in their qualifying examinations. While the JEE-Mains is conducted for admission to the engineering colleges across the country, it is considered as a qualifying test for JEE-Advanced

2021 GRAMMY AWARDS RESCHEDULED TO MARCH DUE TO PANDEMIC CONDITIONS

The 2021 Grammy Awards will no longer take place this month in Los Angeles and will broadcast in March due to a recent surge in coronavirus cases and deaths. According to reports, the annual show has been postponed from its original Jan 31 broadcast to a later date in March.



MUSIC

Comedian Trevor Noah is set to host the 2021 Grammys. Pop singer Beyonce is a leading contender with nine nominations. Beyonce's 'Black Is King,' which aired on Disney+, is nominated for the best music film, while 'Brown Skin Girl,' a song dedicated to dark- and brown-skinned women, is nominated for the best music video. Her daughter Blue Ivy Carter, who sings on 'Brown Skin Girl,' has also earned a Grammy nomination



INDIA'S ECONOMY SHRANK 9.6% IN 2020-21, CAN RISE WITH VACCINE TO 5.4% NEXT FISCAL:WORLD BANK

India's economy battered by the Covid-19 pandemic is forecast to crater by 9.6 per cent during the current financial year but can recover by 5.4 per cent next financial year, if there is wide vaccination against the disease and it is contained, the World Bank reported on Tuesday.

MODI 'EARNED AND ACHIEVED' HIS PRIME MINISTERSHIP: PRANAB

The decisive mandate the BJP got in two consecutive general elections in 2014 and 2019 indicated the voters' preference for political stability, according to former president Pranab Mukherjee, who said, Narendra Modi "earned and achieved" the prime ministership. In his memoir, The Presidential Years, 2012-2017, Mukherjee has also written that Narendra Modi became PM "through popular choice unlike Manmohan Singh, who was offered the post by Sonia Gandhi". Every general election has its "importance because the issues that are debated during the polls reflect the various views and perceptions of the electorate", he wrote.

BOOK

The 5.4% growth rate forecast for 2021-22 — a "rebound from a low base" — would be "offset by a muted private investment growth given the financial sector weaknesses", the report said, noting that "in the financial sector, non-performing loans were already high before the pandemic"

In the South Asia region, the Bank said that the economy overall fell by 6.7% in 2020 "reflecting the effects of the pandemic and nationwide lockdowns, particularly in Bangladesh and India"

The global economy, which contracted by 4.3% in 2020 is forecast to grow by 4% next year if "an initial Covid-19 vaccine rollout becomes widespread throughout the year", the report said

ICC TEST RANKINGS: NEW ZEALAND BECOME NO 1 FOR THE FIRST TIME



SPORTS

New Zealand grabbed the number one position in the ICC Test rankings for the first time in history, after decimating Pakistan by an innings and 176 runs in the second Test in Christchurch recently. The comfortable series-clinching victory, shaped by captain Kane Williamson's double century, pushed the Kiwis to the top of the heap as they became the sixth country in the past 10 years to be ranked number one in Test cricket.

Overall, they are the seventh side in the world to hold the number one spot. New Zealand came close to reaching the summit in the last couple of years but stayed second on the table

They now have 118 points, two more than Australia and four clear of third-placed India

England (106) and South Africa (96) complete the top-five

2023 ASIAN CUP TO RUN FROM JUNE 16-JULY 16

The 18th edition of the Asian Cup, the region's flagship national team competition, will take place in China on June 16-July 16, 2023, the Asian Football Confederation (AFC) said on Thursday. Ten cities across China will host the 24-team tournament, which will be held for over 31 days, three days more than the 28-day showpiece in the United Arab Emirates (UAE) in 2019.



The 2019 edition of the quadrennial event was the first to be expanded from 16 to 24 teams. Qatar are the defending champions after winning their maiden title in the UAE

FACTOID

₹ 20,500 CRORE

That's the cost the country had to bear, courtesy the internet shutdown in various regions of the nation in 2020. According to a report by Top 10 VPN, India had massively-restricted the internet access for the users, compared to the other nations in the year 2020 — a whopping 8,927 hours. The cost of the internet blackouts was calculated through the indicators from the World Bank, International Telecommunication Union and the Software Freedom Law Centre

A TOTAL OF 27,165 HOURS OF THE MAJOR INTERNET DISRUPTIONS WERE EXPERIENCED BY THE WORLD IN 2020, 49 PER CENT HIGHER THAN IN 2019. THIS RESULTED IN A TOTAL LOSS OF \$4.01 BILLION, AND NEARLY THREE-FOURTH OF THESE LOSSES CAME FROM INDIA

Lose WhatsApp account if you don't accept new changes by Feb 8



TECH BUZZ

Millions of Indian users received an in-app notification from the WhatsApp as part of an upcoming global roll-out for over 2 billion users, asking them to either accept the changes in its terms of service and privacy policy by February 8 or their accounts will be deleted.

- The in-app notification did not elicit much details but clicking on the links clearly mentioned the key changes in how the WhatsApp will collect and process the users' information while going forward with its partnership with the Facebook, its parent company, as part of a larger unification drive between the family of apps
- The WhatsApp's new terms of service and privacy policy will come into effect from February 8
- The mobile-messaging platform said that it is working with the third-party service providers and "other Facebook Companies" to help it operate, provide, improve, understand, customise, support, and market its services
- In a bid to allow cross-messaging among its family of apps, FB has reportedly started merging the Instagram and Messenger chats.

'CoWIN' apps fake, warns health ministry

The Union health ministry has asked people not to download or register on several fraudulent applications named 'CoWIN', which are available on app-stores. "Some apps named 'CoWIN' apparently created by unscrupulous elements to sound similar to the upcoming official platform of the government are on the app-stores," the health ministry alerted. "Do not download or share personal information on these. The MoHFW official platform will be adequately publicised on its launch," the ministry added.



Short for 'Covid Vaccine Intelligence Network' application, the CoWIN app will be used to manage and scale up the massive vaccination drive, which is soon to be rolled out in the country. The application will not only help the government coordinate the massive inoculation process, but also come to the aid of the health authorities monitor coronavirus vaccines in real-time

It is slated to be launched for the public soon. The beneficiaries would be able to register themselves after uploading the identification documents, such as the Aadhaar card, driving license, PAN and bank passbook, among others

FOR US TO DO...

Enhance your family video calls with an Online Game

At their best, good video calls are a mediocre substitute for real interaction. And when they're bad? They can be really bad. If your family video calls devolved into melting-down toddlers and bored teenagers, maybe it's time to consider adding a little friendly competition to the mix.

Online games allow those near and far to engage over a common goal, which in turn sparks a feeling of togetherness — a feeling that everyone wants to have these days.

Here's a selection of digital games and apps that players of all ages can enjoy.



Jackbox Party Packs

If some of your crew have gaming consoles and others use computers, consider a Jackbox Party Pack, which allows play among eight players on a range of devices. Only one family member needs to purchase the party pack, which ranges from ₹1000 to ₹1800. Packs have five games that you can play an unlimited number of times.



Caribu

A boring video call is even more boring for kids," said Max Tuchman, chief executive and co-founder of Caribu, a video-call app specifically built for children. During the call, kids and adults can interact on-screen with games like tic-tac-toe, word searches, memory-matching cards and math challenges. Caribu also has a library of books that will open on your screen, and adults and kids can read together. The unlimited offer is a family plan, which means far-flung cousins and grandparents can interact on a single membership.



Bunch

If your family already has a deep lineup of online games, consider downloading Bunch, too. This free app overlays video chat windows onto existing games, so you can talk trash as you play Uno, Minecraft or Scrabble.



For families that are not particularly computer savvy, a hosted Zoom game, where a game master leads and officiates, can be a good option. Since March, Michael Wade, a recent MBA graduate based in Richmond, Virginia, has been building and hosting Trivia Throwdown Online, a Zoom-based trivia game that breaks families into teams for a "Family Feud" meets "Jeopardy"-style match.

Hosted Zoom Games



"It's built on the idea of, how do we get people to engage with each other and work together," he said. Wade writes questions specific to age ranges, which means grandma and your tween niece will have an equal chance at getting a pop-culture question right. Rates differ for families, nonprofit and corporate events, but the average event with up to 30 people costs around \$300.

For The Culture and For La Cultura



While playing trivia games with his family, Teddy Phillips realised that most had a severe lack of representation. "All the classic BET movies, none of them were ever in those categories," he said. So Phillips, 32, who lives in Seattle and works as a cybersecurity engineer, made For The Culture, a game highlighting Black culture and history. It's built to be played in person but also works well over video chat. Phillips also released For La Cultura, which showcases Hispanic culture and history. Because the culture is so diverse, Phillips brought in help from Puerto Rican, Mexican and Central American friends to ensure the game showcased everyone's history.

Ways to parent a preteen in pandemic



The pandemic has drastically altered relationships between parents and preteens as they struggle to find a middle ground. Still dependent on parents, controlled gadget behaviour and isolation from school and friends have majorly exposed preteens to stress and struggle with their unexplained emotions. Parents also struggle to understand their preteen's issues. Here are simple steps to comfort your child.

fort and reassure them that everything will be alright. During such anxious moments, it is the responsibility of the parents to reassure that difficult times are often greeted with a ray of sunshine next. So the distress they are feeling now, will soon go away as they learn to adapt rapidly.

schedule once again and make them follow it.

Praise them

Instead of constantly scolding or correcting their mistakes, try praising them once a while. Constant criticism weighs heavily on children, especially during this gloomy time. Make sure to be flexible while you are with your child. Instead of being in a strict environment always, allow an extra scoop of ice cream or an extra half an hour of TV if the child wants it.

Be with them

This is the ideal time to have some quality family togetherness. Spend time with your child, play board games, watch TV with them or even bake one or two cakes. Share a joke, laugh together and hug them; all this will help preteens stay happy.

Understand calmly

The key to understanding your preteen is to listen, com-

and shows. Build a proper

Pick an App to Keep Moving

It's a hibernation season like no other: It's colder and darker, and you're still inside. Which makes it all the more important (and all the harder) to keep yourself moving. As 2021 begins, here are some ideas to get you out of the house, or at least off the couch for a bit.



Yoga With Adriene

If you are looking for a no-frills yoga class that feels like it's tailored to you, look no further than Yoga with Adriene, from Adriene Mishler, who The New York Times Magazine called "the reigning queen of pandemic yoga." On YouTube, Mishler has created free yoga for writers and yoga for chefs, yoga for runners, etc.

Running Audio Guides

A massive running boom began in the spring as many people returned to the simplest exercise: one foot in front of the other until you've spent an adequate amount of time away from your seemingly shrinking home.

If you need a new boost to get back outside, or back on the treadmill, try an app like Nike.

Boutique Classes

Miss being able to sample boutique fitness classes? The Obé Fitness app has numerous classes available on demand, but one of its greatest strengths is the diversity of live classes, filmed in pastel studios that resemble squares of an Instagram page. On any given day, there's some combination of Pilates classes and dance classes, cardio boxing, yoga sculpt, etc.

Have a Workout Type in Mind? Turn to YouTube

If you have an idea of what you are looking for — be it a 10-minute core workout, a 15-minute prenatal stretching routine or a 30-minute body-weight class — many of your best options can be found for free on YouTube. Be prepared to find thousands of results that could prove effective.



Running Audio Guides

Miss biking outdoors and not looking to buy a stationary bike? You can purchase bike rollers or an indoor bike trainer, allowing you to safely ride your outdoor bike indoors. Add an app to make things more entertaining.

Peloton - With or Without Equipment

Sure, you've heard of Peloton's bike and treadmill. But the company also has a slate of classes and programs on its app for those looking to stay in shape at home without a big investment in hardware. You can sort through strength programs for those that require specific equipment (classes that use resistance bands, for example) or choose ones that don't require any equipment whatsoever. The app offers a ₹1000 monthly digital membership.

THE MONTH OF JANUS

January is named after Janus, the ancient Roman god of beginnings. He has two faces, one looking forward and the other behind. Take this quiz on January... Choose correctly!

- How many months, including January, have 31 days?
A. Five B. Six C. Seven D. Eight
- Which country's National Day is January 26?
A. Austria B. Australia C. Belgium D. Brunei
- Who is annually commemorated in America on the 3rd Monday of January?
A. Benjamin Franklin B. Elvis Presley C. Joe Frazier D. Martin Luther King Jr
- Which is a January zodiac sign?
A. Aquarius B. Aries

- Sagittarius D. Scorpio
- On what January date do Russians celebrate Christmas?
A. 28 B. 21 14. 21 D. 7

Answers: 1) C. Seven 2) B. Australia 3) D. Martin Luther King Jr 4) A. Aquarius 5) D. 7



IDENTIFY THE PERSONALITY

This Australian cricketer, who re-joined the team after a ban, scored an unbeaten 89 and 91 against New Zealand in two warm-up games.



Answer: Steve Smith

INDIA'S TALISMANIC ALL-ROUNDER

Since 2016, Ravindra Jadeja has the highest batting average (46.29), and bowling average (24.97) among the top Test all-rounders. England's Ben Stokes (42.34 and 27.59) and former Bangladesh captain Shakib Al Hasan (38.48 and 26.03) are behind him on the list

Jadeja has been an integral part of the Virat Kohli-led Team India side across all formats. He has scored 1926 runs in 50 Tests at a decent average of 35.66 and has bagged 216 wickets at an impressive average of 24.48



JADEJA IS A QUALITY ALL-ROUNDER FOR ALL CONDITIONS

I believe Ravindra Jadeja is a Test-quality all-rounder for all conditions. He has played 50 Test matches and has had 33 of those at home and only 17 away. I feel that he is ready to embark on a new chapter in his career where he can be played as a pure bowler and a pure top-order batsman. It gives the Indian team a wonderful balance.

And I think that he's a spinner who doesn't necessarily rely on turn either so if you've got a wicket with a little bit of grass, that's not offering turn, he still will be able to build pressure and create opportunity for the Indian team to have a successful series, home or away.

Tom Moody, former Australia cricketer

NOT SURE WHETHER JADEJA CAN BAT IN THE TOP SIX

I am a big fan of Jadeja of course and I do think his batting has improved immeasurably over the last few years. He is batting with a lot of confidence, a lot more consistency. I would still have a question mark whether you could pick him in the top six for a Test match.

I think he is perfectly placed at No.7, where he can come in and make those handy runs at length in the batting order. But if you are going to rely on him in the top six to be making hundreds and big hundreds for your country to set up Test matches, I am not sure he is quite there yet.

Michael Hussey, former Australian cricketer

RAVINDRA JADEJA IN THE SAME BRACKET AS BEN STOKES

As of now the way he's batting he definitely is (in the same bracket as Ben Stokes). Even during the IPL, I actually said why not him at No. 4 for CSK. He's got a couple of triple hundreds in domestic cricket, getting runs there is not easy.

For Saurashtra, he bats at No. 4 but for India, he comes in at 7 or 8. Somehow I felt that he never took his batting seriously enough. In 2017, he was dropped from the side but I think what kind of prompted him was the fact that he wanted to make himself more useful to the team, not just with the ball but with the bat as well.

He always had the skill set with the bat but earlier on, he would play terrible shots and get out. But now he's putting a price to his wicket, he's thinking and batting like a batsman and that I think has changed in his batting in the last few years.

Deep Dasgupta, former India wicket-keeper batsman

HE HAS IMPROVED A LOT AS A BATSMAN

As a batsman Ravindra Jadeja has improved a lot and that is a massive point from a team's perspective. When you know that your number seven can contribute with the bat, that becomes really easy for you to actually get that (decent) total and obviously in the field, you have seen him taking some brilliant catches. So yes, his addition in the team helped us a lot and he has been really fantastic and it is really great for us.

Ajinkya Rahane, stand-in Test skipper

DROPPED AND DROPPED AGAIN!

India wicketkeeper Rishabh Pant dropped Will Pucovski twice as the opener rode his luck to score a half-century on debut and guide Australia to 166 for two at the end of the rain-disrupted first day of the third test at the Sydney Cricket Ground

QUESTIONS RAISED OVER WRIDDHIMAN SAHA'S OMISSION

Young Indian wicket-keeper batsman, Rishabh Pant, continues to endure a difficult time behind the stumps. Preferred over Wriddhiman Saha for the second match in a row, Pant did his reputation no good as he dropped Australian youngster Will Pucovski twice in a span of three overs.

The wicket-keeping position in the Indian Test team has been talked about a lot over the last year or so. While Saha remains the undisputed No. 1 for the role in the sub-continent, he is often shuffled with Pant overseas. After getting the nod in the Adelaide Test, Saha was dropped in favour of Pant for the second and the third Test.

Pant had a few hiccups behind the stumps in the Boxing Day Test, especially when keeping spinners Ravichandran Ashwin and Ravindra Jadeja. Hoping to do better in the third Test, Pant incurred similar difficulties on Day 1 at Sydney as he dropped Pucovski twice, once off Ashwin and the second time on Mohammed Siraj's bowling.

The two dropped catches gave Pucovski two lifelines, which he later converted into a half-century, while leading to frustration for both the bowlers and the stand-in skipper Ajinkya Rahane at the same time.

I WAS LOOKING TO PUT ASHWIN UNDER PRESSURE: SMITH

Australian batting mainstay Steve Smith said he was looking to put Ravichandran Ashwin under pressure after being at the receiving end of the India off-spinner's guile in the first two Tests. Breaking his run of poor scores, Smith played some attacking shots and marched to an unbeaten 31 by the close of play. "I'm good, nice to spend a bit of time out there, nice to stitch in a partnership with Marcus. I wanted to put him (Ashwin) under a little bit of pressure which I haven't done this series," Smith said at the end of the day's play.



Rishabh Pant

City win battle of Manchester to reach League Cup

Mourinho was United boss the last time they lifted a trophy in 2017 and the Red Devils' wait for silverware under Ole Gunnar Solskjaer goes on as they lost a fourth semi-final in the past two seasons

Manchester City reached the League Cup final for the fourth consecutive season as they inflicted more semi-final pain on Manchester United with a 2-0 win at Old Trafford. John Stones and Fernandinho were the unlikely goalscorers for Pep Guardiola's men, who will face Jose Mourinho's Tottenham in the final at Wembley on April 25. The match had seen three goals ruled out for offside in the first half with Kevin De Bruyne also hitting the post.



John Stones

When a team has the mentality to do it, we achieve something incredible. I know the Carabao Cup is not the Champions League but reaching the final four times in a row is incredible! I'm so impressed by the quality of this team.

Pep Guardiola, manager Man City

QUIZ TIME!

Q1: In the year 2019, Rafael Nadal won two Grand Slam titles. Which other tennis player also won two grand slams?

- a) Kevin Anderson b) Dominic Thiem
c) Roger Federer d) Novak Djokovic

Q2: Robert Lewandowski is the top scorer of UEFA Champions League - 2019-20. How many total goals he has to his name?

- a) Twelve b) Fifteen
c) Seventeen d) Twenty

Q3: Which of the following players have received most player-

of-the-match awards in Test cricket?

- a) Shane Warne b) Wasim Akram
c) Jacques Kallis d) Muttiah Muralitharan

Q4: The player who has been captain most number of times in Women's T20 Internationals is _____

- a) Charlotte Edwards b) Harmanpreet Kaur
c) Salma Khatun d) Meg Lanning

Q5: Who won the 2018 Women's Wimbledon singles title?

- a) Serena Williams b) Angelique Kerber
c) Simona Halep d) Naomi Osaka

Q6: Name the player who became a team in Test cricket.

- a) Rashid Khan b) Tatenda Taibu
c) Mansoor Ali Khan Pataudi d) Waqar Younis

Q7: Bianca Andreescu won the 2019 US Open title. Who was the runner-up?

- a) Serena Williams b) Angelique Kerber
c) Simona Halep d) Naomi Osaka



Bianca Andreescu

Q8: Who was the first athlete ever to be both a boxing World Champion and an MMA (Mixed Martial Arts) World Champion?

- a) Holly Holm b) Melvin Manhoef
c) Miesha Tate d) Evangelista Santos

Q9: He has won the most number of Player-of-the-Series awards in One Day Internationals. He is _____

- a) Shaun Pollock b) Virat Kohli
c) Sanath Jayasuriya d) Sachin Tendulkar

Q10: Which player has made the most appearances in UEFA Champions League?

- a) Iker Casillas b) Cristiano Ronaldo
c) Xavi Hernández d) Raúl González

Q11: Which Barcelona player is the second-highest goal scorer in Spanish La Liga - 2016-17?

- a) Jordi Alba b) Luis Suárez
c) Neymar d) Ivan Rakitic

Q12: Which of these cricketers has captained the most matches in One Day Internationals?

- a) Arjuna Ranatunga b) Ricky Ponting
c) Stephen Fleming d) MS Dhoni

ANSWERS: 1- d) Novak Djokovic 2- b) Fifteen
3- c) Jacques Kallis 4- a) Charlotte Edwards
5- b) Angelique Kerber 6- a) Rashid Khan
7- a) Serena Williams 8- a) Holly Holm
9- d) Sachin Tendulkar 10- a) Iker Casillas
11- b) Luis Suárez 12- b) Ricky Ponting



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TODAY'S EDITION

Check out the playlist of cold-weather podcasts, some fiction and some non-fiction

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Five game-changers to watch out for in the Ind vs Aus 3rd Test at the SCG

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STUDENT EDITION

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WEB EDITION

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Disease X

WHAT Jacques Muyembe Tamfum, the microbiologist, who helped discover the Ebola virus in 1976, has warned against an unknown number of new and potentially-fatal viruses that may threaten the planet in the near future—'Disease X' is one among them, he said. Disease X stands for an unexpected, unrecognised disease that is likely to follow the Covid pandemic, and cause worldwide trouble soon. According to the World Health Organisation (WHO), Disease X is the possibility of an international epidemic that can spread from a pathogen unknown to the humankind. The disease has been included in the list of priority diseases by the health body.

WHERE Recently, a patient in a remote town in the Democratic Republic of the Congo (DRC) was found infected by a pathogen that has not yet been identified, but had symptoms similar to Ebola. According to doctors, the woman showed early signs of hemorrhagic fever but as the patient tested Ebola negative, doctors fear that it could be signs of 'Disease X'.

HOW The disease is likely to be as fast-spreading as Covid-19, and as deadly as Ebola. According to Tamfum, these viruses emerging from the tropical forests of Africa could rapidly spread, and soon grow deadly for the human population. Muyembe expects many more zoonotic diseases to emerge in the future.



Zoonotic diseases such as the yellow fever, rabies, brucellosis and Lyme disease spread from animals to human beings and have caused epidemics and pandemics before. While the deadly HIV emerged from a type of Chimpanzee and then mutated into a fatal disease, SARS-CoV-2, along with SARS, and MERS are all coronaviruses that have suddenly jumped from animals to humans



FACTOID

635 million

Or nearly a fifth of the world's population will be affected due to the sinking of the ground's surface or 'subsidence', mostly in Asia, by 2040, scientists have warned.

Subsidence is usually caused by the removal of local groundwater, and can be triggered by dry spells, the roots of the trees and shrubs, and human activities

THE IMPACT

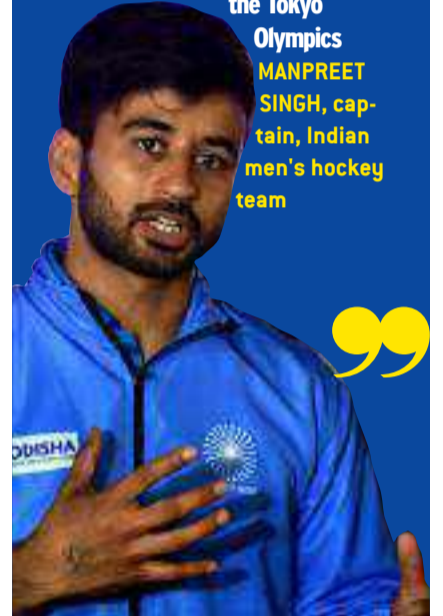
1 Experts warn that with the increase in the world population, there will be a surge in droughts in the future, leading to an increase in subsidence, which in turn will have a greater impact on the Earth

2 According to environmentalists, land subsidence typically hits hardest in regions with a high population density, greater demand for groundwater extraction, and areas undergoing water stress

Quote unquote

"The biggest learning from last year was to not let external factors affect our goal. There could be many uncertainties but we need to only worry about what's within our control, and that is to work towards giving our best. There could be several challenges leading up to the Olympic Games this year, but we have to be mentally-prepared for it. The next 200 days is going to be the most-important period of our lives. Each one of us have to give our 100 per cent in training to make a mark at the Tokyo Olympics

MANPREET SINGH, captain, Indian men's hockey team



A car mask that can destroy 99.9% of virus droplets inside the vehicle!



Auto major Honda has announced a new air filter that not only prevents viruses from entering your car, it also destroys ones that get inside. Called Kurumaku, which literally means, 'car mask,' it acts like a face mask for your vehicle.

1 Available for Honda Japan's N-Box Kei micro-car, it's fitted on the top of the vehicle's regular filter and catches virus droplets in microscopic spikes, reducing their shape and damaging them in the process

2 It uses a zinc phosphate conversion system, the same technology carmakers employ to prevent rusting

3 The mask is an environmentally-friendly product, according to Honda, with less risk of fostering resistant viruses, as it does not use chemicals

4 The carmaker said the new Kurumaku filter can remove 99.8 per cent of virus droplets within 15 minutes of turning on a car's air recirculation system, and 99.9 per cent after 24 hours

Priyanka Chopra Jonas announces sequel of 'We Can Be Heroes'

Actor Priyanka Chopra Jonas on Tuesday announced the sequel of her recently-released superhero film 'We Can Be Heroes'. Written and directed by Robert Rodriguez, the film is a spin-off of his 'The Adventures of Sharkboy and Lavagirl in 3-D' and the 'Spy Kids' franchise. It released on Netflix on December 25 in the US.

ENTERTAINMENT



■ Around 44 million households viewed 'We Can be Heroes' in the movie's first 28 days on the service

■ Chopra Jonas said, a follow-up

to the movie is in development at Netflix, with Rodriguez set to return

■ Billed as an action-adventure, 'We Can Be Heroes' features Chopra Jonas as a nemesis to a group of children, who team up to save the planet and their superhero parents, who are kidnapped by the aliens

For the first time since 1966, no foreign guest at R-Day event?

The UK PM, Boris Johnson, the chief guest for this year's Republic Day's parade has cancelled his visit to India, citing fresh lockdown in England and the rapid spread of the new Covid strain. His decision has left New Delhi with hardly any time to look for a new guest for the curtailed celebrations this year.



■ India may not have any guest at all for this year's Republic Day parade. If that happens, this will be the first time since 1966 that there will be no invite to a foreign leader for the R-Day

■ The name of the R-Day guest is generally finalised and announced months in advance.

■ The only time it got delayed in recent times was in 2018, when the suspense ended only in early December, with South African President Cyril Ramaphosa accepting the invite for the 2019 celebrations, after it was declined by the US President Donald Trump



Missions to Mars, the Moon and beyond... await Earth in 2021

In a month's time from now, three rovers will pull into the vicinity of Mars. These explorers, which were launched in July last year, will herald a busy year in space exploration, launches and astronomical occurrences. A preview of some of 2021's most-notable expected events. Read on...

DEEPER INTO DEEP SPACE

The most-scientifically important mission of 2021 would be the launch of the James Webb Space Telescope, the successor to the Hubble telescope. Two other NASA explorers will also head into the solar system.



ODYSSEYS TO ORBIT

Human spaceflight was transformed in 2020, as SpaceX successfully launched a pair of crews to the space station. The company is likely to send more astronauts to the orbit in 2021, and not all of them may be working for NASA and other government space agencies. Multiple companies are working with the SpaceX to launch paying customers on the Crew Dragon capsule.



MARTIAN MEETUP

The United Arab Emirates, China and the United States launched robotic missions to Mars last summer, seeking shortened voyages during the period that occurs every two years, when the Earth is closest to the Red planet. The spacecraft will join a bustling community of explorers either in the orbit or on the planet's surface. The first to arrive will be the Emirati Hope orbiter, the first deep space explorer of the Arab country's small but ambitious space programme.



LOCKING ON TO THE LUNAR SURFACE

While China has landed a spacecraft on the Moon thrice in the past seven years, NASA has not landed there since 1972. Well, that may change in 2021, deepening the commercial transformation of American space efforts. NASA has in the past decade relied on private companies to build and operate spacecraft that could ferry cargo, and send people to the International Space Station. It is now trying a similar approach with Commercial Lunar Payload Services. The first company, Pittsburgh's Astrobotics, is scheduled to launch its Peregrine lander to the Moon in June. NASA and ISRO are eyeing human landing on the Moon, this decade.



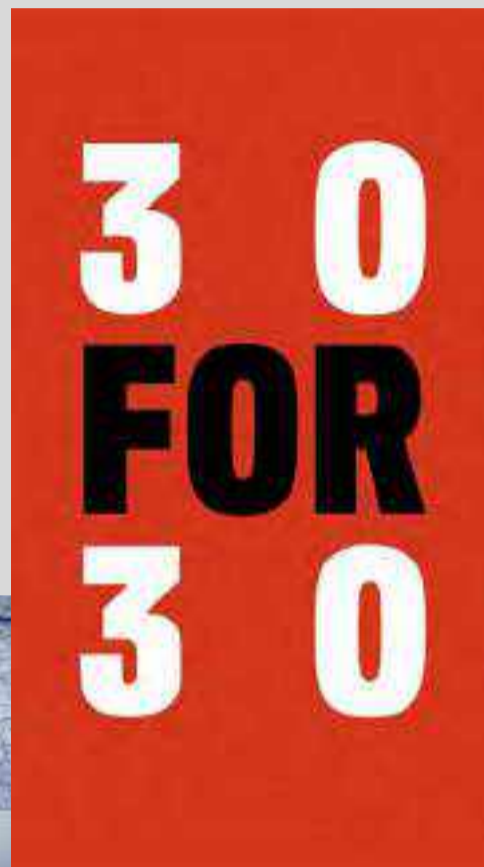
SOLAR SYSTEM SHOWTIME

If 2020 taught people anything, it was to expect the unexpected. While Covid-19 darkened the world, humanity was surprised by views of Comet NEOWISE in the summer months and enthralled with the conjunction of Jupiter and Saturn during the winter solstice. It's a big universe, and there is so much of it to be seen. On May 26 this year, the world will witness a lunar eclipse, which will overlap with a period, when the Moon is closer to the Earth than usual, what some call a "super blood moon."



ICY PODCASTS TO WARM YOUR COLD, COLD HEART

As the holiday season retreats and the long slog of the winter months looms, you can fight the mood or embrace it. Here's a playlist of cold-weather podcasts, some fiction, some non-fiction, all well told and produced, and all set in the snow...



FOR SPORTS FANS: '30 FOR 30: ON THE ICE' AND 'OUT OF THE WOODS'

When it comes to cold weather athletics and a beautifully sound-designed story, most podheads likely think of audio-maker Rose Eveleth's 'On the Ice' episode for ESPN's '30 for 30' podcast series. In this classic piece of sports journalism, Eveleth shares the story of the women who led the first all-female trek to the North Pole in 1997 ("No expedition experience necessary," read the classified ad that drew them). While the challenge at the centre of the story seems the cruel conditions of the Arctic, the beauty in it comes not just from the women's journey to the top of the world but also from the lives they left behind.

FOR TRUE-CRIME FREAKS: 'COLD'

Wonderly became a major podcast player by churning out bingeable series, and it has one thing down pat: true crime. And as all good true-crime fans know, there is nothing quite as enticing as cracking open a cold case. With Wonderly as a partner, Salt Lake TV station KSL did just that in the case of Susan Powell, a Utah mother of two who vanished on a blizzard evening in December 2009. After her husband, Josh, killed himself and their sons in a fire two years later, the local police declared the case closed. But with the help of Wonderly, KSL reporter sifts through the evidence, conducts new interviews and unearths the dark legacy of psychological and emotional abuse.

FOR KIDS: 'SIX MINUTES'

Children (and their adults) who love the X-Men and other tales of youths with innate powers will get lost in this fictional saga. 'Six Minutes' tells the story of Holiday, an 11-year-old with total amnesia who is found adrift in icy Alaskan waters by the Anders family. They adopt her immediately, telling Holiday that she is their own. But her shrouded past slowly reveals itself, along with some superhuman abilities. The story is told in six-minute-long increments and adds up to an epic, 200-episode adventure.

FOR MUSICAL-THEATRE NERDS: 'IN STRANGE WOODS'

Audio dramas — podcast-industry lingo for fictional podcasts — can sometimes get in trouble if a show is too well done. If a work of fiction presented in the style of true crime is too perfect in its mimicry, audiences can feel duped (see: the furious reviewers of the 'The Heads of Sierra Blanca'). While 'In Strange Woods' starts with your standard true-crime reporter's narration of the disappearance of a teenage boy in the snowy woods of Minnesota,

within a few minutes any question of *vérité* is completely removed when the characters break into song. If you don't love musical theatre, you may want to skip it. But the vocal performances are beautiful, the songs add drama in a way that manages not to be annoying, and the show's protagonist, a little sister grieving for her brother, makes for a compelling story that is still unfolding — so far, three 'chapters' of the five-episode limited series have been released.

FOR STORYTELLING LOVERS: 'DARK WINTER NIGHTS'

The magic of live-storytelling podcasts like 'The Moth' and 'Snap Judgment' lies in the way they collapse the space between your headphones and the speaker onstage. 'Dark Winter Nights' began in 2014 with the goal of bringing Alaskan stories to whoever would listen. These live-event recordings are designed to transport you into "the stories we tell

up here in Alaska, on dark winter nights," according to the host and creator, Robert Prince, a professor of documentary filmmaking at the University of Alaska, Fairbanks. The tales range from the magnificent to the mundane, like a blind Alaskan finally "seeing" a whale on a trip with her family, or another running from unseasonably awake bears.

GET A BUZZ OUT OF YOUR GARDEN



Gardening helps us reconnect while we're planting, weeding, watering or "Planting certain species". The task is all consuming and allows us to forget our woes, even if just for brief moments.

And it's so satisfying to grow edible produce or flowers — the feeling of nurturing and creativity helps alleviate issues which can overwhelm.

In the past few days we've just begun a new calendar year and a new gardening year.

Outside things are still. Before the days get noticeably longer and before the soil warms and plants grow we can take time to consider how to make our plots more beautiful in a way that's better for our environment.

Gardening is changing. We share our growing spaces with all types of other life forms. And we're waking up to a realization that our gardening practices need to accommodate the whole ecosystem rather than just our need for order, tidiness, bountiful pretty blossoms and perfect produce.

This year my emphasis through these pages will be an exploration of how we can garden for the greater good. And

there are a few headline topics which would be great to consider as we start out.



Through the seasons we'll look at each topic in detail but for now these are my 2021 garden resolution headlines:

Plant for pollinators

Bee numbers have been declining for years due to a combination of reasons, including our increased use of pesticides, climate change and parasites.

We need bees, moths and other pollinators to ensure that our ecosystem is healthy and that we can grow food. By planting species which produce plenty of pollen which is easily available to our pollinators we will

ensure that our garden buzzes with life.

A varied ecosystem in your garden will enhance your enjoyment of the space and will attract beneficial insects and pollinators.

Compost your green waste

Rather than shipping out your garden waste to let someone else take care of it, turn it into rich soil-nourishing material by creating a compost heap.

Grass cuttings, blossoms which have been dead headed, leftover salad leaves and even eggshells will break down and in time form a nutrient-rich material which can be dug directly into the ground or used as a mulch around the base of plants.

This will feed the soil and help it to retain moisture, and reduce the need for chemical or other artificial feeds.

Use less or no peat

As gardeners in these islands we've become far too reliant on peat as a base for planting and growing. It's an excellent gardening aid but it's a finite resource which comes from valuable bogs that deserve protection.



GHOSTBUSTERS: AFTERLIFE

JUNE 11
A new installment of the spooky series imagines 2016's reboot never even happened, something I've been trying to do for the past four years. This direct sequel to the 80s' films is set in the modern day. Grandchildren of the late Ghostbuster Egon Spengler (Finn Wolfhard and McKenna Grace) find the Ecto-1 car under a tarpaulin.



JUDAS AND THE BLACK MESSIAH

RELEASE DATE TBA
Daniel Kaluuya and Lakeith Stanfield star in a gritty drama based on the life of Fred Hampton, chairman of the Black Panther Party in late 1960s' Chicago. The film follows Stanfield's car thief William O'Neal.



CANDYMAN AUGUST 27

This is the one that horror fans have been screaming about. Co-writer and producer Jordan Peele has brought Tony Todd's hook-handed ghoul back to life for a sequel to the 1992 original. Yahya Abdul-Mateen II plays a Chicago artist who decides to investigate a local legend.

Year of the movie flood

After a disastrous 2020, the cinema industry is hoping for a far more prosperous 2021. Pandemic permitting, this will be the busiest movie schedule in years with postponed blockbusters from last year competing with a raft of new movies. And for those who have grown accustomed to staying indoors, there will be plenty of big-budget treats on booming home-streaming platforms...

ETERNALS NOVEMBER 5

Marvel's superheroes return this year with six movies. Scarlett Johansson goes solo with Black Widow. Tom Hardy stars in Venom 2 while Tom Holland takes Spider-Man out for a spin. Jared Leto gets his teeth into the vampiric Morbius and Michelle Yeoh makes her debut in Shang-Chi And The Legend Of The Ten Rings. But 2021 will be all about Eternals with Angelina Jolie, Kit Harington, Salma Hayek and others.



THE KING'S MAN FEB 21

Director Matthew Vaughn decided to make the third film in his Kingsman spy series a prequel. Set during the First World War, the plot sees Rhys Ifans' mad monk Rasputin recruiting the world's worst criminals to help him take over the planet. Ralph Fiennes is our new dapper hero, a former Army officer who inducts a young recruit into a secret society.

TOP

GUN: MAVERICK JULY 9

After nearly a decade in development, the sequel to Tom Cruise's 1986 hit will finally land in cinemas. Cruise's Pete 'Maverick' Mitchell is now a flight instructor at the Top Gun fighter pilot academy where he's taken Bradley Bradshaw (Whiplash star Miles Teller), the son of his late pal Goose, under his wing.



LMLite walks through the doors of IIT

Each year we have hundreds of students with a goal of either pursuing the medical or the engineering profession. There are a few of them who push their way through the dark tunnels of parental pressure, exam stress, peer pressure, hectic routine, distracting environment, etc., and achieve their goals. But it's only a handful of them who actually walk through the doors of one of those IITs.

We at Lalji Mehrotra School feel really proud as our student Siddharth Iyer of 2019-2020 batch has successfully crossed the threshold of IIT Guwahati. With a 99.29 percentile at JEE Mains and an AIR of 5679 in the Advance, he has paved his way for a successful future.

When asked to share some tips with the juniors, Siddharth said "It definitely wasn't easy as one has to literally get drowned into the concepts of Physics, Chemistry, and Maths but it's achievable by having that laser focus on the destination. Here are some tips shared by Siddharth for the JEE aspirants.

FOCUS: One has to focus from Class XI itself, as an equal weightage is given to the concepts learned in Classes XI and XII. If one does not start preparing from Class XI then he is sure to create that backlog which ultimately becomes a burden in XII.

CLEAR CONCEPT: Pay utmost attention to understanding the concepts. If needed, refer to a variety of sources but rest only after it is clearly understood.

THOROUGH PRACTICE: Understanding the concept is not enough but practice is required to increase the speed of solving the questions as every second matter during the exam.

DAILY DOSE: All three subjects must be studied daily although the time may keep on varying depending upon the changes in the schedule.

SYSTEMATIC REVISION: When in XII,

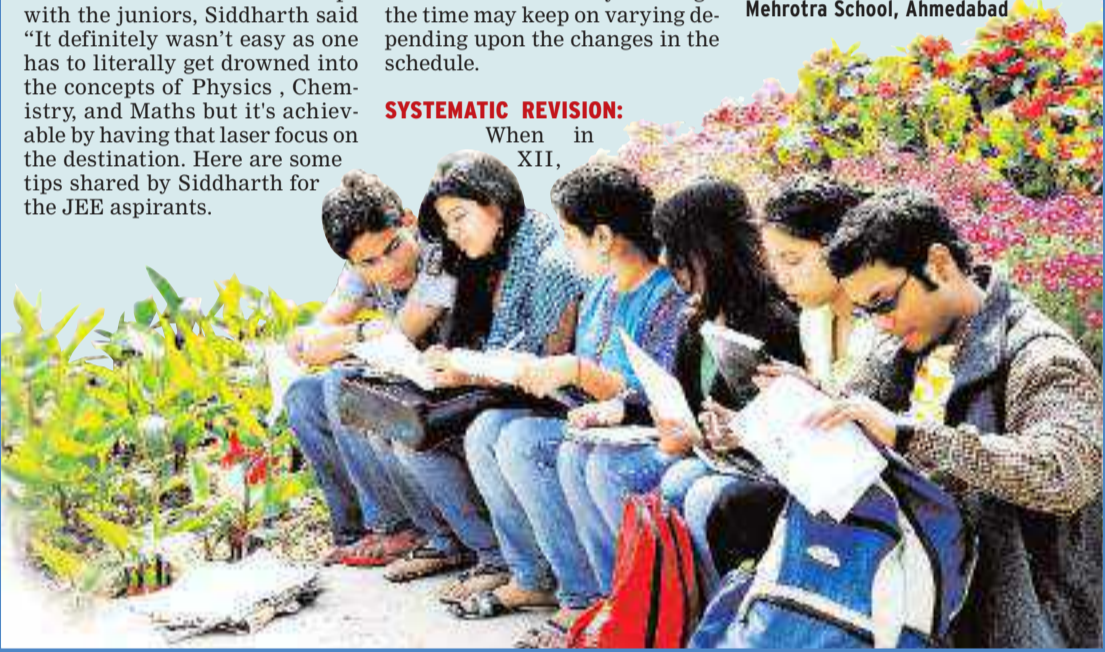
make it a point to revise the concepts of XI as well on a regular basis.

BOARD EXAM: The preparation for the board exams must go hand in hand. Understand the paper pattern and prepare accordingly. This would avoid any type of unnecessary stress.

DETERMINATION: Distractions are a part of life, but if one is determined then nothing can stop one from achieving the goal.

Siddharth adds, "I am extremely grateful to my teachers for drilling in me a self-driven and a responsible attitude towards my work. As ultimately what matters is the extent of accountability that one takes for one's own dream."

MICHELLE FERNANDES, Lalji Mehrotra School, Ahmedabad



Kabirians Celebrated Christmas With Joy



To inculcate this spirit, St. Kabir School Drive In (OLD) in collaboration with 'The Grace Foundation' had organized a virtual Christmas celebration for the students of class VI to IX. The celebration gave a positive message through Christmas carols and songs. On December 24, a special assembly was conducted by the teachers of class I to V. The students were shown a short movie on the life of Jesus Christ. The Special attraction was the singing of Christmas Carols by little kids live from the Church. The spirit of Xmas was celebrated with such special moments by the students and teachers virtually.

Van Mahotsav at Cygnus



What we are doing to the forests of the world is nothing but a mirror reflection of what we are doing to ourselves. Trees being the longest living species on planet earth provide a connection between the past, present, and future. Teaching students about trees is a step in an Earth-friendly direction. Taking this into consideration, Cygnus World School, Vadodara arranged an event called "Van Mahotsav" for class III, IV, and V to spread awareness for the importance of trees in our lives. All the students actively participated in the activities for the event. They planted saplings, watered them, designed badges and beautiful thank you cards for trees as a part of the event. A resource person Shyama Singh was invited for the same. She enlightened the students with information related to the Chipko movement, do tree talk, and many such topics. Lastly, the students took a pledge for making promises to conserve and take care of trees as future citizens of the country. It was really an enriching session for the students to develop a sense of responsibility towards mankind.

HOW TO IMPROVE YOUR MOOD

We all have our own remedies for dealing with a bad mood. But a study published in the 'Journal of Happiness Studies', suggests that another way of lifting our spirits is by wishing others well. As part of the study, a team of researchers tested the benefits of three different techniques intended to enhance well-being.

LOVING-KINDNESS: When you look at people, say to yourself, "I wish for this person to be happy." This attitude is self-healing.

INTERCONNECTEDNESS: Look at the people around and think about how they are connected to each other. Thinking about the hopes and feelings they may share increases em-

pathy in people and also gives a sense of self-worth.

DOWNWARD SOCIAL COMPARISON: By having gratitude for what you have by thinking yourself to be more blessed than others. For instance, if you compare your life to the underprivileged you'd be more grateful for your life. TNN



Students' Corner



Aksh Patel, Class JR KG, SGVP International School



Nirva Gandhi, Class U KG, Siddharth's Miracles School



Tirth Pandya, Class III, Podar World School, Sherkhi



Aarohi Trivedi, Class IV, Udgam School For Children

WEEKEND PLAN

QUALITY TIME WITH FAMILY

Weekends are special occasions for family bonding and right from Monday, I start planning for next weekend as I want to extract maximum joy out of it. The last weekend was indeed a special one as

if it was a mixed bag of several activities. Saturday morning began on a cycling note, where my cousins and myself went to nearby ground and had a fun time. Later, during the day, I went to the temple with my grandparents and enjoyed the special arti. Sunday morning saw play-time with daddy and we

both enjoyed playing cricket. After breakfast, I spent good two hours playing with my lego games and rubric cube.

Before lockdown, every Sunday we used to go out for

dinner, but this changed during the lockdown. My mother understanding the change ensured that she prepares something special every Sunday. But last week, my father had promised dinner out. So we went for an early dinner as there is a curfew from 9 pm. It was a good break after so long and even my mother relaxed. After that, I read my story book with assistance from my mother and I do not remember when I slept reading the story-book. But, I wish to mention that in my dreams, I had already started making plans for next weekend.

Hridhaan Vora, Class I, Udgam School



ODE TO THE PEN

CHRISTMAS DELIGHT



Christmas cheers for near and dears
As Santa comes on his reindeer.
The clock strikes 12
Santa arrives with his elves,
Giving gifts to the wonderful kids in the world.
We sing carols on the street and bond.
Lights turn our houses bright,
New year is close and things will be surely be all right!
We decorate cookies and trees,
Everyone shouts "Merry Christmas" with glee.
We privileged people should donate,
As our houses we ornate.
We dress up in Red Green or white
Because they signify the Holy nights.
In the weather so cold
Make sure your praises are told.
It snows till everything turns white
All the kids open gifts with delight!!
Merry Christmas!
DIVA GARG, Student, Anand Niketan, Sattelite Campus

EMBRACE THE POSITIVE ATTITUDE!

"THE KICKS" is a web series based on a football girls' team which played very badly but good guidance and hard work changed the whole team. It is a very inspiring story. It is about a girl named Devin Burke, who is High School Football Player. She shifted from L.A. (Los Angeles) to California. Her team was a winning team in California. When she went to her new school in California she found that there was a girls' football team named "THE KICKS" she joined that team. But during the practice, Devin saw that the players of "THE KICKS" played terribly and were not



serious about the play. Devin thought her previous team in L.A. was better. So she tried for the club team. If she gets selected for the Club team she can participate in the Olympics. But, she does not get selected. She goes back to her team, 'The Kicks', and with the help of the coach Pablo Rivas she makes "THE KICKS" a winning team. Later they win many matches. The team

faces challenge of a lack of funds to buy new uniforms. An opportunity comes when they are offered to play a match and are offered \$1000 if they win. After traveling for three hours they reach the place where the match had to be played, but they have to drop the match due to breach of night rule timing. Amidst all odds, The kicks wish to win the match against Pinewood. However, Devin hurt her ankle, but she does not give up and keeps motivating her team. Devin's positive attitude and belief in her teammates help the team to win the final match against PINWOOD team, who was the champion team for many years.
PRISHA PARIKH, Class V, Zebar School For Children

FRIENDSHIP AND RELATIONSHIPS SHINE!

I am going to tell you about the recent series that I watched. The name of the series is Gortimer Gibbon's Life on Normal Street. The story is about Gortimer and his two best friends Ranger and Mel growing up in a neighbourhood. Life is anything but normal as the three friends navigate Normal Street - an ordinary suburb that has a hint of



something magical just beneath the surface. The girl, Mel, is a genius and can invent anything. Ranger is a baker. It is about adventures, a strong friendship, and family relationships. It shows how they work together, listen to the

views of others, respect adults to solve all problems. Every adventure shown in the series is fun and creative. They take you into the life of Normal Street. It is too realistic, like our lives having ups and downs. The songs at the end of the season are fantastic. It is a touching and amazing show. However, expect some mild peril when the kids' plans meet with unexpected snags, but ultimately this is a wholesome show that's appropriate for the whole family.
AARAV SHAH, Grade I, Udgam School



INDIA vs AUSTRALIA 3RD TEST

FIVE GAME-CHANGERS TO WATCH OUT FOR

Rohit Sharma and David Warner are tipped to spearhead the formidable batting lineups of India and Australia in the much-awaited 3rd Test match which will be contested at the SCG from Thursday

DAVID WARNER

If the Asian giants can revel in Rohit's return at the SCG, the Australians will be pleased to see David Warner making a sensational return in the 3rd Test against India. Warner had missed the first two Tests with a groin injury he picked in the preceding ODI series played in November. "If he gets in and gets away, he puts the pressure back on the opposition better than most, particularly the opening batsmen," captain Tim Paine said.



ROHIT SHARMA

Recently appointed as the vice-captain of the Virat Kohli-less side, opener Rohit Sharma is heavily tipped to replace either Mayank Agarwal or Shubman Gill in the 3rd Test. Fresh from completing the mandatory 14-day quarantine period, Rohit took his time in timing the ball right during India's intense training session on Tuesday. The Indian opener last played red-ball cricket in 2019 but the Hitman's return is a massive boost for a depleted Rahane-led side.



RAVICHANDRAN ASHWIN

A name that needs no introduction, Ravichandran Ashwin has been the wrecker-in-chief for the Indian side so far in the Border-Gavaskar Trophy. The veteran spinner has been the reason behind Steve Smith's no-show in the first two Test matches. Halfway through the high-profile Test series, the spin wizard has managed to get the better of the Aussie run machine on two occasions. The 33-year-old spinner is also the leading wicket-taker (10) in the ongoing Border-Gavaskar Trophy.



AJINKYA RAHANE

Not just his batting masterclass but Ajinkya Rahane's decision-making in the 2nd Test also won him plaudits from the entire cricket fraternity. Leading from the front and slamming a match-winning ton in the 2nd Test, stand-in skipper Rahane will be India's go-to-man at the SCG. Enjoying his purple patch in Australia, the flamboyant middle-order batsman can turn the tide on its head and another batting vigil in the upcoming Test match can put India in the driving seat to retain the Border-Gavaskar Trophy.

NATHAN LYON

With just four wickets in the first two games against India, spinner Nathan Lyon has failed to live up to his seasoned campaigner tag in the ongoing Border-Gavaskar Trophy. However, Lyon is expected to play a crucial role in Sydney since the 22-yards at the SCG has often favoured the spinners. The third Test between India and Australia will be Lyon's 99th appearance for the Baggy Greens. The veteran spinner is also six short of completing 400 wickets in the longest format.



Aus plan for India spinners

USE REVERSE SWEEPS, HIT OVER THE TOP

AUSSIES HAVE STRUGGLED AGAINST INDIA'S SPIN ATTACK

Australian batsmen are being encouraged to go after the Indian spinners with whatever shots they feel comfortable, including sweeps and reverse sweeps in the last two Tests of the ongoing four-match series.

The Aussies struggled to get going against the Indian spin attack in the first two Tests, especially against Ravichandran Ashwin who picked 10 wickets and has most importantly got the better of prolific batter Steve Smith.

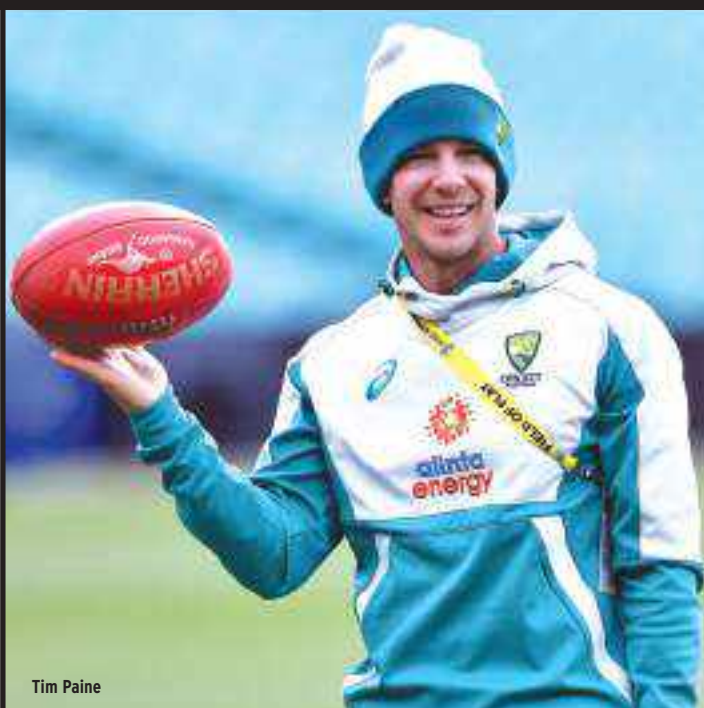
"We have spoken about the mindset. We have got some decent plans. It is just a matter of going out and having the courage to execute them. So if you are the guy who wants to hit over the top or who wants to sweep and reverse sweep the spinners when they are bowling then we have been just encouraging guys to do that," said Australia skipper Tim Paine on the eve of the third Test match beginning Thursday at Sydney.

PLAN TO TARGET THE ROOKIES

Paine admitted they have allowed Indian bowlers to dictate terms. "Taking the game on and play the way you want to play (has been our advice to batsmen). I think at times we have let them dictate to us little bit, let them build pressure and then with pressure you lose wickets at times. So it is about being really clear on your plans and about having the courage to execute it," he said.

He said they would want to target the newcomers in the bowling line-up, especially Mohammed Siraj and Umesh Yadav's replacement and ensure they tire out both Jasprit Bumrah and Ashwin by making them bowl lot of overs. He added that it is easier said than done because India have good reserves.

"Ideally, we want (Bumrah and Ashwin) bowling a lot of overs but Indian batters have got depth around their squad... Same with their attack we have seen them do well. We can't take any of them lightly..."



Tim Paine

Photo: AFP

Moussa Sissoko and Son Heung-min fire Spurs into League Cup final

Son Heung-min



Photo: AFP

Tottenham will face Manchester United or holders Manchester City, who meet in the second semi-final on Wednesday, at Wembley on April 25

José Mourinho urged Tottenham to kick on after Son Heung-min fired them into the League Cup final with the decisive goal in a 2-0 win against Brentford on Tuesday. Moussa Sissoko put Mourinho's team ahead in the semi-final at the Tottenham Hotspur Stadium. But Tottenham were still searching for the knockout blow against spirited second tier Brentford until Son netted with 20 minutes remaining. It will be the club's first domestic final since losing the 2015 League Cup showpiece against Chelsea, and their first final in any competition since the 2019 Champions League defeat against Liverpool in Madrid.

QUIZ TIME!

Q1: Which of these cricketers has made the fastest hundred in an ICC World Cup match?

- a) Faf du Plessis b) Rohit Sharma
c) AB de Villiers d) Kevin O'Brien

Q2: Which player holds the record for most singles tennis matches won at the US Open?

- a) Simona Halep b) Chris Evert
c) Serena Williams d) Maria Sharapova

Q3: Who was named NBA Rookie of the Year in 2017-18?

- a) Blake Griffin b) Ben Simmons

- c) Andrew Wiggins d) Damian Lillard

Q4: The most sixes in ICC Women's T20 World Cup were scored by _____

- a) Deandra Dottin b) Alyssa Healy
c) Harmanpreet Kaur d) Sophie Devine

Q5: Which of the following players have captained the most matches in The Ashes?

- a) Sir Donald Bradman b) Allan Border
c) Archie MacLaren d) Ricky Ponting

Q6: Which hoopster won the 2018-19 NBA Most Improved Player Award?

- a) Brandon Ingram b) Jimmy Butler
c) Pascal Siakam d) Victor Oladipo

Q7: The most hat-tricks in a La Liga career is 36, achieved by Lionel Messi. Which player's record did he surpass with three goals against RCD Mallorca?

- a) Marcus Rashford b) Zlatan Ibrahimovic
c) Mohamed Salah d) Cristiano Ronaldo



Photo: GETTY IMAGES

Lionel Messi

Q8: The farthest hammer throw by a female athlete is 82.29 meters, achieved at the 2016 Rio Games. Which athlete set this record?

- a) Zhang Wenxiu b) Sophie Hitchon
c) Anita Wlodarczyk d) Yipsi Moreno

Q9: Which player bagged the 2018-19 Defensive Player of the Year Award?

- a) Rudy Gobert
b) Giannis Antetokounmpo
c) Draymond Green d) Kawhi Leonard

Q10: Name the captain who has scored the most number of consecutive fifties in an ICC World Cup tournament.

- a) Arjuna Ranatunga b) MS Dhoni
c) Ricky Ponting d) Virat Kohli

Q11: Which basketball player won the 2018-19 NBA Sportsmanship Award?

- a) Kyle Korver b) Kemba Walker
c) Mike Conley d) Vince Carter

Q12: Who is the first athlete to win an Olympic and UFC world title?

- a) Henry Cejudo b) Cody Garbrandt
c) Tony Ferguson d) Demetrious Johnson

ANSWERS: 1 d) Kevin O'Brien 2 c) Serena Williams 3 b) Ben Simmons 4 a) Deandra Dottin 5 b) Allan Border 6 c) Pascal Siakam 7 d) Cristiano Ronaldo 8 c) 2016 Rio Games 9 a) Rudy Gobert 10 d) Virat Kohli 11 c) Mike Conley 12 a) Henry Cejudo

THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

WEDNESDAY, JANUARY 6, 2021

WEB EDITION

CLICK HERE: PAGE 1 AND 2

Is it POSSIBLE to buy LUNAR LAND?

X-PLAINED

WHAT IS THE OUTER SPACE TREATY?

▶ The Outer Space Treaty aims to prevent any possible damage on the Moon that self-seeking exploitation might cause

▶ According to Article II of the treaty, "Outer space, including the Moon and other celestial bodies, is not subject to national appropriation by claim of sovereignty, by means of use or occupation, or by any other means." In other words, it states that no individual can purchase a piece of land on the lunar surface, and call it his/ her own. In short, private ownership of the Moon is impossible and illegal

WHAT ABOUT THE CLAIMS THEN?

▶ Experts say individuals are buying land on the Moon, courtesy The Lunar Registry, which claims to sell people a piece of the Moon i.e. the landing site, such as 'Bay of Rainbows', 'Sea of Rains', 'Lake of Dreams', 'Sea of Serenity', and many others

▶ Any person, who claims to own land on the Moon through The Lunar Registry, is claiming so in compliance with the title IV of the Space Resource Exploration and Utilisation Act of 2015, Section 402 in the USA, which states that "a US citizen engaged in commercial recovery of an asteroid resource or a space resource shall be entitled to any asteroid resource or space resource obtained, including to possess, own, transport, use, and sell it, according to the applicable law, including the US international obligations". The non-US citizens may possess lunar property and resources by contracting a proxy (agent) having a US citizenship or commercial rights

'COVID-19 VACCINATION TO BE VOLUNTARY in INDIA'

India has approved two vaccines—AstraZeneca-Oxford (Covishield) and Bharat Biotech (Covaxin) — against the coronavirus for emergency use. According to the Drugs Controller General of India (DCGI), the vaccines will be administered in two doses and can be stored at 2-8 degree Celsius. The DCGA has also granted permission to Cadila healthcare for phase 3 clinical trial in India. However, with speculations on the process of inoculation on the rise, the health ministry has come up with a series of frequently asked questions (FAQs) on the vaccine.

Vaccine longevity tests

▶ According to the Union health ministry, getting vaccinated for Covid-19 will be voluntary in the country. "However, it is advisable to receive the complete dose of Covid-19 vaccine for protecting oneself and limiting the spread of disease," the ministry said

▶ The government has also made registration mandatory for taking the vaccine. The Centre has announced a dedicated app – Co-Win app for real-time monitoring of the vaccine

▶ Once the registration is complete, the beneficiary will receive an SMS on his/her registered mobile number on the due date, place and time of vaccination

▶ After all the doses of the vaccine are administered, a QR code-based certificate will also be sent to the registered mobile number of the beneficiary, the ministry said

FACTOID

250 MILLION

That's the number of Instagram followers of footballer **CRISTIANO RONALDO** – the first-person ever to reach the milestone. The Juventus ace has stamped his authority as the world's most-popular celebrity by retaining the No 1 spot on Instagram. Ronaldo is followed by pop star Ariana Grande (214 million followers) and Hollywood actor and wrestling icon Dwayne 'The Rock' Johnson (209 million), who are ranked 2nd and 3rd respectively, in terms of followers on Instagram

REPUBLIC DAY PARADE TO BE SHORTER WITH SMALLER MARCHING CONTINGENTS

The Republic Day Parade will be of a shorter duration this year. Smaller marching contingents, fewer cultural performances as well as strict social distancing protocols will be in place for a reduced number of spectators at the Rajpath ground on Jan 26. "The parade will begin from Vijay Chowk, as usual, but will culminate at the National Stadium instead of the Red Fort, said an official, adding that it will cover a distance of 3.3 km as compared to the normal 8.2 km. Around 25,000 spectators will be allowed to witness the parade as compared to the average of 1.3 lakh people every year. Children below 15 years and the elderly with co-morbidities will not be permitted to attend the parade.

EDUCATION

PANDEMIC BOOST: LS THE MOST-ATTRACTIVE FIELD

For the first time perhaps, life sciences has emerged as the most-desirable field for talent, ahead of the usual favourites of information technology (IT) and consumer goods (FMCG), claims a pan-India survey of corporate executives, underlining the ways the pandemic has changed our behaviour, and industry prospects.

IN THE NEWS

▶ In an Executive Access survey, 23% of 261 CXOs across the industries picked up life sciences as the most-attractive sector for talent. IT (22%) and FMCG (16%) followed, suggesting that the candidates are seeking jobs that are immune to the vagaries of the economy

2020 WAS 8TH-WARMEST YEAR SINCE 1901: IMD

The year 2020 was the eighth-warmest since 1901 but it was "substantially lower" than the highest-warming observed in 2016, the India Meteorological Department (IMD) said on Monday. "During the year, the annual mean land surface air temperature across the country was 0.29 degree Celsius above normal (based on the data of 1981-2010)," the IMD said in a statement on Climate of India during 2020.

▶ The five warmest years on record in order were: 2016 (+ 0.71 degree C), 2009 (+0.55 degree C), 2017 (+0.541 degree C), 2010 (+0.539 degrees C), and 2015 (+0.42 degree C)

▶ 12 out of the 15 warmest years since 1901 were during the last 15 years – between 2006 and 2020, according to the IMD data

ENVIRONMENT

▶ A contingent of the Bangladesh armed forces will take part in the parade to commemorate the 50th anniversary celebrations of the 1971 war of liberation

▶ UK PM Boris Johnson, who was expected as chief guest, cancelled his trip

Quote unquote

I feel the Tokyo Olympics could end up with our best-ever medal haul, even though the times are challenging due to the Covid-19 pandemic. Sport is not scripted, but I do hope that we come back with our best medal haul and that means we will come back with 5-6 medals and better the London haul, which, if I am not wrong, remains our best. I think we have the ability to do the best; our athletes have proved themselves in the last two-three years. There are definite medal hopes not just in shooting but across other disciplines as well. We have many talented people, who can be considered as realistic medal hopes going into Tokyo. But a lot also depends on that particular day

ABHINAV BINDRA, former shooter, on India's chances at the 2021 Olympics

DID YOU KNOW?

The combined followers tally of all the 20 clubs in Premier League is far less than Ronaldo's total number of followers on Instagram. The 20 clubs combined have 159 million followers, which is 91 million followers less than Ronaldo's overall numbers

'COMMUNICATION IS THE KEY IN TODAY'S AGE'

TOPPER TALKS

malini.menon@timesgroup.com

ON THE IMPORTANCE OF MANAGEMENT SKILLS

I think communication is the key in today's age. If you can deliver your message well and be heard, you have succeeded in passing your idea across. This is, in fact, applicable to every aspect in life

ON HIS JOURNEY: I started preparing around June 2020. The test has three parts: Verbal, quantitative aptitude and logical reasoning, and data interpretation (LGDI). Since I had a good hold over quantitative aptitude and LGDI, I focused more on strengthening the verbal section. This is also because most feel complacent about scoring well in the verbal section and lose

ON NEP: I am very optimistic about the changes that will follow once the National Education Policy (NEP) is executed. While students would want a complete revamp, logistically, it would take a while. I believe this is a process that goes step by step. One thing that the students are looking forward to is the independence to select the subjects of choice. Suppose you want to pick physics and maths, and skip chemistry. I think that's a great thing. You can stay focussed and don't have to labour through subjects that are not of your interest.

ON HOW TO SCORE HIGH IN CAT: Basically, the concepts of class X level need to be applied. So, in class X itself, if you introduce application-based sessions during the maths class, the probability of scoring well in CAT is higher. Also, time management is a key to crack the exam. Therefore, practise the mock papers with a clock in hand.

8 tips for starting The New Year With a Positive Mindset

The upcoming year should be a celebration of your life and everything you want to achieve, but how can you switch your mindset after a year of challenges and loss? It's time to step away from traditional resolutions that we often give up on after only a few weeks and really focus on yourself. Here are tips...



1. PROCESS YOUR GRIEF

1 Even if you were one of the lucky ones who didn't lose anyone to COVID-19, you may still be grieving. You don't need to experience a death to feel loss. Maybe you got laid off from a part-time job, had to miss an important event, needed to cancel a trip, or distanced yourself from relationships that changed during quarantine. This year caused myriad types of grief, so try to identify and begin processing it all as the new year begins.



GIVE BACK TO YOUR COMMUNITY

2 Staying at home and only doing what you need to get by may have put your mental health in a stagnant state of depression – especially now during the winter when seasonal mood swings affect many people. Try generating joy by giving back to your community.

LIMIT YOUR SOCIAL MEDIA USE

4 When you check your social media feeds, does your heart race in anticipation for the next terrible breaking news story? Though this habit didn't exclusively start in 2020, it morphed into doomscrolling during pandemic-induced isolation.



TRY TO BE MORE PRESENT

6 Being present is one of the best ways to have a positive mindset. When you are worried about the future or things outside of your control, bring yourself back to the immediate moment.

READ HELPFUL BOOKS

7 You can always go to the experts for advice by picking up a book. Plenty of self-help books are out there for readers who are struggling through a variety of situations.



PRACTICE GRATITUDE MORE

3 Positive New Year's resolutions become more manageable when you practice gratitude daily. Start small, like ruminating on how thankful you are for a roof over your head and food on your plate. Gratitude physically kick-starts the dopamine production in your body.



AVOID NEGATIVE PEOPLE

5 Your mental health will suffer if you surround yourself with negativity. Think about who you spend time with and what those relationships are like. After a little research, compare them to toxic relationships with classic traits like manipulation, etc.

FIND A NEW HOBBY

8 Succeeding at a new hobby is always something to celebrate. You'll feel happier in the process of expanding your skill set. Being positive for the new year is all about finding fulfilling and rewarding ways to spend your time. And with plenty of time there are a lot of mindful things you can do with your time.



When

#ASHTAGS

brought the world together in 2020!

The year 2020 was a year no one is likely to forget in a hurry. Most importantly for the COVID-19 pandemic and its catastrophic impact than anything else, but also for several other reasons. That year saw many 'firsts' – it was the first time that people worked from home for so long, the first time royalty from Britain exited their homeland to set up life outside, the first time for scores of people to take up cooking as they adjusted to a 24X7 life at home. And social media gave everything its own unique hashtag. Here's looking at what created a storm online and made 2020 so significant...



#COVID19

The term COVID-19 is always going to be synonymous with 2020. The virus that surfaced in the early part of the year wreaked havoc over the world and continues to do so. It was one of the most tweeted hashtags this year and is one of the most discussed topics. It also classified people into a statistic – most fatalities, highest cases, lowest risk groups, etc. and made healthcare one of the most valued sectors.



#MEGEXIT

Like them, love them or loathe them, royalty is always going to be a much-read topic. And the hashtag #megxit absolutely dominated over all else as it saw the Duke and Duchess of Sussex – Prince Harry and Meghan Markle – move away from UK as they stepped back from their roles as members of the royal family. It was greeted with shock, disappointment, awe, etc...



#CANCELEVERYTHING

The year 2020 was also the year of the 'cancel culture', courtesy the pandemic. With social distancing being seen as a key way to stay safe in these times, everything from education to sports events, fashion weeks, travel, social functions and more, got cancelled. The hashtag #CancelEverything gave rise to a bunch of memes as people everywhere saw their plans falling through.

#QUARANTINEBAKING

Cooking is said to be therapeutic, more so when it's a task that's leisurely like baking. So, whether it was to try something meditative or just pass time, the year saw an army of home bakers, who posted their creations online with the now popular hashtag #quarantinebaking.

#WFH

This was the first time the office came home...to stay that way. With coronavirus cases escalating, it seemed prudent to adjust to WFH (or #workfromhome). The situation had its pros and cons, and on social media, it also saw people sharing experiences of dealing with their makeshift work.



#LOCKDOWN

This pretty much defined our lives and still holds a sway over us, in case we go into lockdown mode again. It literally drew the boundaries on our lives, getting us to find a new way to live in the confines of our homes. For some, it made for more family time, for others who were solo in the city, it made for the hardest existence.



#BLACKLIVESMATTER

If there is a case of inclusivity in the world today, then that was only highlighted even more with the hashtag #BlackLivesMatter this year. The resentment was brewing on this issue for quite some time, and on May 25, after the death of a black American man, George Floyd, allegedly by choking, it got re-ignited. #BlackLivesMatter grew to become one of the biggest anti-racist movements that the United States has seen, with protests everywhere calling out for justice.

5 WAYS TO GET MORE FIBRE IN YOUR DIET

Everybody knows that fibre is good for us: it aids digestion and helps keep our bowel movements regular. However, most of us don't have enough fibre in our daily diet. Here are some tips to increase your intake.



- 1 Eat a variety of nuts and seeds every day. A handful of peanuts, hazelnuts, walnuts and cashews make for a great snack.
- 2 Have a variety of legumes, beans and lentils.
- 3 Have whole grain bread. Try recipes with brown or wild rice, wholewheat pasta or quinoa.

4 Fresh and even frozen vegetables are great. Spinach, broccoli, sweetcorn are all good additions to your diet.

5 For breakfast, have porridge or cereal, which is high in fibre, and have it with your favourite nuts, seeds and fruits. Daily Mirror

KNOWLEDGE BANK

Glaucus atlanticus

It is a species of small blue sea slug. It floats upside down by using the surface tension of the water to stay up. The blue side of the slug's body faces upwards, camouflaged with the water. It lives in the open ocean and can give a potentially dangerous sting. A mature sea slug can grow up to 3 centimetres in length. It is silvery grey on its dorsal side and dark and pale blue ventrally. It has dark blue stripes on its head.



GRAMMATICAL MISTAKES

STATIONARY/STATIONERY

THE RULES:

- Stationary refers to being motionless.
- Stationery refers to pens, pencils and other office supplies.

HOW NOT TO DO IT:

- The car was stationary for a few minutes, and then it began to move. ❌
- The boy told his mother about the stationary he needs tomorrow. ❌

HOW TO DO IT PROPERLY:

- The car was stationary for a few minutes, and then it began to move. ✅
- He told his mom about the stationery he needs. ✅

QUIZ TIME (GK) (Siddharth Bhat, class X, St Paul's English School, Bengaluru)



Q.1) The pseudonym of the anonymous creator of Bitcoin is?
A. LuizSec
B. Dorian Nakamoto
C. Satoshi Nakamoto
D. Gary McKinnon

Q.2) Where was the 2018 Commonwealth Games held?
A. India B. Australia
C. Scotland D. Russia

Q.3) Brain Acton and Jan Koum are the original founders of which software/app?
A. Facebook B. Twitter
C. Instagram D. WhatsApp

Q.4) What kind of software is WannaCry?
A. Virus B. Ransomware
C. Bug D. Trojan Horse

Q.5) Who wrote the famous book 'The Origin of Species'?
A. Stephen Hawking
B. Albert Einstein
C. Charles Darwin
D. Neil deGrasse Tyson

ANSWERS

1. C) Satoshi Nakamoto 2. B) Australia 3. D) WhatsApp 4. B) Ransomware 5. C) Charles Darwin

Spreading Christmas joy all over

Students and educators across the state celebrated the festival of Christmas with great zeal on the virtual platform....

CYGNUS WORLD SCHOOL, VADODARA



The most favorite and the most awaited festival of the year, Christmas, was celebrated with great zeal at Cygnus World School, Vadodara. The Covid-19 Pandemic was not the reason to avoid the celebration. The celebration was conducted on a Virtual platform recently during the online session. A video was prepared by teachers to present the story of the birth of Jesus Christ. And the most favourite Santa Claus. Kids sang the carols like... "Jingle Bell... Jingle all the way..." Christmas is a festival which is cherished by people from all faiths and religions. It reminds us of the importance of sharing, exchanging gifts, and living in peace and harmony with our family and friends.

ST KABIR SCHOOL

To infuse joy and merriment to the Christmas festivities, a special virtual assembly was conducted by Grade VII & IX students of St Kabir School, Navrangpura. The significance of the festival was explained to the students through the Christmas story. A beautiful PowerPoint presentation was displayed showcasing the life of Jesus Christ. Melodious Christmas songs and carols were sung by the children. Children wore Santa caps and celebrated the festival with great joy. The entry of Santa Claus took everyone by surprise and was the highlight of the event. School Director Shubra Kumar appreciated the efforts put in by the



students and motivating others also to participate in the coming events. The fun-filled assembly concluded with children dancing with Santa Claus to the tunes of Christmas jingles. It was indeed an enjoyable Christmas celebration.

SIDDHARTH'S MIRACLES SCHOOL



Children of Siddharth's Miracles School celebrated virtually the festival of Christmas. This is the day when Lord Jesus Christ was born. Lord Jesus Christ spread love and empathy to his followers. He was truly the messenger of God. Children drew many pictures associated with Christmas, like Santa Claus, Reindeer, etc. They also made craft articles like Christmas trees, snowflakes, etc. Students shared virtually many activities like playing the keyboard and singing, played games, solved quizzes, and danced at the Christmas party. A separate space was allotted in the school for Christmas decoration which was based on the theme - a family celebrating Christmas together, which had a Christmas tree, snowman, gifts, cake, and snow all over. Though this Christmas festival was celebrated

virtually it was celebrated very enthusiastically and with all the Christmas spirit.

JAMNABAI NARSEE SCHOOL, GIFT CITY



Christmas is the spirit of giving, finding time for others, and stressing the true values of being together while celebrating the birth of Christ. This was portrayed in an hour-long celebration in Jamnabai Narsee School GIFT city. The school choir offered prayers followed by carols. Soaking in the spirit of Christmas, the teachers of pre-school enthralled the audience by knitting the story of the birth of Christ with animation and enacted the scene of the nativity. The true story of the existence of Santa was shown to the students. Students learned how to decorate their gift boxes all on the virtual platform. The art teachers displayed each step to create attractive decorative boxes. Principal Anupama Singh stressed increasing our physical fitness and utilize the time in reading as well as gorging on some sweets. A dance performance by the primary section students kept our feet tapping. Soon it was time for our Counsellor to share the true story of Rudolf the reindeer. Grade XI left no stone unturned to sprinkle the magic of their love by taking the lead in playing an exciting game followed by sharing their experience of visiting senior citizens' home as a part of their SUPW programme. The inmates were overwhelmed with the company and a lively and interactive session went on as the students initiated the game of antakshari. We had all gathered to celebrate the zest of this amazing festival, where students had displayed exuberating talent!

SGVP goes Green to help planet earth breathe!



'Think Green', 'Act Green', 'Eat Green', 'Shop Green', 'Go Green' are the slogans followed by most nations these days. What does 'GO GREEN' mean? Green is more than just a color. It also means taking special measures to protect the environment - the water, the land, and the air we breathe. With the main objective of preserving our environment, SGVP International School celebrated a 'Go Green Week' recently with the motto "How can we help our planet earth".

The environmental soldiers of Jr. KG Kids participated in eco-friendly activities doing every bit to ensure that our planet continues to be a pristine place for us and our future generations to live in. It is often said "Actions speak louder than words", this is what the students of Jr. KG did, by doing different 'Go green' activities. Healthy eating, clean up drives, planting of saplings in their nearby premises, poster making (Draw a view of the garden) and reusing plastic bottles by making piggy banks and how these plastic bottles can be used to plant herbs for our kitchen. Children also took a pledge that they will always throw garbage in dustbins only, they will not waste water, and will plant more and more trees. Educators also guided the children to save electricity by switching off lights and fans when not needed, to save water by using it wisely, to take ownership of their plants by watering them and taking care of the plants. Craft activities like green grass crown making and finger painting activity using green colours. Environmental stewards kept the students busy throughout the week who were not only thinking green but also acting green!

It was not only the students but also the parents who were equally involved in making green colour celebration week interesting and educational for the children. Parents also shared some innovative ideas like how to recycle plastic bottles into candy holders or pen pencil holder.

TRIP TO MY DREAM DESTINATIONS

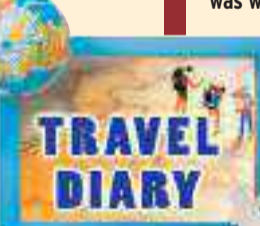
It was summer. I was sitting on the couch and drawing a sketch. Suddenly my mother announced that we were going to Europe for two weeks with my cousins. I packed almost everything except the new clothes that would get delivered in a couple of days and I was so excited about my dream trip.

Finally, D-day arrived and we traveled for two days to reach Germany. We spent a few days there. We toured many sites including museum island and the BMW museum. Then we went to Austria, where we visited the most famous museum called Swaroski museum. I not only enjoyed the trip but even learned new things. Then, I went to my favourite city Amsterdam. I also did the shopping and bought two beautiful bags for my best friend and me. We also stayed up late at night and played cards. Then we went to Budapest. There we visited the most famous



castle. It was the BUDA CASTLE. It had a collection of Hungarian art. I really admired the cleanliness and discipline of European cities. The trip back home was fun. It was the best summer vacation ever!!

KRISHNA NEEL GIRISH,
Class VI, Udgam School for Children



Delightful and rejuvenating RISHIKESH



Traveling to Rishikesh was a delight. I went to Rishikesh at the time of the Holi festival. We stayed in a beautiful resort situated on the banks of the river Ganga. The beautiful mesmerizing view of the river Ganga flowing downstream between the Himalayan Mountains from the resort was worth seeing! It's a place where

people from all over the world come to meditate and do yoga. People take bath in the holy river Ganga to do away with all their sins and bad karma.

It is the best place to keep you away

from the chaotic life of cities. The peaceful Ghats and beautiful ashrams along with the fierce, wild, and white river Ganga makes sure to give you the best time for yourself. Walking on the Lakshmana Jhoola across the river Ganga in the cold windy morning is something I loved the most. It's an iconic landmark of Rishikesh where the Hindu deity Lakshmana walked on the jute ropes. I still remembered that there is also a Ram Jhoola and Sita Jhoola near the Lakshmana Jhoola. River rafting is one of the main tourist attractions in Rishikesh. The huge and rapid waves of the wild and strong river Ganga, the splashes of cold and

pure water of river Ganga along with the brisk wind was the most thrilling experience of my life. My holiday would certainly have been incomplete if I hadn't done river rafting there. As dusk descends, a spiritual offering is made to holy Ganga on the banks of the river. We attended daily evening Ganga Arti on the Triveni Ghat. It's a spectacular sight and a divine feeling indeed! It was a wonderful experience there and everyone should visit this place at least once in their lifetime.

PRIYANKA GARG,
Class X, Udgam School for Children



Pray to be back in school soon!

'School' this word reminds students, the scene where its 6 a.m. in the morning and our moms are making a tremendous amount of effort in getting us out of bed and we are propelled to step out of our sweet slumber. Like sleepy heads, we would reach school but once inside the school building, we would be brimming with alacrity and zeal of meeting and spending time with friends and gaining knowledge. In these Covid times, when studying online is the new normal, the times we cherished in school seems like a distant memory.

The most fascinating concept of school is that we learn with fellow mates of the same age. Learning



with friends makes studying more effective and congenial as students take in a new perspective and gain knowledge through competition. This fun is extensively missed when now we have to sit in front of the screen and study.

Another interesting aspect of the school is the extra-curricular activities. The pres-

ence of these co-curricular activities justifies the saying that "All work and no play makes Jack a dull boy". These activities make learning quite fun. PE is one of the periods that students crave for. But now because of everything being on-line Aerobics from home has taken place of team games.

This covid crisis has shown us the importance of school and the fun we had at school. No matter how much we dislike waking up early or doing homework, but we can't deny the fact that School Is Pretty Fun.

RIYA SHAH, Class X,
Udgam School For Children



These poems, paintings and photograph have been directly sent to us by the schools and students. The Times of India's Student Edition (Times NIE) is not responsible for breach of copyrights

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IND vs AUS, 3RD TEST PREVIEW

WHO WILL TAKE THE LEAD?

Australia and India resume their "arm-wrestle" Test series at 1-1 on Thursday after a build-up marred by a coronavirus outbreak in Sydney and concerns over a potential biosecurity breach by the Indian team

It's obvious that once you're bowled out for 36, various cricket experts will think that with Virat Kohli leaving the series and Shami being ruled out, the Indian team could sort off disintegrate but credit to the team, support staff, the way they bounced back positively. I would say to my viewer friends and experts, never rule out anything, especially not the Indian Cricket Team.

VVS Laxman,
former India batsman



India is waiting for Cheteshwar Pujara to 'arrive'. In the last 18 Test innings, he has scored 477 runs at 26.5 with no hundreds

WARNER'S INCLUSION - WILL IT MAKE A DIFFERENCE?

- 1 "The first two Tests have been tough cricket, it's 1-1 and that probably shows how close the series is," said Australia coach Justin Langer, describing the series as an "arm-wrestle". "We are very, very determined to get out of the blocks hard on Thursday."
- 2 The series has also been eventful off the field with Sydney, which has raced to contain a new Covid-19 cluster, only confirmed as host of the third Test after the Melbourne game. The Sydney Cricket Ground has slashed its available capacity from 50 to 25 percent, about 10,000 fans, after a public backlash over potential health risks. Separately, five Indian players were spotted dining inside a Melbourne restaurant, in apparent contravention of biosecurity protocols.
- 3 Australian officials have played down reports of India not keen on the final Test in Brisbane, due to stricter quarantine arrangements. The weather could affect plans for both teams, with showers forecast for Thursday and Friday. David Warner is expected to return after missing the first two Tests, while fellow opener Joe Burns has been dumped.
- 4 Warner's opening partner is still unknown. Will Pucovski could make his debut, Marcus Harris is waiting in the wings. If either play, Matthew Wade would drop back to number five with Travis Head facing the axe. "There's loyalty to all our players. It's so hard to fit seven or eight into six," said Langer, when asked about Head. But he stressed his batsmen must start putting more runs on the board, with the team failing to go past 200 during the series.

INDIA TO STICK WITH FIVE-BOWLER STRATEGY

- 1 After Melbourne, India coach Ravi Shastri hailed the team's turnaround as one of the great comebacks of all time, but the euphoria was short-lived. Rohit Sharma, Rishabh Pant, Shubman Gill, Prithvi Shaw and Navdeep Saini were all seen dining in a Melbourne restaurant, in what looked like a biosecurity breach. But India's cricket board has taken no action so far, and after the entire touring party tested negative for the coronavirus on Sunday, the five seem to be clear to play.
- 2 That would see Gill, who was highly impressive on debut in Melbourne, pad up again, while the explosive Pant will once more keep wicket. Sharma only joined the team last week after a late injury-enforced arrival. But he was immediately made vice-captain, suggesting he too will play, potentially in place of the under-performing Mayank Agarwal.
- 3 There will be a new-look attack with Umesh Yadav out of the series after hurting his calf and T Natarajan called up as a replacement. India were already without regulars Mohammed Shami and Ishant Sharma.
- 4 Despite this, Shastri said last week they planned to stick with a five-bowler strategy. He added that the key to their comeback in Melbourne was forgetting what happened in Adelaide, a trait they will take into Sydney. "To beat a team like Australia, especially in Australia, there is no point having one good day or two good days," he said. "You have got to have five good days if you have to beat them, as simple as that."

TRULY NO. 1!

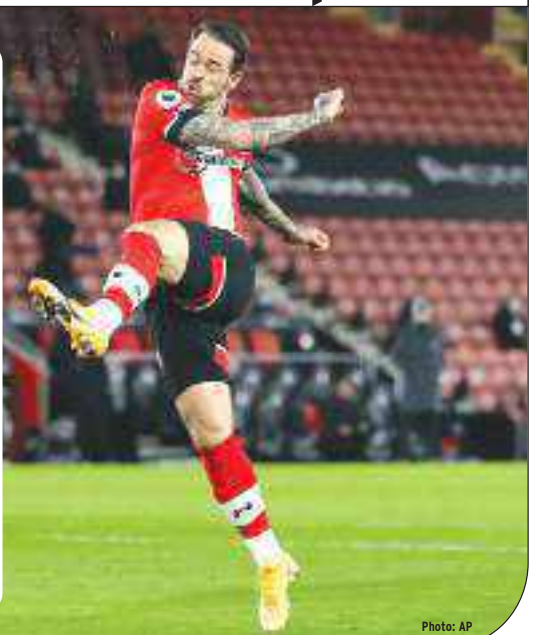
Kane Williamson scored 238, the fourth double-century of his career and his second of the summer, as New Zealand declared with a 362-run lead over Pakistan on the third day of the second test. In the process, Williamson went on to achieve several new milestones in the longest format of the game. Here are some of them...

1. Williamson now has the highest average in Test cricket in the last three years when it comes to batters who have scored a minimum of 1000 runs. He stands head and shoulders above modern greats like Virat Kohli, Steve Smith and others.
 - 65.74 Kane Williamson (and counting)
 - 62.80 Babar Azam
 - 58.81 Marnus Labuschagne
 - 53.53 Henry Nicholls
 - 52.62 Steve Smith
 - 52.56 Virat Kohli
2. Only 12 players have reached the milestone of 7000 runs in Tests in fewer number of innings than Williamson, who reached the landmark in 144 innings.
3. Williamson is only the fourth batsman to score a century in three straight Test matches for the Kiwis, with the other three being Mark Burgess (1969-72), Ross Taylor (2013) and Tom Latham (2018-19).
4. Since 2016, Williamson is only the second captain to score more than 10 Test hundreds. He presently sits on 11, behind Kohli who has 16 Test tons to his name in the period.
5. With his 32nd half-century, the 30-year-old now has the most fifty-plus scores (which included both fifties and hundreds) for New Zealand in Test matches. Having crossed the coveted figure 56 times, the cricketer has gone past former New Zealand captain Stephen Fleming, who has achieved the feat 55 times.
6. Williamson and Henry Nicholls' partnership of 369 runs against Pakistan is the highest 4th wicket stand for the Kiwis in Tests. The previous best was between Ross Taylor and Jesse Ryder at 271 runs. In the overall list for New Zealand, it stands at the third spot.

In 82 Test matches, Williamson has amassed 6980 runs with 24 centuries

Danny Ings lobs Southampton to 1-0 win over Liverpool

A superb second-minute lob by Danny Ings gave Southampton a surprise 1-0 home win over Premier League leaders Liverpool, with the Reds' attack looking rudderless as they were held scoreless for the second game in a row. The victory lifted Southampton to sixth in the table on 29 points, behind Tottenham Hotspur and Manchester City on goal difference. Liverpool stay top on 33 points ahead of Manchester United, who have a game in hand, on goal difference.



TEST YOUR KNOWLEDGE

Q1: Who is the all-time record holder for most goals in Premier League?

- a) Sergio Agüero b) Andrew Cole
c) Wayne Rooney d) Alan Shearer

Q2: The youngest boxer to win an Olympic gold medal was

- a) Riddick Bowe b) Jackie Fields
c) Joseph Salas d) Pedro Quartucci

Q3: In Women's One Day International, who was the youngest player to have scored a hundred?

- a) Charlotte Edwards b) Laura Wolvaardt

- c) Mithali Raj d) Amelia Kerr

Q4: Name the youngest footballer to appear in a FIFA World Cup Final?

- a) Pelé b) Johan Cruyff
c) Cristiano Ronaldo d) Lionel Messi

Q5: The partnership between which two players led to the highest number of runs in ICC Men's World Cup?

- a) Upul Tharanga and Tillakaratne Dilshan
b) David Warner and Steve Smith
c) Sourav Ganguly and Rahul Dravid
d) Chris Gayle and Marlon Samuels

Q6: During which Olympics did Mima Ito became the youngest table tennis player to win a medal?

- a) 2004 Athens Games
b) 2008 Beijing Games
c) 2016 Rio Games d) 2012 London Games



Mima

Q7: Which of these players has scored the most goals in FIFA Club World Cup?

- a) Lionel Messi b) Luis Suárez
c) Cristiano Ronaldo d) Gareth Bale

Q8: Who is the first female tennis player to have achieved the 'golden' Grand Slam?

- a) Monica Seles b) Martina Hingis
c) Gabriela Sabatini d) Steffi Graf

Q9: Sonja Henie, Irina Rodnina and Tessa Virtue hold the record for most Olympic gold medals won by women in figure skating. How many medals have each won?

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

Q10: The record for umpiring the most matches in ICC Men's World Cup is held by

- a) David Shepherd b) Steve Bucknor
c) Aleem Dar d) Billy Bowden

Q11: Which of the following clubs has the all-time record of most wins in Premier League?

- a) Manchester United b) Chelsea
c) Liverpool d) Arsenal

Q12: Which athlete has won gold medals in discus throw at four consecutively Olympic games?

- a) Ludvik Danek b) Fortune Gordien
c) Lothar Milde d) Alfred Oerter, Jr

ANSWERS: 1 d) Alan Shearer 2 b) Jackie Fields
3 c) Mithali Raj 4 a) Pelé
5 d) Chris Gayle and Marlon Samuels
6 c) 2016 Rio Games 7 c) Cristiano Ronaldo
8 d) Steffi Graf 9 c) Three
10 a) David Shepherd 11 a) Manchester United
12 d) Alfred Oerter, Jr



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TODAY'S EDITION

▶ Decoded: The importance of cell division in growth, renewal and repair
▶ Tips on right planning
PAGE 2



▶ Wondering how to prepare for the days, months ahead? We give you tips
PAGE 3



▶ What makes Jasprit Bumrah the leader of India's pace attack?
PAGE 4



STUDENT EDITION

TUESDAY, JANUARY 5, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

The Pantone colours of 2021 are ultimate grey & illuminating yellow

Projects that promise to make 2021 AN EXCITING YEAR

AR IN E-COMMERCE
THE 'NEW' SHOPPING REALITY

From space travel to food, a look at six developments in the field of science and tech that promise to make 2021 an exciting year...

PLANT-BASED LAB-GROWN MEAT

IMPOSSIBLE BECOMES POSSIBLE

The Impossible Burger, a plant-based, lab-grown meat from Impossible Food Inc, is becoming popular in the US. Even chains like the McDonald's and the

Burger King are getting into the game. In India, the government has granted ₹5 crore to a few institutions to work on the lab-grown meat. This could well be the year of vegetarian meat in India. Not having to kill an animal to fill your stomach may help give you a clear conscience. However, let's remember the plant-based meat sells for almost double the price of a regular meat in several parts of the world.



Want to walk into a store, say Bata, and try out their footwear without leaving the safe confines of your home? Well, augmented reality (AR) is all set to change the game in retail. If all goes well, you can create a "look", share it with your friends and get their opinions before paying for the product. Even e-retailers are likely to bet big on AR in 2021, as it can bring a mall to a customer's home. Reliance-backed e-commerce platform Fynd is already doing it. Amazon and Flipkart could well be the next.



FOLDABLE DEVICES

MORE THAN SMARTPHONES

With Samsung, Huawei and LG already into the foldable smartphone ring, other brands are eagerly chipping in fast to try something different. So, 2021 may well be the year when foldable PCs make a mark. Lenovo's foldable PC, also the world's first that arrived in 2020, gave us a glimpse of what to expect. But it would cost a bomb—The Lenovo ThinkPad X1 Fold costs a whopping \$2,499 (roughly ₹ 1.85 lakh). According to tech gurus, foldable devices not only ensure innovations in hardware but also software technology.



SMART AUDIO GLASSES

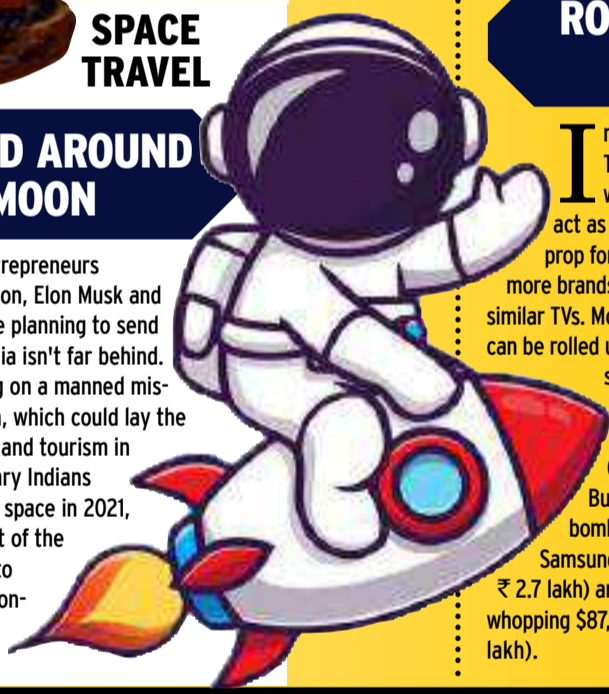
SPECTACLE TO WATCH

If 2020 was about ears, thanks to a plethora of wireless earbuds and headphones, 2021 might be about eyes. Tech giant Bose recently developed a pair of audio glasses with embedded mini speakers. Users can even make phone calls with these eye-wear. Amazon had shown smart audio glasses that can be used to make calls, listen to podcasts and set reminders, among others. Apple is also reportedly working on one for a 2021 launch. These are still baby steps in the smart audio glasses space, 2021 could see a wave of innovation.

SPACE TRAVEL

A WEEKEND AROUND THE MOON

While space entrepreneurs Richard Branson, Elon Musk and Jeff Bezos are planning to send common man to space, India isn't far behind. In fact, the ISRO is working on a manned mission to space – Gaganyaan, which could lay the foundation of space travel and tourism in the country. Though ordinary Indians might not be able to go to space in 2021, soon, it would not be out of the reach of a billionaire to realise such a million-dollar dream.



ROLLABLE, WATER-PROOF TVs

ROLL, BABY ROLL

In 2020, Samsung launched a TV called The Terrace, a water-proof TV, which can act as a pool-side companion or a prop for a rain-dance party. In 2021, more brands are likely to follow with similar TVs. Moreover, rollable TVs, which can be rolled up and tucked away, are all set to hit the markets. Recently, LG launched the world's first rollable TV. Others won't be far behind. But users might have to pay a bomb for these. The water-proof Samsung TV costs \$3,500 (roughly ₹ 2.7 lakh) and the rollable TV costs a whopping \$87,000 (an eye-popping ₹ 64 lakh).

Pantone has announced its 2021 colours of the year and the colour authority has actually selected two contrasting shades—'ultimate grey' (Pantone 17-5104) and 'illuminating yellow' (Pantone 13-0647), which it describes as "a marriage of colour conveying a message of strength and hopefulness that is both enduring and uplifting." After a tumultuous year, thanks to the global pandemic, it's a cheerful mix that reminds us of sunshine-filled days, said Pantone. Interestingly, this is only the second time in 22 years that Pantone has chosen two colours as its colours of the year.

WHY THESE COLOURS



1 "The selection of two independent colours highlight how different elements come together to express a message of strength and hopefulness, which is both enduring and uplifting, conveying the idea that it's not about one colour or one person, it's about more than one," said Leatrice Eiseman, executive director of the Pantone Colour Institute

2 "The union of an enduring 'ultimate grey' with the vibrant yellow, expresses a message of positivity supported by fortitude," Eiseman added

3 While the warming yellow shade makes us think of the better times ahead, the 'ultimate grey', which has been compared with natural elements, such as stones on the beach, bring a feeling of steadiness and resilience, he stated

ENTERTAINMENT

Warner Bros announce the return of Gal Gadot, Patty Jenkins in 'Wonder Woman 3'



Days after the release of 'Wonder Woman 1984', Warner Bros has announced that a third film based on the DC comic superhero is in works with franchise star Gal Gadot, and writer-director Patty Jenkins set to return. According to the studio, the third 'Wonder Woman' movie will conclude with the long-planned trilogy and will release theatrically.

■ The first 'Wonder Woman' film, part of the DC-Extended Universe, was released in 2017 to widespread critical acclaim and minted over \$800 million at the box office worldwide

■ The studio has not yet revealed any details about the plot of the final chapter



Ashes of Star Trek 'Scotty' actor Doohan was smuggled aboard the ISS

A private astronaut named Garriott had secretly stashed the ashes of late James Doohan aboard the International Space Station (ISS) about 12 years ago, the Times of London has reported.

Doohan famously portrayed Montgomery 'Scotty' Scott, the engineer of Star Trek's USS Enterprise

Garriott was one of the first private citizens to visit the International Space Station (ISS) in 2008 during a 12-day self-funded mission as a private astronaut



1 In an interview, Garriott told how he was contacted by the actor's son Chris Doohan, who said it was his father's wish to make it to the ISS

2 Garriott smuggled several laminated photos of Doohan, which contained some of his ashes, onboard the ISS. He secretly hid one of the cards behind the cladding in the floor of the station's Columbus module

3 After the Star Trek actor died in 2005 at the age of 85, his family found it hard to fulfil his wish of making it to the ISS after official requests to transport Doohan's ashes to the ISS were rejected

CELEB MANTRA

Truth never claims I am truth: Big B

Actor Amitabh Bachchan on Sunday penned down a few inspiring thoughts for his fans. Noting down his weekend thoughts, the 'Don' star emphasised on the difference between 'truth' and 'lie'. The 78-year-old legend, who is one of the most-active celebrities on Twitter, took to the platform to share his thoughts, alongside a picture featuring himself.



'Satya kabhi dawaa nahi karta hai ki mai satya hu; lekin jhooth humesha dawaa karta hai ki sirf mai hi satya hu'... Ef aM namaste(Truth never claims that I am the truth, But lie always claims that only I am the truth .. !! Ef aM Hello), tweeted Bachchan

LEARNING OBJECTIVES

- Importance of cell division in growth, renewal and repair.
- To know the terms chromatin, chromosomes and genes relate to one another.
- To understand the difference between a somatic cell and a gamete.

TWO TYPES OF CELL DIVISION

MITOSIS AND MEIOSIS

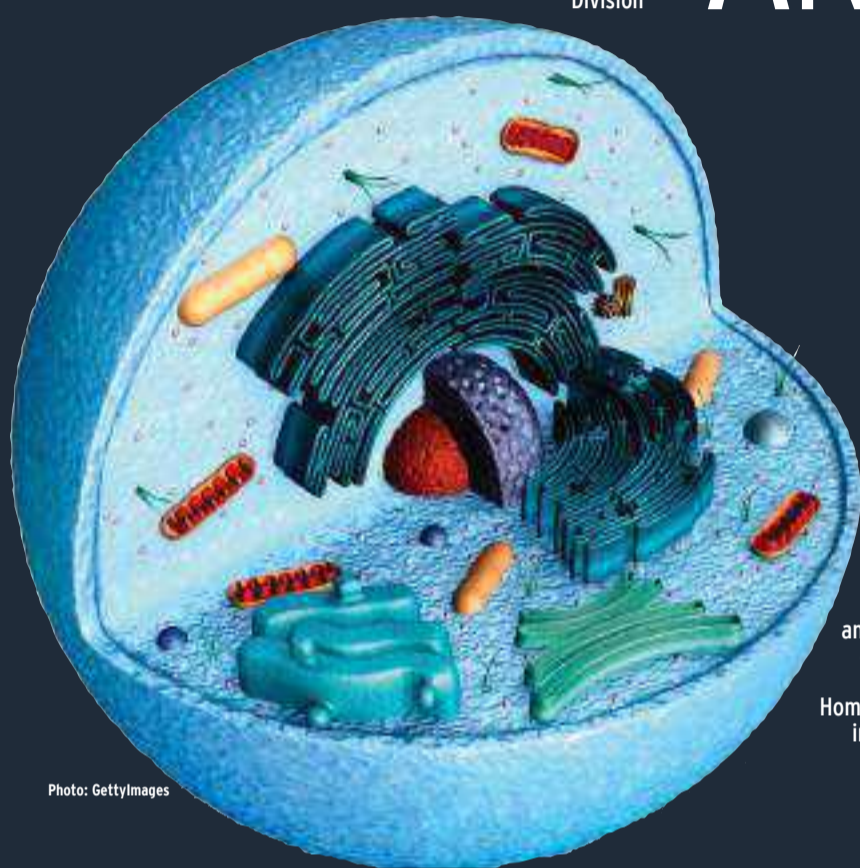
- The goal of **MITOSIS** is to produce daughter cells that are genetically identical to their mothers, with not a single chromosome more or less.
- **MEIOSIS**, on the other hand, is used for just one purpose in the human body: the production of gametes - sex cells, or sperm and eggs.



CELL DIVISION: THE BASIS OF GROWTH AND LIFE

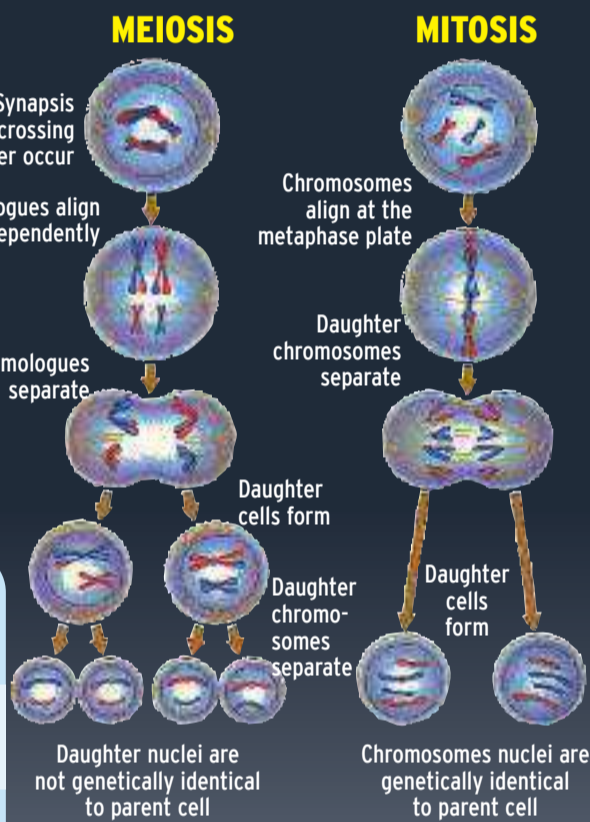
PHASES OF MEIOSIS: MEIOSIS I AND MEIOSIS II

- Two stages are involved in meiosis, also known as reduction division.
- First part in meiosis is crossing over between homologous chromosomes, happens so that there is mixing of characteristics. The chromosomes are in pairs and then they divide hence reducing the number of chromosomes. Thus haploid cells are formed.
- Second part in meiosis is same as mitosis. Cytokinesis also takes place.
- The names are same in both type of cell division.

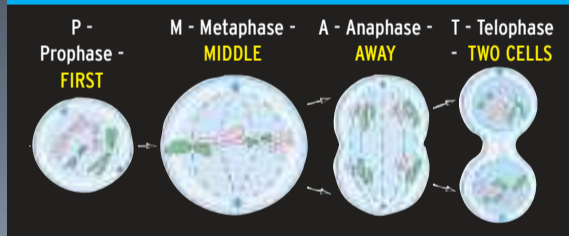


PHASES OF MITOSIS

PROPHASE	METAPHASE	ANAPHASE	TELOPHASE
Condensation of chromosomes	Nuclear membrane completely disappears	Centromeres split and sister chromatids separate	Decondensation of chromosomes starts
Chromosomes become short and thick	Chromosomes are completely visible	Pulled in opposite direction by the spindle fibers	Chromosomes become thread like thin and invisible
Chromosomes appear with sister chromatids	Chromosomes are arranged parallel to the equatorial plane	Separated sister chromatids are called daughter chromosomes	Nuclear membrane is formed around each set of chromosomes at the poles
Centrioles duplicate and move to opposite poles	Spindle fibers are formed between centromere and centrioles	Chromosomes seem like hanging bunch of bananas	Two daughter nuclei are formed. Nucleolus also appear.
Nuclear membrane and nucleolus disappear		Chromosomes reach two opposite poles	Spindle fibers completely disappear



ACRONYM - PMAT



QUIZ

- 1) Name the phase when paired chromatids are aligning across the centre of the cell.
 - a) prophase b) metaphase c) telophase d) anaphase
- 2) _____ only occurs in the gonads to produce gametes
 - a) mitosis b) meiosis c) both d) none

ANSWER: 1-b) metaphase 2-b) meiosis



Sunanda K Nair, Science teacher, St Therese Convent High School, Dombivli

Get Into Exam Mode

IF YOU ARE NOT WELL PREPARED, EXAMINATIONS COULD BE THE TIME WHEN THINGS GET ON YOUR NERVES. HERE ARE SOME WAYS TO KEEP YOU RELAXED..

- Start right away. Do not keep anything for the last minute
- Remember, preparation is the key to success
- Select a quiet place to study
- Declutter your study space



Rosemary Joy, Special Educator, Innovative Learning Lab, Assisi Vidyaniketan Public School, Centre for Holistic Learning and Development of Children, Ernakulam

- Choose your study time, follow the same time
- Take short breaks in between your study
- Always set a timetable to study
- Divide the syllabus portions for each day
- Note down main points for quick reference later time
- Never byheart your lesson, always understand it



- Try to connect what you learn to something you are familiar with. Teach others, then you learn better
- Reduce your screen time
- Sleep well
- Drink water to keep yourself hydrated
- Avoid junk food, eat nutritious food



- Do meditation to reduce stress and relax
- If it is comfortable, have a calm music playing softly while you study
- Keep a positive thought written on your table - words such as 'YES I CAN'
- Keep everything ready on the eve of the exam



- Reach your exam centre early on the day of exam
- Always pray and bring your mind to that moment
- Just think you are the only person in the examination hall. Let no sound or others distract your attention
- If you are going to write the exam mindfully, then whatever you learned will just flow into the paper when you write



Right planning will WORK WONDERS!

Work on the basics part first and then understand how the marks are allocated. Don't study the entire portion but learn to spot the important questions. Break your revision down into small chunks, and form a plan. Whenever you take a small break, make sure you don't stay at your study desk. Go for a short walk or just make a cup of tea.

pressure during exams. If you are feeling really worried or anxious, talk to your friend or anyone you think understands you. It will calm down the stress level and one would be able to think about practical strategies to deal with exam tension.



Begum Iqbal, Advisor, Siva Sivani High School, Murrupalem, Visakhapatnam

During exams, eat well, drink lots of water and try to be active. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up. Get at least eight hours of sleep at night. Schedule this downtime into your timetable. Parents with unrealistic expectations can often add unnecessary



Maths QUIZ

1 In an Olympic game, the flags of six nations were flown on the masts in the following way: The flag of America was to the left of Indian tricolour and to the right of the flag of France. The flag of Australia was on the right of the Indian flag but was on the left of the flag of Japan, which was to the left of the flag of China. **Find the two flags which are in the centre.**

a) India and Australia b) America and India c) Japan and Australia d) America & Australia.

2 A, B, C, D, E are five friends. A is shorter than B but taller than E. C is the tallest. D is shorter than B and taller than A. Who has two persons taller and two persons shorter than him/her?

5. (b) 32. The whole class consists of : (i) 6 students who have ranks higher than Rohan, Rohan and 25 students who have ranks lesser than him (6+1+25=32 students)

4. (a) There are no three t's so the correct answer is 0.

ANSWERS

1. a) India and Australia

2. d) South-east

3. d) South-east

4. a) India and Australia

5. (b) 32. The whole class consists of : (i) 6 students who have ranks higher than Rohan, Rohan and 25 students who have ranks lesser than him (6+1+25=32 students)

4. (a) There are no three t's so the correct answer is 0.

Sudha Venkatachari, Maths teacher, Vishwa Vidyaapeeth, Bengaluru

MY SCHOOL PROJECT ROBOBWHEELS

WHAT IS IT & HOW WE WENT ABOUT WITH IT:

- Our science teacher and our robotics sir as well as our team unanimously decided to make a tyre manufacturing company driven by Robotics tech.
- We then started developing some of the vital and efficient divisions of a large robotic enabled tyre manufacturing company which we began to call "Robowheels."
- While setting up the company, we also understood the importance of every component of our Robowheels.

MAKE IN INDIA:

We wanted to prove that not just big car companies like Germany brand Mercedes can have robots working in their units, but even the units in India too can be run by robots thereby reducing manpower. This will result in maximum output by working almost 24/7 on all 365 days of the year.

MORE FACTS:

- If this technology is used in India by the tyre manufacturing industry, it will save up to 30% of their cost. Robots, instead of weary workers, can do the mundane & mechanised work.
- We want to emphasise that such robotic technology, if applied, would lead India to be one of the biggest manufacturers in this segment in global market.

SALIENT FEATURES:

THERE ARE MAINLY FOUR COMPONENTS IN OUR PROJECT:

- The tyre sorting machine: It is a battery-powered sensor-equipped sorting machine which would separate the faulty tyres from the properly functioning ones.
- The Grinder: We wanted to showcase the fate of the defective tyres through this machine which would grind the defective tyres with some rubber compounds to make adhesives out of waste.
- The security robot: We also wanted to show that for the company to be fully robot-controlled, the security should also be in the form of motion-sensored robots.
- The scissor lift: through this machine a load of components could be easily shifted from one place to the other.

Jainiel Shah, class IX, Aspee Nutan Academy, Malad West, Marve Road, Mumbai

How to Manage Your New-Year Expectations

It's finally time to leave the wreckage of 2020 behind. Except for many people, it seems as if not much will change except the year on the calendar, making the new year feel about as much of a refresh as a frozen browser. There isn't even another date you can count down to. If you're wondering how to emotionally prepare for the groundhog - day months ahead - and maybe even find some joy in the coming season - here's some advice

1. Plan small treats

If you're the kind of person who delights in creating a spreadsheet on Jan 1 to plot out the coming year, slow your roll. You can still plan small things to look forward to, said Bethany Teachman, a psychology professor at the University of Virginia. Because many of her family's usual plans for the season have been upended - like everyone else's - each person gets to choose an activity. For example: At the request of her older daughter, a fan of 'The Great British Baking Show,' the family decided to "get a ton of baking ingredients and make something really complicated that will fall apart," Teachman said. Plan "anything that is going to give you sparks of joy" as frequently as you can during the coming months, she said.

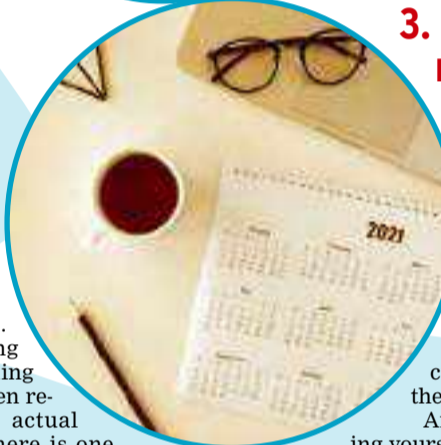


Mitch Abrams, a psychologist. Abrams often asks his patients a series of questions, like what and who is important to you? What would you want your legacy to be? And what are you willing to do to make your reality as best you can under these circumstances? And this one: "We are social beings. Circumstances sometimes make it more challenging to build, foster and nurture relationships. How can you nurture your relationship with yourself, so that you can then do the same for your relationship with others?"

Abrams said working in prisons for 21 years has taught him two things. The first is that humans are incredibly resilient and adaptable; the second is that happiness comes from within. "The more you are able to appreciate what you have, the better off you'll be," he said. "I don't necessarily mean material things. It could be your sanity, it could be your health."

2. Define what matters

With months to go until restrictions ease, the pandemic may seem like a never-ending punishment. While staying home and avoiding travel is not even remotely like actual prison time, there is one thing you can learn from inmates who adapt best to long sentences: They define (or redefine) what matters, said



3. Stay in the moment

Endurance sports psychology tells us that the body is capable of far more than the brain believes. (If someone had told you in March how long the pandemic would last, would you have thought you could handle it?) So focus on the moment, not the big picture.

Anxiety comes from casting yourself into the future, but "if you keep your energy in the present moment, and you're not contemplating how many more miles you have, it can feel



easy at times," said Jo Daniels, a senior lecturer in clinical psychology at the University of Bath, in England, and an author on a study about what causes anxiety and depression in lockdown.

How do you stay in the moment? There are all kinds of mindfulness exercises, but one is to list five things for which you're grateful, however small - yes, a hot cup of coffee counts. When you're feeling overwhelmed, think only about what you need to do to get through the next hour or the next day - not the next week or the next month.

Daniels' pandemic study found negative coping strategies - like repeatedly overeating and excess drinking - had more of an impact on people's levels of

anxiety and distress than more positive coping strategies, like seeking support. "The message is, 'Try to do the good things, but definitely don't do the bad things,'" Daniels said.

4. Take control

If you feel as if you're a hostage to the pandemic, well, that's because it does have one thing in common with actually being held

captivity. It presents a fundamentally uncertain fate, said Emma Kavanagh, a former police and military psychologist in South Wales who has taught about the psychology of hostage negotiation. Those who mentally fare best in hostage situations often work to regain some measure of control over their environment, whether it's declaring, "I will walk 100 steps around my cell today" or "I will do 50 push-ups." "Having something we can decide upon and activate can help restore that sense of control," Kavanagh said.



Decoding the mysteries surrounding famous colour-coded Indian cities

Book resolutions for 2021

Everyone resolves to read more, but having specific resolutions rather than vague ones can help one achieve their goals better. Here are some resolutions you can add to your list this new year

Read more works by people of colour

Books dominating the English market are mostly written by white people. So, try reading one by those of other races to diversify your perspective.

Read a book by a professor

Read a book by a professor on any topic of your choosing, from psychology to botany. This will

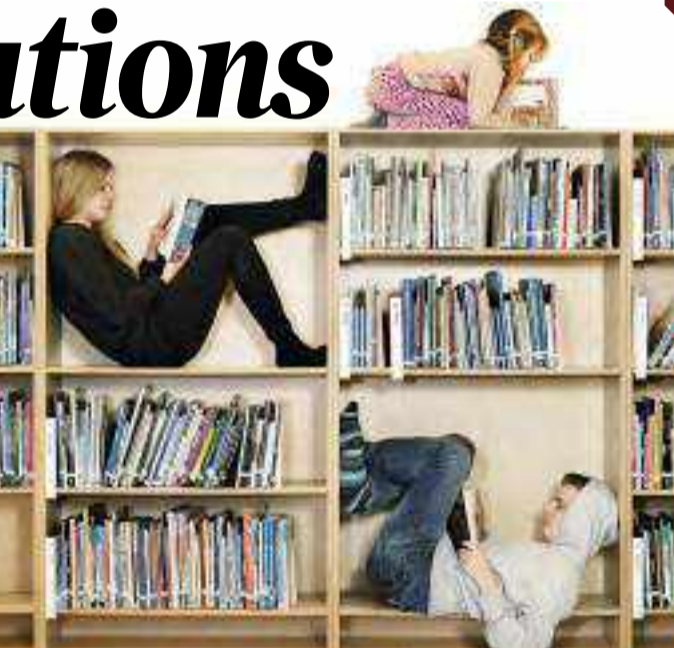
give you a better understanding of the subject.

Read a health book

Read a health book which isn't on weight loss. From managing sleep to mental health, there is a lot to health besides the weight loss.

Read a history book

From the history of a country or race, to the history of a company or family, educate



yourself on a new topic.

Read new settings

Most of what we read is set in the US, UK or India. Make a conscious effort to buy books not set there and explore new countries through pages this time.

Read an autobiography

Read an autobiography or a memoir,

basically a book where a real person explains their life.

Read more poetry

We mostly find poetry online now, which does not help many poets thrive. Buy a book and read a poem a day.

Read a graphic novel

Comics aren't always action and aren't always for kids, though if you enjoy those genres, do read those too.

Read a new children's book

Children's books now are so much more socially conscious that they're a pleasure to read.

LOOK BACK.. AND LOOK AHEAD IN OUR GIANT FESTIVE BRAINTEASER

It's a year we'd rather forget, but what do you remember about 2020? We've compiled a giant quiz of the year (we won't forget) on everything from showbiz to sporting triumphs. So get your grey matter going. And don't worry, there's no coronavirus round...

TV

- Which actress plays Beth Harmon in the Netflix smash hit, 'The Queen's Gambit'?
- Name the two lead stars of the BBC's TV adaptation of 'Normal People'.
- Nicola Roberts won the first UK The Masked Singer but what was her disguise?
- The stars of which 90s series got back after 22 years?
- Where was this year's 'I'm A Celebrity... Get Me Out of Here!' filmed?
- 'The Crown' returned for Season 4 and had the real life story of when a man broke into the Queen's bedroom. What was his name?

NEWS

- Which country was ravaged by bush fires in January?
- Hilda Clulow, the oldest Brit, died in February. How old was she?
- Name the aerospace company launched this year by billionaire entrepreneur Elon Musk.
- MacKenzie Scott became the wealthiest woman in the world after divorcing the founder of which company?
- What generation of iPhone was launched by Apple?
- Which country sent an unmanned space probe to the Moon?

QUIZ TIME (CURRENT AFFAIRS)

- Q.1) Which state government had announced that if needed, for higher education, students would be given a loan up to ₹10 lakh?**
A. Bihar B. Punjab C. Delhi D. Tamil Nadu
- Q.2) Where was the 3rd Asian Leadership Summit held?**
A. Thimphu, Bhutan B. Tokyo, Japan
- Q.3) Fernando Torres announced his retirement from football. He belongs to which country?**
A. Spain B. Brazil C. Germany D. Canada

ANSWERS

1. C) Delhi 2. A) Thimphu, Bhutan 3. A) Spain

KNOWLEDGE BANK (NATURE)

Vajreshwari hot springs

There are around 21 hot water springs in a five-kilometre radius of the Shree Vajreshwari Yogini Devi temple. According to tradition, the hot water is the blood of demons and giants - who were slain by the goddess Vajreshwari. Scientists say that the hot springs' proximity to the former volcano in the region accounts for their creation. Pilgrims who visit the temple also have a holy bath in the springs, called 'kundas', in Sanskrit.

India is colourful, so colourful that even some of the cities in our country are renowned for their prominent coloured-nicknames. For example, Jaipur is also known as Pink City, Jodhpur goes by the name of Blue City while Jaisalmer is the Golden City of India. But have you ever imagined why these cities have such names?

1. JAIPUR, THE PINK CITY

Jaipur is globally renowned as the Pink City. The popular story that goes behind it is that in 1876, to welcome the Prince of Wales and Queen Victoria, the city of Jaipur was painted in terracotta pink. Jaipur during that time was ruled by Maharaja Sawai Ram Singh. Later, the ruler passed a law which said that buildings and houses in the city would be painted in pink, which is still followed. So, now you know!



JODHPUR, the Blue City

As you enter Jodhpur and reach the majestic Mehrangarh Fort, which is also one of highest points in the city, you'll be welcomed by a sea of blue hued houses and architecture that simply look brilliant.



THIRUVANANTHAPURAM, the evergreen city

Almost every place in Kerala is green but it was Thiruvananthapuram that was crowned the Evergreen City by Mahatma Gandhi because of its lush green locales.



JAISALMER, the Golden City

What colour do you think Thar Desert looks like when sun rays fall on them? Golden, brown or yellow probably! This is a phenomenon because of which the city earned the sobriquet of the Yellow City.



UDAIPUR, the White City

The reason behind Udaipur being the White City is that it is home to myriad stunning lakes and beautiful marble architecture. Besides, the city is also known as 'Venice of the East'.



THE LEADER OF THE PACK



Jasprit Bumrah, who will now be the only pace bowler remaining from the India squad of 2018-19 that won the Test series in Australia, will have his hands full going into the last two Tests of the series being the senior-most bowler despite having played just 16 Tests so far

In the fast bowling department, Bumrah as the leader of the attack, has taken more responsibility and whenever the chips are down, he has pushed himself harder. That's the sign of a champion bowler.

Sachin Tendulkar, former India batsman

Jasprit Bumrah has played only 16 Tests but has already accounted for 76 scalps, at an average of 20.68 and an economy rate of 2.68

A MENTOR TO YOUNG PACERS

1 Bumrah's attempt to extract angles from round the wicket, like he did in the Melbourne Test and having to bowl more overs in case other junior bowlers don't do well, could push his body that endured a lower-back injury only last year. Bumrah's returns in the series have been good so far. He has picked eight wickets in two Tests, including a four-wicket haul in the first innings of the Melbourne Test that helped India dismiss the Aussies for just 191.

2 A primary reason why Bumrah has managed to keep up is because his short run-up ensures he conserves energy. His success is due to the fact that he has been accurate. He also shared tips on accuracy with debutant Mohammed Siraj while guiding him throughout his debut.

3 But Umesh Yadav's exit from the ongoing Test series due to an ankle injury after Mohammed Shami, who got injured in the first Test, and Ishant Sharma, who didn't travel to Australia, has left India with reserve options having a combined experience of just two Tests. Both Mohammed Siraj and Shardul Thakur have played a Test each while Navdeep Saini, T Natarajan, and Kartik Tyagi have no Tests under their belt. The last two Tests in Sydney and Brisbane may then test 27-year-old Bumrah's mind, maturity, as well as his body.

ADDED WORKLOAD MIGHT INJURE BUMRAH

1 Bumrah had suffered a lower back injury ahead of the three-Test home series against South Africa last year. He missed those Tests as well as the subsequent two-Test series against Bangladesh in October-November, and returned only in February for the Test matches in New Zealand. The first signs of the expected stress became evident in the last Test itself during Australia's second innings after Yadav limped off the field early.

2 Bumrah's workload increased in that innings as he had to bowl 27 overs, including some from around the wicket to left-handers and often overdid the short ball. This was the highest number of overs he has bowled in an innings since the Nottingham Test in 2018, when he sent down 29. The big worries came early on the fourth day when Bumrah left the field for a while, more than the required time for a toilet break, leading to speculation that he too was not feeling 100 per cent fit. He, however, returned to bowl and seeded fine.

3 Former India speedster Atul Wassan says coming round the wicket can put stress on any bowler. Bumrah uses them only against left-handers, which the Aussies have in large numbers. "It affects every bowler a bit because you have to move the ball further away (from the left-handers). He has to twist and then avoid that danger area in follow-through, so it calls for effort from round the stumps," says Wassan who has been state-level selector.

4 In the next two Tests, a lot will depend on how much and how well spinners Ravindra Jadeja and R Ashwin, as well as the other seamsters, bowl to take load off Bumrah.

WILL WARNER FIX AUSTRALIA'S BATTING WOES?



Opening batsman David Warner brings the X-factor to Australia and the team would love to have him play the third Test against India even if he is not 100 per cent fit, said Nathan Lyon

Wade to go back to the middle-order

■ Warner suffered a groin injury in the second ODI against India in November and could not play the first two Tests as Australia struggled with their opening batting. Ahead of the third game set to begin on Thursday in Sydney, the selectors dropped Joe Burns and brought in concussion-affected Will Pucovski and Warner.

■ Warner himself said a couple of days back that he would play even if he isn't 100 per cent, though his availability will depend on whether he is able to field in the slips without a problem.

■ Matthew Wade opened in the first two Tests, but with the return of Warner and Pucovski, Wade can now see himself being played in the middle-order as Travis Head has looked completely out of sorts.

It's 1-1 in the series. There is always gonna be pressure but there is no added pressure on myself. I know what I have to do. I go up there every time with the confidence to try and deliver as best as I can. I don't think there is any added pressure at all, it's about the team making a collective effort.

David Warner

David is the X-factor. He is a world class batter. We all know that. So we are all 100 per cent expecting David to go out there in the next couple of Test matches and do well. Obviously, he has the support of the whole Aussie change room and everyone else around the world to come out here and do well. We are looking forward to getting David back up the top order for Australia.

Nathan Lyon, Australia spinner

Lionel Messi makes 500th appearance for Barcelona in La Liga

Argentine striker Lionel Messi made his 500th appearance for Barcelona in La Liga. This was Messi's 750th appearance for the club across all competitions. The striker achieved the feat in Barcelona's La Liga clash against Huesca, Goal.com reported. Messi is only the second player, and the first born outside of Spain, to reach 500 games for Barca. Spain's Xavi holds the record for all-time appearances for Barcelona with 767 games. Xavi's total is 17 more than Messi's current tally of 750.



TEST YOUR KNOWLEDGE

Q1: Which of the following players was the top scorer of Spanish Primera División - 2017-18?

- a) Iago Aspas b) Luis Suárez
c) Cristiano Ronaldo d) Lionel Messi

Q2: Which of these cricketers have played most matches as captain in Tests, ODIs and T20Is combined?

- a) Stephen Fleming b) Ricky Ponting
c) MS Dhoni d) Graeme Smith

Q3: Who won the French Open 2020 singles title?

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

Q4: Which basketball player was named NBA Offensive Leader 2018-19 post-season?

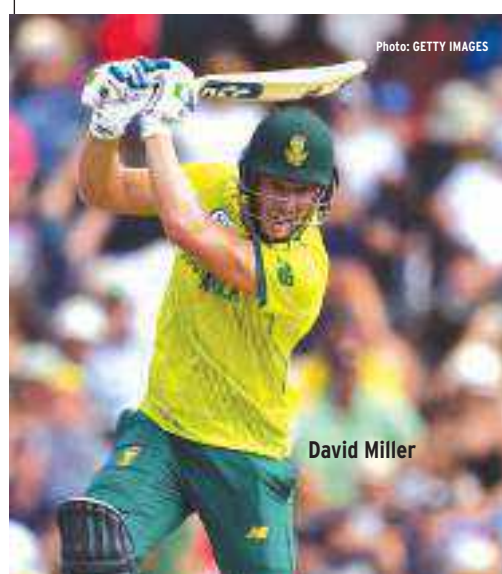
- a) Kevin Durant b) James Harden
c) Damian Lillard d) Bradley Beal

Q5: Which of the following players won women's singles title at the 2020 US Open?

- a) Victoria Azarenka b) Naomi Osaka
c) Caroline Wozniacki d) Iga Swiatek

Q6: David Miller and Sudesh Wickramasekara apart, which player holds the record for the joint-third fastest century in T20 Internationals?

- a) Faf du Plessis b) George Munsey
c) Sivakumar Periyalwar d) Rohit Sharma



David Miller

Q7: Who is the runner-up of the 2017 US Open?

- a) Alexander Zverev b) Kevin Anderson
c) Dominic Thiem d) Marin Cilic

Q8: The 2018 Wimbledon women's singles title was won by _____

- a) Sloane Stephens b) Naomi Osaka
c) Ashleigh Barty d) Angelique Kerber

Q9: Who is the youngest driver to compete in Formula 1?

- a) Jaime Alguersuari b) Lando Norris
c) Lance Stroll d) Max Verstappen

Q10: Which of the following players was the runner-up of the 2020 Australian Open?

- a) Alexander Zverev b) Kevin Anderson
c) Dominic Thiem d) Marin Cilic

Q11: Name the players who was the NBA Offensive leader 2019-20, regular season?

- a) Trae Young b) James Harden
c) Damian Lillard d) Bradley Beal

Q12: Which won the women's French Open?

- a) Ashleigh Barty b) Naomi Osaka
c) Simona Halep d) Iga Swiatek

Q13: Who won the men's Wimbledon in 2019?

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

ANSWERS: 1 d) Lionel Messi 2 c) MS Dhoni 3 d) Rafael Nadal 4 a) Kevin Durant 5 b) Naomi Osaka 6 d) Rohit Sharma 7 b) Kevin Anderson 8 d) Angelique Kerber 9 d) Max Verstappen 10 c) Dominic Thiem 11 b) James Harden 12 a) Ashleigh Barty 13 b) Novak Djokovic



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Checkout our wellness resolutions for 2021
➤ Some tips for your mental well-being

PAGE 2



➤ Students and educators share their views on a variety of issues engulfing the nation and the world

PAGE 3



➤ Why is Team India reluctant to travel to Brisbane for the fourth Test against Australia?

PAGE 4



STUDENT EDITION

MONDAY, JANUARY 4, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

PANDEMIC TRENDS THAT MAY PERSIST IN 2021

Online learning

The education industry was one of the worst-hit sectors at the start of the outbreak. As concerns grew over students losing a crucial year, traditional modes of lecture and schooling gave way to remote learning. In fact, it accelerated the growth of the ed-tech sector, and the trend is unlikely to wane anytime soon, feel experts. The ed-tec sector, already primed to grow in the coming decade, returned to the drawing board to revise their valuation projections. Many of India's online learning portals like Byju's and Eruditus, among others, now offer highly-interactive, customised courses at par with the finest around the world. Therefore, experts believe that even when schools re-open, online learning may remain a significant component of pedagogical practice.



Photo: Getty Images

The gig economy

The unprecedented unemployment crisis, courtesy the Covid-19 outbreak, brought the salaried-class into the limelight. The government's focus, largely on the poor through the stimulus package, came as a blessing in disguise for the salaried employee, who was rendered jobless. The jobless salaried workers refashioned themselves into freelance workers and took up part-time or contractual work. They became their own boss. From content creators to digital marketing specialists to web designers, companies have also come to recognise that outsourcing some parts of their business processes may be more cost-effective than recruiting full-time employees. This pattern, often referred to as the gig economy is expected to get a boost in 2021.

Focus on Cybersecurity

The advancements in technology has also increased the rate of cybercrimes. The lockdowns, which forced the world to get more dependent on technology—as people were forced to work remotely—proved to be a golden opportunity for the hackers to take full advantage of the situation. No wonder, the year 2020 saw an alarming spike in the number of

cyberattacks and cybercams. However, the year also witnessed a greater focus on developing a robust and secure security architecture in cyber space. Experts expect this trend to continue in 2021 and beyond. Cybersecurity experts—even those with limited experience—are likely to be highly-sought after assets in 2021, as companies look to earmark larger budgets towards securing the data of their clients, they predict.

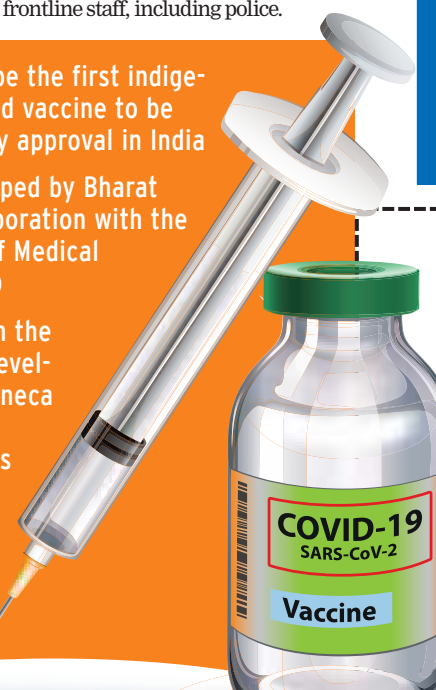
DCGI approves Covishield & Covaxin for restrictive emergency use

The Drugs Controller General of India (DCGI) on Sunday gave nod to two coronavirus vaccines—one developed by AstraZeneca (Covishield) and Oxford University and the other by Bharat Biotech (Covaxin) for restricted emergency use. The DCGI also allayed concerns over the safety of the vaccines, saying, "we'll never approve anything, if there's slightest of safety concern." The initial immunisation plan aims to vaccinate 300 million people health care workers, frontline staff, including police.

➤ Covaxin will be the first indigenously-developed vaccine to be given emergency approval in India

➤ It was developed by Bharat Biotech in collaboration with the Indian Council of Medical Research (ICMR)

➤ Covishield, on the other hand, is developed by AstraZeneca and Oxford University, and is being manufactured locally by the Serum Institute



It would make every Indian proud that the two vaccines that have been given emergency use approval are made in India! This shows the eagerness of our scientific community to fulfil the dream of an Aatmanirbhar Bharat, at the root of which is care and compassion

NARENDRA MODI, PM



➤ Meanwhile, a nationwide dry run to assess the preparedness on the field for the vaccination process was conducted on Saturday

➤ The exercise was held in all the state capitals in at least three session sites

➤ Earlier, the Union health minister Harsh Vardhan said that Covid-19 vaccines will be provided free of cost to all Indians

FACTOID

2,000

Year-old frescoed hot food and drinks shop, serving the ancient street food to Roman passersby, have been discovered in Pompeii, a city in south of Naples. Known as a 'terrapolium', a Latin word for hot drinks counter, the shop was discovered in the archaeological park's Regio V site, which is not yet open for the public. Archaeologists say the front of the counter was decorated with brightly-coloured frescoes, some depicting animals that were part of the ingredients in the food sold, such as a chicken and two ducks hanging upside down

12-year-old in Guinness World Record for identifying most-aeroplane tails



A 12-year-old Indian boy named Siddhant Gumber in the UAE has entered the Guinness Book of World Records for identifying the most-aeroplane tails in a minute, media reports said. Based in Abu Dhabi, Gumber, who hails from Haryana, identified

IN THE RECORD BOOKS

39 aeroplane tails in 60 seconds. He achieved the Guinness world record last month. According to reports, Gumber is also the youngest Indian to identify top 100-tallest buildings. He was recognised by the 'India Book of World Records' for this feat.

"I have been a lego buff since I was a toddler. My father and I, spent a lot of time creating a variety of models – rockets, aeroplanes, buildings and vehicles. I was able to recognise a lot of the aeroplane tails. My mother helped me compile them in PowerPoint slides, and that helped me to identify them quickly"

ENTERTAINMENT

IRRFAN KHAN-STARRER 'THE SONG OF THE SCORPIONS' WILL RELEASE IN THEATRES THIS YEAR



Actor Irrfan Khan's last film 'The Song of Scorpions' will release in cinema halls in 2021, makers have announced. Panorama And 70mm will be presenting the film—a Feather Light and KNM production—in cinemas across India in early 2021.

➤ The film is written and directed by Anup Singh, who also directed Irrfan in the post-Partition drama, 'Oissa'

➤ The film revolves around an independent young tribal woman (Iranian actor Golshifteh Farahani), who tries to overcome a brutal betrayal to find her voice

NEW SPECIES OF INDIAN MURAINGRASS

DISCOVERED



Researchers from Pune have discovered a species of Indian Muraingrass along the Western Ghats. *Ischaemum janarthanamii*, named after M K Janarthanam, a professor of Botany at the Goa University, the new species, belonging to Genus *Ischaemum*, was identified after thorough morphological studies of the samples collected from the laterite surfaces on the outskirts of Goa's Bhagwan Mahavir National Park.

Apart from being of economic significance, as it is commonly-used as fodder, this species has fought harsh conditions to survive in this ecologically-sensitive region, say scientists

India is home to around 61 out of the 85 species of *Ischaemum* known globally. Incidentally, the Western Ghats are abundant with approximately 40 species belonging to this genus

Spotlight

TIME SQUARE'S NEW YR BALL DROPPING TRADITION RECREATED IN SPACE

The astronauts aboard the International Space Station (ISS) brought a little bit of Earth tradition into space as they welcomed the New Year 2021. The ISS-astronauts from NASA recreated the iconic ball dropping tradition of New York City in their own zero gravity way.



Since the astronauts were in zero gravity, they gave the ball dropping tradition a tweak. The team of five astronauts did a countdown to welcome the New Year 2021, and suspended a ball that looked like Earth, which floated upwards.

In the wake of a year like 2020, putting together an events' calendar for 2021 seems like tempting fate. But it's a risk we have decided to take, with the caveat that all the dates are subject to the pandemic's progress and immunisation efforts...

Calendar 2021

JANUARY

JAN 11-14: The world's largest tech conference, CES, will commence online. It is slated to return to its usual venue of Las Vegas only in 2022

JAN 20: Joe Biden will be sworn in as the 46th President of the United States. Kamala Harris will take oath as the first female, South Asian, and Black vice-president

JAN 14-APRIL 30: Kumbh Mela will begin in Haridwar. According to an estimate, usually over 3 million people take a dip in the Ganga during the course of the event. Needs to be seen how it will commence this year

FEBRUARY

FEBRUARY 1: Union finance minister Nirmala Sitharaman will present the Union Budget. After a year ravaged by the pandemic, all eyes will be on the FM's road map to get the India story back on track

FEBRUARY 8: Australian Open, the year's first grand slam, will begin three weeks later than the usual schedule. Players will likely have to quarantine for three weeks.

APRIL

APRIL 25: The tentative date for the Oscars announced by the Academy. But the nature of the event and even the date will ultimately depend on the pandemic

APRIL-JUNE: The 14th edition of the IPL may commence

MAY

MAY 11-29: The 74th edition of the Festival de Cannes is scheduled for May, though there are also contingency plans with backup dates for July and August.

MAY 17-JUNE 6: This will be the 125th edition of the French Open, the ultimate clash on the clay court

JULY

JULY 23-AUGUST 8: After multiple postponements, the summer Olympics will be hosted in Japan, which is estimated to have spent over \$12 billion in preparations

JUNE

JUNE 11-JULY 11: The UEFA Euro Championship will take place after the 60th edition skipped a year due to the pandemic. It's slated to be held in 12 cities, with the final match in Wembley.

JUNE 28-JULY 11: Wimbledon fans can look forward to their favourite tournament once more, after it was cancelled in 2020 for the first time since World War II

OCT-NOV

India is set to host the ICC Men's T20 World Cup, with the finals likely to be held on November 13

NOVEMBER 1: The three-month Kochi-Muziris Biennale is set to open. The previous edition had attracted over 6 lakh visitors

QUOTES BY FAMOUS AUTHORS THAT WILL INSPIRE YOU THIS

NEW YEAR

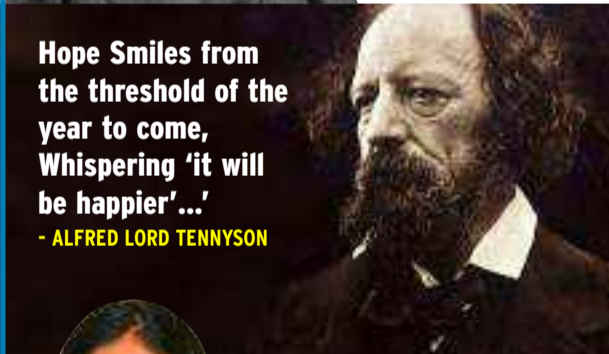


As 2020 came to an end (finally) and we are settling into a new year, here we share some quotes by famous authors that will inspire you to begin 2021 on a hopeful note. Read on



For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning.

- T.S. ELIOT



Hope smiles from the threshold of the year to come, whispering 'it will be happier'...

- ALFRED LORD TENNYSON

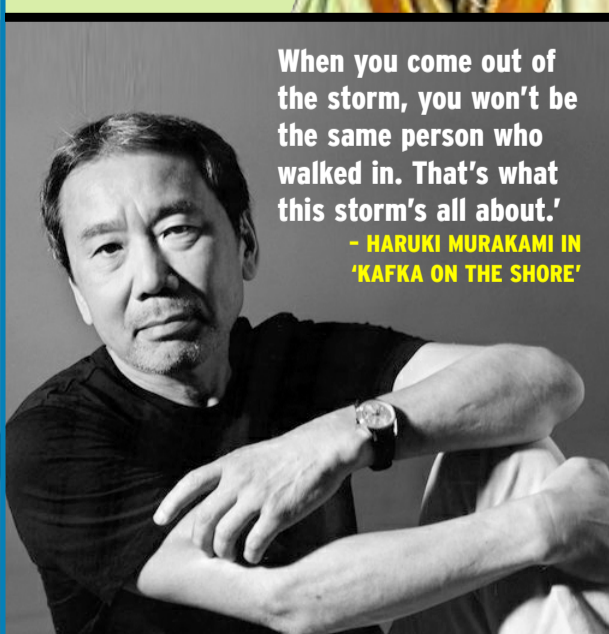


The present changes the past. Looking back you do not find what you left behind.

- KIRAN DESAI IN 'THE INHERITANCE OF LOSS'

New beginnings are often disguised as painful endings.

- LAO TZU



When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.

- HARUKI MURAKAMI IN 'KAFKA ON THE SHORE'

Wellness resolutions you must make

2020 has come to an end which means, we must make some new wellness resolutions for 2021. Globally speaking, we were too stressed out, burnt out and worked up last year. This gives us all the more reason to look forward to what's in store for this year rather positively. So, in 2021, embrace some new habits that will improve your well-being and happiness levels



UP YOUR SELF-CARE GAME

First and foremost, you need to up your self-care game in 2021. The last year was traumatic for a lot of people out there. So many lost their jobs, mental health, friends and family members. If there's one thing that you must learn, it is to take good care of yourself above all in the next year. It could be something very small that you do for yourself once in the entire day, but making time for yourself is all that you need to focus on.



DIGITAL DETOX

We cannot emphasise enough on how important it is for your peace of mind to take a detox day from the digital world. The last year was spent mostly on digital mediums. This year, change this for yourself and take a day off or even more from all social media platforms and see how good and relaxed it makes you feel on the inside.

CHOOSE BRANDS WITH ECO-FRIENDLY PACKAGING

We know how plastic enters our oceans with devastating consequences for marine life. You can help make a difference in 2021 by choosing brands that use environmentally conscious packing. Whether it's glass bottles or ocean-made plastic, make a conscious decision of buying things with eco-friendly packaging.



EAT WELL

You must know that there is a direct link between the food you consume and your mental well-being. It is always good to eat right and in the correct proportions to not only keep your body



shape in check but your mind and heart healthy. 2021 should be the year for you where you focus on eating foods that reduce feelings of anxiety, stress and depression. Try eating fresh seasonal produce as it is not just better for you but also for the planet as your food has less far to travel thereby reducing its carbon footprint.



GO CRUELTY-FREE

You can very much pamper your skin without harming animals in the process. There still are so many brands that test their products on animals worldwide. In 2021, you should start shopping responsibly and think of the animals. Invest in brands that are cruelty-free.

MUST DOs in 2021 for your mental well-being

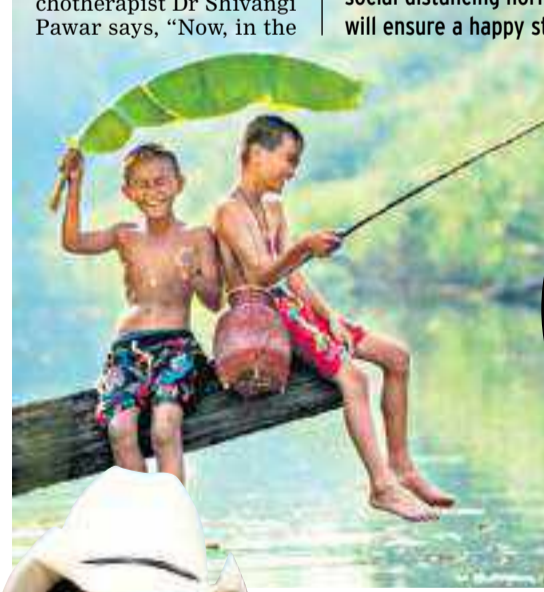
To say 2020 was harsh on people would be an understatement. The pandemic claimed millions of lives all over the world leading to morbidity and mortality. It not only affected the physical but mental well-being as well. For some it was nightmare, as people had bouts of depression, anxiety, stress, loneliness, and fear lingered on in the minds. Consultant psychotherapist Dr Shivangi Pawar says, "Now, in the New Year, 2021 see to it that you prioritise your mental health, and boost it with the vital strategies. Life did return to normalcy after the unlock phases, but, still, the pandemic continues to haunt people. It is the need of the hour to see to it that you make 2021 the year of good mental health and take care of yourself."

TOP TIPS TO UP YOUR MENTAL HEALTH...



Be close to nature:

Throughout 2020 we spend a lot of time on computers, smartphones, laptops, and other gadgets. Try to spend some time with nature and limit your screen time in 2021; maybe take a walk in the nearby garden or open area. But, make sure that you follow those social distancing norms and wear a mask. This will ensure a happy state of mind.



Organise yourself

Organise yourself, shift focus from coronavirus to your health: 2020 taught us that eating right, staying stress-free, and spending quality time with family are big priorities. 2021 should be about improving immunity, exercising, and staying in top shape. Instead of panicking about the virus, try to exercise on a daily basis as it will also help you stay healthy and happy. Also spend time with people to stay cheerful.

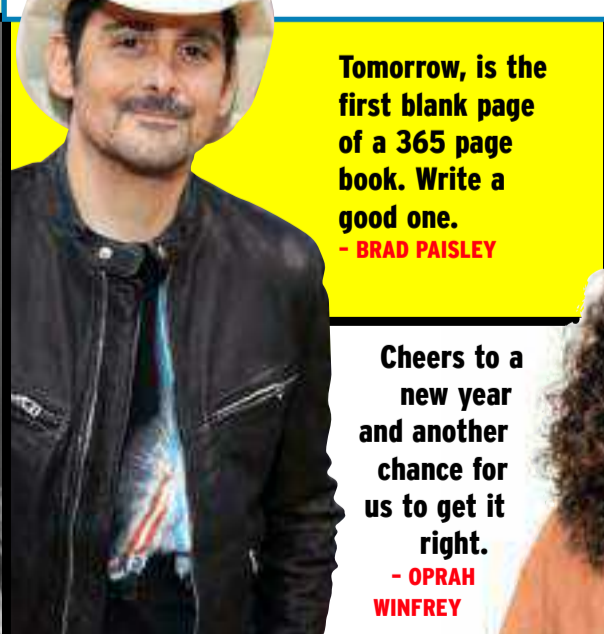
Socialise with like-minded people:

Be socially active to take care of your mental well-being. Become a part of a group or a community where one can share thoughts, concerns, and even problems. Look for the company of like-minded people. You can discuss your issues with them and feel connected.



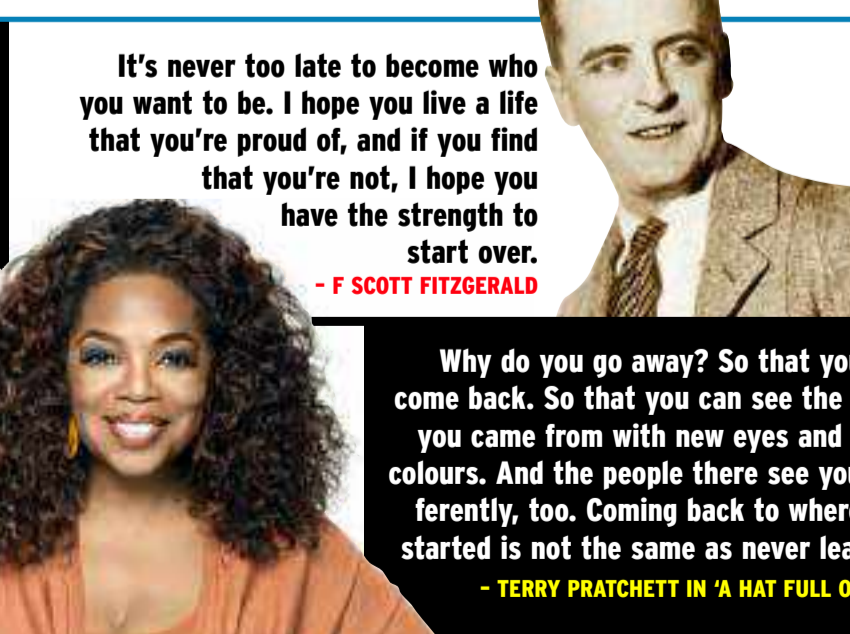
Find a hobby:

Doing what you like will ensure that you stay happy and healthy. Painting, gardening, listening to music, dancing, baking, cooking, reading or playing any instrument can be a stress-buster and can help you relax. It releases the happy hormone - dopamine.



Tomorrow, is the first blank page of a 365 page book. Write a good one.

- BRAD PAISLEY



It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over.

- F SCOTT FITZGERALD



Cheers to a new year and another chance for us to get it right.

- OPRAH WINFREY

Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.

- TERRY PRATCHETT IN 'A HAT FULL OF SKY'



Spreading Christmas joy all over

Students and educators across the state celebrated the festival of Christmas with great zeal on the virtual platform....

SGVP SCHOOL



Soaking in the spirit of Christmas the SGVP International School students celebrated the festival with enthusiasm, fervour, spreading the message of love and joy. The educators, sprinkling the magic of their love, beautifully decorated their homes creating the magic of Christmas. The celebration started with stories that signify the importance of the festival. Later the students sang melodious carols which reverberated the spirit of Christmas. Thereafter they made Christmas trees, Cards, stockings and Snowmen, etc by upcycling old socks and other materials. The students decorated the stockings and Christmas tree with different decorative materials like glitter, beads, sequins, etc. The essence of Christmas came alive as Santa Claus, students, and teachers got together and shared the merriment. The students wrote letters to Santa and expressed their wishes and desires. The students even promised Santa Claus that they will be good children throughout the year. The boundless joy of celebrating the festival was visible on the faces of all the children. It was a real treat for anyone in the spirit of the season.

BODAKDEV SCHOOL FOR CHILDREN

The recent verdict by WHO before Christmas brought a smile to the faces of our little darlings. They were thrilled when they came to know from their teachers that Santa is immune to COVID 19 and would be visiting their homes. The students were guided by their teachers on using simple decorative material available at home to decorate their



rooms. Using tips from teachers, they beautified their spaces for Christmas. Teachers took sessions to explain the Spirit of Christmas and the trend of gifting loved ones during this time of the year. They read Christmas stories like The Gift of the Magi, 'The Elves and the Shoe Maker', and Rudolph the Red-nosed Reindeer. Children prepared biscuit cakes with the help of their mummies for Santa Claus. The decorated it with strawberries, pineapples, sprinklers, and gems. The yummy biscuit cakes were kept for Santa Claus and were shared with family members at home. Students made beautiful Christmas crafts like Christmas wreath, Paper Santa and Christmas Tree using ice cream candies. Dressed in their favourite reds the stu-

dents welcomed Christmas 2020 in style. They danced, chatted with their teachers and friends, and spoke about their expectations from 2021. These festivities brought a fresh wave of positivity in their lives. With their hearts filled with gratitude for 2020, they are ready to ring in the New Year safely at their homes.

NAVNEET ARORA BISWAS, Bodakdev School for Children

ST KABIR SCHOOL, NAVRANGPURA



To spread the message of love, joy and happiness during Christmas time, the children of the primary section of St. Kabir School, Navrangpura conducted a special virtual assembly. Videos showcasing the life of Jesus Christ were shown to the students. The students enthusiastically participated and enacted the roles of Mother Mary, Father Joseph, the angels, shepherds, the wise men, etc. Choirs like "Jingle bells", "We wish you a Merry Christmas" were sung melodiously. A quiz on Christmas was also conducted. Children all dressed up in bright and elaborate costumes were a delight to watch. The highlight of the event was the arrival of Santa with beautiful gifts and messages for all. The atmosphere was filled with joy and laughter. It was indeed an enjoyable Virtual Christmas celebration!

THE EDUCATIONIST

EXPERIENCE OF ONLINE TEACHING!

RENUKA SHETTY, EDUCATOR, UDGAM SCHOOL FOR CHILDREN

I am a primary section teacher, dealing with the youngest students at the school - children of class I. It is fun for me. The day the lockdown was declared, and schools were shut down, it started off as a bad dream wherein I knew none of my students. My knowledge of computers was limited to making simple worksheets, but I was assured that by the training provided by the school on how to take classes online, I will be able to connect with my students smoothly.

Even just talking on a video call was an uncomfortable experience and the thought of teaching online seemed like a nightmare. Slowly, with the help of my daughter and rigorous training by the school, I did get myself prepared to conduct my online classes. My first class included interaction with the students to get us all acquainted to the new system of learning. As the days passed, I became confident and relaxed with this new way of teaching. To make the class lively, I started conducting small activities.

The very first time, I conducted an activity in which the children had to dance at the right option and freeze themselves at the wrong option. After the class, I got a lot of positive feedback but the one I remember the most is when a parent called me and informed me that their child had run to his grandparents after class and expressed his glee with that day's activity.

One day I wasn't feeling well and when I entered the call, a student asked, "Ma'am, why are you looking so sad today?" It was a moment that touched my heart. One day, I took up the story of 'The Crow and The Fox' and I asked my students to give different endings to the story. I was amazed by the different endings they gave but one student's ending of the crow and fox becoming friends and sharing the cheese remains my favourite. The journey of online classes will forever be a fond memory I shall cherish even after we get back to our regular school.



Express YOURSELF



Zikra Ansari, Class III, St. Kabir School



Saanvi, Class V, St. Kabir School, Navrangpura



Jenil Dalki, Class IV, Zydus School For Excellence



Pareena Mehta, Class IV, St. Kabir School



Rudranshi Oza, Class IV, Zydus School for Excellence



Ishwa Pandya, Class IV, St. Kabir School



Zinnia, Class IV, St. Kabir School



Krish Joshi, Class III, Podar World School Sherkhi



Virti and Vruti, Class III, St. Kabir School

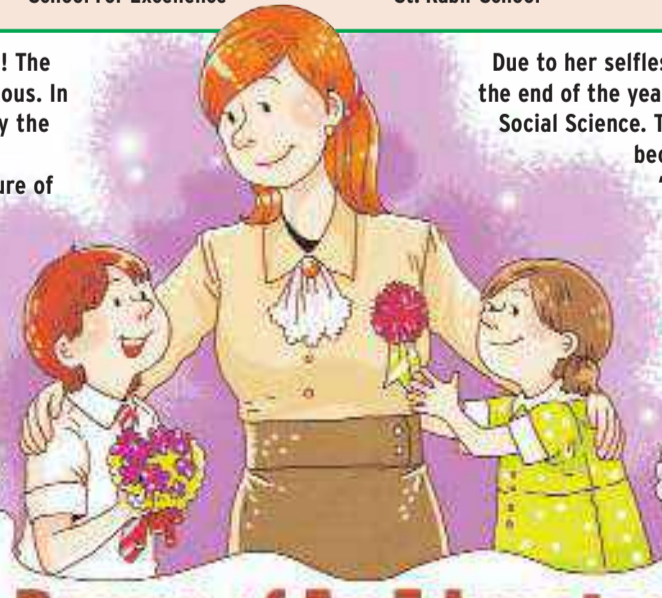


Zil Sanghvi, Class IV, St. Kabir School



Maanvik, Class III, St. Kabir School

How innovatively has our world transformed!!! The contribution of education has been tremendous. In this field, a more important role is played by the educators who make our future bright. Shree Vasishtha Vidhyalaya has a precious treasure of wonderful teachers and one of them is the dearest and nearest to me is Runa Nath. She is versatile in all Social Science subjects. Her methods of imparting knowledge is indeed unique. The way she brings all of us together and makes class jovial is amazing. She always teaches us to be disciplined and punctual. Solving our doubts, no matter what time it may be, she is always ready to help us.



Due to her selfless efforts to mould us through her proficiency, at the end of the year, I observed my perception changing towards Social Science. The subject which seemed so boring to me has become my favourite subject. She always says, "Never stop questioning." And now I really found her advice to be true. Her indoctrinating attitude motivates everyone in the class to follow her suggestions. I see her as an innovative and inspiring teacher, who pours a sufficient and balanced dosage of love and discipline at the right times. I will always remain obliged to her for shaping my attitude and being a true educator in a complete sense.

MAHARSH BHATT, Class VII, Shree Vasishtha Vidhyalaya

Power of An Educator

WHY IS INDIA RELUCTANT TO TRAVEL TO BRISBANE FOR THE 4TH TEST?



Ajinkya Rahane will look to replicate his form in the 3rd test

While reports have emerged that the Indian team is reluctant to play the fourth Test of the ongoing series at the Gabba in Brisbane due to harsher bio-security protocols they will be subjected to there, the Australian team confirmed it will go ahead with the schedule even if it means making sacrifices and enduring strict conditions

INDIAN VIEWPOINT

WE WERE IN A HARD BUBBLE FOR NEARLY A MONTH BEFORE COMING OUT

The third Test in the four-match series is slated to start at Sydney Cricket Ground on Thursday after Cricket Australia decided not to move the match in the wake of an outbreak of Covid-19 cases in the city's northern beaches. On Monday, both squads will fly to New South Wales, which reported eight new locally transmitted cases of the virus and ramped up social distancing measures on Sunday.

Reports in the Australian media, citing sources within the touring party, said India's players, many of whom have been in some form of quarantine or other for six months, would refuse to travel if they were going to be subjected to a hard lockdown.

India's cricket chief Sourav Ganguly said way back in July that the team would tour Australia but called for shortened quarantine periods for players. "We don't want the players to go all that far and sit in hotel rooms for two weeks. It is very, very depressing and disappointing," he had said at the time.

That is supported by the report from Cricbuzz, with a source inside the Indian team telling the news site that they are not keen on travelling to Brisbane in the current environment. "If you look at it, we were quarantining for 14 days in Dubai before landing in Sydney and doing so for another 14 days. That means we were in a hard bubble for nearly a month before coming out. What we don't want now is to quarantine again at the end of the tour," the source told Cricbuzz.

We aren't keen on going to Brisbane if it means being stuck in the hotel again, except for going to the ground. Instead we don't mind being in some other city, playing both Test matches there to complete the series and returning home," he added. "All we're saying is the boys have been in various states of lockdowns and bubbles for nearly six months now. And it's not been easy for anyone."

But Queensland government (Brisbane is the capital of Queensland) members hit back at team India. The state's Health Shadow Minister Ros Bates bluntly said: "If the Indians don't want to play by the rules, don't come."

AUSTRALIAN VIEWPOINT

THE SCHEDULE HAS BEEN ROLLED OUT, WE WILL STICK TO IT

The Gabba in Brisbane has been a fortress for Australia, who haven't lost a Test there in 30 years. India have a poor record at the Gabba, losing five of the six Tests they have played while drawing one in 2003, which too was curtailed by rain.

While the schedule was rolled out well before the start of the series and the BCCI accepted it, reports of them boycotting emerged over the last 24 hours after Cricket Australia announced an investigation into a possible breach of Covid-19 bio-security bubble protocols by five Indian players who had gone out to eat in a Melbourne restaurant.

Australia batsman Matthew Wade was on Sunday told about the possibility of India boycotting the Gabba Test. He said they are looking forward to the Gabba Test and willing to make sacrifices to follow the schedule. Asked if he would like to play back-to-back Tests in Sydney due to harsher quarantine in Brisbane, Wade said, "No. Obviously we would prefer not to. The schedule has been rolled out, we stick to that. There was speculation about staying in Melbourne. Cricket Australia was firm that we will stick to the schedule that we rolled out at the start of the summer."

The 33-year-old, who has been turned into a makeshift opener for this series, felt that shifting the last Test from Brisbane would hurt Australia. "It could do. It is no secret that we all like starting the season there exactly for that reason as our record is very good there and we tend to play good cricket there. India has got a great bowling line-up and great team...we certainly won't take it for granted when we get there and play them but yeah we would love to play at the Gabba. Two games at SCG, we wouldn't want to do that. No secret there. We love Gabba and we want to get there."

Though Australia have traditionally opened their Test season, especially with a four or five-Test series, at the Gabba and drawn early advantage, India have in recent times not been given the series opener at the Gabba unlike on previous tours. The leeway to India has attracted criticism from Australia cricketers icons like Allan Border and Matthew Hayden.

VS

WHERE SHOULD ROHIT SHARMA BAT?

Rohit Sharma's elevation as a Test opener in the home series against South Africa last year was a huge success but lack of match practice and the circumstances in which he has arrived in Australia, means Rohit is not a certain starter at the top of the order

It will be a toss-up between Mayank and Vihari. Dropping Mayank will be a tough call since he has scored hundreds and double hundreds over the last 18 months. I am still not sure about Rohit opening because he is coming after a long break. Will he prefer to open or bat in the middle order? That is another question. And what kind of role is the team management expecting from Rohit. That is also a factor. Whether they want Rohit to give the team a flying start or anchor the innings in the middle?

MSK Prasad, former chief selector

I will have Mayank - Rohit opening, Gill in middle order, and Vihari goes out for the third Test.

Sunil Gavaskar, former India captain

We will have a chat with him to see where he is placed physically because he has been in quarantine for the last couple of weeks. Also got to see how he feels before we take the call.

Ravi Shastri, head coach

Shubman Gill was very impressive. He is a huge talent. He showed excellent skills and temperament in both the innings. In Agarwal's place, I would put Rahul in and Rohit in place of Vihari. Rahul has to play as he is your in-form player and has been in Australia for a while. Agarwal is a good player but looks short on confidence.

Dilip Vengsarkar, former chief selector

Real Madrid see off Celta Vigo to return to La Liga summit



Real Madrid beat an in-form Celta Vigo 2-0 at home, thanks to a goal and assist apiece from Spanish pair Lucas Vazquez and Marco Asensio, putting the side above city rivals Atletico Madrid at the top of La Liga. The win took the Spanish champions to the summit on 36 points, one ahead of second-placed Atletico. Real were smarting from a surprise 1-1 draw at struggling Elche in their last match and were missing captain Sergio Ramos, who was out with a stomach bug.

Photo: AFP

TEST YOUR KNOWLEDGE

Q1: Which was the first team sport for female athletes introduced in the Olympic, at the 1964 Tokyo Games?

- a) Futsal b) Softball c) Volleyball d) Handball

Q2: Who is the first cricketer to make 100 Test match appearances as captain?

- a) Herschelle Gibbs b) Graeme Smith c) Ricky Ponting d) Mahendra Singh Dhoni

Q3: The longest tennis grand slam match was played between which two players?

- a) Julien Benneteau and Mike Bryan b) Max Mirnyi and Nenad Zimonjic c) John Isner and Nicolas Mahut d) Marcelo Melo and Henri Kontinen

Q4: Who holds the record of fastest 1,000 runs from debut in One Day Internationals?

- a) Shikhar Dhawan b) David Warner c) Rohit Sharma d) Fakhar Zaman

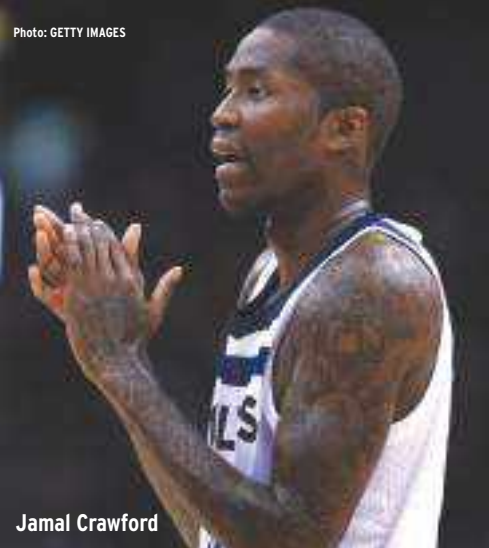
Q5: Who was India's first woman Olympic medal winner, taking a bronze at the Sydney 2000 Olympic Games?

- a) PT Usha b) Karnam Malleswari

- c) Mary Kom d) Anju Bobby George

Q6: In the year 2019, Jamal Crawford became the oldest player to score 50 or more points in an NBA game. Whose previous record did he surpass?

Photo: GETTY IMAGES



Jamal Crawford

- a) Kareem Abdul-Jabbar b) Kobe Bryant c) Magic Johnson d) Michael Jordan

Q7: Who is the first woman since 1932 to win individual gold medals in different sports at a Winter Olympics?

- a) Christa Luding-Rothenburger b) Ester Ledecká c) Marit Bjørgen d) Claudia Pechstein

Q8: The fastest long course butterfly (female) was completed in 55.48 seconds. Which of the following athletes achieved this?

- a) Sarah Sjöström b) Katie Ledecky c) Simone Manuel d) Penny Oleksiak

Q9: Who is the first male tennis player to defend 10 Grand Slam singles titles?

- a) Novak Djokovic b) Andy Murray c) Roger Federer d) Rafael Nadal

Q10: Which badminton-playing country holds the record of most consecutive wins in Sudirman Cup?

- a) Denmark b) Indonesia c) South Korea d) China

Q11: Who is the oldest Olympic gold medalist?

- a) Oscar Swahn b) Åke Lundeborg c) Per-Olof Arvidsson d) Walter Winans

ANSWERS: 1 c) Volleyball 2 b) Graeme Smith
3 c) John Isner and Nicolas Mahut
4 d) Fakhar Zaman 5 b) Karnam Malleswari
6 d) Michael Jordan 7 b) Ester Ledecká
8 a) Sarah Sjöström 9 c) Roger Federer
10 d) China 11 a) Oscar Swahn



THE TIMES OF INDIA



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TODAY'S EDITION

> Which animal migrates the longest distance, how stars are formed and MORE
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> 10 most-anticipated films of 2021
> Books and music trends for the New Year
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> Get to know some incredible comebacks in sports history
PAGE 4



STUDENT EDITION

SATURDAY, JANUARY 2, 2021



CLICK HERE: PAGE 1 AND 2



If you have been following the memes, word is out that 2021 is actually another way to say "2020 Won"! As the world reels under a new year that may not be returning to the old normal anytime soon, it's time to dig in your heels. 2020 challenged us in every way. Let's make 2021 our own exciting challenge by exploring the unknown. Make it a year of growth and learning. Here are some ideas to...

Prioritise family time

This pandemic saw many people drive to their homes and even remote hometowns. It was seen that people spent most of the time with their parents, and grandparents which strengthened family bonds. No matter what the situation is but this pandemic has proved once again that family comes first. Everyday make quality family time a priority.



What you can do?
Cook, garden or declutter together

Become part of your community



What you can do?
Start with getting to know your neighbours well

Neighbourhoods and communities came to the rescue during the pandemic, feeding families of Covid victims and organising health camps. There really is something to be said for community spirit. People who voluntarily give their time to improving their local area are well respected and in return, gain boosted feelings of self-esteem.

Hydrate

This one is hardly new but it's relevant and something that needs to be emphasised. Hydration is the key to good health of the body, mind and skin - which means giving optimum hydration inside out. For internal hydration have enough water - 7-8 glasses per day or more if you are working out or playing strenuous outdoor sports like squash, tennis, etc. For topical hydration for skin, wear moisturiser every single way, be it snow, rain or sunshine. Invest in a good lotion that suits your skin type.

What you can do?
Download a water tracker to get into the habit of drinking enough water

Quit a bad habit

What you can do?
Make a list and get busy striking them off

Life is too short to be wasted recklessly. From smoking to junk eating, quitting a bad habit will make you feel far more positive about your life in general. If you cannot find anything that you'd like to change about your daily routines, consider the people you interact with. If a friend leads you to bad decisions, consider stepping back and spending more time with more positive people.

START ON THE RIGHT FOOT

HOW TO START A NEW HABIT

- Stack your habits.** Tie your new habit to an existing one. For instance, a morning cuppa can be tied in with meditation or while brushing do some squats.
- Start small.** Big behaviour changes require a high level of motivation that often can't be sustained. The Japanese follow the practice of kaizen which loosely means small, continuous change. The core idea is that little changes, almost unnoticeable on their own, eventually add up to that big change you're after.
- Do it daily.** A British study published in the European Journal of Social Psychology, showed that the amount of time it took for a task to become automatic aka a habit ranged from 18 to 254 days. Habits form faster if you do them daily.
- Make it easy.** Clear the habit obstacles on your way. Want to start gymming, pack your bag overnight? Hate stepping out, make an indoor plan for workout. Or sleep in your workout clothes to avoid excuses for the morning.
- Take a challenge.** Fitness challenges are dime a dozen. Pick something that suits your goal or make your own and get friends involved. Group goals is a great way to keep each other motivated.



Plant a tree on special days

We have witnessed the repercussions of climate change in the last couple of years and it's a wake-up call to be more invested in protecting our environment. Take a simple step to make Mother Earth thrive - plant a tree in your neighbouring areas or wherever you can on special days like your birthday, your parent's anniversary, your best friend's birthday and so on - and also nurture it.



What you can do?
Learn how to grow a plant from a seed

Donate clothes/toys to needy

So your wardrobe is full of clothes and there are some that are in decent condition but a bit frayed on the edges or you are just not into that jacket you got from your cousin last year. Don't waste these items in your closet as your out-of-style jacket is useful enough to give warmth and clothing to less privileged children. Pick those clothes and toys and donate them to people for whom it will make a world of difference. Do this every few months and enjoy the process of giving to others.



What you can do?
Don't buy anything new till the time you get rid of at least five items in your closet

Restrict time on social media

Almost all of us are guilty of spending more time than required on our Insta and Snapchat feed. Nothing terrible about it but try doing a 'time out' for your social media browsing and you will find more time to connect in real life with your family, friends, pets and yourself too. It's simple - make social media usage a mindful exercise rather than a waste of time and reap the benefits of more real time in your life. Start by keeping a watch on the amount of time you spend and consciously log out once it exceeds 15 minutes.

What you can do?
Set a time tracker on your handles



Start saving



It is absolutely not possible that we skip this change in 2021. The lockdown took away jobs and livelihood of many. There was a recession, layoffs, and terminations. So, it is crystal clear that money-saving is another important lifestyle factor that we have to take along.

What you can do?
Take proper calls and plan future expenditures at the start of 2021

Plan grocery/meals

This is a crucial life skill and inculcating this habit from childhood will make your transition into adulthood easier than you can imagine. Take the initiative to go grocery shopping with your parents - be it to the supermarket or to the vegetable vendor on the streets. Knowing a ripe fruit from a half rotten one takes time and you even acquire negotiating skills. Plus reading labels in stores, comparing prices, knowing a good deal and so on - is priceless. Ditto for planning meals - to know what to cook for a family depending on what is available in the pantry.

What you can do?
Insist on tagging along to the next shop visit

Cultivate a positive attitude

Choosing a positive attitude is one of the most powerful things we can take into 2021. Psychologist Rick Hanson said: "The brain is like Velcro for negative experiences but Teflon for positive ones." It's important to build our ability to stay with the positive thoughts for longer. Start by self-motivating yourself.



What you can do?
Praising yourself for a good effort. Be your own cheerleader

Start sleeping well

Last year made people realise the importance of sleep. Dr James Maas, author of Sleep For Success, wrote that if you don't get your ZZZs, you're setting yourself up for a whole host of health problems. Sleep controls our moods, regulates weight, diabetes, skin issues and a host of other health parameters.



Start a morning routine

Starting the day on a good note is an essential part of the journey called life. Wake up earlier this year, try some form of exercise, throw in some me time for quiet contemplation before joining your family for a healthy breakfast. As long as you avoid the temptation of falling back into bed or wasting half the day before reaching a stage of productivity, you will be fine.

What you can do?
Aim for an early start - start shaving 15 minutes off your routine in the morning to begin with

HEY FOLKS! I AM EXPLORIA.
HAVE YOU WONDERED, HOW ARE BLACK HOLES
DETECTED? OR, WHY DO BATS HANG UPSIDE
DOWN? DON'T WORRY WE GOT YOU COVERED



WHICH ANIMALS MIGRATE THE LONGEST DISTANCE?

Mammals, birds, reptiles, fishes, insects...all major species in the animal kingdom migrate, either to find food, escape harsh weather conditions or to breed. While the destination, season of migration and path differs among the species, it is interesting to follow their purpose of location change and track the journey through thousands of miles, across continents and seas. A look at five greatest and longest animals migrations...

ARCTIC TERN

71,000 kms

This 113 gram tiny sea bird undertakes the longest animal migration in the world, covering an annual distance of 71,000 kilometres. This bird has a circumpolar breeding distribution covering the Arctic and sub-Arctic regions of Europe, Asia, and North America. It makes the equivalent of three round trips to the Moon in its lifetime. The long journey ensures that this bird sees two summers per year and more daylight than any other creature on the planet. Arctic Terns are birds with a good lifespan, with many living up to 30 years. They eat mainly fish and small marine invertebrates.



SOOTY SHEARWATER

65,000 kms

The Sooty Shearwaters' journey took them from breeding colonies in New Zealand to winter-feeding sites in Japan, Alaska or California. Their migration path covered the whole of the Pacific region, taking about 200 days to complete. The birds use global wind system to follow the right migratory path. They consume enough food like squids and krills from the Pacific regions and return to New Zealand for breeding. Data shows that some birds travel up to 910km in a day, and dive to depths of 68m in search of food. Sooty Shearwaters are 40-51 cm in length with a 94-110 cm wingspan.



NORTHERN ELEPHANT SEAL

21,000 kms

Renowned for their long migration distances and their incredible diving abilities, Northern elephant seals—so named because of their long elephant-like noses—breed, give birth and moult (loss of feathers, hair or skin) in California and Baja California (in Mexico), mostly on offshore islands. Outside the breeding and moulting seasons, they feed as far north as the Gulf of Alaska. Male and female elephant seals are believed to feed on different prey. The female diet is primarily squid and the male diet is more varied, comprising small sharks, rays and other bottom-dwelling fish. Elephant seals make this migration twice a year.



LEATHERBACK TURTLE

20,000 kms

Leatherback Turtles are named so because of their shell, which is leather-like and not the hard shell that is found typically in ordinary turtles. They are the largest sea turtle species—nearly seven-foot-long and exceeding 900 kilograms—and also, migrates, crossing both the Atlantic and Pacific Oceans. Pacific leatherbacks migrate from nesting beaches in the Coral Triangle (encompassing six countries in the Indo-Pacific) all the way to the California coast to feed on jellyfish every summer and fall. Leatherbacks can dive up to depths of 4,200 feet—deeper than other turtle.



HUMPBACK WHALE

22,000 kms

Humpback whales make the longest migration journey among mammals in the world. They travel through oceans and cover a distance of 22,000 kilometres every year. Humpbacks migrate annually from summer feeding grounds, near the poles to warmer winter breeding waters closer to the Equator. The mothers and their young ones swim close together, often touching one another with their flippers, as supposedly, a gesture of affection. Humpbacks are powerful swimmers, and they use their massive tail fin to propel themselves through the water and sometimes, completely out of it.



How are black holes detected?



Black holes do not emit light; in fact they completely absorb and trap light that gets close enough to them. So, if this is the case how can we possibly observe or detect them? It turns out that while black holes do not emit light or any matter, the effects of black holes are detectable. As matter is pulled into the black hole, it accelerates and heats up. As the temperature of the matter increases, atoms are ionised. Once the atoms reach temperatures of a few million Kelvin, X-rays are emitted. These X-rays can be detected and observed by scientists here on the Earth. The second way scientists detect black holes is by observing their gravitational influence. For example, at the centre of our galaxy—Milky Way—we see an empty spot where all of the stars are circling around as if they were orbiting a really dense mass. That's where the black hole is.

What causes jet lag?

For frequent fliers and international travellers, the symptoms of jet lag are all too familiar. Disturbed sleep, daytime fatigue, difficulty in concentrating and functioning, and even stomach problems are a fact of life. Jet lag happens because rapid travel throws off our circadian rhythm—the biological clock that helps control when we are awake and fall asleep. The clock guides feelings of alertness in the mornings and sleepiness at night, and it regulates bodily functions such as hunger and temperature. Travelling disrupts that rhythm because there's a desynchronisation between the environment and our internal schedule, which leads to jet lag.

Why are some clouds dark in appearance?

As sunlight passes through a cloud, tiny water droplets that make up the cloud scatter all colours of the light in the same manner, producing a white colour. As the cloud gets thicker, less light can pass through to the base of the cloud and it appears darker. Where you are when you're looking at a cloud can also affect what colour it will appear to you. If you're standing underneath the base of a tall cloud, it will appear grey because little light can get through the cloud. If you are standing farther away from the same cloud and viewing it from the side, it will appear white because the light is not passing through the cloud before it reaches your eye.

How are stars formed?

Stars are born within giant clouds of dust and gas known as molecular clouds. These clouds remain cold and dormant for thousands of years. However, when massive energy is released either from a distant supernova or some streaking comet, turbulence is created within these clouds. Particles within the clouds collide and this gives rise to small knots or clumps with sufficient mass and therefore a stronger gravitational pull. The gravitational pull attracts more particles from the surrounding clouds and the gas and dust thus begin to collapse. As the clump attracts more matter from the cloud, its centre begins to heat up. Known as a protostar, it is this hot core at the middle of the collapsing cloud that one day will become a star. However, the process takes millions of years. A star the size of our Sun requires about 50 million years to mature from the beginning of the collapse to adulthood.



Why do bats hang upside down?

Unlike birds, bats are unable to begin flight from the ground as their wings are not powerful enough and their legs lack the necessary strength for a running take-off. They use their front claws to climb to a high spot and launch themselves off to achieve flight. By sleeping upside down, they are able to quickly and easily begin flight. Another reason they hang upside down is that bat's talons (claw) work opposite to most muscles. When they relax, their talons shut, meaning they do not need to exert any energy if they hang upside down. Contracting the muscle releases them and allows flight to begin. In addition, bats can roost in places that predators or other animals might not be able to find.

What are superfoods?

Superfoods are foods—mostly plant-based but also some fish and dairy—thought to be nutritionally dense and thus good for one's health. The term has no set scientific meaning, and any list of "top" superfoods is purely subjective. Some of the so-called "superfoods"—such as spinach, beans, sweet potatoes, salmon, fruits, nuts, whole grains and berries—are said to be rich in nutrients. Superfoods are considered healthy for the most part, barring when contaminated with preservatives or additional sugar. Lists of superfoods are extensive on the Internet. Some websites list as many as 50 or 100. It is noteworthy that all though superfoods are considered good for a bout of energy, one should largely opt for a wholesome diet to stay fit and healthy.



Can lightning be harnessed as a source of power?

A lightning strike produces one billion to 10 billion joules, according to the lightning library at the University of Illinois Department of Physics. That's enough to power a light bulb for almost four months. But even during a thunderstorm it's incredibly difficult to predict when and where lightning will strike. Assuming that you are lucky and get a lightning bolt to hit your conductor, there would be major difficulties in storing the energy and then converting it to alternating current so it can run your appliances. Also, much of the lightning bolt's energy goes into heating the surrounding air to temperatures greater than the surface of the Sun. So even if you have managed to overcome the problems of collecting, storing and converting the energy from the lightning to make it useful, you would still only be harnessing a small proportion of the lightning bolt's power.

"We know what we are, but know not what we may be." WILLIAM SHAKESPEARE, playwright
 "We must be willing to let go of the life we have planned, so as to have the life that is waiting for us." E. M. FORSTER, author

10 most ANTICIPATED films of 2021



DUNE
 Starring Timothée Chalamet as the protagonist, Paul Atreides, this Denis Villeneuve movie adaptation of Frank Herbert's eponymous novel, was supposed to be released in 2020. Pushed ahead to 2021, this famous science fiction fantasy novel tells the story of Atreides' journey to become the leader of nomadic tribes for a battle to control the desert planet, Arrakis.

TOP GUN: MAVERICK

Navy pilot, Pete 'Maverick' Mitchell, keeps pushing the envelope after years of service as one of the Navy's top aviators. He will be forced to confront unresolved issues from his past while training a new squad of graduates for a dangerous mission.



BLACK WIDOW

The film is set to feature classic Marvel villain Taskmaster, in this Marvel Phase Four film, which roughly takes place some time after 'Captain America: Civil War'. The Budapest storyline, teased in the first 'Avenger' (2012), will be part of the plot of this film. It begins from Natasha Romanov being given away to KGB right after birth. The KGB grooms her to become its ultimate operative, the Black Widow.



THE MATRIX 4

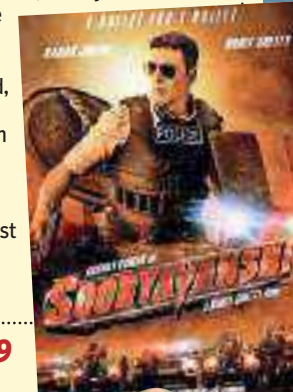
Keanu Reeves and Carrie-Anne Moss will reprise their roles as Neo and Trinity in this fourth installment of the 'The Matrix' series, which had ended almost two decades ago. The new film stars Neil Patrick Harris, Yahya Abdul-Mateen II, and Jada Pinkett Smith, who played Niobe in the two Matrix sequels. It is rumored that Abdul-Mateen might play a young Morpheus in the new film as Laurence Fishburne isn't returning as Morpheus. Very little is known about the plot so far. It's a good time to watch the trilogy, one of the highest grossing films of Hollywood ever made.



NO TIME TO DIE
 Starring Daniel Craig as James Bond, this film begins five years after the events of 'Spectre', the last Bond film released in 2015. Bond has left active service and almost retired... till he is approached by Felix Leiter, his friend and CIA officer, who wants to find a kidnapped scientist, Valdo Obruchev.

SOORYAVANSHI

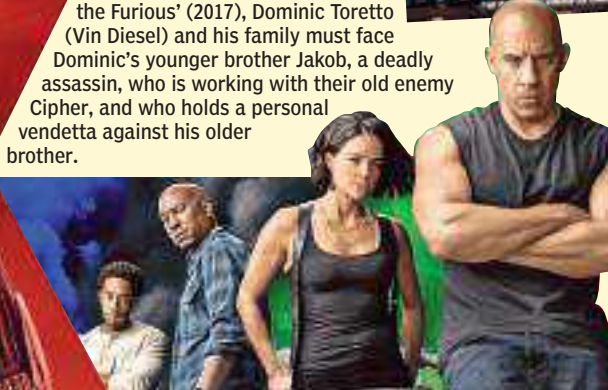
In this Rohit Shetty film, DCP Veer Sooryavanshi (Akshay Kumar), the chief of the Mumbai anti-terrorism squad, joins forces with Inspector Sangram Bhalerao (Ranveer Singh) and DCP Bajirao Singham (Ajay Devgn) to stop a terrorist group planning to attack Mumbai.



LAAL SINGH CHADDHA
 Adapted from 'Forest Gump', Aamir Khan plays the title character in this film directed by Advait Chandan. At a bus stop, Laal Singh Chaddha recounts his life story to strangers who sit next to him on a bench.

FAST AND FURIOUS 9

After the events of 'The Fate of the Furious' (2017), Dominic Toretto (Vin Diesel) and his family must face Dominic's younger brother Jakob, a deadly assassin, who is working with their old enemy Cipher, and who holds a personal vendetta against his older brother.



83

One of the most anticipated Bollywood releases in 2021, Kabir Khan's '83' is the story of Indian cricket team's World Cup victory in 1983, led by Kapil Dev. Ranveer Singh plays the Indian cricket captain in the film.



MAIDAAN

This biographical sports film starring Ajay Devgn is based on the golden era of Indian football. Devgn plays football coach Syed Abdul Rahim, who is regarded as the architect of Indian football. The story is about change, self-belief, and the most beautiful game on earth.

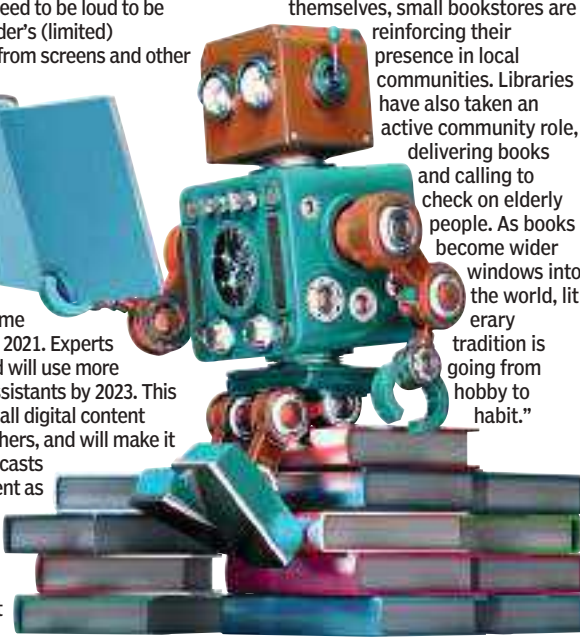
Book trends 2021!

DISRUPTIVE BOOK COVER DESIGNS

Move over minimalism. According to www.99designs.com, book cover designs will get big, bold and loud this year. The idea is to hold back a key part of the image to create a more enjoyable reading experience; by teasing and tantalizing readers about what's to come. Another trend to watch out for is books with bold all-over patterns across their front and back covers. If you are wondering why, well, old-school paper books need to be loud to be able to divert the reader's (limited) attention span away from screens and other digital distractions.

MORE AUDIO BOOKS

According to Techcrunch, audiobooks will become even more popular in 2021. Experts predict that the world will use more than 8 billion voice assistants by 2023. This will, of course, affect all digital content producers and publishers, and will make it essential to offer podcasts and other voice content as a part of a successful digital content strategy. The publishing trend will also benefit



from the advancements in Artificial Intelligence (AI) - it is poised to help authors publish their work and assist publishing houses to be more efficient.

BOOK DISCUSSIONS, MORE LIBRARIES

Facebook published a 40 page report that forecasts important consumer topics and trends for 2021. The data shows that discussions related to authors, literature and history, have spiked; and will continue to be trends into 2021. "Beyond the books themselves, small bookstores are reinforcing their presence in local communities. Libraries have also taken an active community role, delivering books and calling to check on elderly people. As books become wider windows into the world, literary tradition is going from hobby to habit."

GENRE ALERT

PANDEMIC: 2020'S MUSE

Throughout 2020 publishers raced against time to release books that shed light or reported on #Coronavirus, a topic that has trended on social media sites on a daily basis. These included reported narratives, doctors' accounts and extended up to spiritual guides and poetry and more. And this is poised to continue in 2021. For example: Patient Zero (a collection of case studies and medical histories of Covid-19's impact) by physician Lydia Kang and journalist Nate Pedersen is to be published in 2021, and has already been making news in 2021.

MORE ONLINE READING

According to www.paperkit.com, the publishing world is undoubtedly heading towards a digital future with 44% of the world population already reading online. This increased during the 2020 coronavirus outbreak, when more readers turned to digital instead of printed content for fiction as well as for non-fiction content.

BRAND LOYALTY

Most book marketing websites also predict 2021 will focus on building brand loyalty. According to them, publishers will develop content, experiences and customer service channels for their loyal customers to cultivate the feeling of belonging to a specific community.

"Teens are being portrayed with depth because they are multidimensional, and they deserve to be portrayed as such"

Let's get to know Kiernan Shipka a little better as 'The Chilling Adventures of Sabrina' comes to an end

Born to John Young Shipka, a real estate developer, and Erin Ann Shipka, Kiernan has made a name for herself early in life. The now 21-year-old's debut performance was in 'ER', the American medical drama, as a five-month-old baby. After a few commercial print advertising as a baby, she landed the role of Sally Draper in 'Mad Men', when she was just 7. Shipka became a show favourite and a regular by the time it ended, when she was in her early teens. After starring in a few films ('The Blackcoat's Daughter', 'Let it Snow') and the TV series ('Feud: Betty and Joan') - where she was praised for her performance - she got the role of the protagonist in 'The Chilling Adventures of Sabrina'. She won the Screen Actors Guild Award for ensemble cast in 'Mad Men'. In 2014, she was named 'Most Influential Teen' by 'Time'. Shipka's major source of income is acting. Her net worth is approx. \$3 million, which makes her a millionaire.



She often talks about her love for food on her Instagram account (@kiernanshipka), especially Italian cuisine and sushi. She has learnt ballroom dancing, playing the guitar, and Muay Thai for self defense.

Style evolution

Shipka can rock everything from retro to strapless evening gowns to straight-off-the-runway looks. Over time her style has only gotten better. She landed a Fendi campaign in 2019.



MUSIC TRENDS 2021 Nostalgia rules

Old is gold
 I know. Oldest cliché, right? Yet, in 2020, due to the pandemic, we've had time to listen to our old favourites more than any other year. Not just that particular song we like but the whole album. In 2020, even as things get better with the vaccine, we will continue to listen to whole albums. One of the reasons is that while working, a soft melody in the background can light up our souls. Whether it's 90's Bollywood, AR Rahman or RD Burman playlists, Coke Studio, Pink Floyd, film soundtracks... familiar music makes us feel good any time because we all love a dose of nostalgia from time to time.

Streaming is up, so is buying records
 This year was the 'Year of Streaming': movies or music.

People streamed music more than ever while working from home. But people also bought music from record stores or online. In fact, record stores in the West saw a jump in sales once the full lockdown got over some time mid last year.

Genres dissolving
 Music is coming out of the strict genres boxes we once talked about. It has been happening for a while. But YouTube, new musicians, bands, have all been experimenting more this year because of lack of any other engagements and the new music genre is that it has no genre. There's hip-hop with country, techno with folk and many more such combinations.



4 BOOKS TO WATCH OUT FOR

How To Change The World by Rashmi Sirdeshpande & Annabel Tempest: Itching to change the world? In Rashmi Sirdeshpande's new book, you'll learn about 15 phenomenal things people have achieved throughout history. Learn how craftsmen built the Great Pyramid in ancient Egypt, when the Ancient Greeks first established democracy, how campaigners fought for women's right to vote and how Rosa Parks helped initiate the US Civil Rights Movement.

The Worries: Sohail Finds a Friend by Jion Sheibani: To make himself feel better, he draws his worries which come alive as furry creatures. A beautiful lesson in the complexities of emotions that we feel on a daily basis, and a great book for youngsters trying to understand themselves.

A Swim in a Pond in the Rain: In Which Four Russians Give a Master Class on Writing, Reading, and Life by George Saunders: One of the greatest short story writers of our time draws on his own love of Chekhov, Turgenev, Tolstoy and Gogol - and on his joy in teaching them to his students.

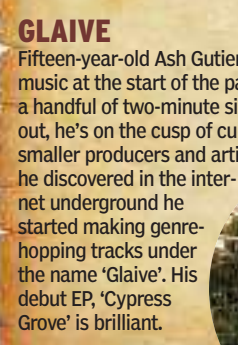
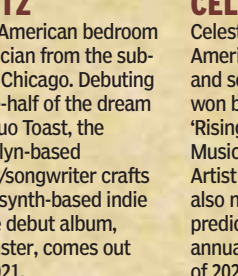
What's Inside A Flower? by Rachel Ignatofsky: Budding scientists will love exploring the stunning pages of this informative non-fiction book that teaches children how flowers grow.

FOUR PROMISING YOUNG MUSICIANS TO LOOK OUT FOR

CLAUD MINTZ
 Claud is an American bedroom pop musician from the suburbs of Chicago. Debuting as one-half of the dream pop duo Toast, the Brooklyn-based singer/songwriter crafts warm, synth-based indie pop. The debut album, Super Monster, comes out February 21, 2021.

CELESTE
 Celeste Epiphany Waite is an American-born British singer and songwriter. In 2019, she won both the Brit Award for 'Rising Star' and the BBC Music Award for 'Introducing Artist of the Year'. She was also named the number-one predicted breakthrough act in an annual BBC poll of music critics, Sound of 2020. Her debut album, 'Not Your Muse' will be out February 26, 2021.

ARLO PARKS
 Anaís Oluwatoyin Estelle Marinho, known professionally as Arlo Parks, is a British singer-songwriter and poet from West London. Known for her singles 'Cola' and 'Black Dog', she was longlisted as a breakthrough act of 2020 in an annual BBC poll of music critics, Sound of 2020. Parks' debut album, 'Collapsed in Sunbeams' will be out January 29, 2021.



GREATEST COMEBACKS



There's nothing more satisfying than watching a team or sportsperson staging a remarkable comeback when the chips are down. Such turnarounds are few and far between, but when they happen, history is scripted. We take you through some of the incredible comebacks ever witnessed in sports

INDIVIDUALS

TENNIS: 2017 Roger Federer

The Swiss, ranked 17th in the world, arrived at the Australian Open in January with minimal expectations after missing the last six months of the 2016 season with a knee injury. No one expected him to end his five-year barren run at the slams at Melbourne Park. But incredibly, the then 35-year-old came from a break down in the fifth set to beat his great rival Rafael Nadal in the final. It handed Federer a record-extending 18th grand slam titles.

BOXING: 1987 George Foreman

George Foreman returned to boxing after 10 years in 1987. Foreman left the sport in 1977 when he lost a match to Jimmy Young. Though he never officially retired, Foreman waited a decade before returning to the ring in 1987 when he was 38. He boxed for another 10 years with only three losses, cementing his spot as one of the greatest of all time. He even became the oldest heavyweight champion of all time. Foreman has been inducted into the World Boxing Hall of Fame and the International Boxing Hall of Fame.

NFL: 2016 Peyton Manning

After neck surgery almost ended his National Football League career in 2011, Manning was back in the Super Bowl, leading the Denver Broncos to a 24-10 victory over the Carolina Panthers.



SWIMMING: Michael Phelps 2016

After the 2012 Olympics, Michael Phelps stated, "I'm done. I'm finished. I'm retired. I'm done. No more." He returned to swimming two years later. Phelps was already the most decorated Olympian ever when he retired in 2012. But after two years away from the sport, the swimmer was ready to return to the pool. He ended up qualifying for the 2016 Olympics, broke multiple records, and won his 28th and final Olympic medal before leaving the sport for good as – still – the most decorated Olympian of all time.

BASKETBALL: 1995 Michael Jordan

Michael Jordan returned to basketball in 1995 via a fax that simply stated: "I'm back." Jordan was retired from basketball for 17 months, and dabbled in minor league baseball, before triumphantly returning to the NBA in 1995. He returned for another four years and three NBA championships – the second "three-peat" of his career. The basketball icon retired again in 1999, returned again in 2001 for two more years, and then finally retired for good in 2003 after two seasons with the Washington Wizards.

GOLF: 2019 Tiger Woods

The American superstar won his fifth Masters to claim his first major championship in 11 years. The triumph completed a remarkable comeback for Woods following years of surgeries and personal problems that convinced many that the American would never again win one of golf's four majors. The title, his 15th, moved him to within three of all-time leader, Jack Nicklaus.

TENNIS: 1999 Andre Agassi

The American was ranked 141st in the world at the end of 1997 but two years later he was world number one; in a year that included his victory in the 1999 French Open over Andrei Medvedev.

FOOTBALL: Brett Favre 2008

Record-breaking quarterback Brett Favre returned to football five months after formally announcing his retirement. After 15 years with the Green Bay Packers, Favre announced his retirement from football in March 2008. "I know I can play, but I don't think I want to," he stated during his retirement press conference. However, in August 2008, Favre announced that he was returning to the sport and signing with the New York Jets. He remained there for a season, was traded to the Minnesota Vikings for two seasons – setting NFL records still – and retired for good in 2011.

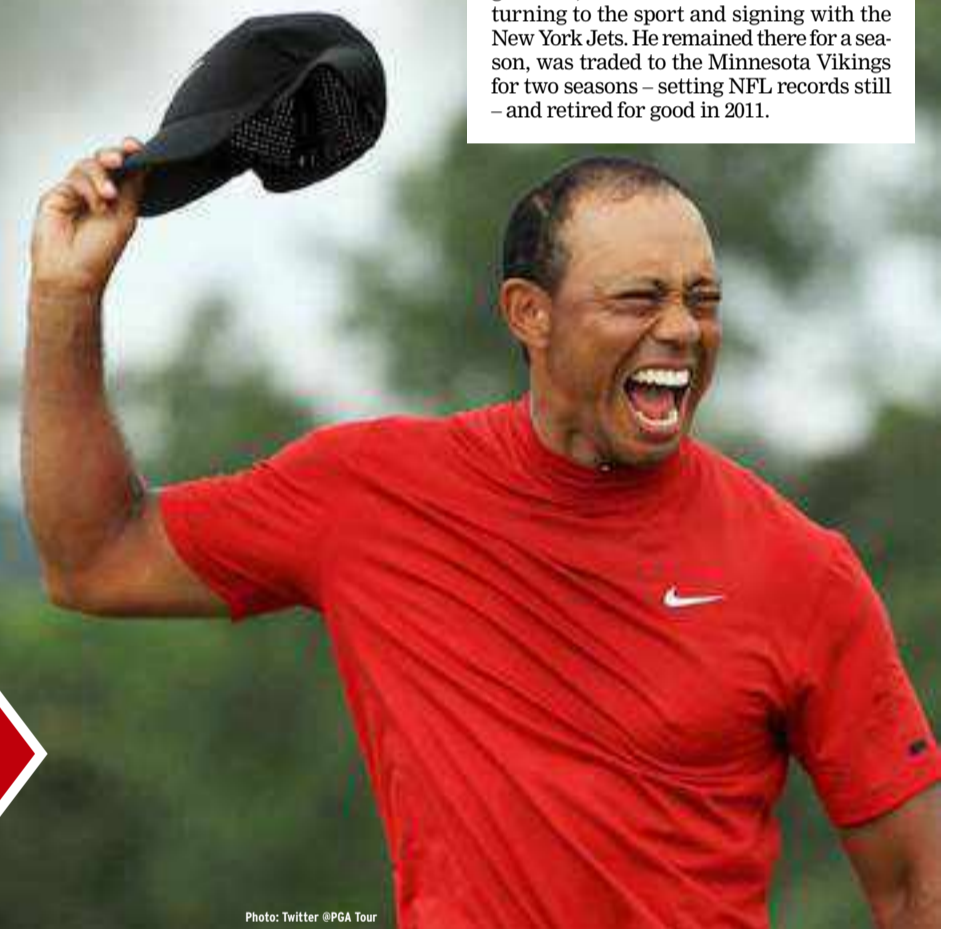


Photo: Twitter @PGA Tour

TEAMS

SOCCER:

West Germany (former) 1954

The Germans, back in the finals for the first time since the end of World War II, fielded a weakened team for tactical reasons against hot favourites Hungary in the group stage and were crushed 8-3. Although they bounced back to reach the final, no one gave them any hope against Hungary, which had not lost in 32 matches since May 1950. West Germany came back from 2-0 down to beat Hungary 3-2. The win is remembered to this day in Germany's national culture as 'The Miracle of Berne'.

SOCCER:

2012 Manchester City

Manchester City appeared to be suffering a dramatic collapse when they trailed Queens Park Rangers 2-1 on the final day of the season. But two stoppage-time goals just before the final whistle completed a 3-2 win over QPR and secured City the English top-flight title for the first time in 44 years. It was the first time the Premier League title was decided on goal difference. City's game-winning goal against QPR came 15 seconds after their cross-town rivals Manchester United had thought, albeit very briefly, that they had won the league title after defeating Sunderland 1-0.

SAILING:

2013 Oracle Team USA

The defending champions retain the America's Cup by winning seven consecutive races against New Zealand in San Francisco Bay after trailing eight races to one and facing elimination with one more loss.

CRICKET:

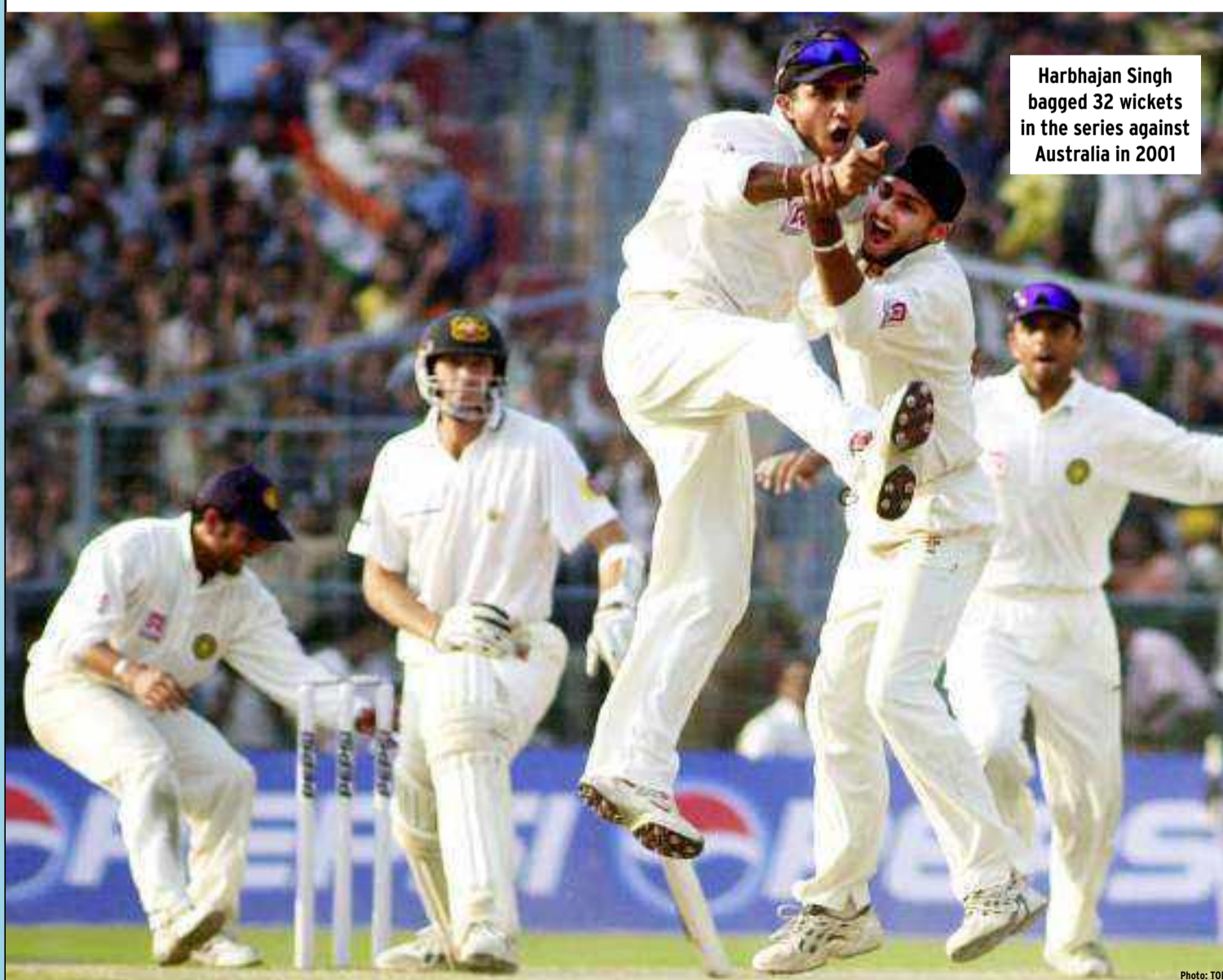
2001 India

In this Test, India clinched a 171-run win over Australia and became the third team in the history of Test cricket to win after being

forced to follow on. Australia had made 445 in their first innings, courtesy Steve Waugh's brilliant hundred. In their first innings, India folded up for 171 runs and were asked to follow on by Australia. The Sourav Ganguly-led side played cautiously in the second innings and lost three wickets for 115

runs. India lost Ganguly in the 67th over of the innings, with the side getting reduced to 232/4. Rahul Dravid then joined VVS Laxman in the middle. The next 104 overs were a nightmare for the Aussies as the Indian duo stitched a 376-run stand to revive the innings and helped the team stage a dramatic

comeback in the match. Dravid scored 180 runs, while Laxman slammed 281, his highest score in Test cricket. Harbhajan Singh then added six wickets to his seven from the first dig and rounded out one of Test cricket's most famous victories. India went on to triumph 2-1 in the series.



Harbhajan Singh bagged 32 wickets in the series against Australia in 2001

Photo: TOI

BASEBALL:

2004 Boston Red Sox

The Major League Baseball team erased an 86-year drought that was called the Curse of the Bambino when they won their first World Series title since 1918 after trading Babe Ruth to the New York Yankees. It came after Boston had rallied from a 0-3 deficit to defeat the Yankees to claim the best of seven American League championship.

SOCCER:

2005 Liverpool

Trailing by three goals at halftime against favourites AC Milan in the Champions League final, Liverpool scored three goals in a dramatic six-minute spell to draw level. They then went on to win their fifth European Cup by defeating the Italians 3-2 on penalties.

BASKETBALL:

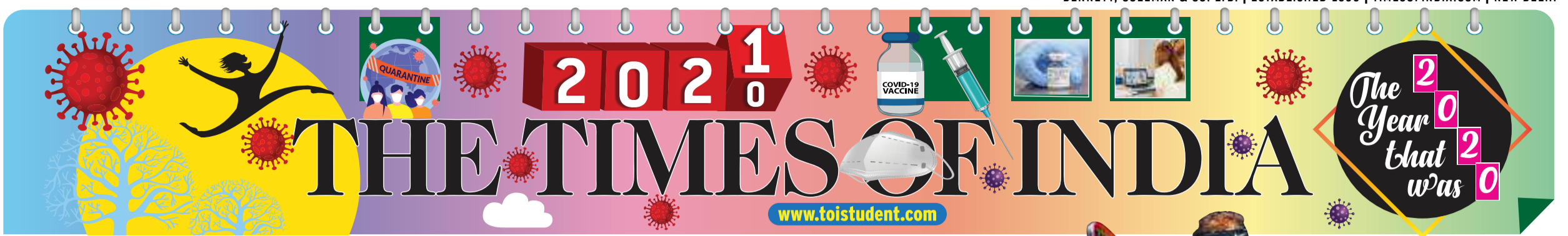
2016 Cleveland Cavaliers

LeBron James and the Cleveland Cavaliers ended 52 years of Cleveland sports agony when they defeated the Golden State Warriors 93-89 in Game Seven of the NBA Finals. Cleveland major sports teams had not won a championship since Jim Brown led the Cleveland Browns to the National Football League title in 1964.

CRICKET:

1981 England

1981 England. England were 1-0 down in the Ashes series against Australia after two tests. With odds of 500-1 against England midway through their second innings at Headingley, Ian Botham struck 149 not out and Bob Willis took eight for 43 to pull off the unlikely of victories. England went on to win the series, dubbed Botham's Ashes, 3-1.



TODAY'S EDITION

> 2020 was full of struggle and innovation for teachers to ensure that learning was not disrupted, as schools remained closed...
PAGE 2



> How do you plan to usher in the New Year? Students share their weekend plan
> What are you reviewing this week?
PAGE 3



> A look at the biggest sporting moments of 2020
PAGE 4



STUDENT EDITION
THURSDAY, DECEMBER 31, 2020

WEB EDITION

CLICK HERE: PAGE 1 AND 2

2020 will be remembered for the services of the....

THE FRONTLINE Covid Warriors



The person of the year is usually a solitary icon, a larger-than-life hero... However, this year was different for obvious reasons. As Covid-19 lashed the world, the **FRONTLINE WORKERS**— community workers, hospital assistants, nurses and doctors, risked their lives to save US. Also the sanitation workers, the labourers in the graveyards and cremation grounds, who braved infection and worked relentlessly during these tough times, are the people who deserve gratitude. No wonder, these superheroes are **OUR person/s of the year.**

PERSON OF THE YEAR

THE MESSIAH

JOE BIDEN

In November this year, in one of the most-divisive presidential elections in the US history, Joseph R Biden was announced as the United States' President-elect. Biden has his work cut out for him in 2021, as he seeks to rescue a deeply-divided United States from the throngs of the Covid-19 pandemic.



DR UGUR SAHIN & DR OZLEM TURECI

In Nov this year, Dr Ugur Sahin and his wife Dr Ozlem Tureci, gave the world a new lease of life, when his company BioNTech, in collaboration with Pfizer, announced that its vaccine had proved 90 per cent effective in preventing the Covid-19 infection. Dr Sahin and his wife,

KAMALA HARRIS

Kamala Harris created history by becoming the first-ever female vice-president, as well as the first-ever person of colour to hold the post, since Charles Curtis (under Herbert Hoover's regime). Born to immi-

grant parents, Harris has embarked on a stellar career that saw her serve as the District Attorney of San Francisco from 2004 to 2001, before serving as the Attorney General of California for six years.



BILL GATES

One of the be the most-influential private players in global health, Bill Gates, the former Microsoft CEO and philanthropist, has spent billions in his quest to bring vaccines to the developing world. As the pandemic swept across countries, Gates became the unofficial figurehead of the vaccine race. His organisation, The Bill and Melinda Gates Foundation, along with the GAVI Alliance, is leading a reportedly \$11 billion effort to ensure equitable distribution of vaccines to over 150 countries, including the participation of the WHO.

Actor Sonu Sood donned a completely different avatar and proved to be a messiah for the needy during the Covid-19 crisis. The actor helped migrant workers reach their homes by arranging buses and train tickets and even air lifted many. He gifted a tractor to a poor farmer's family, paid hospital bills, granted scholarships, provided job opportunities, built houses for the poor, gifted e-rickshaws to the ones who lost their jobs, and even mortgaged his properties to raise funds for the downtrodden. The man with the golden heart, he is the real hero of 2020.



GENDER EQUALITY GOT ITS DUE

From the Oscars to the Booker prize, the year saw a positive approach towards gender equality. While the Oscars introduced new guidelines to improve diversity and inclusion for its most prestigious award, the six-strong shortlist for the 2020 Booker prize— one of the most-prestigious literary awards in the English-speaking world — included four women. Moreover, the UN World's Women 2020 report showed that women's representation in parliament has more than doubled globally.

CLIMATE PLEDGES CLIMB

The United Nations Framework Convention on Climate Change (UNFCCC) declared that the commitments to net zero emissions from the local governments and businesses have doubled in less than a year, as more countries made net-zero pledges. South Korea became the first Asian country to set a 2050 net-zero emissions goal, followed by Japan and China, which committed to reach the goal by 2060.

HELPING HUNGER

In October, the World Food Programme, which helped close to 100 million people in 88 countries in 2019 to fight hunger, won the 2020 Nobel Peace Prize. The prize recognised the World Food Programme's efforts to combat hunger, improve conditions for peace in conflict-affected areas, and help prevent the use of hunger as a weapon of conflict.

GOOD NEWS STORIES THAT GAVE US HOPE FOR THE FUTURE

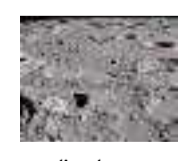
COVID VACCINE DEVELOPED

While the coronavirus led to the loss and heartbreak all over the world, it also prompted a wave of unprecedented global collaboration. Within the space of a year, several vaccines have not only been developed, but has also been authorised for use, and have begun to be administered.



MOON WATER DISCOVERY

NASA's announcement that water on the Moon is more widespread than previously thought, and could help sustain future missions as drinking water or fuel, is believed to be a significant discovery, and according to astronomers, give hope to future missions and human settlements on the Moon.



PLASTIC ACTION

Despite a surge in the consumption of plastics globally, the renewed efforts by countries like Ghana, Indonesia and Vietnam to take action on plastic waste as part of a global partnership to tackle plastic pollution, came as a glimmer of hope for the environmentalists. While Indonesia has pledged to reduce marine plastic debris by 70% by 2025, Ghana has committed to achieve a 100% circular economy for plastics. Vietnam has committed to a 75% cut in marine plastics by 2030.



IN MEMORIAM: STARS WHO FADED AWAY

Irrfan Khan: The talented actor, who breathed life into a bewildering variety of roles, and was recognised abroad just as much as he was at home, lost his battle with a rare form of cancer on April 29



Rishi Kapoor: On April 30, just as the entertainment world was coming to terms with the death of Irrfan Khan, actor Rishi Kapoor succumbed to cancer. He was 67



Basu Chatterjee The veteran director, who chronicled the everyday lives of middle class India with humour and empathy in films, such as 'Rajinigandha', 'Baaton Baaton Mein' and 'Chitchor', died on June 4



Sushant Singh Rajput On June 14, the 34-year-old star of 'MS Dhoni: The Untold Story' was found hanging in his Mumbai home— a tragic, untimely death that shocked all and led to a debate on mental health issues. However, it soon took another dimension, with allegations on nepotism, structures of power in Bollywood



Doug Supernaw The country music star died on Nov 13, after battling lung and bladder cancer.



Sean Connery The actor, best known for playing James Bond, and the man who made the words 'The name's Bond... James Bond' immortal, died at the age of 90 on Oct 31



Chadwick Boseman Chadwick Boseman, best known for his role as T'Challa/Black Panther in the Marvel Cinematic Universe, died at the age of 43 in August after a four-year battle with colon cancer.



Pranab Mukherjee Former President and Congress stalwart, Pranab Mukherjee, who served as the President of India (2012-17), died on August 31.



Diego Maradona World soccer great Diego Armando Maradona, who died on November 25, less than a month after his 60th birthday, was worshipped like a god for his genius with the ball.



Kobe Bryant One of the NBA's all-time greatest players, Bryant was killed at age 41 on January 26 in a helicopter crash near Los Angeles, along with his 13-year-old daughter Gianna and seven others.



2020 was of struggle, innovation for teachers

From turning walls of mud houses into blackboards to taking classes through loudspeakers on moving carts, from 'mohalla' classes to using public announcement system of panchayat bhawans, 2020 was full of struggle and innovation for teachers to ensure learning was not disrupted as schools remained closed due to COVID-19. The over 10-month-long shutdown inspired creative ways to teach thousands of students who

could not log on to online classes because they did not have access to smartphones and computers.



1 Government school teachers in Dumka's Dumarthar village, Jharkhand found a new way to impart education to students who do not have access to smartphones. They created blackboards on the walls of students' houses to teach them with social distancing. "We started with an initiative called 'shiksha aapke dwaar' (education at your doorstep) to provide education to children who did not have access to smartphones," says Tapan Kumar, a teacher in the village.



2 Teachers in Chhattisgarh conducted Mohalla (neighbourhood) classes in areas with low infection rates. "We set up mini classrooms, with small groups of students, in community spaces. The teachers spent a couple of hours in each room, engaging with all students at least twice a week," says one of the teachers.

3 Ghanshyambhai, a teacher in Gujarat's Janan village, used the public announcement system of the village panchayat to share stories, songs, guidelines for parents on how to deal with children during the lockdown period, importance of exercising and much more. "I also announced when I will be at Panchayat Bhawan so students or parents who want to clear any doubts or to interact can see me there, while maintaining social distancing," he adds.

4 Another teacher in Chhattisgarh, Rudra Rana, used his motorcycle to conduct classes. "The children were not able to go to study as schools were closed. So I thought why not bring the school



to them. Even though schools continue to be shut, online classes are not viable for most rural students. I used a portable umbrella and a chalk board to take classes when I went to the village," says he. In Haryana's Kanwarsika village, the morning bell announcing the start of a teaching session used to ring, not in the local school, but from a van equipped with a loudspeaker.

5 Every day, Indra Mukhi Chhetri, a maths and science teacher in Sikkim's Ravangala, visited homes of several students she identified and reached out to around 40 students in a week from class 1 to 5. "Even if I take online classes, these students either do not have devices or Internet connectivity. Some of them may have access but then how do I maintain equality, others might feel left out. So I used to spend about 20 minutes with each student in a week. "I collected their notebooks and wrote lessons for them," says she.

PTI

New Year traditions in different countries

New Year is a great time of merriment, but New Year traditions in different countries vary widely. Before the advent of yet another New Year, let's take a look at some of the most interesting traditions...

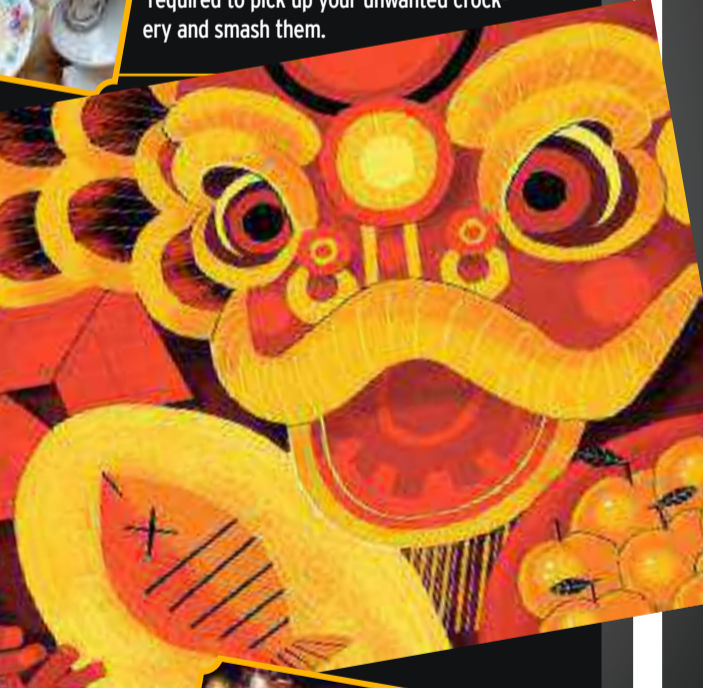
DENMARK

Denmark redefines the idea of a unique New Year celebration where they simply smash plates. Yes, you read that right. While most countries host New Year parties to spend quality time with family, in Denmark you are required to pick up your unwanted crockery and smash them.



CHINA

The Chinese New Year is a much-celebrated event, which is colourful and exciting. In China, you can partake in the many traditions of Chinese New Year. One particular tradition is handing out cash in red envelopes. Elders usually hand out various sums of money to the young people in red envelopes.



JAPAN

The Japanese have their own unique set of traditions. New Year's Eve is also known as Omisoka, and the tradition is ringing bells in Buddhist temples, and that too exactly 108 times. The reason for 108 is that this is the number of human desires, which means the causes of suffering.



THAILAND

Known as Songkran, the Thai people celebrate New Year by splashing water onto each other. You will find lots of people walking the streets with buckets of water, ready to attack each other with a lot of water. Off-beat but interesting - isn't it...



Say goodbye to these 2020 decor trends

The year 2020 was a havoc as the pandemic took over the whole world. Many trends evolved during the lockdown, from Dalgona coffee to Bollywood gossip... and people spent every moment inside their homes realising the need to re-decorate and rearrange their interiors...

WHITE-ON-WHITE: White furniture and white paint was preferred to showcase being posh and opulent; yet, it's grown quite old and outdated.

PIN OR FORK LEGS TABLE TABLES: While industrial designs have been a well-liked option for several years, it's already out of fashion and one cloud opt for classic table designs.

EXPENSIVE FURNITURE CLUSTERS: Many homes use various sorts of costly and exorbitant decor items to show off price and luxury. This concept worked earlier but it doesn't portray any character. Every home should reflect the style and personality of it's times or of its owner.

THEMED SPACES: Refrain from using themes to embellish rooms, especially for your children, because it's often used for limited time and then you have to redecorate. So, it's better to think about a topic which will be relevant for your child for a long enough time.

FAKE DECOR: Sometimes, for the sake of giving a natural touch to the decor we frequently display



CHORUS RATHER THAN COLOURED WALLS: Choose accent colour walls. It creates a captivating design and everything within the room gets attention.

CONTRAST DIFFERENCE: Playing with contrast is often a tricky idea, especially if you're considering an equivalent colour. However, it's already outdated, so try and avoid it.



TOP YEAR-END READS by women authors

From what keeps women out of the workplace, to stories that connect law and humanity, here are some female authors to end your year with...

'YOURS LEGALLY'

by Sonia Sahijwani

Yours Legally' is a collection of six short stories related to the interesting and unusual field of law narrated through the eyes of Sia, the protagonist. These are independent yet connected stories with the common elements of law and humanity. "The book is inspired by real life incidents and events which I was fortunate enough to experience and witness," says Sania.



'LINES OF FATE'

by Neelam Saxena Chandra

Lines of Fate' is a short story collection consisting of selected, distinctive and unique tales from different walks of life set in the Indian diaspora. When the dice is rolled, one does not know what the outcome will be. Similarly, whenever there is an encounter between people; the aftermath is simply indefinite and unidentifiable.



'HAVE THE WOMEN LEFT VENUS?'

by Geet Mala Jalota

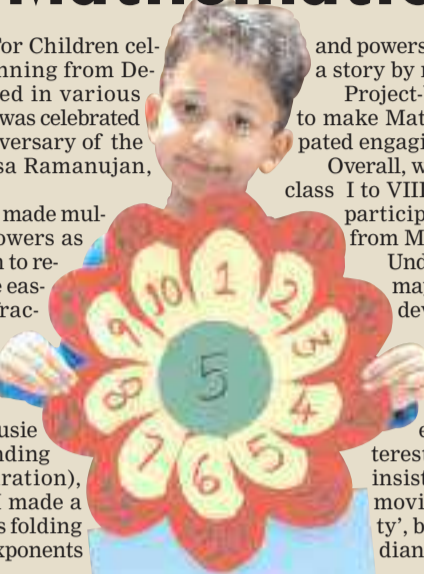
For many women today, there are no role models at home to learn how to navigate the workplace. Women learn to copy their male bosses, subverting their strengths. The book aims to correct this gap. It points out leadership behaviours practised by women confident in their femininity.



National Mathematics Day celebrated

Students of Udgam School For Children celebrated Maths week, beginning from December 14 and participated in various maths-related projects. The week was celebrated to commemorate the birth anniversary of the great mathematician, Srinivasa Ramanujan, that falls on December 22.

The students of class I and II made multiplication table using paper flowers as well as sticks, which helped them to remember the multiplication table easily. Class III students learned fractions using dough, class IV students made wall clock craft model, students of class V made block letters on graph paper, class VI participated in math houseie (an activity based on understanding elementary shapes and mensuration), while the students of class VII made a project on exponents and powers folding wheel (based on the concept of exponents

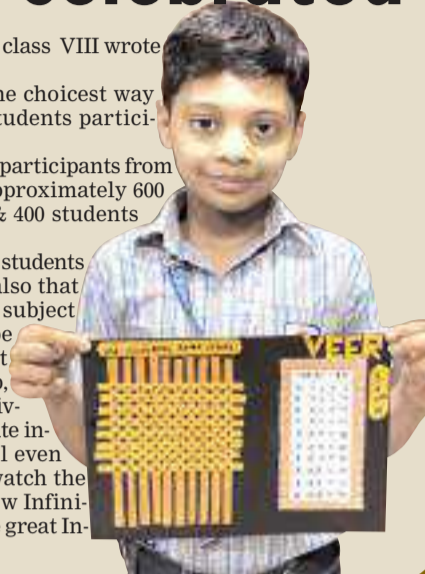


and powers), and the students of class VIII wrote a story by reading the graph.

Project-based education is the choicest way to make Math easy, and all the students participated engagingly in the activity.

Overall, we had more than 1000 participants from class I to VIII, of which we had approximately 600 participants from Primary & 400 students from Middle School.

Understanding that some students may take less interest, also that developing interest in a subject in which they may be uninterested might be a challenging job, parents were also given tips on ways to create interest in Math. The school even insisted all the students watch the movie 'The Man Who Knew Infinity', based on the life of the great Indian Mathematician.



MAKE JOY YOUR GPS

It's as important to be joyful as it is to be productive in life. It's a skill to be learned and mastered. Life coach Robin Sharma tells you how...

5 am as a life philosophy

The world is feeling tired, depleted, and distracted. If you want to be in control of your life, get a hold of your mornings. If your mornings are good, you will have consistent good days. They will be creative and productive, you will feel happier and better. An hour of quietude can be very profound.

How to handle a bad day...

Hard is good. When you are going through pain, suffering, disappointment, frustration - journal your feelings. Writing is a great way to get it out of the system. Also, go for long walks and connect with those who make you smile. Read a good book and treat yourself to good food. If you feel your life is a mess right now: it's because your fears are stronger than your faith.

3 things do do daily

- Make strong human connections
- Be focused and creative in work
- Purify your emotional life by cleansing toxic feelings

How to heal yourself

There's a hurt well inside us. It has anger and sadness that blocks us from being amazing. To heal yourself, do this:

- Build intimacy with yourself. We

are not our fears. Trust yourself completely.

- Seek abundance. Laugh more.
- Dance more - regularly if possible.
- Forgive yourself for your flaws.

HOW TO HAVE A GOOD LIFE

- Take daily voyages into awe and regular adventures into wonder
- Dedicate time to personal mastery; it will increase your self love
- Celebrate private joys. Look for everyday magic and joy
- Don't delay finding peace
- Display kindness
- Listen to joyful music every single day
- Be around flowers, nature - they raise your frequency
- Visit art galleries
- Read fine books
- Eat delicious food

Let negative people go
A lot of times people find it difficult to let go of negative people or things. Following the joy GPS also means doing away with energy vampires, who prick your happiness.

Founder's Day celebrated at LML



Alji Mehrotra Lion School feels proud to announce that it has successfully completed 19 years. The journey of these 19 years was not easy as it had lots of ups and downs but limitations faced all the challenges positively which proved - Smooth Seas Do Not Make Skillful Sailors.

The pandemic situation did not stop LML School educators to give their best to their students. Not only in academics, but they also organized multiple online activities. And now the most awaited event for any school - Annual cum- Founder's Day came with a lot of surprises. LML School Educators prepared an incredible Virtual Aavtaar for the students on Founder's day which included - Prayer Dance on lord Ganesha where the devotees want

the world to be a mirage - free from all negativity, a Skit that depicts a roller-coaster of emotions, Ad-mad- an enactment where creativity meets madness, a Hindi song on the message - "We must accept finite disappointment, but never lose infinite hope." The program concluded with a Carol.

CHANDANA YADAV, LML Educator

Kabirians celebrate VIRTUAL CHRISTMAS!



The festival of Christmas celebrates the birth of Jesus Christ and conveys a positive message of love, tolerance, and brotherhood. It is the festival that inspires the spirit of sharing and caring.

So in order to inculcate the spirit of love and sharing, St. Kabir School Drive-In (New) in collaboration with 'The Grace Foundation' had organized a virtual Christmas celebration for

the students on December 23.

The celebration gave a positive message through Christmas carols and meaningful songs. The boundless joy of celebrating the festival was visible on the faces of all the children as they enjoyed every moment of it. It was indeed memorable!!

Students' Corner



Zii Sanghvi, Class IV, St. Kabir School



Saanvi, Class V, St. Kabir School



Devansh Dhokia, Class IV, SGVP International School



Nishi Desai, Class IV, St. Kabir School



Tirth Pandya, Class III, Podar World School, Sherkhi

WEEKEND PLAN

Rejuvenating in a fun-filled weekend!

Come weekend and plans are set beforehand as it is time to rejuvenate for the next week. Last Saturday, we went on a picnic to 'Sarangpur' one of God Hanuman's temple. My mother prepared lunch and snacks. We stopped at a nice place but not in the restaurant. We went to other temples also like 'Bheemnath Mahadev' a temple of God Shiva. & 'Ganpatpura' a temple of god Ganesha and 'Boothbhavani Maa' temple at Aarnej. We siblings enjoyed songs in the car and purchase new toys and played with them. It was a wonderful refreshing day-long trip and only to wake up with fresh energy on Sunday.

At 9:00 AM my dad, little brother, and I washed our vehicles and cleaned our house compound and solar panel at our terrace. After that, I spent some time reading books along with my brother. This was followed by a board



game 'Snake & Ladder'. In the evening, we played 'Steps' and 'Football' in our compound. Oh! the most important thing! I did exercise and yoga with my mom and even enjoyed cycling in our society.

AAROHI TRIVEDI, Class IV, Udgam School For Children, Ahmedabad

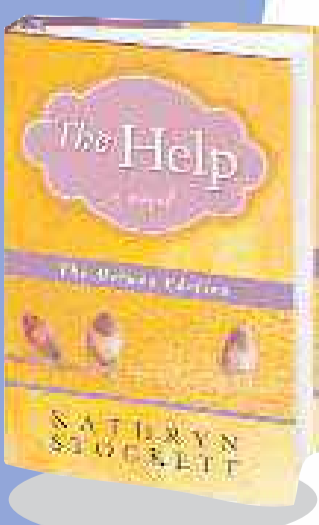


ODE TO THE PEN

WAR

Blood on the axe, bloody heads,
What ties them together is a single thread.
A single thread that means they will kill with no hesitation,
A single thread that leads to doom and destruction... Blood soaked battlefield,
What glory is there in war?
One that terminates souls,
Kind or mean, muscular or lean,
All die the same death.
Swords through their necks or chests,
Sweat on their brow,
Swing until they don't, And never swing again.
Take their place in piles of the dead,
Knees buckle and arms turn to lead.
Faces full of dread,
Pretty soon, every man will be a murderer,
Every murderer those men,
It's a battle of the world.
The spies break their words,
No loyalty, nor humanity.
In this bloody dance of the dead,
Break the wall, kill their way in,
No father survives nor his kin,
What fools we are.
Killing our own, That too for a piece of land,
And a temporary throne.
TRISHA SHAH, Class VII, Cygnus World School, Vadodara

BOOK: DEALING WITH SOCIETAL EVILS!



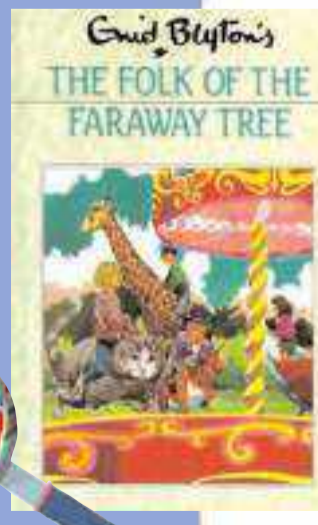
The book "The Help" by Kathryn Stockett is a must-read for one and all, who wish to have awareness about social evils that still exist amidst all the laws. Time is also relevant to read this book as this year, the world has seen massive protests in raging support of the Black Lives Matter movement after the George Floyd murder in the USA. At a time where racism is still one of the greatest discriminatory practices.

Set in the 1960s (Mississippi, USA), the story is about a young woman Skeeter, who decides to write a book about black maids. The story takes the point of view of the maids and Skeeter, giving the readers a clear sense of the difference in the privilege of white and

black people. Although quite poignant in depicting the harsh realities of racism and violence, the book is made interesting by elements of humour. The engaging novel makes the readers laugh, cry, and ultimately aware about how one small step can go a long way in bringing change. This story teaches readers about the importance of courage. Stockett helps realize how there are many deep-rooted evils in this world, but how you personally contribute to eradicating those evils is what really matters. It is a deeply moving novel filled with poignancy, humor, and hope. The book is a universal story about the lines we abide by, and the ones we don't.

MYRA ALAWADHI, The Shri Ram School Moularsi, Gurgaon

BOOK: BEAUTIFUL WORLD OF FANTASY



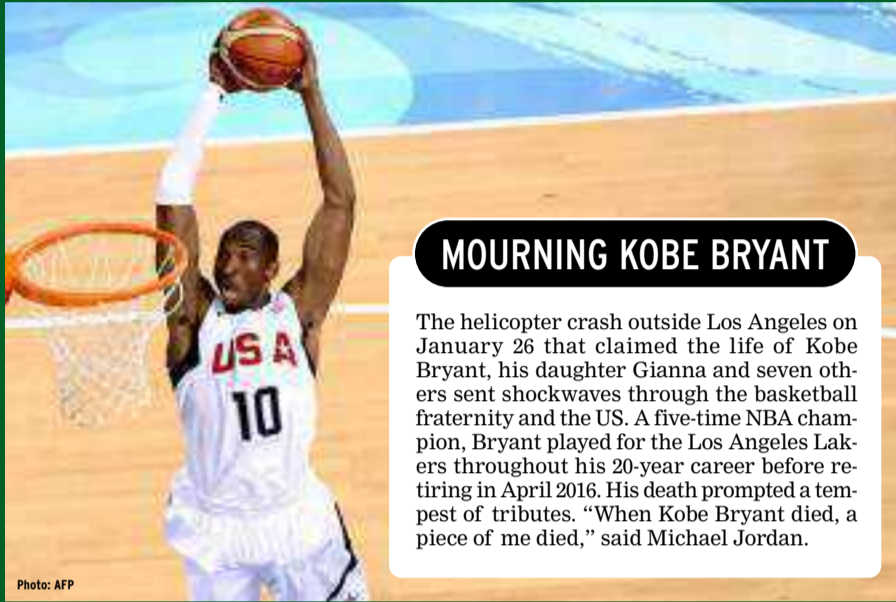
Reading is my passion, but my most favourite book "Folk of the Faraway Tree" written by the famous writer Enid Blyton. This book is fictional with a lot of interesting characters. In this book Beth, Frannie, Joe and Connie discover a tree with many beautiful lands. I like the incident when Beth, Frannie, Joe and Connie along with their friends goes to the land of secrets. On this land, I came to know a lot of interesting secrets as well and Watzisname new name. I didn't like the incident when the magical faraway tree started dying on which people lived and many kinds of fruits grew. My favorite

character throughout the story was Silky. I like her because she is a fairy with long hair. She is soft-spoken and angelic. She is best known for baking pop-up cakes which are really delicious. The character that I didn't like was Connie as she troubled her cousins Beth, Frannie, and Joe a lot. If I ever got a chance living on the Faraway tree than I would be really delighted. I would recommend this book to everyone because this book is adventurous as well as fantastical. This book really made me joyous and took me to a world of fantasy.
NIHARIKA PATEL, Class VI, Essar International School, Surat



TOP SPORTING MOMENTS

From Rafael Nadal demolishing Novak Djokovic to win his record 13th French Open title to Bayern Munich clinching its sixth Champions League cup, we bring you some of the biggest sporting events that hooked fans in 2020



MOURNING KOBE BRYANT

The helicopter crash outside Los Angeles on January 26 that claimed the life of Kobe Bryant, his daughter Gianna and seven others sent shockwaves through the basketball fraternity and the US. A five-time NBA champion, Bryant played for the Los Angeles Lakers throughout his 20-year career before retiring in April 2016. His death prompted a tempest of tributes. "When Kobe Bryant died, a piece of me died," said Michael Jordan.

Photo: AFP



Photo: REUTERS

CRICKET IN THE TIME OF CORONA

When coronavirus first struck it looked as though all summer sport would be written off but on July 8 at the Rose Bowl in Southampton, England and the West Indies, who had been in a bio-secure bubble for a month, emerged to play a thrilling Test behind closed doors. West Indies edged the opener, thanks to fine performances by Shan-Non Gabriel and Jermaine Blackwood but England came back to take the three-match Test series. The real winner, though, was the England and Wales Cricket Board who managed this and a further series against Pakistan, as well as ODI series against Ireland and Australia, impeccably.

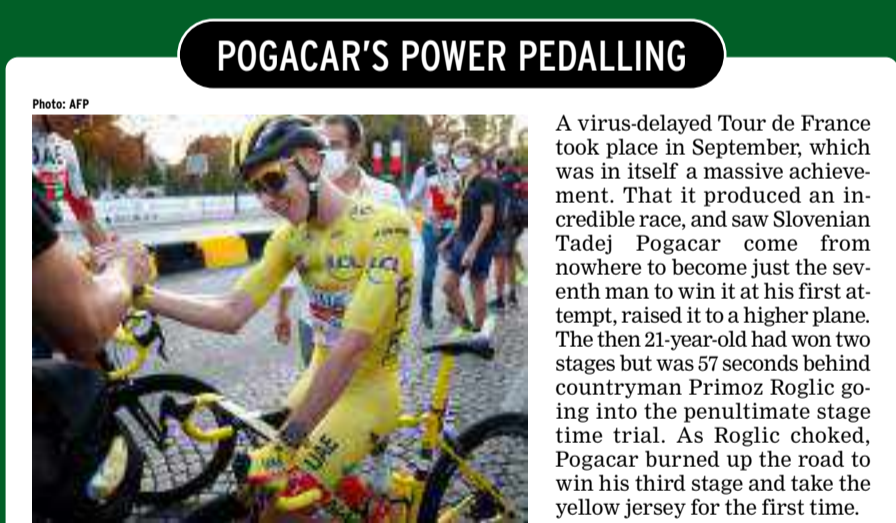


Photo: AFP

POGACAR'S POWER PEDALLING

A virus-delayed Tour de France took place in September, which was in itself a massive achievement. That it produced an incredible race, and saw Slovenian Tadej Pogacar come from nowhere to become just the seventh man to win it at his first attempt, raised it to a higher plane. The then 21-year-old had won two stages but was 57 seconds behind countryman Primoz Roglic going into the penultimate stage time trial. As Roglic choked, Pogacar burned up the road to win his third stage and take the yellow jersey for the first time.

DJOKOVIC'S SENSATIONAL DISQUALIFICATION

World number one Novak Djokovic went into the US Open looking for an 18th major triumph in the knowledge that Roger Federer and Rafael Nadal were absent. Going into his fourth round match against 20th seed Pablo Carreno Busta, the Serb had not lost a singles match in 2020. It all went wrong though when the 33-year-old vented his frustration after dropping his service by hitting a ball behind him, striking a female line judge in the throat. Djokovic immediately apologised but after a lengthy discussion, he was disqualified, leaving the field open for Dominic Thiem.



Photo: AFP

BAYERN MUNICH SWEEP TO CHAMPIONS LEAGUE TITLE

When the pandemic forced UEFA to transform the final stages of the Champions League into a mini-tournament in Lisbon, Bayern looked the best team from the start. Hansi Flick's accomplished side won their sixth European crown, thanks to Kingsley Coman's header against Paris Saint-Germain.

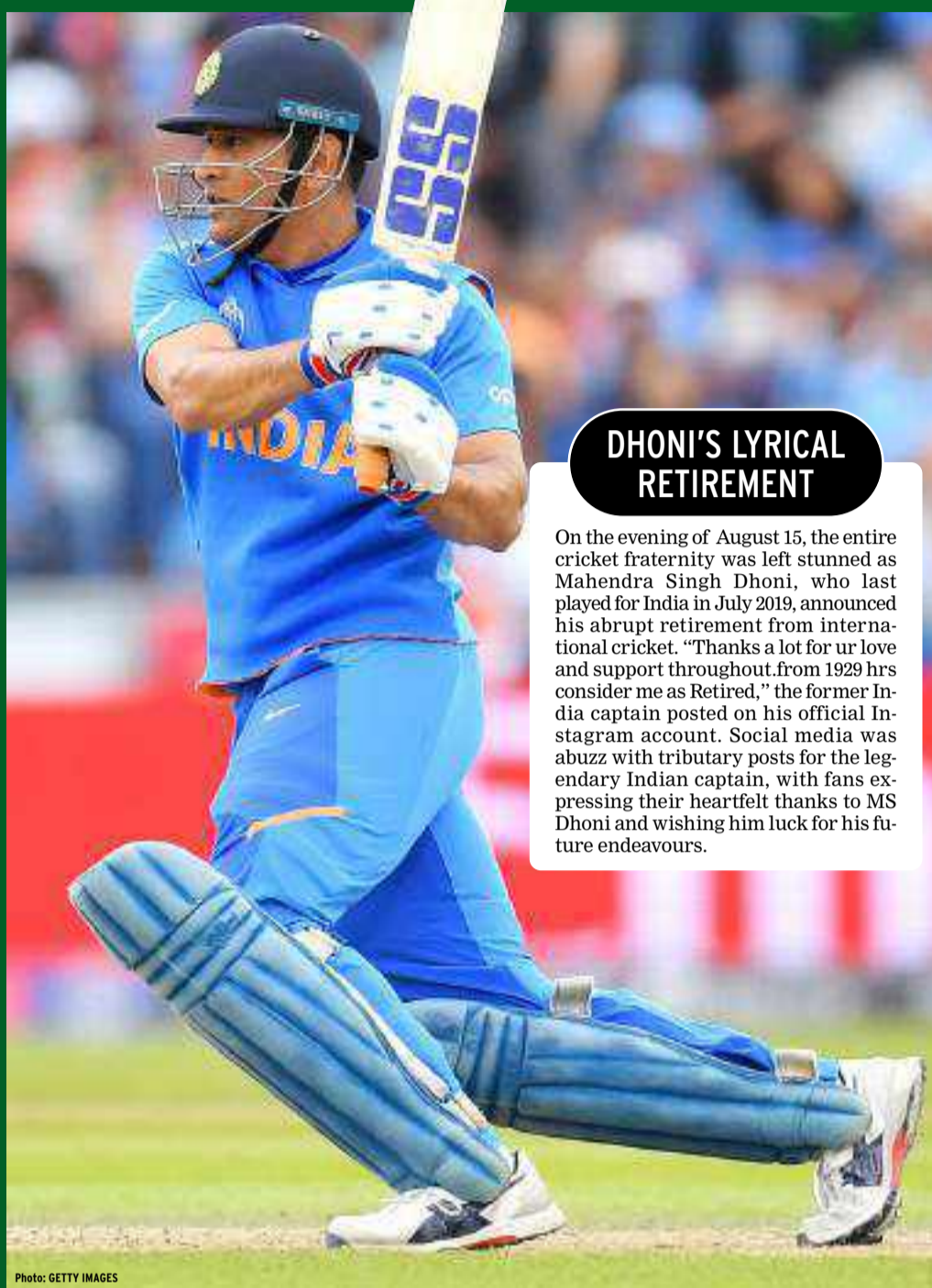


Photo: GETTY IMAGES

DHONI'S LYRICAL RETIREMENT

On the evening of August 15, the entire cricket fraternity was left stunned as Mahendra Singh Dhoni, who last played for India in July 2019, announced his abrupt retirement from international cricket. "Thanks a lot for ur love and support throughout from 1929 hrs consider me as Retired," the former India captain posted on his official Instagram account. Social media was abuzz with tributary posts for the legendary Indian captain, with fans expressing their heartfelt thanks to MS Dhoni and wishing him luck for his future endeavours.



Photo: GETTY IMAGES

HAMILTON JOINS THE F1 LEGENDS

When Michael Schumacher bowed out of Formula One, few thought his record of 91 Grand Prix wins and seven world championships would ever be matched. In 2020, Lewis Hamilton did just that, winning 11 of the 17 races to take his tally beyond Schumacher's record to 95, and equalling the German's seven titles. The 35-year-old Briton certainly benefitted from the outstanding Mercedes car at his disposal but there is little doubt he has etched his name firmly among the greatest of his sport.

A MESSAGE OF HOPE

Francesco Caputo, a forward for Italian football club Sassuolo, spoke for the whole world when he lifted his shirt to reveal the message: "It will all be fine, stay at home" as Covid-19 ravaged Italy on its way to taking hold in Europe.



Photo: GETTY IMAGES

SWIATEK TAKES POLE POSITION AT ROLAND GARROS

Iga Swiatek was ranked 54th in the world when she travelled to Roland Garros. Two weeks later, after seeing off Sofia Kenin in the final, the 19-year-old had risen to number 17 and had become the first Pole to win a Grand Slam singles title. It was a breathtaking fortnight for Swiatek who capitalised on the absence of world number one Ashleigh Barty and the early exit through injury of Serena Williams to become the youngest female singles winner since Monica Seles in 1992.

LUCKY 13 FOR NADAL

Rafael Nadal skipped the US Open but there was no way the Spaniard was going to miss his signature event, the French Open which took place at a blustery Roland Garros in a rearranged late September/early October slot. Inevitably, and without dropping a set on the way, Nadal bulldozed his way to the final where he met Djokovic who was keen to atone for his mishap at Flushing Meadows. It was barely a contest with Nadal winning 6-0, 6-2, 7-5 to claim a 13th French Open title and match Federer's record of 20 major wins.



Photo: GETTY IMAGES

LIVERPOOL WIN PREMIER LEAGUE

Under Jurgen Klopp, the Reds had threatened for two years to finally land their first domestic title since 1990. Strengthened by the addition of goalkeeper Alisson and centre-back Virgil van Dijk, in 2019-20 they galloped to an almost unassailable lead, only for the pandemic to halt football. When the season resumed, they didn't miss a Mersey beat and lifted the trophy on an empty Kop as their supporters defied coronavirus warnings to gather in a haze of red flares outside.

36 ALL OUT

Any cricket team can have a bad day at the office but few have suffered a batting meltdown to compare with India, captained by the great Virat Kohli, when they were bowled out for just 36 by Australia in the first Test in Adelaide in December. India had been in a decent position after the first innings but Josh Hazlewood (5-8) and Pat Cummins (4-21) ripped through them. It was the fifth lowest score in Test history and India's lowest ever.

THE MATCH THAT NEVER SHOULD HAVE BEEN PLAYED

Liverpool's defeat to Atletico Madrid in the Champions League last 16 on March 11 was notable less for the result than for the fact that 50,000 people gathered at Anfield at a time when coronavirus was already rampant. Scientists have pinpointed the match as one of the key superspreader events in England.



Photo: AFP

ATHLETICS FINDS A NEW STAR

When pole vaulter Armand Duplantis set a new world record of 6.18m in an indoor meet in Glasgow in February a week after clearing 6.17m, the sport of track and field had a new star. The US-based Swede with the teen movie looks then produced the highest outdoor vault of all time (6.15m) and finished the year undefeated in 16 competitions.



THE TIMES OF INDIA

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TODAY'S EDITION

Plan your stay at home New Year Party. We tell you how
Should you wear a face mask at home?

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Students share their travel diaries
Relive your school experiences

PAGE 3



Decoding why India's victory at the MCG is one of the most significant 'away win'

PAGE 4



STUDENT EDITION

WEDNESDAY, DECEMBER 30, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2



We are ultimately one world and we can only win together – that's what this virus has taught us. We will, as countries, have to work hard to boost consumption, bring in infrastructure development to create jobs, and find solutions to revive industries and sectors that are in deep depression. - **RATAN TATA**, chairman emeritus, Tata Sons

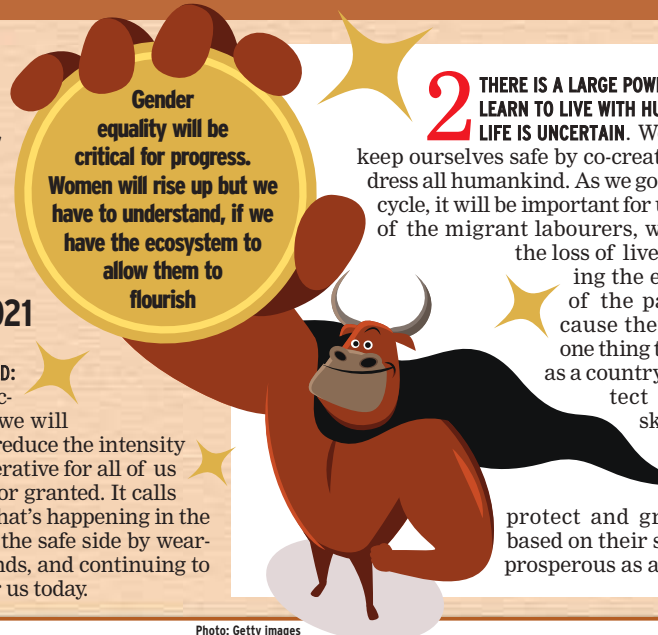


4 THINGS INDIA NEEDS TO KEEP IN MIND AS IT ENTERS 2021

The year 2020 will go down in history as the most-unprecedented year this planet has ever seen. Business magnate Ratan Tata shares his 4-point guide on how to handle 2021

1 LET'S NOT TAKE THE UNIVERSE FOR GRANTED: Whether we find an effective vaccine or not, I am hopeful that we will eventually find some cure that will reduce the intensity of the pandemic. But it will be imperative for all of us to learn not to take this pandemic for granted. It calls for true reflection — if we look at what's happening in the UK and Europe, we need to stay on the safe side by wearing our masks and washing our hands, and continuing to adopt solutions that are working for us today.

Gender equality will be critical for progress. Women will rise up but we have to understand, if we have the ecosystem to allow them to flourish



2 THERE IS A LARGE POWER THAT GOVERNS US. LET'S LEARN TO LIVE WITH HUMILITY AND GRATITUDE, AS LIFE IS UNCERTAIN. We must do our best to keep ourselves safe by co-creating solutions that address all humankind. As we go through the economic cycle, it will be important for us to remind ourselves of the migrant labourers, who paid heavily with the loss of lives and livelihoods during the early days at the start of the pandemic. This is because they had no choice. The one thing they do have, which we as a country must recognise, protect and value, is their skills, which no one else could replace in their absence. If we build an ecosystem that can protect and grow this community based on their skills, we will emerge prosperous as a nation.

4 To be part of this high world transformation that is happening around us, we need to foster a **CULTURE OF INNOVATION** that converges with the right investment without fear of failure.

3 TECHNOLOGY IS TRANSFORMING THE WAY WE EAT, LIVE, LEARN AND PLAY — LET US BE BRAVE ENOUGH TO EMBRACE IT AND FIND SOLUTIONS COLLECTIVELY THROUGH COLLABORATION. Innovation and ideas to solve have always been intrinsic to India. However, we just don't have the capacity or intent to fund it from within the country. Most innovators had to look to the West or East for investment or acknowledgement. Dr. Amar Bose, who was renowned for the Bose brand of audio equipment, became a world phenomenon. He used his knowledge and tech expertise to create many solutions for different sectors. For 20 years, he worked hard to create one of the best suspension systems for cars. When most cars find it hard to navigate through Indian road conditions, here was a car invented by Dr. Bose that sailed through with utmost comfort to the passenger. This invention unfortunately never saw the light of day. Many such Amar Boses exist in India. We need to find them, support them and build them to grow into businesses of the future. That's when India will unlock its latent potential. We are on the threshold of innovation through technology. Artificial intelligence, machine learning and other such new-age technologies will change the way we operate today and forever.

2 OF 15 MOST-DESTRUCTIVE 2020 CLIMATE DISASTERS IMPACTED INDIA: REPORT

A new global report in its analysis of 15 most-destructive climate disasters of 2020 has found that **nine of these extreme events, including two in India, caused damage worth at least \$5 billion.** Though hurricanes in the US and central American countries turned out to be the most-expensive (\$41 billion), floods in India during June-October period caused the loss of highest number of human lives.

ENVIRONMENT



India's floods, which killed 2,067, caused loss of more human lives than casualties in all other 14 destructive climate disasters put together. Floods in Pakistan, which claimed 410 lives figured at the second spot, followed by the US and central American countries (400 lives lost in hurricanes) at the third position on the list of 15

Seven-year-old boy is a sensation on UGANDAN AVIATION SCENE

A 7-year-old Ugandan boy has become a sensation in his country with his precocious display of aircraft knowledge and budding flying skills. **Graham Shema** has flown as a trainee three times on a Cessna 172. He flew three times as co-pilot between January and March before the pandemic stopped him from flying. He has been focusing on aviation theory, and immersing himself in videos about aviation and space exploration on his virtual reality viewer. A lover of math and science, Shema wants to be a pilot and an astronaut and someday travel to Mars.

YOUNG SENSATION



Shema recently impressed his instructor at the Uganda's Entebbe International Airport, when he was asked to explain how the engines worked on a Bombardier CRJ9000 plane parked on the tarmac. His curiosity for flight was piqued by a freak incident. When

he was 3 years old, a police helicopter flew so low to the ground that it blew off the roof of his grandmother's house on the outskirts of the Ugandan capital Kampala, while he was playing outside. "It triggered a curiosity on his mind about aeroplanes," said his mother.



SOLAR ORBITER MAKES ITS FIRST VENUS FLYBY

The joint US-European Solar Orbiter spacecraft has completed its first of the many gravity assist flybys of Venus to get closer to the sun. It also tilted its orbit to observe our star from different perspectives. The probe, launched in February to study the sun, aims to perform unprecedented close-up observations of the sun and investigate the sun-Earth connection.

Initially, the spacecraft, which will be confined to the same plane as the planets, will make its first solar pass at 17 degree of inclination by 2025, increasing to 33 degree by the end of the decade

CHRISTMAS TREES STAY GREEN BECAUSE OF PHOTOSYNTHETIC SHORTCUT



Scientists have deciphered that a shortcut in the photosynthetic machinery allows the needles of Christmas trees to stay green. According to them, the photosynthetic apparatus is wired in a special way which allows pine needles to stay green all year long. The study was done with pine trees, but the researchers believe that the mechanism is probably similar for other conifer species, like the typical Christmas trees spruces and firs, because their photosynthetic apparatus is similar.

DID YOU KNOW?

> In winter, the light energy is absorbed by the green chlorophyll molecules but cannot be utilised by the downstream reactions in the photosynthetic machinery, as freezing temperatures stop most of the biochemical reactions **>** In spring, the temp can still be very low, but sunlight is already strong, which can damage the photosynthetic machinery

Spotlight

INDIA SCRIPT HISTORIC BOXING DAY TEST WIN AGAINST AUSTRALIA

Hungry for redemption, India recorded a sensational win under an inspirational Ajinkya Rahane, beating Australia by eight wickets in the second Test to level the four-match series 1-1 on Tuesday. Cricket fans, who woke up early on Tuesday to catch the action, saw Australia set a target of 70 for India to cross over the victory line.



> Rahane was awarded the Player of the Match for his gritty century (112) in the first innings that helped India take a dominant lead over the hosts.

VIRAT KOHLI: ICC CRICKETER OF THE DECADE

The Indian captain has grabbed the International Cricket Council's (ICC) top honours for the decade, winning the Sir Garfield Sobers award for the best male cricketer of the decade, beating the likes of R Ashwin, Joe Root, Kumar Sangakkara, Steve Smith, Ab de Villiers and Kane Williamson. The 32-year-old was also named the ODI Cricketer of the Decade. He is the only player with 10,000-plus ODI runs in the ICC Awards period-39 centuries, 48 fifties, 61.83 average and 112 catches, the ICC tweeted.



> Australian batting mainstay Steve Smith and Afghanistan spinner Rashid Khan were named the Test Cricketer of the Decade and T20 Cricketer of the Decade, respectively. **>** Australia's Elysse Perry swept the women's awards, securing the ICC Female Cricketer of the Decade honours alongside ODI and T20 Cricketers of the Decade awards

FACTOID

\$16.7 MN

The box office collection of 'Wonder Woman 1984' over the Christmas weekend— the best box office debut of the pandemic, according to studio estimates Sunday. Last year, 'Star Wars: Rise of Skywalker' exceeded \$32 million on Christmas Day alone. According to data firm Comscore, 35% of North American theatres are currently open



WORK THAT BAFTA PLANS TO DO IN INDIA FAR BEYOND BOLLYWOOD: AR Rahman

Oscar and Grammy-winning composer AR Rahman said, the work that BAFTA plans to do in India with the Breakthrough Initiative will have a wide impact far beyond Bollywood. "BAFTA and I share the passion for discovering and nurturing new talent and this association with them is a natural fit because of this shared vision," Rahman said. Rahman has been roped in as the ambassador of the BAFTA Breakthrough initiative in India.

ENTERTAINMENT

> The beauty of Indian cinema lies in the diversity of its various film industries. This initiative will be looking for talent across every corner of the Indian film, games and television industries that we can showcase to the world - **AR RAHMAN**

COVID-19: OXFORD VACCINE MAY GET NOD IN A FEW DAYS

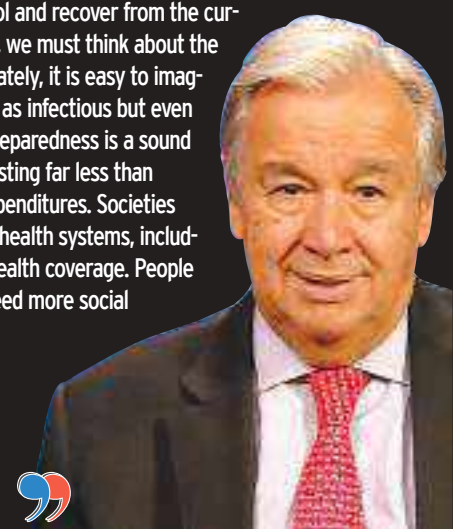
India is likely to see the Oxford-AstraZeneca vaccine being approved for emergency use in the next few days, as the updated data submitted by Serum Institute of India (SII) appears "satisfactory", top government sources said.

Once evaluation of data is complete, the regulator may not wait for the vaccine to get approval from the UK's Medicines and Healthcare products Regulatory Agency (MHRA).



The government plans to inoculate around 30 crore "priority" population in the first phase of the vaccination drive that is expected to roll out in the first week of January and end latest by July. This will include healthcare and frontline workers and those at higher risk of infection, such as people over 50 years of age and others below 50 years but with severe comorbidities that can lower immunity and increase chances of death due to Covid-19 infection

Quote unquote
History tells us that this will not be the last pandemic, and epidemics are a fact of life. But with investments in public health, supported by an all-of-government, all-of-society, one health approach, we can ensure that our children and their children inherit a safer, more-resilient and a more-sustainable world. As we strive to control and recover from the current pandemic, we must think about the next. Unfortunately, it is easy to imagine a virus just as infectious but even more lethal. Preparedness is a sound investment, costing far less than emergency expenditures. Societies need stronger health systems, including universal health coverage. People and families need more social protection. **ANTONIO GUTERRES, secretary general, UN**



Plan your stay-at-home NEW YEAR PARTY

With the on-going pandemic and night curfew imposed in several cities, an intimate gathering at home seems like the ideal way to ring in the New Year. Even if it's a small get-together, create a customised e-invite, add some glitz to it and we are set to rock and roll...

CREATE CURIOSITY
Let your friends know that your place is the place to be! Even if it's a small get-together, create a customised e-invite with some fun pictures and creative lines.

BUILD YOUR MINI HOSPITALITY TEAM
Some friends might like to play an active role at the party. Harness this impulse to your advantage and create a mini hospitality team. This idea is great when you have more guests. Give each friend someone to meet or to take care of. Friends who are shy or find it difficult to mingle easily can help prep for the party, clear plates, help you serve, decorate home, or be in charge of distributing props.

BE A ROCKING DJ
An infectious playlist is an express ticket to a stellar party. Start off with tracks you can sing along to. Next, you need some songs that will make you dance. Thirdly, mix in a few mellow tracks - everyone needs a breather and you don't want to spend the entire night singing and dancing your heart out.




Should you wear a FACE MASK at home?



Mask can cut down the risk of infection by 50%
Living in a pandemic has taught us two great lessons - wearing a mask and maintaining social distancing are the only things that can protect us from the highly contagious coronavirus. Whenever we are outdoors, it is recommended to put on the mask. This can actually help to cut down the risk of infection by almost 50 per cent. But what about when you are at home surrounded by friends and family? Is it equally important to don a mask at home in such circumstances?

That's because you and your family members might have been taking all the necessary precautions to stay safe, but you cannot be sure about every relative or any other person who shows up at your door. Instead of assuming anything, it is best to take your safety in your hand. It is important to wear a mask when someone who doesn't live with you enters your home. You should even ask the other person politely to do the same.

WEAR IT WHEN TAKING CARE OF A SICK PERSON
If someone in your home is infected with the coronavirus, even then it is important to wear a mask all the time. They might not be sharing the same space and might be confined in their room, but you must take care of your part. The risk of infection is high in the closed space, especially in case of poor ventilation. The virus can linger in the air for hours and increase the risk of contagion.


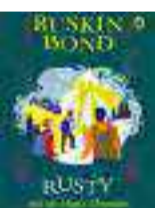
2 OTHER TIMES YOU MUST WEAR A MASK
We have entered a season when cold and flu is common in every household. The problem is that the symptoms of cold and flu are overlapping with that of coronavirus. So, to distinguish between them can be quite difficult in the beginning. If you witness any symptoms related to these health concerns and are not sure if it is cold or coronavirus, it is best to wear a mask to protect yourself. It is also recommended to self-isolate for a few days till the time you are not clear what you are dealing with.

When should you wear a mask?
As per the Centers for Disease Control and Prevention (CDC) recommendation any person who is 2 years of age and older should wear a mask in the following situations:
 > In public or crowded places.
 > Around people who do not live in your household.
 > When caring for someone who is sick with COVID-19.
 > If you are sick with COVID-19 or think you may have COVID-19.

Children's books adults should read once again

Even if you have read these books as a child, re-reading them from an adult's perspective is a unique experience.






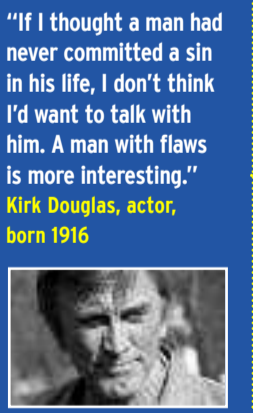
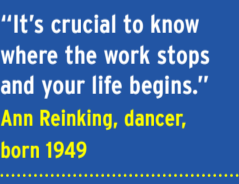



Here are some books you should read:

 MALGUDI DAYS by Ruskin Bond	 THE LITTLE PRINCE by Antoine De Saint-Exupery	 GEORGE by Alex Gino	 ALICE IN WONDERLAND by Lewis Carroll	 LITTLE WOMEN by Louisa May Alcott
 RUSTY SERIES by Ruskin Bond	 MATILDA by Roald Dahl	 THE JUNGLE BOOK by Rudyard Kipling	 BLACK BEAUTY by Anne Sewell	

CALLING IT A YEAR

The Artists We Lost in 2020, in Their Words

It's always difficult to lose a favourite actor or a beloved musician. But in 2020, some of those losses were especially painful, brought on by a pandemic that killed hundreds of thousands of people. The artists on this list could help us better understand the time we're living through, or at least help us get through it with a smile.

 "When I dared to challenge the system that would relegate us to victims and stereotypes with no clear historical backgrounds, no hopes or talents, when I questioned that method of portrayal, a different path opened up for me, the path to my destiny." Chadwick Boseman, actor	 "I'm horrified at the notion of autobiography because I'm already constructing the lies I'm going to tell." John le Carré, author, born 1931	 "Let others decide whether or not I'm a good writer. I know I'm a good Irish storyteller." Mary Higgins Clark, author, born 1927	 "If you start thinking of your image, or what the mysterious 'they' out there are thinking of you, you're in a trap. What's important is that you're doing the work that's best for you." Sean Connery, actor, born 1930
 "As long as you keep yourself in love with people, you can transcend time." Betty Wright, singer, born 1953	 "If I thought a man had never committed a sin in his life, I don't think I'd want to talk with him. A man with flaws is more interesting." Kirk Douglas, actor, born 1916	 "It's crucial to know where the work stops and your life begins." Ann Reinking, dancer, born 1949	 "When that first photograph was taken of Earth from space and you saw this little ball in blackness... I became aware of what I felt I was. I feel very much that a tree is a relative, a cousin. Everything in this world, I find, I'm related to." Luchita Hurtado, artist, born 1920
 "No one could have imagined I would be an actor, I was so shy. So thin. But the desire was so intense." Irrfan Khan, actor, born 1967	 "I don't consider myself an artist. I consider myself a very opinionated man who uses words as fighting tools." Larry Kramer, writer, born 1935		

QUIZ TIME

PRAVALIKA BHAT, class VIII, Baldwin Girls' High School, Bengaluru

Q.1) The power of a lens is measured in.....
A. Dioptre B. Aeon C. Lumen D. Candela

Q.2) Two flat mirrors are placed at an angle of 60 degrees from each other. How many images will be formed if a candle is placed between them?
A. 3 B. 14 C. 5 D. 10

Q.3) If an egg with its shell is placed in a microwave oven, what among the following would happen?
A. The egg will not get warmed B. The egg will get cooked slowly similarly to a boiled egg C. The egg shell will explode D. The egg shell becomes yellow

Q.4) Amalgam is a term used for an alloy of which metal?
A. Copper B. Mercury C. Lead D. Zinc

Q.5) Which organ of the body produces the fluid known as bile?
A. Liver B. Pancreas C. Gall bladder D. Kidney

ANSWERS

1. A) Dioptre 2. C) 5 3. C) The egg shell will explode 4. B) Mercury 5. A) Liver

KNOWLEDGE BANK (NATURE)

Atomium
Atomium is an important building in Brussels, the capital of Belgium. This building is around 102 metres tall. This building depicts nine iron atoms in the shape of a sphere. These spheres enclose staircases, escalators, elevators and a restaurant, which gives a panoramic view of Belgium.

Pravalika Bhat, class VIII, Baldwin Girls' High School, Bengaluru

WORD WISE

Preposterous: (adj) contrary to reason or common sense.

Synonymous words: outrageous, absurd, ridiculous, ludicrous, unbelievable.

Examples: ■ That is a preposterous idea. ■ This is an outrageous act of burglary. ■ The incidents are downright absurd. ■ The teacher found the student's answer absolutely ridiculous but could not laugh out loud in the class.

GRAMMATICAL MISTAKES

ASCENT/ASSENT

THE RULES:
 ■ **Ascent:** To climb upwards to the summit of a mountain or a hill.
 ■ **Assent:** The expression of approval or agreement.

HOW NOT TO DO IT: ❌
 ■ I see no reason to **assent** to this contract.
 ■ **The assent** of Fuji presents no difficulties.

HOW TO DO IT PROPERLY: ✅
 ■ Since this contract is in your favour, I see no reason to **ascend** to the terminal.
 ■ **The ascent** of Fuji presents no difficulties.

2020 MY TEACHER

It goes without saying that the year 2020 has been a year of change. With coronavirus pandemic and lockdown, everything came to a standstill and everyone was confined to their homes. The schools that closed down mid-march have not opened still and classes went virtual. Education system underwent a paradigm shift and so did educators. Principals and teachers were at the helm embracing the change and ensuring smooth learning for children. Here, we present key learning of educators from the year 2020....

LIVE AND LEARN ALWAYS!

The year 2020 has been a paradox of sorts - tragic to say the least but loaded with a ton of learnings for the present as well as the future. 2020 came at a great loss but still managed to ignite a ray of hope and optimism in all. It established firmly the fact that freedom should not and cannot be taken for granted. It's a privilege that needs to be cherished by each one of us dearly. It has also proved that each one of us is vulnerable at the hands of the Supreme Power, the higher energy and power and that power spares no one.

The year 2020 made us realize our self-worth and reminded us of what we all are capable of doing and achieving in the face of adversity, complemented with the harsh truth that we are mere puppets in the hands of the Supreme puppeteer and have no option but to dance to His tunes. Ultimately, we bid adieu to this year, wiser and more enlightened than the year before, with a zest to live more, live more, and learn more, while we have the opportunity to do so.

SONAL NARANG,
Senior Vice-Principal,
Anand Niketan, Satellite



BID ADIEU TO PROCRASTINATION

Procrastination. It is not a word associated with me at my workplace, but as regards my home affairs, I tend to 'put off till tomorrow'. This year, confined at home, I learned an important lesson - not to procrastinate. Minor repairs, renovation, buying necessary things - these are matters I used to keep putting off. During the lockdown, the plug points gave way, the washing machine broke down, my laptop stopped working. Initially, I couldn't get anything done as it was difficult to find the service persons. I realized there were things I should have handled long ago. Online

culture is something I didn't try to learn earlier. I thought it was meant for younger people. But, better late than never; I am learning to do everything online - banking, shopping, meetings, and whatnot. Apart from this, I was reluctant to visit relatives, friends. Throughout my active career, I hardly went on a holiday. Now, I do not know for how long, I may not even be able to travel. I wish I had visited everybody earlier! That's why I say I have learned an important lesson - not to procrastinate matters. The only time we have is the present. And that's my new year resolution!

RADHIKA IYER, Director, Udgam School For Children

HAPPINESS IS WITHIN!

2020 has been an eye-opener in many ways. We cannot take things for granted. This unprecedented pandemic has made one thing clear and evident, and that is we are 'ruled by the force of change and coincidence', hence we need to accept that and find out new ways, embrace new methods, accept change and surge forward effectively, cautiously and quickly. More over it has taught us to value our life, our relationships and made us realise that happiness can be found from within rather than outside.

SHARMISTHA SINHA, Principal, Zebar School For Children



SURVIVING WITH BARE MINIMUM!

Like every new year, we were all getting used to writing "2020" instead of "2019". And within a couple of months, we witnessed the surge of COVID-19. What followed the next six months or so, was total chaos in our lives and nation went through several stages of lockdowns. Our own health and safety took the front seat in the list of priorities. We were forced to live in restraint and survive with the bare minimum required. We realised the value of maintaining good health and

hygiene and the importance to let go of our freedom to travel. On a positive note, with the schools and universities not operating as usual, children learned the meaning of togetherness. This year 2020 has really tested us against all odds. But never the less we will overcome this as well and live life as king-sized as possible.

SMITA DAS, Principal,
Sakar English School



YEAR OF PATIENCE IN ALL ASPECTS OF LIFE

The year has been a strict teacher in all aspects. The key lesson I have learned is the art of being patient. With the world going into a frenzy with fear and uncertainty, we seem to have lost our ability to tolerate any sort of delay or disruption. The internet connection faltering for few minutes sent us all into fits of anxiety. It seemed that the most important task was to pacify nerves, to assure that 'all will be fine'. In every sphere of life, the need was to be patient and tolerant of each other. At home, where after decades the entire family was together spending the much coveted and hyped 'quality time' it turned out to be a test of 'patience' too. The most valuable learning was to be patient with 'ME, MYSELF', as we found time to introspect, spend time with ourselves, accept our shortcomings, and learn to overcome them within the limitations. The world needs tolerance, empathy, and patience to be a happier place, the only regret is that we needed a pandemic to teach us this simple virtue

BITASTA BHATTACHARYA,
Principal Anand Niketan
Sughad



CHERISH THE GIFT OF LIFE

I have learned to believe that Life is a precious gift. I have not owned it. It has been given to me as a grace. It can be taken away at a snap of the fingers. I have to be grateful for all I have received and I shall try my best to capitalize on it, not only for myself but give back to society as much as I can. I want to express my gratitude to almighty, to my parents and family. I don't want to take life for granted anymore. In fact, I have begun to pray and live in present. It has started giving me inner peace and happiness. I am beginning to feel that life has a greater meaning than I thought. I need to pursue my dreams not only for money, wealth and recognition but invest more in Family, Health, and Happiness

CAESAR D'SILVA, Principal, GIIS, Ahmedabad



COUNT YOUR BLESSINGS ALWAYS!

As we slowly come to the end of the Year 2020, most of which have been spent indoors it's time for retrospection. Many skills were adapted knowingly and unknowingly. The major life-changing lesson for me has been "Always count your blessings". Be grateful for who you are, what all you possess within you is your knowledge, skills, demeanour, your physical presence in this world, and how you can make a difference to the universe. The feeling of gratitude for a small gesture, an acknowledgement, and an encouragement can make a tremendous impact on the people. Inshort, counselling is nothing but making one feel accepted thereby boosting the self-esteem. The ability to keep the faith and not to lose hope comes only when we take stock of what all we possess in this materialistic world. The ability to adapt, try new skills, and breaking the stereotypes are lessons that have been the result of this pandemic. We have seen chefs, artists, dancers, and writers who are actually doctors, engineers, and corporates by profession. Looks like they have counted their blessings and started afresh. At the end of the day, all that matters is what you like to do and your happiness while doing what you like even in bleak situations

BANDITA ROY, Vice-Principal, Calorx Public School, Mundra



ACCEPT THE UNEXPECTED

Never in my remotest dream had I thought that the world will come to a standstill so unexpectedly and so suddenly. The unexpected turn of events has left us all measuring the gap between Expecting and Accepting. All the discipline that we followed, All the standards that we had set, All the norms that we had built, suddenly seemed null and void. Powerless! Unimportant!

To be honest, I was shaken initially at the magnitude of the

crisis and it's devastating consequences.

Both ..professionally and personally. But eventually..I realized that we humans, like water, have this beautiful hidden talent to adjust to take the shape of any vessel we are poured into! Nothing great has ever been achieved without stepping out of the comfort zone! We usually underestimate the power of something we have never explored before.

What 2020 taught me professionally? Well, the dedication of teachers to experiment with creative teaching methods without compromising on quality and the

willingness of the students to surrender with faith in their teachers has convinced me that there is tremendous potential in online education! What looks like a temporary solution, I feel, will revolutionize future teaching & learning, taking it to a different level altogether! Personally, 2020 taught me to be ready to be always ready for the unexpected and to embrace the unexpected with a smile!

SHUBHRA KUMAR, Trustee, St Kabir Group of Schools



Wonderful trip to COORG & MYSORE

I had my apprehensions when I had to go to Bangalore in July 2019 for my exams. And then my father added a trip to Coorg via Mysore. And from my experience, I bet you that it is the best place I have ever visited.



During the stay in Bangalore, along with the exams, we went to the nearby garden and enjoyed several rides. Once exams got over, we started our joyful journey towards Coorg via Mysore along with family friends. With greenery all around on our way, we visited Shree Lakshmiraman Swamy Temple, Tipu Sultan Fort & Museum, and Mysore Palace. I also did horse riding over there.

The next day, in the

Coorg, we went to the Spice Garden. The landscaping of the entire garden was also from high to low thinking that sufficient rain is available to the lower side plants and trees during the



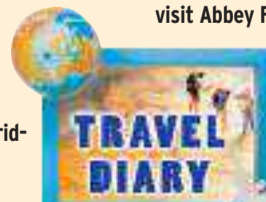
rainy season. From there, we went to visit Abbey Falls. It was with nice natural sound of fall with pleasant nature. In the evening, we went to see the fountain show at Raja's seat Garden. The next day we



went to Talacauvery which is far away from Coorg. The entire atmosphere was filled with fog and humidity. I felt as if I was walking with the clouds only. In the evening we shifted to a resort and I played basketball, tennis, badminton, cricket, Floor Ludo, Floor Chess and Floor Snake & Ladder with my parents. It was a very big place with lots of plantations. In the night, post-dinner we enjoyed the movie.

While returning from the Coolest Coorg to Bangalore, via Mysore. So, there we saw Buddhist Golden Temple and Mysore Zoo. From the entire trip, I really feel that Coorg is really the "Kashmir" of Karnataka as the weather over there is very very pleasant and peaceful.

FIONA SHAH, Class III, Zebar School For Children



MY SCHOOL IS "DESTINATION JOY"

Mention the word "School" in front of anyone and there will be a broad smile on the face and glitter in the eyes with a flash of memories. The word conjures nostalgia. But today those hallways we used to stroll now stay devoid of any life. The pandemic has affected the education system, compelled schools to shift to the online platform. If we were to talk about how the school has changed my life, both before and after the pandemic, I'd tell you countless tales of my experience in Udgam school, and how it has contributed to my growth in three factors.

A school is not just about academics, it provides you with a chance to thrive in the social and professional environment. People get plugged into their interests. The teachers and staff deal with students and parents in a friendly nature. Opportunities are present for students, and they get to



grow up in a space where they are comfortable with their peers and elders. It's where you figured out what you want to do for the rest of my life. You get to meet people, share your experiences, and learn something. With the advancement

in the system, you will find new friends and lovers that share similar interests as yourself. You will laugh, cry, learn lessons, and make memories. It cultivates talent. Students are offered positions in various clubs and given coaching. Sports such as

badminton, cricket, tennis, and roller skating help you flaunt your sporty side. Yoga, music, drawing, and chess are also of major importance. These activities shape you into a healthy human being in a fun way. Along with physical fitness, they give value to the mental health of the students, making counseling easily available for students. So, when I see my school, it is a platform that is enabling me to grow in a fun way!

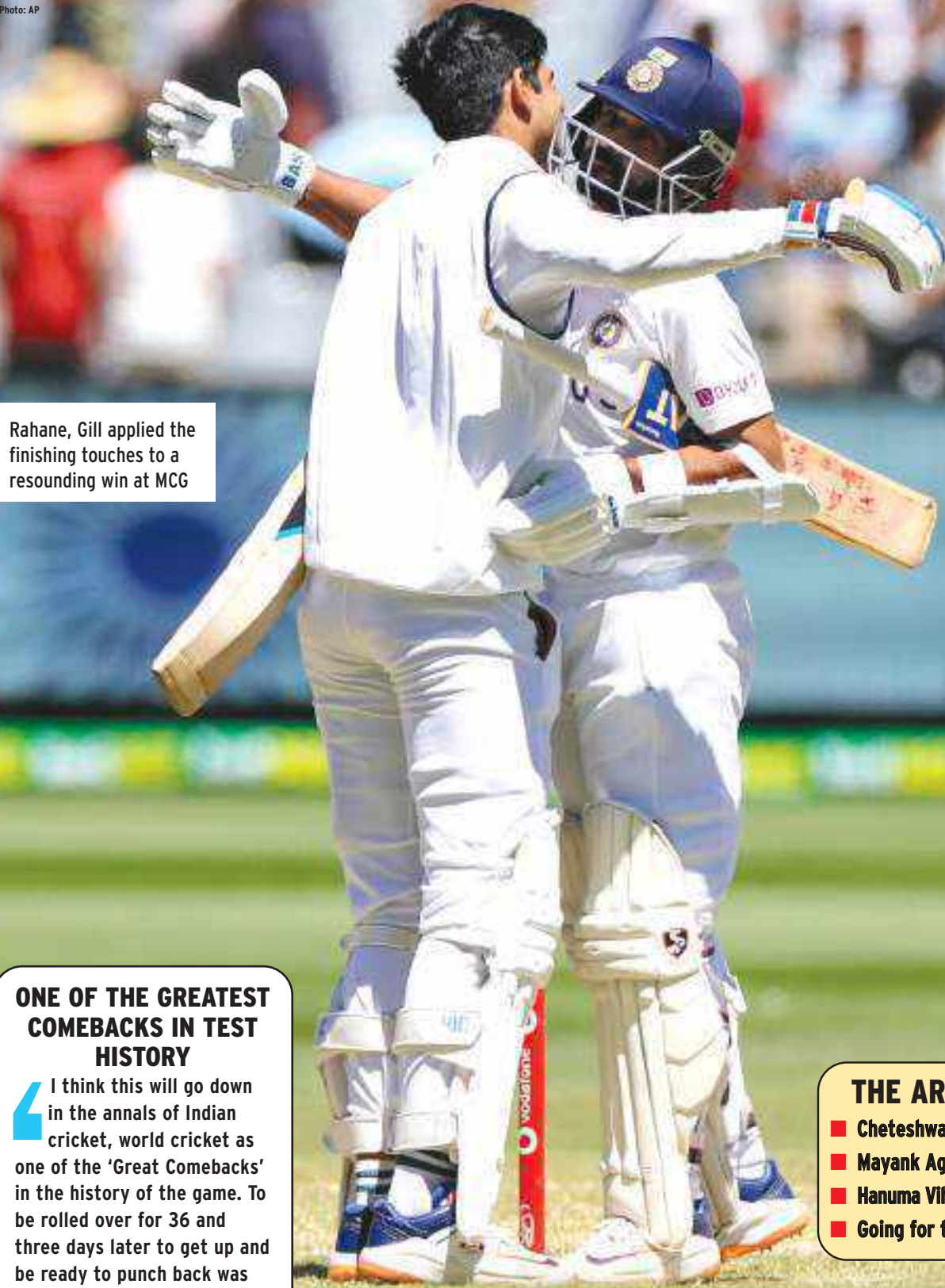
TANISHKA SHARMA, Class XI, Udgam School for Children



EXPLAINED

WHY INDIA'S VICTORY AT MELBOURNE IS ONE OF THE MOST SIGNIFICANT 'AWAY WIN' YET

Photo: AP



Rahane, Gill applied the finishing touches to a resounding win at MCG

India staged a once-in-a-generation turnaround to level the four match Test series against Australia 1-1

WHAT WERE THE ODDS?

- 1 "To win a Test match without Virat, Rohit, Ishant & Shami is terrific," tweeted Sachin Tendulkar. The Indian teams of yore used to lose stomach for a good scrap after humiliating defeats but not this one. It stood out for the manner of its comeback in the absence of a genius called Virat Kohli and a magician in Mohammed Shami. India were already missing Rohit Sharma and Ishant Sharma.
- 2 Australia captain Tim Paine had nothing to offer as an explanation for why his side could not capitalise on the big absences. "Very disappointed, played poor cricket, sloppy cricket. Let's not take anything away from India, they forced us to make mistakes," he said.
- 3 India were also hamstrung by Umesh Yadav's calf muscle injury mid-match which reduced a five-pronged bowling attack to four men. But in the last three and half days, Rahane, first with his hundred and then with solid leadership, showed what Kohli meant when he spoke about 'New India'.
- 4 Along with skills, it was the mental fortitude that shone through as the team didn't take too much time to bury the ghosts of Adelaide and clear the cobwebs in their minds getting Australia all-out for 195 and 200 in two innings.

HOW SIGNIFICANT HAS BEEN RAHANE'S CONTRIBUTION?

- 1 For someone whose Test match place was being questioned during the last 18 months, Ajinkya Rahane was certainly 'Captain Cool' in a new avatar, bamboozling the opposition with his tactical acumen and marshalling of resources. On the first day, it was about assessing the moisture on the surface and giving Ashwin a go before debutant Siraj in the first hour of the match, all the while keeping that leg gully in business for Steve Smith. It worked wonderfully well and then he understood pretty quickly that Siraj, with his hit-the-deck bowling, could work wonders with the semi-new or old kookaburra when the seam would flatten.
- 2 On the fourth morning, Rahane, after giving a three-over spell to Bumrah, understood instantly that the old ball is not doing anything and took him off the attack to keep him fresh for the second new ball. It was another great tactical decision as Bumrah bounced Cummins to end the stand that consumed more than 36 overs.
- 3 While batting, he was like that bandmaster, who knew how to conduct his orchestra whether it was young Gill or the seasoned Ravindra Jadeja. Rahane rates his hundred in a winning cause at Lord's six years back as his best effort but for fans, the innings at Melbourne will always be way more precious. 'Jinks' calmness in the dressing room really provided us that stability to go out there and express ourselves in this game," spinner Ravichandran Ashwin said after the match.

ONE OF THE GREATEST COMEBACKS IN TEST HISTORY

I think this will go down in the annals of Indian cricket, world cricket as one of the 'Great Comebacks' in the history of the game. To be rolled over for 36 and three days later to get up and be ready to punch back was outstanding. I think the boys showed real character.

Ravi Shastri, India coach

THE AREAS OF CONCERN FOR TEAM INDIA

- Cheteshwar Pujara's form (17 & 3 in second Test)
- Mayank Agarwal's form (0 & 5 in second Test)
- Hanuma Vihari needs more runs (21 in first innings of second Test)
- Going for the kill against tallenders (Aus went from 99/6 to 200)

GILL AND SIRAJ SHOWED CHARACTER: RAHANE



India skipper Ajinkya Rahane singled out the debutant duo of Shubman Gill and Mohammed Siraj while commending the tremendous character shown by his side to turn it around in the second Test. Gill scored 45 and 35 not out in the game here while Siraj returned with five wickets, including three in Australia's second innings. "I am really proud of all the players. I want to give credit to the debutants Siraj and Gill, the character they showed after the Adelaide loss was great to see," Rahane said at the post match presentation ceremony. Rahane said it is never easy for debutants to be consistently disciplined in their game but Gill and Siraj showed how it is done. m

JADEJA LENDS BALANCE TO THE TEAM: SHASTRI

Ravindra Jadeja is certainly good enough as a specialist batsman in Test cricket but it is his pure all-round skills that gives the Indian team much-needed balance in the traditional format, feels head coach Ravi Shastri. Jadeja's contribution in India's eight-wicket victory against Australia at the MCG can't be ignored as he scored an important half-century, picked three wickets and also took two catches in his 50th Test. For someone who has 216 Test wickets apart from 1926 runs, Jadeja's restrictive left-arm spin and ability to quickly get through his overs gives respite to the team's fast bowlers. m



LOTS OF POSITIVES FROM THIS WIN

What a win this is, absolutely amazing effort by the whole team. Couldn't be happier for the boys and specially Jinks, who led the team to victory amazingly. Onwards and upwards from here.
Virat Kohli, India skipper

Congratulations #TeamIndia! What a victory at Melbourne to level the series. Historic

in every sense. Well played Jadeja, Rahane, Ashwin, Gill, Bumrah and Siraj and everyone in that dressing room for showing such resilience.
Jay Shah, BCCI secretary

Great win for India. New star on the horizon @RealShubmanGill. Wonderful captain's knock from @ajinkyarahane88 leading from the

front flag of India 4 excellent days of test match cricket.
Mithali Raj, Indian women's cricketer

A really special win at the MCG. Great Determination and great character. Rahane led from the front, the bowlers were terrific and Gill is chill.
Virender Sehwag, former India cricketer

Lots of positives from this win. Rahane led the side brilliantly, bowlers were relentless but the biggest positive is the performance of two debutants. Both of them were confident and not overawed by the big occasion. Strength of Indian cricket is their strong bench strength.
VVS Laxman, former India cricketer

TEST YOUR KNOWLEDGE

Q1: Which hoopster was named in the 2019-20 season?

- a) Rudy Gobert b) Brandon Ingram
c) Bam Adebayo d) Luka Doncic

Q2: Who won the men's singles title at Wimbledon in 2015?

- a) Novak Djokovic b) Roger Federer
c) Andy Murray d) Rafael Nadal

Q3: Which was the first winter sport to be included in the Olympics, in 1908?

- a) Speed skating b) Figure skating
c) Curling d) Ice Hockey

Q4: In which year was Abdul-Jabbar elected to the Naismith Memorial Basketball Hall of Fame?

- a) 1999 b) 1997 c) 1993 d) 1995

Q5: Name the sportswoman who has won the most number of Olympic medals?

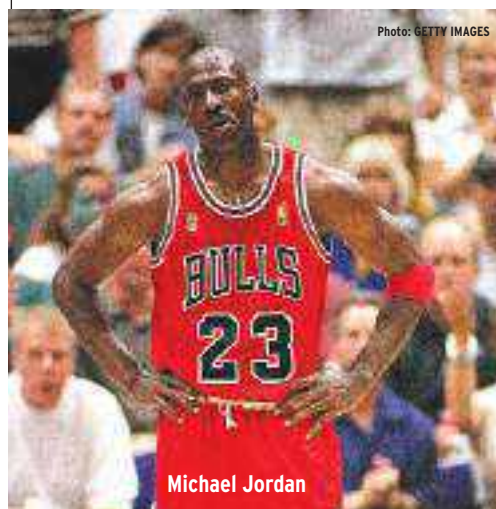
- a) Serena Williams b) Larisa Latynina
c) Polina Astakhova d) Agnes Keleti

Q6: Tillakaratne Dilshan has 5 ducks in ICC Men's T20 World Cup. Which other player has as many?

- a) Ashish Nehra b) Lendl Simmons
c) Shahid Afridi d) Kevin O'Brien

Q7: Michael Jordan was a member of Olympic gold medal-winning USA basketball teams in which years?

- a) 1982 and 1995 b) 1986 and 1999
c) 1984 and 1992 d) 1987 and 1997



Michael Jordan

Q8: She has won four Olympic gold medals, a record 22 singles and 14 doubles titles in Grand Slam events. Who is this player?

- a) Victoria Azarenka b) Serena Williams
c) Maria Sharapova d) Venus Williams

Q9: After Lasith Malinga, which players has claimed most wickets in the Indian Premier League?

- a) Amit Mishra b) Piyush Chawla
c) Dwayne Bravo d) Harbhajan Singh

Q10: How many Grand Slam titles does Naomi Osaka have under her belt?

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

Q11: Which of the following players won NBA Rookie of

the Year Award in the 2018-19 season?

- a) Malcolm Brogdon b) Damian Lillard
c) Ben Simmons d) Luka Doncic

Q12: After MS Dhoni, which wicketkeeper has the second-highest dismissals in Indian Premier League?

- a) Dinesh Karthik b) Parthiv Patel
c) Wriddhiman Saha d) Robin Uthappa

Q13: Who holds the Guinness world record of most coach qualifications (multiple sports)?

- a) Gerald Meerschaert b) Anthony Kelly
c) Demian Maia d) Colby Covington

ANSWERS: 1- b) Brandon Ingram 2- a) Novak Djokovic 3- b) Figure skating 4- d) 1995 5- b) Larisa Latynina 6- c) Shahid Afridi 7- c) 1984 and 1992 8- b) Serena Williams 9- a) Amit Mishra 10- c) Three 11- d) Luka Doncic 12- a) Dinesh Karthik 13- b) Anthony Kelly



THE TIMES OF INDIA

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TODAY'S EDITION

Want to make your road trip with your pet a hassle-free affair? Check out our tips

PAGE 2



Our young student editors share their views on one thing that they have learnt from nature

PAGE 3



Should ICC look into 'Umpire's Call' in DRS?

PAGE 4



STUDENT EDITION

TUESDAY, DECEMBER 29, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Major events that altered the world in

COVID-INDUCED ECONOMIC CRISIS

Covid-19 has devastated the world economy, which, according to economists, will take long to mitigate. According to an estimate by ILO, around 400 million full-time jobs were lost worldwide. Income of workers had fallen 10 per cent by September 2020—a loss of over \$3.5 trillion. Global stock markets saw their fastest decline in history in February-March, with the worst sessions seeing 12-13% falls. Overall, this is the worst global economic crisis since the Great Depression of the 1930s.



BIDEN TRUMPS TRUMP

The 2020 US presidential election will be remembered more for the ugly slugfest between the Republican and Democratic camps. Though Biden made it in the end, Trump ensured that Biden has his hands full, courtesy, Covid, economy, and a divided society, when he moves into the Oval office in January. The president-elect also needs to rebuild a few burnt bridges, and check Beijing's clout in a multi-polar world.



UK EXITS EU

The year saw Britain formally withdraw from the European Union. However, despite Britain's formal exit from the EU on January 31, the trade settlements between both the camps lingered till Christmas. Studies have shown that the UK's GDP and per capita income might drop up to 4.5%, and 10% respectively, post Brexit. In fact, some financial firms have already moved their business out of UK to avoid post-Brexit disruptions.



The Covid-19 pandemic hogged the headlines through much of 2020, and we still haven't seen the end. As the year comes to close, we take a look at some of the other major news and events that rocked the world...

BEIRUT BLAST

A huge explosion shook Lebanon's capital Beirut on August 4, resulting in deaths of over 200 people. Nearly, 2,750 tons of unsafely-stored ammonium nitrate exploded at a storehouse near the Beirut port. The blast, which was felt in Turkey, Syria, Israel, parts of Europe, and heard in Cyprus, was detected by the US Geological Survey as a seismic event of magnitude 3.3. It is being called as one of the most-powerful non-nuclear explosions in history.



MEGXIT

In January, Prince Harry and Meghan Markle announced their decision to 'step back as senior members' of the British Royal family. The event was dubbed as 'Megxit,' a wordplay on the name 'Meghan' and 'exit,' possibly-inspired by 'Brexit.' The ex-royals have also announced their intentions to become financially-independent and split time between the UK and North America.



YEAR IN REVIEW

WEST ASIA PEACE INITIATIVES



Israel and some Arab states set aside their historical baggage of intolerance and took a few baby steps towards normalising relations. Israel signed a peace agreement with the UAE brokered by the US, and followed up with similar deals with Bahrain, Sudan and Morocco. Saudi Arabia too is believed to have opened back-channel diplomacy to ease tensions with Tel Aviv.



BLACK LIVES MATTER

The anti-racism Black Lives Matter movement has existed in the US since 2013. But the Minneapolis George Floyd incident of May 25 imparted a momentum like never before. The US witnessed more than 4,700 demonstrations during the month, following the incident. Protests peaked on June 6, when around 50 lakhs people turned out in nearly 550 places across the US, which according to estimates was larger than the civil rights marches of the 1960s.

ALL WORK(ED UP) AND NO PLAY

The sporting world witnessed a huge loss, as the pandemic-induced lockdown ensured that sports personalities stay indoors, with no play. Events like the Summer Olympics, Wimbledon tennis, etc, were either deferred or cancelled. The IPL was shifted to the UAE. Limited sporting activities resumed with strict Covid protocols after a thaw in the virus spread, but spectators were barred from the grounds.



OZ WORST NATURAL DISASTER

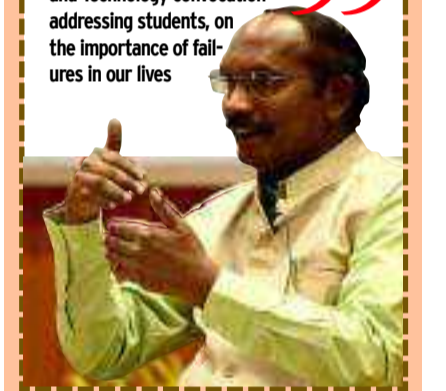
Australia suffered one of the most-disastrous bushfires in the 2019-20 season. With an estimated damage of over \$103 billion, this was Australia's worst-ever natural disaster. Nearly 186,000 sq km area was burnt, and over a billion wild animals killed in the fires. Nearly, 25,000 koalas on the Kangaroo Island, a major wildlife conservatory in South Australia, perished.



Quote unquote

Accept failures. Remember when you take calculated risks, you safeguard yourself from absolute failure. You may fail, but each failure will provide a valuable lesson. I can say with great confidence that India's space programme has been built on spectacular failures. Each failure has resulted in improvements in our system. The other important aspect is innovation, and how it is implemented. Innovation comes with a high risk of failure. You may be called crazy, and the initial outcomes of innovation could be imperfect. Don't forget, Edison failed a number of times to invent the light bulb. You all must realise that if you are not failing then you are not trying hard. So, shoot for the sky. Even if you miss, you'll land among the stars. Spread joy. Chase your wildest dreams

K.Sivan, chairman, ISRO, at the SRM Institute of Science and Technology convocation addressing students, on the importance of failures in our lives



IN RECORD BOOKS

Man swims 662 feet underwater in just one breath

Denmark's Stig Severinsson has bagged a Guinness World Record by swimming 662 feet, 8.7 inches underwater with just a single breath. He attempted the record in La Paz, Mexico, on November 26.

Stig took only one breath to swim the record-breaking distance with his head underwater, while using fins. He held his breath for 2 minutes and 42 seconds to achieve the feat

Stig undertook the record attempt to inspire children and raise awareness about protecting the oceans and wildlife among them

INDIA TO BECOME 5TH LARGEST ECONOMY IN 2025, 3RD LARGEST BY 2030

India, which appears to have been pushed back to being the world's sixth biggest economy in 2020, will again overtake the UK to become the fifth largest in 2025 and race to the third spot by 2030, a think tank said. The UK-based think tank 'The Centre for Economics and Business Research (CEBR)' forecast that China, in 2028, will overtake the US to become the world's biggest economy, five years earlier than previously estimated due to the contrasting recoveries of the two countries from the Covid-19 pandemic. Japan would remain the world's third-biggest economy until the early 2030s, when it would be overtaken by India, pushing Germany down from fourth to fifth.

ECONOMY

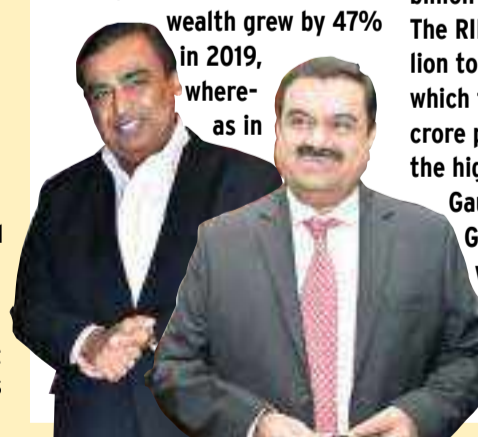
- India had overtaken the UK in 2019 to become the fifth-largest economy in the world but has been relegated to the sixth spot in 2020
- The UK appears to have overtaken India during 2020, as a result of the weakness of the rupee, it said

The CEBR forecasts that the Indian economy will expand by 9% in 2021 and by 7% in 2022. An important driver of India's economic recovery, so far, has been the agricultural sector, which has been buoyed by a bountiful harvest. The pace of the economic recovery will be inextricably-linked to the development of the Covid-19 pandemic, both domestically and internationally, it said. As the manufacturer of the majority of the world's vaccines, with a 42-year-old vaccination programme that targets 55 million people each year, India is better-placed than many other developing countries to roll out the vaccines successfully and efficiently next year, the report added

\$483 BILLION

The combined wealth of Indian business tycoons that grew to 90 this year from 80 at the end of 2019. According to a Business Standard report, India's billionaire count reached an all-time high in 2020, owing to the stock market rally during the year. It registered a spike of 33% in 2020 from \$364 billion recorded at the end of 2019. In contrast, the International Monetary Fund (IMF) expects India's economy to decline by 9.6% in the financial year 2020-21 (FY21). The wealth of these 90 super-rich individuals is equivalent to nearly a fifth of India's gross domestic product (GDP).

On top of the rich list is Reliance Industries Ltd (RIL) Chairman & Managing Director (CMD), Mukesh Ambani. His wealth grew by 47% in 2019, whereas in



FACTOID

2020 it went up by 37.2% to reach a mind-numbing \$87.5 billion or ₹ 6.44 lakh crore. The RIL CMD added \$21.5 billion to his net worth in 2020, which translates to ₹ 480 crore per day. In terms of the highest percentage rise, Gautam Adani of the Adani Group topped the charts with a 100% increase in his wealth— from \$21 billion in 2019 to \$40 billion this year



CELEB TALK

Covid-19 pandemic has stopped a creative process: Scorsese

Veteran filmmaker Martin Scorsese says he is struggling to recapture the spark with which he made his last directorial 'The Irishman' for his next 'Killers of the Flower Moon'. During an interview with the Empire magazine, Scorsese said that the coronavirus pandemic has put a stop to his "creative process". "This pandemic has stopped my creative process— particularly the first couple of months when we were locked in our houses, drained all my energies," Scorsese said. "I have to find a way to get back to a singular creative impulse for my new film, the way I had for 'Irishman,' he added.

'Killers of the Flower Moon' will feature the director's favourite leading men – Robert De Niro and Leonardo DiCaprio

The film, based on David Grann's historical book of the same name, is set in 1920s Oklahoma, and centres around the Osage Nation murders, in which the members of the Native American tribe were murdered one by one after the group became rich off the oil found underneath their land

Researchers identify over 109,000 impact craters on Moon

An international team of researchers has identified over 109,000 previously-unrecognised impact craters on the Moon, using machine learning methods. By combining the data collected by China's Chang'e-1 and Chang'e-2 lunar probes, the researchers identified 109,956 new impact craters. They also estimated the ages of 18,996 newly-detected craters, which are larger than 8 km in diameter.

SPACE



Impact craters are the most-prominent lunar surface feature, and occupy most of the Moon's surface. With traditional automatic identification methods, it is generally difficult to find irregular and seriously-degraded impact craters that may have formed in the early periods

What to do before a road trip with your pet



Planning a road trip is a task if you have to bring in your pet along with you, especially with so many rules and regulations in the pandemic. Here are some tips to make your road journey a hassle free affair

KEEP YOUR PET SAFE AND SECURE IN THE CAR

It is best not to let your pet roam freely or sit on your lap in the car. Small dogs and cats should be in a carrier. If you don't already own one, you must invest in one before you take off for a trip. Large dogs won't comfortably fit in a carrier, so they should have their own seat. Restrain them by attaching their harnesses to the seat belts. You might think it's okay to let your pet enjoy the fresh air by hanging their heads outside the car window, but it's safer if they don't poke their heads out while you're in transit.

10-minute drives before the actual trip. Offer your pet a treat after every ride to reinforce a positive association.

you will won't have to make any last minute changes in case the place you have opted for isn't too pet friendly.

RESEARCH ABOUT YOUR HOTEL'S PET POLICIES

This is a very important step before you even begin to take a trip. Review the details of your hotel's pet policy

PACK A PET-SPECIFIC SUPPLY KIT

It is advised to carry medication, leash, collar, bowls, water, kitty litter, litter box, toys, waste bags and all the other things related to your pet when you take a trip. Potty pads can come in handy for lining the bottom of your pet's crate so that they can use the bathroom before you reach your destination. You can discard used ones when you stop for a break.



PRACTICE TRAVELLING WITH YOUR PET BEFORE YOUR ACTUAL TRIP

Before you even take a trip, make sure your pet is comfortable being in the car by taking it out on short drives with all necessary safety measures. You can place your animal and their favourite toy inside a parked car for them to get familiar with the new environment without stressing to travel. Once your pet is comfortable, go for a few

before you book your accommodation. If you have more than one animal you must find out if your accommodation allows several pets. Also, find out if you can leave your pet unattended in a room for a few hours if you have to step out without them. Call the receptionist of the place for more up-to-date information rather than relying on online information. This way

PREPARE FOR EMERGENCIES

Before you take a road trip, you have to make sure that your pet's identification or microchip information is up-to-date, if in case you and your pet separate. Install an app for your pet's medical records so that if you run into an emergency in the middle of your trip, you have all the information of your pet on the app to show it to the vet.

TNN



Tackle Dry skin woes with good care

Dry skin is unavoidable for most during winter. Doctors say that the cause is the inability of the skin to retain moisture and this type of skin is prone to rashes, dermatitis, bacterial infections...

Dermatologist Dr Rinky Kapoor says, "Frequent use of sanitising products, soaps, chemical cleansers, hot water baths, inadequate moisturising, and hand washes leads to dry skin." She shares some tips to deal with dry skin...

TRY THESE HOME REMEDIES

- ▶ Itchy dry skin can get a lot of relief from an oatmeal bath or baking soda bath. Stir chopped oatmeal into warm water for preparing the bath.
- ▶ Use virgin cold-pressed coconut oil as it is rich in saturated fatty acids that can hydrate and smooth the skin without clogging the pores.
- ▶ Include foods like blueberries, tomatoes, carrots, beans, peas and lentils in your daily diet.
- ▶ Use sunflower seed oil as a night time moisturiser.
- ▶ A diet that includes milk can improve dry skin. Also, use raw milk as a toner for dry skin. Apply a mix of honey and turmeric and help relieve the dry skin and itching.

MAKE LITTLE CHANGES
Small improvements can make a lot of difference to dry skin in harsh winter months.

- ▶ **CHANGE YOUR CREAM:** Change the pump bottle skin moisturisers to jars and tubes moisturisers. Look for ingredients that attract moisture and hydrate the skin such as ceramides, glycerine, sorbitol (humectants), hyaluronic acid, lanolin, silicone, and mineral oil. For too dry a skin, use emollients that contain linoleic, and lauric acids. The thicker the moisturiser – the more effective it will be.
- ▶ **MOISTURISE WHEN DAMP:** The best time to use moisturiser is when skin is still

damp from washing or bathing. This practice will help you lock in the moisture to the skin and prevent clogging of the pores. Use petroleum jelly on lips, elbows, heels, and knees.
▶ **LUKEWARM IS THE WAY TO GO:** Switch hot water baths to quick 5-10 minutes lukewarm water baths. This will help retain some of the natural oils on the skin. If you live in places where winter is harsh, use a humidifier (level set to 60 per cent) to help the skin reload moisture.



COMFORT IS KEY

Kids need comfort more than you do as an adult. Comfortable clothing that is easy to wear is a basic fashion



tip that you must follow. Invest in comfy baby suits, pajamas, lounge pants, cotton t-shirts and pair all of it with white sneakers or loafers. You will definitely end up clicking a hundred photos of your little munchkin.

COLOUR CO-ORDS

Babies look adorable when they have colour co-ords on. Your kid will naturally look easy and gorgeous in co-ord



sets. There are many colourful co-ord sets available online to choose from. Be sure to trust a brand with the type of material they sell and don't compromise on the quality as well as durability of the clothing. Go for style plus sustainability.

Fashion Tricks for a busy mom

Motherhood is a beautiful journey. But it comes with some obstacles that might want you to skip everything and take a long break away from real life. Being a mother, you might have to balance out your life with that of the kid's and it is tougher if you are a working woman. But if you are a mother who wants her children to be well-dressed and fashionable, there are certain things that might be useful for you. Here are a few tips and tricks that can help you develop your child's fashion sense while making him/her look cute as a button.



SLOGAN TEES



Oh, how wonderful do kids look when they have their little slogan tees on. It could be anything that says 'I know I'm cute' or 'My mommy is the best' or 'Dad's my favourite', etc. You can also invest in some funny or cute slogan tees to have a little fun with the kid's fashion.

DENIM IS A STUNNING OPTION



Ever thought of dressing up your kind in anything that is denim? It could be a denim jacket or a pair of denim jeans or even a denim dungaree. Your kid is sure to look like a fashion icon as soon as it has anything in denim on! You can complete the look with white sneakers and a cute hair tie for your baby girl and a cap for your baby boy.

BASIC IS THE BEST



If you can't think of fashionable things, choose basic. By basic, we mean a pop of colour, polka dots, floral prints and so much more. There's never going to be unavailability of basic outfits for kids and you can choose whatever suits your baby the best. Go creative with the colours, the frills, the patterns, etc. The only thing that you need to remember is – less is more.

HAVE YOU READ THESE AWESOME NYT BESTSELLING SERIES?

- DOG MAN**, by Dav Pilkey. (Scholastic)
A dog's head is combined with a policeman's body to create this hybrid supercopound. (Ages 7 to 9)
- THE TWILIGHT SAGA**, by Stephanie Meyer. (Little, Brown)
Vampires and werewolves and their intrigues in high school. (Ages 12 and up)
- BABY-SITTERS CLUB GRAPHIX**, by Ann M Martin....
Kristy, Mary Anne, Claudia, Stacey and Dawn are The Baby-Sitters Club. (Ages 8 to 12)
- HARRY POTTER**, by JK Rowling. (Scholastic)
A wizard hones his conjuring skills in the service of fighting evil. (Ages 10 and up)
- DIARY OF A WIMPY KID, WRITTEN AND ILLUSTRATED** by Jeff Kinney. (Amulet)
The travails and challenges of adolescence. challenges of (Ages 9 to 12)
- THE HUNGER GAMES**, by Suzanne Collins. (Scholastic)
In a dystopia, a girl fights for survival on live TV. (Ages 12 and up)
- THE BAD GUYS**, by Aaron Blabey. (Scholastic)
Tough animals in suits take on some real villains. Fun book to read aloud to your children. (Ages 7 to 10)
- CAPTAIN UNDERPANTS, WRITTEN AND ILLUSTRATED** by Dav Pilkey. (Scholastic)
Boys fight evil, and the adventure begins. (Ages 7 to 10)
- PERCY JACKSON & THE OLYMPIANS**, by Rick Riordan. (Disney-Hyperion)
A boy battles mythological monsters. (Ages 9 to 12)
- I SURVIVED**, by Lauren Tarshis. (Scholastic)
Youngsters' tales of living through dangerous historical events and more. (Ages 9 to 11)

Times NIE Editorial Powered by students

'Nature Is Not A Place To Visit, It's Our Home'

Nature Heals, With Unconditional Love

'From the crack of dawn to the dead of night, almost everything in nature is planned. Birds rise early in the morning to collect food for their young ones. Roosters unfailingly crow every morning. Bees forage throughout their lives. Flowers bloom at daytime and close their petals at night'

With this spirit in mind we asked our young student editors about the one thing that they have learnt from nature. The one thing, they feel, that nature has taught them and taught them well. These are some of the responses. Also read excerpts from an interview with child environment activist Licypriya Kangujam...

Discipline



Surabhi Raut, class IX, NES National Public School, Mumbai

In nature nothing is random, everything occurs at the right time always. While it is a human tendency to shirk work. We all must learn from nature and try to lead disciplined, independent lives.

Unconditional Love



Samar Chavan, class X, Dr. Kalmadi Shamarao High School, Pune

Even when we treat nature in a bad way, or we cause harm to nature, Nature always gives the best it can give us. It does not make choices or preferences - it always gives impartially.

Healing



Richard C Binu, class IX, Carmel CMI Public School, Vazhakulam, Ernakulam

Nature soothes us. Go out for a jog or take a brisk walk. Inhale the beauty of nature. It is heavenly. Connect with nature and heal our mind & body. The cooling breeze on our skin or the warmth of the Sun.

Acceptance



Kavinaya. S., class XI, Satchidananda Jothi

Nature is not judgemental. Surrounding myself with nature has helped me receive some clarity on who I am. While society might create an atmosphere which makes us uncomfortable or insecure, nature furnishes a realm where it is easier to find acceptance.

Forgiveness



Ishika Padhy, class IV C, Bharatiya Vidya Bhavan's Public School, Jubilee Hills, Hyderabad

The one lesson that I have learnt from Mother Nature is forgiveness. Humans have done so much harm, yet like a mother, she pardons our misdeeds and throws open her arms in abundance.

Awareness



Manani Shah, Class IX, Udgam School, Ahmedabad

Nature teaches us to be in the moment and be aware. Just sit and observe. Nature taught me authenticity by giving me opportunities to be alone with myself in a truly non-judgmental environment.

Tolerance



Karra, IX, Fr Agnel Multipurpose School & Jr College, Ambarnath West, Mumbai

We've been tormenting nature - deforestation, bullying animals etc. Rarely has nature ever hurt us, it's been giving us its fruit and everything it produces selflessly, it's always been kind to us no matter what. Twisha

Generosity



Vibha Priya Mahesh, class VIII, Delhi Public School, Whitefield, Bengaluru

Nature teaches me to never stop giving. We should ever be grateful to nature for giving us so much with no expectations. It is our duty to keep the environment clean and stop abusing nature.

Humility



Raima Paul, Bhavan's Gangabux Kanoria Vidyamandir, Kolkata

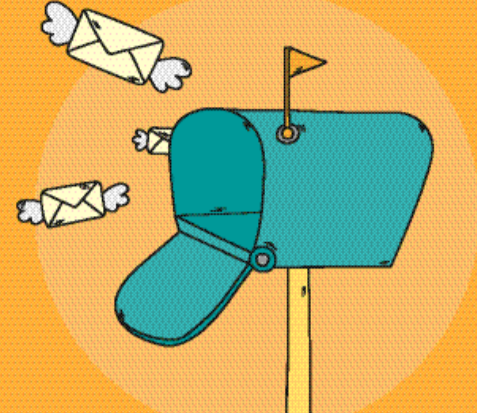
Nature teaches us to be humble. She never brags over how she protects us, gives us food, shelter or oxygen. Like a mother, she silently nurtures us. We too should always help those in need.

Beauty in Simplicity



Kavya Bhand, class IX, The Bishop's Co-Ed. School, Undri, Pune

'Nature is an exceptional artist'. A flower does not compete and try to be more alluring than others - it simply blooms and is beautifully perfect.



WRITE TO US

SEND YOUR REPLIES, CONTRIBUTIONS AND LETTERS TO THE EDITOR ON
TIMESNIE175@GMAIL.COM
TOINIE175@GMAIL.COM

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

WE ARE WAITING

Letter to the editor

Minimize e-waste: Save environment

Today almost everyone across the world has access to electronic items. Most of these are designed to be obsolete in less than 2 or 3 years, to be discarded for newer versions! Where do the discarded gadgets go?

A lot of the gadgets have hazardous neurotoxins that damage natural habitats. Some produce radiation harmful for all the living organisms. According to a survey, 53.6 million tons of e-waste was dumped the last year and its third largest producer was India. Let us all spread awareness on this serious issue. The biggest challenge is to regularise the collection of e-waste from the consumers so that e-waste is not thrown directly in the environment.

Let us all use social platforms, public meetings, seminars at schools, through advertisements, to spread awareness.

There should also be a chapter related to e-waste management in the school curriculum. Government should run schemes for the recycling of e-waste. E-waste collection centers should be opened. Finally these models can be brought to the system to increase the awareness among the citizens and to recycle the e-waste.

Hardik Vohra, class X, Apeejay School, Pitampura, Delhi

“Some say it is the ‘Licy Effect’”

Licypriya Kangujam is driven by her memories of the lush-green hills of Manipur, a polluted Delhi and the aftermath she saw in Nepal, of the 2015 earthquake. She feels humans have made the Earth uninhabitable ... This 9-year-old activist, talks to Rupa Ganguly Talukdar

Licypriya Kangujam is a child activist, who has been campaigning for the last two years to make climate education compulsory in every school in India and to ensure planting of minimum 10 trees by every student of the country. With the World Children Peace Prize 2019 adorning her hat, this child prodigy is one of the youngest environment activists in the world. The nine-year-old addressed world leaders at the United Nations Climate Conference 2019 (COP25) in Madrid, Spain, urging them to take immediate action. Last year she spent a week outside the Parliament to draw the attention of Prime Minister Narendra Modi to pass a climate change law in India. Excerpts from a tete-a tete with the young activist

The 'Licy Effect'

Q. You have become a role model for children across the country. What is your latest aim?

My ongoing work now is to plant 3000 trees every week on Monday across India and other countries of the world by celebrating Monday as 'Monday for Mother Nature' with school-children to make our planet green again. I will pick up two or three schools every week for this initiative. During my birthday celebrations on October 2 I urged people to plant trees instead of just wishing me. Many people responded and have planted over 241,000 trees till today.

Some say it is the 'Licy Effect'.

I'm also preparing for a solar car rally from India to UK in August 2021 crossing 17 countries and covering 17,000km over 90 days. This is to send a strong message to our world leaders to abandon the fossil-fuel economy ahead of COP26 Glasgow.

I'm urging the authorities to change the Olympics into the Green Olympics in the upcoming Tokyo Olympics in 2021 to make it carbon neutral sports competition.

How she began..

Q. Who or what inspired you to take up cudgels for the environment at this age? The Nepal earthquake of 2015 is one of the



important incidents of my life. I accompanied my dad for rising funds to help the victims and their families. Then we delivered the relief materials and food stuffs all the way by road to Kathmandu from Imphal. I cry when I see children losing their parents and people becoming homeless due to natural disasters. I feel sad for people who can't help themselves when disaster strikes. That was the first time I learnt the words 'climate change' and natural disasters. But I couldn't understand what exactly it meant, as I was merely a baby then.

ACHIEVER'S NOTES

I was born in a small village of Manipur, surrounded by lush green mountains and alluring atmosphere full of natural beauty. When I came to Delhi in 2016, I found it messy, polluted and eventually it led me to become a child climate activist.

It is in Odisha where I went for schooling. It is a highly disaster-prone state. When I was six-years old, Odisha was hit by the severe Cyclone Fani in 2018 and again by Cyclone Titi in 2019. Cyclones are more severe due to rising temperature which is the impact of climate change.

Looking out: into Space

Q. Tell us a little about your plans for a solo mission to the moon I want to become a space scientist in future. I

will make a rocket and travel to the moon and will research on how we can get fresh air to breathe, how to get water to drink, how to grow crops to get food, etc., so that we can inhabit another planet. Because, I feel our planet is dying.

What it takes

Q. How do you balance the pressure of your studies with activism?

I had dropped out of school in February 2019 due to my protests every week in front of the Parliament House. My parents can't afford the expenses of travelling every week from Bhubaneswar to New Delhi for my campaigns, so I decided to drop out of school. It was the most disappointing period of my life. I missed my school, friends and teachers. People love me and invited me various pro-

grams in various countries and cities, I have to wake up at midnight to catch a flight or board train and hence had many sleepless nights.

Most of the time, I read my books sitting at the airport or inside the aeroplane while travelling. I did home-schooling by calling private teachers at home to fill up the gap of my school as education and activism. Both are equally important for me. It's very big challenge to manage both. I resumed my studies in January 2020 at Indus International School, Bangalore, but I may shift school to Delhi from this new academic session.

➤ Licypriya now plans a Solar car rally from India to UK, in August 2021, crossing 17 countries and covering 17,000km over 90 days.

➤ This is to send a strong message to our world leaders to abandon the fossil-fuel economy ahead of COP26 Glasgow.

➤ She is also urging authorities to change the Olympics into the Green Olympics in the upcoming Tokyo Olympics in 2021 to make it carbon neutral sports competition.



Licypriya Kangujam

Big Q

ARE WE GAME TO BE GAME CHANGERS?

The greenhouse gas (GHG) emissions we humans generate, are today the leading cause of the Earth's rapidly changing climate. Here's how we can change to help improve things: Use less energy; Produce clean energy; Eat less meat; Support good ideas; Pull your money out of climate-damaging businesses; Switch to public transport, e-bike, bus or tram.



Maitreyi Singh, class VII, Our Lady of Fatima Convent Hr Sec school, Gurgaon, Haryana

ARE WE, THE CHANGEMAKERS?

It breaks my heart to see my mother's robes getting frayed by the day. Yes, my mother Earth is in a mess and it breaks my heart to watch my folks ruin her. Smog and soot and waves of black in the sky. Litter and plastic and poison in the tides of blue. Leaves of pale yellow withered on soil and a thick bark of willow, laying shattered on dear Earth. Is that what we give in return to someone who blesses her children with nothing but unconditional love?

Growing up reading books on environmental science and newspapers filled with sketches and slogans of greens on every Environment day, I am the same child who finds my elders preaching verses for the planet's protection and finds the same people laying their hands on the green cover for its destruction. It's not just a sin, but murder. I read an influential quote in my Science textbook last year that said - 'We do not inherit the Earth from our ancestors, we borrow it from our children.'

This statement hit me hard. Even if my elders and ancestors did not care for the future generations nor for the planet, I care for it. I have a responsibility to save the green abode for my future. My generation, regardless of age or might, has to change the flawed mindset. It is high time for change, and we, the youth of the planet, cannot fulfil our existence as ungrateful children of Mother Earth any more. What do we do to repair the damage done by folks of our community? We do not have power in our hands. But we have voice.

A day, a month or a year, one day our voices shall be heard. This is the time for some real work. We have the power of technology, the power of social co-operation through the media. Together we can organise cleanliness drives and innovate new ideas for a sustainable future. We can organize student unions, form environmental organizations and unitedly protest for change. We can stop deforestation by educating people in person and organising plantation drives. We shall transform deserts into magical greens.

Bhagyashree Prabhutendolkar, class XI, St. Xavier's College, Mumbai

SHOULD 'UMPIRE'S CALL' BE SCRAPPED?

The legendary Sachin Tendulkar urged the ICC to thoroughly revisit the concept of Umpire's Call in the Decision Review System (DRS) after India ended up on the wrong side of the rule on the third day of the second Test against Australia in Melbourne

WHAT IS UMPIRE'S CALL?

The Umpire's Call primarily comes into the picture if a review has been sought for LBW. It's used when the DRS essentially gives the 'benefit of the doubt' to the on-field decision in case of inconclusive technological evidence. When less than 50% of the ball is hitting the stumps, excluding the bails, as per the ball-tracking technology, it's the umpire's call. So, in a situation where the umpire has ruled not out, even if the ball is shown to be hitting the stumps on review, the TV umpire has no powers to change the decision. The only consolation for the bowling team is that its review remains intact.

WHY IS SACHIN AGAINST IT?

"The reason players opt for a review is because they're unhappy with the decision taken by the on-field umpire. The DRS system needs to be thoroughly looked into by the @ICC, especially for the 'Umpire's Call'," said the batting maestro. The third day's play in the second Test between Australia and India saw the 'Umpire's Call' rescuing the Aussies twice in the second session following close calls.

Joe Burns survived a leg-before wicket appeal off a yorker from Jasprit Bumrah in the third over of Australia's second innings. After the umpire had given it not out, India went for a review but the batsman survived after Umpire's Call was taken into account at the point of ball hitting his leg.

Soon after, Australia No. 3 Marnus Labuschagne also survived against Mohammed Siraj. The umpire had given him not out after the batsman was caught in his crease. However, 'Umpire's Call' came to his rescue again as the ball was shown barely clipping the bails.

HAS ANYONE ELSE VOICED THEIR RESERVATIONS?

In the past, former Australian leg-spinner Shane Warne, too had expressed displeasure on the Umpire's call. "I'm a fan of DRS only if it is used right. And at the moment, I don't think it is used right. It's simple: Take away the original umpire's decision. You can't have exactly the same ball being given out and not out depending on what the on-field decision was. Identical deliveries: one results in 'out' and the other results in 'not out'. That can't be the case," Shane Warne said. Harbhajan Singh, the former India off-spinner also concurred with Sachin's views. "Agree with you Paji 1000 percent correct. If the ball is touching the stump or kissing the stumps it should be given out. It does not matter how much part of the ball hit the wicket..few rules should b changed in the game for the betterment of the game..this is certainly 1 of those," Harbhajan tweeted.

ARE THERE PLAYERS WHO SUPPORT UMPIRE'S CALL?

Yes. In fact, Indian skipper Virat Kohli had justified the contentious umpire's call. "The umpire's call bit...everyone should understand that they are the people who are given the job to make decisions and it is respected even in the DRS system. I think that is pretty fair. A lot of people don't understand that," Kohli had said in 2016. "If the on-field umpire has made the call, obviously the benefit has to go to him. DRS just confirms that particular decision. If it is really, really off, DRS corrects it, but if it is marginal, then you got to respect it," he added. Even former India captain Sunil Gavaskar cautioned that "If everything is given out, we could have really short matches."

Jasprit Bumrah shouts a successful leg-before-wicket appeal against Joe Burns



Photo: AFP

Lead of anything over 100 would be good: Matthew Wade

After the Indian bowlers ran through the hosts' top-order in their second essay, it was Green and Cummins who played crucial knocks to help Australia stay afloat in the game. At stumps, Australia's score read 133/6 - lead by 2 runs with 4 wickets in the bag. "We will take anything. Cummins has done well for us in the past. And we all know what Green is capable of if he gets going. It would be really nice if these two can get a nice partnership. We will take anything and anything over 100 would be good," Matthew Wade said. ANI

They (Indian bowlers) are making it quite challenging (to score runs) at times. They have been pretty much on the mark from the start.
Matthew Wade



Photo: ANI

Andy Murray awarded wildcard for 2021 Australian Open



Photo: ANI

Messi says Barcelona 'my life' but stays tightlipped on future

Lionel Messi remained coy on his future at Barcelona in a long interview broadcast, in which he called the Catalan giants "my life". Speaking to Spanish TV channel La Sexta, Messi insisted that he was "excited" to play under coach Ronald Koeman this season despite trying to leave the club where he has played his entire senior career last summer. He said that at the time he felt like he "needed a change", but his attempted exit was blocked amid a spat with former Barca president Josep Maria Bartomeu. Messi's contract expires at the end of the season and from next month he will be free to negotiate a move away from Catalonia. AFP

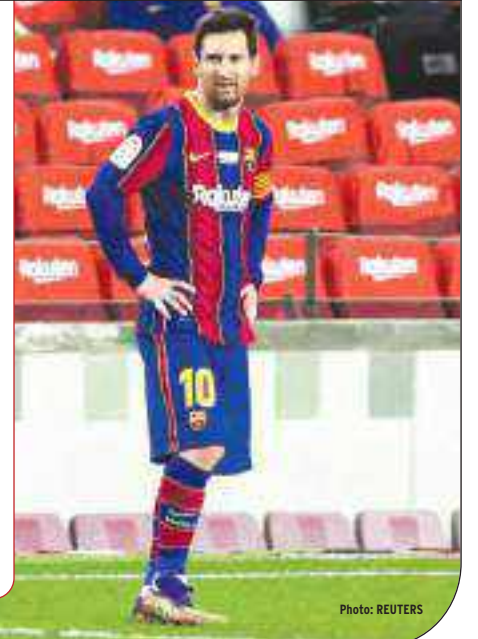


Photo: REUTERS

TEST YOUR KNOWLEDGE

Q1: At age 15 she pulled off a surprise gold medal at 2012 London Olympics, and subsequently five golds at the 2015 Worlds. Who is this swimmer?

- a) Sarah Sjöström b) Simone Manuel
c) Missy Franklin Johnson
d) Katie Ledecky

Q2: Which football legend is the highest scorer in UEFA Champions League 2017-18?

- a) Cristiano Ronaldo b) Lionel Messi
c) Edin Dzeko d) Mohamed Salah

Q3: Winning his 13th French Open singles title,

Rafael Nadal also equalled the 20 Grand Slam tally of which tennis player?

- a) Stefanos Tsitsipas b) Roger Federer
c) Novak Djokovic d) Andy Murray

Q4: Which boxer was winner of the 2019 UFC Heavyweight title?

- a) Michael Moorer b) Anthony Joshua
c) Stipe Miocic d) George Foreman

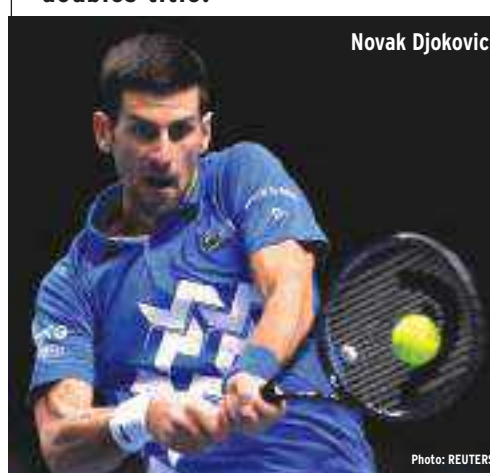
Q5: Which country has made the highest total ever in ICC Men's Cricket T20 World Cup?

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

Q6: Name this teenage tennis player who made history when she won the 2020 French Open Women's singles title.

- a) Simona Halep b) Sofia Kenin
c) Iga Swiatek d) Naomi Osaka

Q7: In which year did Novak Djokovic win his only doubles title?



Novak Djokovic

Photo: REUTERS

- a) 2017 b) 2011 c) 2009 d) 2010

Q8: Which club has won the Serie A 2019-20?

- a) Atalanta b) AC Milan
c) Juventus d) Inter Milan

Q9: Which boxer is the current UFC Champion.

- a) Julianna Peña b) Amanda Nunes
c) Germaine de Randamie
d) Cris Cyborg

Q10: The record for highest runs scored in the history in ICC Women's T20 World Cup belongs to _____

- a) Charlotte Edwards b) Meg Lanning
c) Suzie Bates d) Stafanie Taylor

Q11: Which country laid claim to the maximum number of gold medals in the 2016 Summer Olympics?

- a) Great Britain b) China
c) Russia d) the United States

Q12: Andy Murray became the first British tennis player in 77 years to win a Grand Slam single on home ground when he won the 2016 Wimbledon title. Whom did he defeat?

- a) Milos Raonic b) Roger Federer
c) Novak Djokovic d) Tomas Berdych

ANSWERS: 1 d) Katie Ledecky

- 2 a) Cristiano Ronaldo 3 b) Roger Federer
4 c) Stipe Miocic 5 d) Sri Lanka 6 c) Iga Swiatek
7 d) 2010 8 c) Juventus 9 b) Amanda Nunes
10 c) Suzie Bates 11 d) the United States
12 c) Novak Djokovic



THE TIMES OF INDIA

www.toistudent.com



TODAY'S EDITION

➤ A sampling from broadcast networks, cable and streaming services to cheer you up.
➤ A holiday planner for you

PAGE 2



➤ Students and teachers share their views on various issues engulfing the nation and the world

PAGE 3



➤ Indian pacers make a mark in the ongoing India-Aus Test series

PAGE 4

STUDENT EDITION

MONDAY, DECEMBER 28, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

'A SIMPLE ACT OF KINDNESS IS THE FIRST STEP TOWARDS A BETTER FUTURE'

... Believes **GITANJALI RAO**, a 15-year-old Colorado-based teenager, who won the first-ever **TIME Kid Of The Year Award 2020**. In an interview with Times NIE, Rao talks about how she wishes to close the year 2020, shares some advice based on her experiences as a 'young scientist' for teenagers, and much more...

malini.menon@timesgroup.com
WHAT IS YOUR TAKEAWAY FROM 2020? While this year has been very difficult for many of us, courtesy the pandemic, I would like to see the optimistic side. It gave us a lot of time to be at home, spend time with our families, and helped many of us to follow our hobbies and passion. My learning merged with school, research, innovations, baking, and my other activities. There were many things I could not do, but instead, several alternate paths and ideas opened up. I could reach out to many others virtually, whom I wouldn't have otherwise. The advancements in technology we have today enable us to adapt ourselves, and we should use it effectively.

IF THERE'S ONE DISCOVERY WITH WHICH YOU COULD CHANGE THE WAY THE WORLD FUNCTIONS, WHAT WOULD THAT BE? A discovery to un-



derstand how human immunity works and the ability to replicate its function to fight known and unknown diseases.

A SCIENTIFIC INVENTION, YOU WISH TO UNDO... There is no invention that I would undo, but we could undo the way we use it, such as the ability of human beings to destroy countries through nuclear, chemical or biological weapons. They should not have any room in a modern society.

Close and Personal

WHO IS YOUR INSPIRATION? Jonas Salk, who invented the polio vaccine and Norman Borlaugh, who contributed to the increase in agricultural production
HOW DO YOU WEAR SO MANY HATS- INVENTOR, BAKER, DANCER, SINGER, BAKER: I don't do all of these every day. There are days I just focus on research and innovation. So, apart from schoolwork, the rest of them are as and when I want to.
YOUR 'SERENDIPITY' MOMENT IN LIFE.. The solution or the hypothesis

TIPS YOUR ADVICE TO YOUNG ADULTS: I believe, if we want to do something, we will find a way to do it. If we have a phone or internet, there is no excuse to not gain knowledge, learn, reach out, and seek help. It need not be science or technology, any passion of ours can be used to make a difference. If you have an interest in art, that talent can also be used to amplify a message. Imagine a world where kindness prevails... any simple act of kindness is the first step towards a better future for all of us
YOUR 'LIFE QUOTE' FOR YOUNG ASPIRING SCIENTISTS: I am proud to say that I have failed more than I have ever succeeded. Keep doing what you like to do, and never give up

developed for the lead detection tool happened, when I was reading an MIT article on nanotubes to detect the hazardous gases in the air. Another would be a time when I was conducting an innovation workshop and I shared a simple process of understanding the problem, using a tool such as an Ishikawa diagram. Every single student in the IVth grade loved it, tried it themselves, and within 45 min, we had 22 problems, ideas, and potential solutions
YOUR SUCCESS MANTRA: Curiosity. Besides, my teachers, mentors, and parents, who believed in me

Spotlight

GOVERNMENT TO ANNOUNCE CBSE BOARD EXAM DATES ON DECEMBER 31

Education minister Ramesh Pokhriyal 'Nishank' in a tweet has said that the dates for the Central Board of School Education (CBSE) Board exams 2021 will be announced on December 31 at 6pm.



➤ He had earlier said that there is no proposal to commence the class X and class XII Board exams in February like every year, owing to the Covid-19 pandemic. The ministry of education has already clarified that the exams will be in pen and paper mode only

ZERO EFFECT, ZERO DEFECT: PM'S FRESH CALL FOR INDIA'S MANUFACTURERS

After talking about going 'vocal for local' to make India 'Aatmanirbhar', PM Narendra Modi on Sunday gave a clarion call to adopt "zero effect, zero defect" policy while manufacturing Made-in-India products and ensure that these products should be "world class". Speaking in his monthly radio programme 'Mann Ki Baat', Modi said, "Indians have taken many steps forward and are getting vocal for local. This will boost the efforts towards Aatmanirbhar Bharat". The PM said that while focusing on Made-in-India products, the manufacturers should not compromise with the quality of materials produced by them. "This is the right time to work with 'zero effect, zero defect' policy," he added.

MANN KI BAAT

We make new resolutions every new year.

On this new year eve, we should take a resolution to use only Made-in-India products

Narendra Modi, PM



MICROPLASTICS REVEALED IN THE PLACENTAS OF UNBORN BABIES

Microplastic particles have been revealed in the placentas of unborn babies for the first time, which researchers feel is "a matter of great concern". The particles were found in the placentas from four healthy women, who had normal pregnancies and births. Microplastics were detected on both the foetal and maternal sides of the placenta and in the membrane within which the foetus develops.



The health impact of microplastics in the body is not yet known. But scientists say, they could carry chemicals that could cause long-term damage or upset the foetus' developing immune system. The particles are likely to have been consumed or breathed in by the mothers



1 The microplastics were mostly of 10 microns in size, meaning they are small enough to be carried in the bloodstream. The particles may have entered the babies' bodies, but the researchers were unable to assess this

2 Microplastics pollution has reached every part of the planet- from the summit of Mount Everest to the deepest oceans. People are already known to consume the tiny particles via food and water, and breathe them in



In October, scientists revealed that babies, who are fed milk in plastic bottles, are swallowing millions of particles a day

ENTERTAINMENT



WARNER BROS. TO RELEASE 'FURIOSA,' 'THE COLOR PURPLE' IN THEATRES IN 2023

Warner Bros has announced that George Miller's 'Mad Max: Fury Road' prequel titled 'Furiosa,' the musical adaptation of 'The Color Purple,' and family movie 'Coyote vs Acme' will debut in theatres in 2023.

➤ According to Variety, 'Furiosa,' which stars Anya Taylor-Joy in the title role, has been set for June 23 release, while the live-action hybrid 'Coyote vs Acme' will release on July 21
➤ Earlier in December, Warner Bros had shared the plans to premiere its entire 2021 slate -including 'Dune,' 'The Matrix 4,' and 'The Suicide Squad' - simultaneously on HBO Max as well as in movie theatres

ECONOMY

INDIAN RUPEE IS THE WORST-PERFORMER IN 2020

The rupee is likely to end the calendar year 2020 as the worst-performing currency in Asia, even underperforming minor South Asian currencies, such as the Pak rupee and Sri Lankan rupee. The rupee is down 3.6 per cent during the year so far against the appreciation of other Asian currencies, such as the Chinese renminbi, Philippines peso, South Korean won, Malaysian ringgit and Thai baht.



➤ In 2020, India has received more than \$50 billion through the FPI and FDI routes. Foreigners have bought equities worth \$17.7 billion and sold \$14.5 billion in debt with net inflows of \$7.7 billion in CY2020, as per the official data from NSDL.

➤ However, a recent report by HDFC Securities noted that despite substantial foreign inflows, the rupee did not revive, as the RBI absorbed almost all the dollar inflows through regular interventions to restrict the currency from appreciating to maintain export competitiveness

NEW POPULATION OF BLUE WHALES DISCOVERED IN WESTERN INDIAN OCEAN



ENVIRONMENT

Scientists have found evidence of a previously-undiscovered population of blue whales living in the western Indian ocean based on an analysis of sound recordings from the region, an advance which sheds light on the global distribution of the largest animals to have ever-lived on the Earth. While these highly-endangered mammals are found around the globe in all the oceans, and sing very low-pitched and recognisable songs, the researchers said every blue whale population has its own unique song.

➤ The scientists analysed recordings from the Arabian Sea coast of Oman, and as far south as Madagascar, and found a blue whale song that had never been described
➤ Based on the analysis, the researchers believe that they have discovered, what is likely a previously-unrecognised population of blue whales in the western Indian Ocean

MOBILE GAMES THAT CHEERED YOUNG INDIAN PLAYERS IN PANDEMIC

Other than video calling, it was mobile gaming that took India by storm during the lockdown and social distancing times. As parents got busy with remote work and struggled to maintain the work-life balance, the popularity of mobile games surged among the youth, especially millennials and Gen Z...

AMONG US

Among Us from gaming company InnerSloth was the most-downloaded mobile game worldwide for September 2020 with 83.8 million installs, which was 40 times more than the title had in September 2019. In India, kids went crazy for it. Among Us is a multiplayer game about teamwork and betrayal. The game, which is about keeping your spaceship together, can be played online or over a local Wi-Fi. It is important that each player cooperate with one another in order to return back to civilisation.

LUDO KING

Ludo King, which was launched in 2016, became one of the top five most-installed mobile games in April. The growth during the initial phase of the ongoing lockdown helped Ludo King reach the number-one ranking in the top charts of

YEAR IN REVIEW

free games on Google Play for some days. A free-to-play app developed by Indian studio Gametion Technologies Pvt Ltd based in Mumbai, it brought the classic board game on the digital platform. In the pandemic, it was downloaded millions of times in the country.

POKEMON GO

For Pokemon Go, 2020 has been its best year by far, as it accumulated a revenue increase of 31.5 per cent. The sudden increase in player spending was because of the various implementations in the game allowing for playing during the pandemic-induced lockdown.

GARENA FREE FIRE

Garena Free Fire grew to become one of the top five grossing entries in the burgeoning genre since its launch in late 2017. Garena Free Fire (also known as Free Fire Battlegrounds or Free Fire) is a battle royale game, developed by 111 Dots Studio and published by Garena for Android and iOS.



Holiday Planner

Bring on the sentimental holiday rom-coms, the chorus of Christmas music specials and the nostalgia of last century's animated charmers. We'll take any and all feel-good moments in a year of scarcity. Here's a sampling from broadcast networks, cable and streaming services that are there to cheer us up. There is also a Holiday Planner for you to consider...

MERRY MOVIES

THE PRINCESS SWITCH: SWITCHED AGAIN

The saga continues as look-a-likes Stacy, a Chicago baker, and Lady Margaret, heir to the Montenaro throne, swap lives once more. Vanessa Hudgens again conveniently fills both roles.



JINGLE JANGLE: A CHRISTMAS JOURNEY

Forest Whitaker is one of the big names in this tale of a toymaker in need of a miracle, with Hugh Bonneville, Anika Noni Rose and Keegan-Michael Key in the cast.



CHRISTMAS EVER AFTER

Tony-winner Ali Stroker ('Oklahoma!') plays Izzy, a romance novelist whose writer's block may be overcome by a handsome bed-and-breakfast owner (Daniel di Tomasso).



IT'S A WONDERFUL LIFE

Jimmy Stewart's George Bailey is floundering amid self-doubt, but family, neighbours and Clarence the angel come to the rescue in filmmaker Frank Capra's 1946 enduring favourite.



GODMOTHERED

Novice fairy godmother Eleanor (Jillian Bell) tries to prove her profession is still valid and unexpectedly puts her gifts to work for a widowed mom (Isa Fisher) who has abandoned hope.



LOVE, LIGHTS, HANUKKAH

Christina (Mia Kirshner) is readying her restaurant for Christmas, with a DNA surprise and unlikely romance on the menu. Ben Savage and Marilu Henner co-star.



A CHRISTMAS FOR MARY

Rising journalist Lena's (Morgan Dixon) hoped-for promotion and true love may happen, with help from a portrait. Vivica A Fox and Jackee Harry co-star.

HOLIDAY HARMONY



Mariah Carey's Magical Christmas Special

Music, dancing and surprise guest stars create a heartwarming journey with the pop star.

My Gift: A Christmas Special From Carrie Underwood

The singer performs tunes from her new holiday album and traditional songs, backed by her band, a choir and an orchestra led by Ricky Minor.

A Holly Dolly Christmas

Dolly Parton sings hymns, holiday pop classics and tunes from her new album, and more.



New Year Special Take Your Kids on Vacation at Home

At the beginning of quarantine, parents tie-dyed like there was no tomorrow. In the quest to keep their children busy, they left no stone unturned. But nine months later, they are over it. And now they're staring



down the barrel of winter break with one question: How on earth are we going to entertain these kids? With the Centers for Disease Control and Prevention urging against holiday travel, a family vacation is off the table. Unless, you mindfully set about recreating the best parts of one at home.

So You Miss Exploring New Countries

You don't need to take a plane to see the world," said Oneika Raymond, a travel and lifestyle expert and correspondent for NBC New York. Instead, pick a day for a virtual trip and put your child in charge of planning. "Let them choose a city to research, then help replicate what they find," she said. "They could say 'OK, we're going to Shanghai; we're going to eat dumplings at this particular place.' Find a recipe for dumplings together and decorate the table like in the restaurant."



So You Miss Museums and Culture

Just off that accumulating pile of kids' artwork and hold an exhibition, said Bar Rucci, a graphic designer who runs Art Bar and The Creativity Project. "Cover the walls in kraft paper; tape the art on top, and label each piece with a title," she said. "Use a few rooms so you have 'wings' for different artists or styles, then have the rest of the family stroll the gallery. Or invite masked friends at 10-minute intervals."



So You Miss Theme Parks

There's a sense of wonder at Disney World that you can't find anywhere else. If your children have been before, look through pictures together so you know what details to re-create; if they haven't, stick with simple Mickey-themed imagery. Have kids pack a backpack and hand them a Magic Band. You can watch the parade and fireworks on YouTube, as well as "POVs rides" that feel as if you're there in person.



SO YOU MISS ACTUALLY SEEING YOUR CHILDREN'S FACES



Between distance learning and Zoom karate, kids have been head-down on devices for months. But it's easy to get them on the other side of the screen. What does your kid know how to do really well? Bake cookies? Do a somersault? Have them make a video showing you how. Kids can also film their own stand-up comedy show or commercial.

So You Miss Being Somewhere That Isn't Your House

Things feel fresh on vacation because you're breaking day-to-day monotonous patterns. For preschoolers, a change of scenery can be as simple as pulling the bed out from the wall to create a new space to play, she said.



- Book a spa appointment – in your kitchen, that is – by making a scrub from raw sugar, coconut oil, vanilla extract and lavender essential oils, said Amy Retay, director of spa operations at The Breakers Palm Beach, in Florida, where the Spa Petite caters to guests as young as 6.
- "Children's skin can be sensitive, so put it on hands and feet, not faces," she said.
- And while you're at it, give kids something healthy and nice to eat. And relax.
- "Be relaxed and unplugged," Gumbinner said.

Collecting Guide ■ 7 things to know about paperweights

The experts at leading auction house Christie's share their advice on what to look out for when buying a paperweight. These overlooked items – from dancing devils to rogue air bubbles – are a treasure according to their specialist Carleigh Queenth...



Q WHEN DID PAPERWEIGHTS BECOME POPULAR?

A. Glass paperweights first gained popularity in the mid-19th century after being displayed at various expositions, most notably the Great Exhibition of 1851 at London's Crystal Palace. Marvels of artistic skill and also affordable, paperweights soon

became the ultimate desk accessory, bringing flowers and other natural subjects that perished in the winter into the home – there may not have been flowers in the garden, but they could still surround you as you wrote your letters. Collectors during this period included Colette, Oscar Wilde and Empress Eugenie of France.

By the turn of the century, interest had waned, but in the 1950s artists like Paul Ysart and Charles Kaziun sought to rediscover the secrets to making glass weights, paving the way for hyper-realistic paperweight artists like Paul Stankard.

Q HOW ARE THEY MADE?

A. Incredibly, everything inside the weight is also glass: the flowers, the salamanders,



the insects – everything. Most of the weights in the Neustadter Collection, which was offered at Christie's in 2016, were made either using millefiori canes or lampwork. Millefiori or 'thousand flowers' canes are produced by layering molten glass into a pattern in a fat cylindrical shape, then pulling the cylinder to create an elongated pencil-thin rod. When the rod is sliced, the pattern can be seen in the cross section. Millefiori weights consist of many patterned canes, either

packed closely together or in various other arrangements. Lampwork weights are made by melting small coloured glass rods over a torch or flame and using tools to manipulate the softened glass. Examples of lampwork include butterfly and flower weights and snake weights.

Q HOW EASY IS IT TO IDENTIFY MAKERS?

A. Nineteenth-century paperweights were made in Venice, England, Bohemia

and the United States, but the real epicentre was in France. The most famous and sought-after examples came from Baccarat, Saint Louis, Clichy and Pantin.

Some weights have tiny canes included that help identify the maker and date. Clichy has an easily identifiable rose cane that they use. The Saint Louis factory is the usual suspect if you see a 'dancing devil' silhouette cane in its compositions.

Q HOW MUCH IMPORTANT IS CONDITION?

A. When buying a weight, the condition and the size of the glass dome play a big factor for most collectors. Obviously perfect condition is preferable, but often a few scratches, minor bruises or nicks can be forgiven if there is enough glass in the dome.

HOUR OF CODE @ Zebar School



Zebar School has always been at the forefront when it comes to adapting to new technologies and ideas. The school conducts an event of 'Hour of Code' every year. This year the theme was 'Learn Today, Build a Brighter Tomorrow'. The entire event was held virtually recently. Teachers shared links through MS Teams.

Teachers explained the different challenges to students. Class I participated in Code Monkey Jr, class II in Puppy Adventure and class III took part in the Candy quest. Minecraft stole the show as class IV students loved completing the challenge. Class V students found the coding challenge interesting. Code with Anna and Elsa challenge.

In Middle and Secondary Section, students took up coding challenges in their regular classes—the challenges revolved around their coding curriculum that is already being taught in school.

Students of middle section



experimented with numerous games like Flappy Game, Code with Anna and Elsa and Sci Girls Code Quest.

In the Secondary section, they tried games based on python language. The games used were Minecraft Adventure and Code a Cartoon. Each student got a certificate for participating in this event. Coding right now is in high demand and participation in such global events boosts the confidence

of our students. Zebar School is preparing its students for the new digital challenges that lay forth in the future after the pandemic. Apart from the Hour of Code, coding is regularly taught in all classes. This knowledge of computer science would help them when they would enter the job market after graduation.

NAVNEET ARORA BISWAS, Zebar School for Children

FESTIVE CHEER AND JOY!



Christmas brings cheer and love and we celebrated it with the same fervour, spreading the message of love and joy among our children. Kids of Anada Global School recently celebrated a virtual Christmas Show. The children felt excited, joyous. The children spread cheer with their smiles and lovely attire. The beautiful class became energized when Santa danced with the students and had fun with them. These activities taught our little ones the joy of celebrating all the festivals with loved ones. Children performed enthralling dances adding to the festive atmosphere. *We wish you all Merry Christmas and Happy New Year.*



THE EDUCATIONIST

Role of parents during Corona times

"Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do." – Matt Walsh



All children react differently to emotions and they need love and support to understand the scenario. Coronavirus pandemic has tried everyone's strength and weakness and children are suffering the most. The schools are closed, classes are online and they are confined to their homes. Children rely on their parents to provide a sense of safety and security. It is important to remem-



ber "Children are the passengers in this while we are driving the car". It is our utmost responsibility to create a sense of normalcy at home while juggling with the new normal.

Young children are impressionable and will mimic your behaviour, so make sure you practice what you preach and set a positive example. "Simple action can make a big difference". Even if parents cannot devote all their time to a child's learning, studies have shown that the hour spent together with their child (e.g. eating meals together, communicating with your child before going to bed) can make a difference in their child's learning, development and well-being.

TRUPTI PATEL, Primary Teacher, Zebar School for Children, Ahmedabad

Express YOURSELF

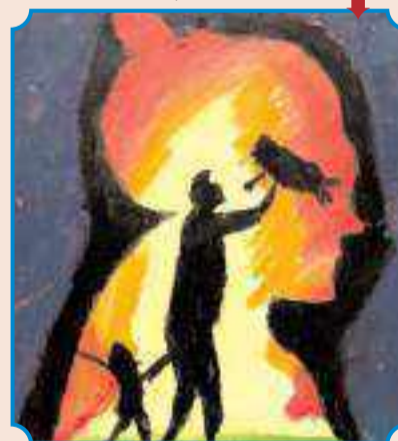
Jimit Desai, Class V, Nirman High School



Jaival Trivedi, Class IV, Zydsus School Of Excellence



Hardik Malhar, Class IV, Delhi Public School, Bopal



Shoyam Saxena, Class Jr. KG, SGVP International School



Ridhima Bansal, Class VI, Essar International School, Surat



Tirth Pandya, Class III, Podar World School, Sherkhi



Jenil Dalki, 4, Zydsus school for excellence



Student, Zebar School For Children



Brinda Patel, Class IX, Sakar English School,



Darsh Patel, Class Jr. KG, SGVP International School

HAPPINESS -LET IT BE WITH YOU

This world is incredible! Isn't it? There are numerous things happening around us every now and then and the world has always been busy! So, everyone forgets that there's a boon for us offered by God, that's 'happiness'.

Well, you might think, happiness is such a minor matter to discuss, but no, it's not such little; we have made it lit-



tle. Apart from our busy lifestyles, we must take a little time out for ourselves i.e. a little time to keep us happy and optimistic.

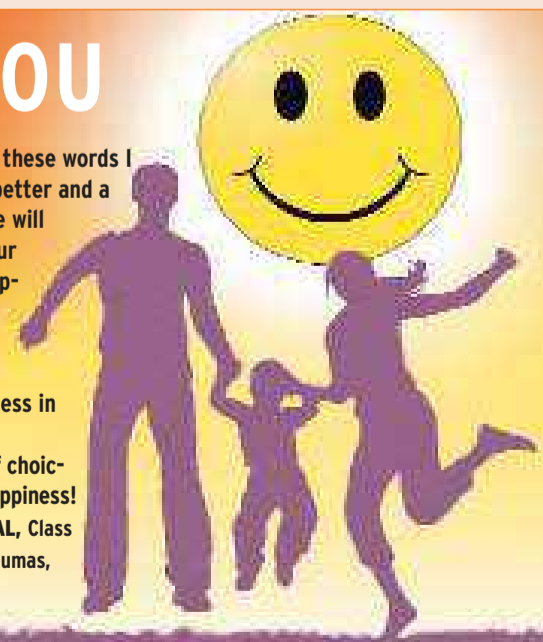
The nine-lettered word can change your perception towards this world, it can make you a better being to live in this world. By involving this term in your life, you will not only transform into a stress-free person but also become a disease-free

person as happiness keeps you away from anxiety and indirectly helps to keep you fit. Whenever you feel stressed or annoyed; just remember that you have to be happy and then everything will be fine for every minute you get angry, you spoil sixty seconds of happiness!

So now, yes now! Let happiness prevail over your mind, and then stress will forget it's a way! Just remember to be happy in all situations.

By pursuing these words I bet, you'll feel better and a stream of solace will flow through your intellect. Let happiness be with you, never forget to keep a place for happiness in your mind!

Life is full of choices, so choose happiness!
NISHIKA AGARWAL, Class IX, Ryan School, Dumas, Surat



STILL LEARNING

You have experiences and adventures, While I am still trying to figure out. You have seen the world and enjoyed it, While I am still at the starting point. I am trying my best to understand, To put all the pieces of life's puzzle. I am trying my best to adapt, With my enthusiasm and curiosity. Yes, I am a teenager, not an adult, Filled with energy and strength. Don't misunderstand me or ignore, Because I am just a curious kid.

SITARA PILLAI, Class X, Cygnus World School, Vadodara

RISE OF PACE PRODIGIES

Former India captain Sunil Gavaskar has hailed the incredible depth in India's fast bowling department. After losing senior pacer Mohammed Shami for the second Test due to a wrist fracture, the visitors handed a debut to right-arm fast bowler Mohammed Siraj, who impressed straightaway. India bundled out Australia for 195 in their first innings of the ongoing Boxing Day Test after a terrific show from the bowlers

I was eager to bowl my first over, I started warming up in the first session but I had to wait for my chance, I was really confident, after the lunch break I was just trying to bowl dot balls and create pressure. I was trying to bowl wide off the stumps, I set Cameron Green up and I set him up for the in-swing.

Mohammed Siraj



MANY PACERS ARE KNOCKING ON THE DOORS

The bench strength for fast bowling is unbelievable. It may not be the same as far as spinners are concerned but when you look at the amount of talent available in the fast bowling department, it's just mind-boggling.

We've got Navdeep Saini who's pretty quick, bowls around 145 regularly. He's not playing (in Boxing Day Test) as he did not have good warm-up games, maybe that's the reason why Siraj got the nod ahead of him. But he's there, there's Umesh Yadav, and there are lots of other young fast bowlers who are knocking on the doors.

I think it's all the gym work that they do. The upper body strength is good, they are now guided by professionals and that makes a big difference. Today's generation is willing to work and they pride themselves on their looks.

Sunil Gavaskar, former India captain

BUMRAH-LEADER OF THE PACK

Shami and Ishant's absence means that India are without two of the three pace bowlers that helped them win the series in Australia in 2018-19. The two with Jasprit Bumrah had combined to pick 48 of the 70 Australia wickets to fall. Bumrah was the man of the match in the last MCG Test in 2018 when he picked nine wickets for 86. Asked if Bumrah's responsibility will increase, Rahane told the media on Friday, "Jasprit is a quality bowler and has been doing really well for us. But I think apart from Jasprit, Umesh and the guy (Siraj) who will play in place of Shami tomorrow, is also equally talented. Umesh has been doing very well for so many years, it is about bowling in partnerships for all of us." Former India batsman Gautam Gambhir too heaped praise on Bumrah. "You have got someone like Jasprit Bumrah who can probably win a game as well in his five-spell. Other bowlers need to complement him, they should not leak runs."

INDIA TAKE LEAD IN FIRST 2 TESTS IN AUS FOR 1ST TIME SINCE 1985-86

India took the lead in the first two Tests in Australia for the first time since 1985 when stand-in skipper Ajinkya Rahane got a boundary through the slip cordon to take the team to 198/5 from 194/5 in the second Test at Melbourne Cricket Ground. A big credit for this milestone goes to the bowlers. Back in 1985-86, India had got a lead in the first Test at Adelaide, making 520 to Australia's 381. In the second Test, India scored 445 against Australia's 262. Both games produced drawn results. In the third Test in Sydney too, India had taken the lead after scoring 600 for four and dismissing the Aussies for 396. That game, however, also ended in a draw.

SOLID BENCH STRENGTH

Apart from Siraj and Saini, India also have Kartik Tyagi, Shardul Thakur, and T Natarajan to pick from in case of an injury. Natarajan had recently impressed in the limited-overs leg against the Aussies in what is his first international tour with Team India.

Rahane reigns as Indian batsmen banish nightmare 36

Stand-in skipper Ajinkya Rahane stamped his authority with an unbeaten 104 at Melbourne, driving the tourists to 277 for five before rain brought stumps early. They have a lead of 82 runs to Australia's 195



This is Rahane's eighth Test ton overseas and this is his first hundred as captain of Team India. With this knock, Rahane also became the second Indian batsman to score a century on his first match as captain in Australia. Kohli was the first one to achieve the feat in 2014 when he registered a century in Adelaide. Rahane shared half-century partnerships with Hanuma Vihari and Rishabh Pant to rescue India after they were reduced to 64 for three in the first session. India lost two wickets in each of the first two sessions but did not allow any breakthrough to Australia in the final session.

DETERMINATION AND CLASS

Another great day for us. Proper test cricket at its best. Absolutely top knock from Jinks.

Virat Kohli

A captain's Hundred points symbol solid, gritty, and calm just like his personality

@ajinkyarahane88 sharp mind in the field setting as well!

@imjadeja looking

great, how good has he become batting lower down the order. Great start for

@RealShubmanGill!

We are looking good for a decent lead

Yuvraj Singh

Brilliant hundred

@ajinkyarahane88, determination and class.

Virender Sehwag

@ajinkyarahane88 shows Test match batting is about swallowing your ego. Lie low for the first two sessions, show your swagger in the final session. Mumbai ishstyle Test batting. Top effort skipper, kudos!

Mohammad Kaif

We could have got Rahane out 4-5 times, says disappointed Starc



Rahane's catch was dropped by Steve Smith and Travis Head off the bowling of Starc and Australia had to pay for the two misses dearly

He (Rahane) has batted really well, could have got him out five times before he got to his hundred, but he has run his luck there and scored a good hundred, well done to him. By the end of today, there are not too many demons in the wicket, it's typical Melbourne, it flattens out, it has become a flat wicket, it has given us a chance to bat really well in the second innings.

Mitchell Starc

TEST YOUR KNOWLEDGE

Q1: Who is the current World Chess Champion?

- a) Anish Giri b) Hikaru Nakamura
c) Magnus Carlsen d) Fabiano Caruana

Q2: Which batsman holds the record of highest average in ICC Men's World Cup?

- a) Rohit Sharma b) Ben Stokes
c) Andrew Symonds d) Lance Klusener

Q3: Name the fielder who has taken the most catches in The Ashes?

- a) Mark Taylor b) Sir Ian Botham
c) Allan Border d) Greg Chappell

Q4: India holds the record of second-highest total in ICC Cricket World Cup history. Against which team was this historical record scored?

- a) West Indies b) Afghanistan
c) Bermuda d) Ireland

Q5: In the Indian Super League 2019-20, which football clubs lost the most number of matches?

- a) FC Goa b) Hyderabad FC
c) NorthEast United FC d) Bengaluru FC

Q6: Three-time defending champion Rafael Nadal has won the French Open continuously since 2017. Whom did he defeat in 2020?

- a) Alexander Zverev b) Stefanos Tsitsipas
c) Dominic Thiem d) Novak Djokovic



Rafael Nadal

Q7: United Arab Emirates national cricket team holds the record of the lowest total in Asia Cup T20Is. Against which team did they score this record?

- a) India b) Bangladesh
c) Sri Lanka d) Oman

Q8: Which football club won La Liga 2019-20?

- a) Real Madrid b) Barcelona
c) Atletico Madrid d) Sevilla FC

Q9: Which Indian chess prodigy is the youngest-ever Indian and second-youngest in history to cross the 2600 Elo rating list?

- a) Praggnanandhaa R
b) Pentala Harikrishna
c) Vidit Gujrathi d) Nihal Sarin

Q10: Who is known as the Olympic Games' father of the modern Olympic Games?

- a) Demetrius Vikelas
b) Henri de Baillet-Latour
c) Baron Pierre de Coubertin
d) Juan Antonio Samaranch

Q11 The top scorer for Liverpool FC in the English Premier League 2019-20 was _____

- a) Mohamed Salah b) Virgil van Dijk
c) Roberto Firmino d) Sadio Mané

ANSWERS: 1 c) Magnus Carlsen

2 d) Lance Klusener 3 b) Sir Ian Botham

4 c) Bermuda 5 b) Hyderabad FC

6 d) Novak Djokovic 7 a) India

8 a) Real Madrid 9 a) Praggnanandhaa R

10 c) Baron Pierre de Coubertin

11 a) Mohamed Salah



THE TIMES OF INDIA

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STUDENT EDITION
SATURDAY, DECEMBER 26, 2020



CLICK HERE: PAGE 1 AND 2



Stress baking
Someone baked a cake, others tried their hand at brownies and muffins. Pizza base and good old rasgullas were also made from scratch by home cooks for fun and also to deal with pandemic-induced stress.

Pics: Istock

Going vegetarian

While there is no evidence linking the present pandemic to meat consumption, the virus along with other bacteria and viruses that are associated with diseases like HIV, Ebola and Nipah, is zoonotic – which means they originate from animals. This pattern is hard to ignore and will urge meat-eaters to review their food choices in the future.

Grow your own food

This year highlighted the need to go back to our most basic instinct of foraging and growing food. Survival food was the writing on the wall. Being a self-sustained primary producer became more important than ever. Be it in balconies, on the windowsill or in small backyards, growing food and composting were the highlights this year.



Zero-waste living

Recycling and minimisation of waste has found a whole new meaning in our houses under this lockdown. Everything from plastic wraps to leftover food is being recycled because we simply have lesser resources at hand and plenty of time to think.

Before we are done with this social distancing cycle, recycling might become a habit for us and our children, and in the longer run, it needs to evolve into a mindset. **Tip:** Start eliminating the unnecessary.

Self-care

With enough time at hand right now, the world is engaging in old world hobbies like sewing, gardening, embroidery, painting. Hobbies and self-care are crucial in such times as people need to anchor on comfort and familiarity. We have realised it needs to engage more with hands than with gadgets. We are working on our psychosomatic health. Infectious outbreaks have shaped the psyche of humanity for times immemorial. Going back to self-correcting systems of Ayurveda, yoga and herbalism and healing your mind and body is the way to go.



Slow travel

Overtourism became a huge problem last year with several countries warding off bulk travellers. The current debacle has put that debate to rest for a long time to come. We are all going through travel withdrawal following border closures and stay at home advisories. In the long run, travellers may wish to look for less crowded, off-the-beaten track destinations, ideally within driving distance.

Workation

Fuelled by the pandemic, staying 'switched on' became the new way to spend time away on a holiday. Ever since Covid-19 disrupted work ethics and made WFH the norm, it was only a matter of time that people looked for a workstation beyond their bed and couch. Hotels and homestays used concepts like 'extended stays', 'workations' and 'long-term rentals' at a drivable destination to coax people to step out of their months of confinement and get some fresh air.



E-mental health solutions

No mental health campaign has ever had as much impact as the one sparked by the COVID-19 crisis. Leaders spoke about mental health at their news briefings and new apps and helplines were launched to address issues like job loss, anxiety, loneliness. There were peer chat support groups for seniors, counselling for doctors and frontline warriors and webinars on women's health in lockdown.

Stress hair loss

Apparently 12% of women are destined to have experienced abnormal hair loss by age 30, as per statistics. Making matters much worse and converting strands into fistfuls was a new reality – the Covid-19 hair loss. The good news is that anxiety-induced hair loss is reversible.



Eye makeup

While lipsticks took a backseat, eye makeup such as kajal, eyeliner and eyeshadow were majorly sought after as eyes became one feature that you could still show to the world.



Upskilling

Students, professionals took online classes to upskill – some learnt baking, others Microsoft Excel, photography, photoshop, storytelling, fiction writing... the list goes on. Apps that taught new skills became hot property and new ones came up to join the bandwagon of learning and relearning in the pandemic.



To sum up 2020, Charles Dickens' 'The Tale of Two Cities' starting point is perfect: "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us..." The year 2020 has been the toughest teacher. Priorities shifted, gameplans changed, and to-do lists revised. It was a moment of taking stock and thinking afresh. Here's a wrap up of the year that was – and probably what will be – in 2021

TEXT: Supriya Sharma, Pallavi Shankar and Nupur Amarnath

WHAT 2020 TAUGHT US

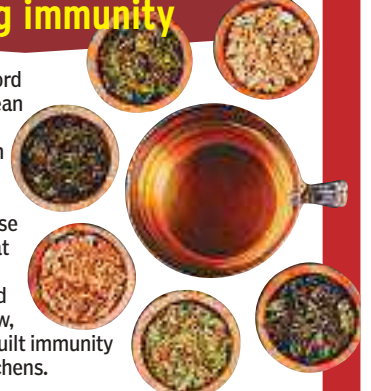


Save your skin

Covid-19 wreaked havoc on our mind, body, soul and SKIN. We have had dry hands through the year. A study in the 'Journal of the American Academy of Dermatology' found that 97% of front line Chinese healthcare workers had skin damage due to infection-prevention measures, such as N95 masks and goggles. The most common symptoms were dryness and skin peeling. The message was clear. Take care of your Skin Microbiome – the host of protective bacteria, fungi and virus that maintain our skin barrier and balance.

Growing immunity

Immunity became THE word and so did consuming clean chemical-free produce and constantly working with soil. Freshly plucked produce has more nutrition than store bought. Your house can provide small things that can greatly work on your immune system. We relinked immunity with what we grow, cook and eat at home. We built immunity balconies and immunity kitchens.



Nutritional supplements

According to a report on the health-tech sector, Indians in metros and Tier 1 and 2 cities jumped onto the health food and health supplement bandwagon to ward off the Covid-19 impact on health. Vitamin C and D tablets and shots became household items. But one must get something straight here. Supplements aren't intended to be a food substitute because they can't replicate all of the nutrients and benefits of whole foods, such as fruits and vegetables.

Breathing right

Taking care of respiratory health became important. Since the novel coronavirus is a respiratory virus, the condition of your lungs decides how vulnerable you are. Breathing exercises helped because they relax the body. Deep breathing is one of the finest ways to reduce stress. This is because when one breathes deeply, it sends a signal to your brain to calm down and relax. The way one breathes affects his whole body.

Mask etiquette

Be it for zoonotic viral infections, seasonal dust allergies or hazardous AQI index, face masks are here to stay. Masks combined with good hand hygiene and physical distancing is our only ammo against coronavirus. Following the right mask etiquette is essential. Good coverage is important. The mask should reach above the bridge of the nose and below the chin. Fit is important. A fabric tie might work better than.

This was the year masks became a fashion accessory



Sourdough

Amongst many other things, the quarantine gave us the sourdough (craze). It took a pandemic for home bakers to dive into the world of wild yeast, because baking this bread is definitely a biggie. There is home-baked bread and then there is home baked sourdough. While most of the stimulus around baking sourdough stems from the absolute need to do something fun, time consuming (because we have lots of it) and tangible in lockdown time, it is also good to do with the inherent nutrition of this slow-fermented bread. It is good for your gut and great news for your immunity.



New fashion categories

This was the year of growth of fashion categories that didn't exist so far – from loungewear, waist-up styles to fashion masks. The Zoom life gave a push for many such fresh takes on fashion. Waist-up accents, talismanic jewellery, collars, earrings and headbands all got a push.

Upcycling became big as people learnt forgotten crafts like embroidery, sewing and patchwork



Indoor living

Going out was not an option anymore. This is what futurist and marketing consultant Faith Popcorn called 'bunkering' in 2015 – "It meant an impulse to go inside when it just gets too tough and scary outside. To pull a shell of safety around yourself, so you're not at the mercy of a mean, unpredictable world." Our homes really have become our castles where we retreat and avoid interacting with those around us (except via social media).



Nature deficit

There were chances of people becoming obese and developing attention difficulties during lockdown because of nature deficit. To fight that, people turned their balconies green zones with plants, watched documentaries on nature, used binoculars for bird watching from home, set up tents in their backyards and gazed at stars.

Social emotional learning

The pandemic reinforced the need for SEL or Social Emotional Learning, a teaching tool being perceived as the future of education the world over. This new way of learning is intended for students to be self-aware of their emotions when navigating through the real world. Experts recognise that SEL plays an important role in promoting positive mental health and mitigating symptoms of mental health disorders, like autism spectrum disorder and anxiety disorders, among children.



Sustainable fashion

The pandemic was the push fashion businesses needed to introspect their own wasteful ways. Even fast fashion brands had to think of sustainable options as people looked at spending with more meaning. From manufacturing to raw materials, people demanded more fairness from their favourite brands. Accountability like paying fair wage to their workers, using sustainable materials became paramount.

10 HACKS TO SPEAK FLUENT ENGLISH



Photos: Getty Images

1. Read voraciously

The more you read novels, literary works, magazines and newspapers, the more words you'll be exposed to. Challenge yourself by reading as many books as you have the time and inclination for. You can read classics, fiction, non-fiction or poetry. Try reading technical books: these will guide you on how to speak and will force you to think. Read about different subjects like philosophy, religion and science. Enjoy the experience of reading!

2. Appreciate language



You can try every trick in the book, but nothing will work if you don't truly appreciate the language for its intricacies, depth, subtle differences between identical words and phrases. When you learn to love the language, speaking becomes effortless and fun.

3. Engage in conversations

Simply talking with your friends and teachers can help you discover new words. As with reading, once you hear a new word, remember to jot it down, so that you can study it later. But make sure to utilise that word in future conversations.

4. How to perfect it

Instead of trying to use difficult words, start with constructing simple thoughts and ideas. So here's how you should proceed:

Narrate events of the day: Narrate the happenings of your day-to-day life as you experience them. You can do this in your own voice, or pretend someone else is narrating your life.

Review films/gadgets: You can review movies and make a quick summary. You can also review your favourite holiday destination, a gadget or an automobile. Do all these exercises when your mind is clear and you're not busy.

5. Get creative

What do you do when you get a mental block and words fall short? Instead of interrupting a conversation to pull out a dictionary app, it's time to get creative. There's always more than one way to express something. For example, if you're trying to explain to someone

Hello friends! We are **HOPPER & CROCKY**. How to speak fluent English? It's the most common query raised by our readers. Here are some simple tricks for developing fluency in the language

POINTS TO KEEP IN MIND

1. Don't give up! Stay positive! Sometimes you will feel that you aren't learning quickly enough. Everyone feels like this, don't worry about it.
2. Enjoy it! We learn more when we are having fun!
3. If you get nervous when speaking, take two deep breaths before you say something.
4. Watching subtitled TV shows and movies are one of the best ways to learn pronunciation of words.



that the trunk of your car was damaged in an accident and you can't remember the word "trunk", you can tell the person instead, "the rear-end of my car was damaged in an accident".

6. Record yourself

Speak to yourself or to a camera. If you are ready to put aside your shyness, and find a room sans eavesdroppers, it's quite enjoyable and helpful to talk to yourself and kill your fears of public speaking. It will also help you in organising your thoughts and perfecting pronunciation.

7. Use voice exercises

Memorise a poem and recite it regularly as you walk around. Imagine that you're making a dramatic presentation on stage, in front of a large gathering. Add emotion, strength, emphasis and energy into words.

8. Seek feedback

Getting a feedback from an observer is crucial. An English teacher will tell you immediately which words you are pronouncing incorrectly and how to correct them.



9. Don't study grammar too much

Fluency is about being able to communicate. That's why sometimes it's important to put the grammar book away. Focus on writing, reading, listening and speaking skills in the real world.

10. Stop being a student

Stop thinking of yourself as someone who is learning English, but one who is speaking it naturally. It will boost your confidence.

IDIOMS ON WEAPONS

Photo: Getty Images



An arrow in the quiver

MEANING: One of a number of resources or strategies that can be drawn on or followed.
EXAMPLE: If you are having a job interview, improving your communication skills can be another arrow in your quiver.

Close only counts in horseshoes (and hand grenades)

MEANING: This phrase is used to say that if you come close to success without succeeding, it is not good enough.
EXAMPLE: It doesn't matter that we only lost the game by two points—we still lost! And close only counts in horseshoes.

Bring a knife to a gunfight

MEANING: To come poorly prepared or equipped for some task, goal, competition or confrontation.
EXAMPLE: If you haven't studied law, representing yourself in court is like bringing a knife to a gunfight.

Be at daggers drawn

MEANING: To be prepared to verbally or physically fight another person or group.
EXAMPLE: They've been at daggers drawn ever since he borrowed her car and smashed it.

Armed to the teeth

MEANING: formidably armed
EXAMPLE: The bank robber was armed to the teeth when he was caught.

To have an axe to grind

MEANING: To have personal, selfish reasons to do or say something.
EXAMPLE: Environmentalists have no political axe to grind - they just want to save the planet.

Battle of nerves

MEANING: A battle of nerves is a situation where neither side in a conflict or dispute is willing to back down.
EXAMPLE: Her lawyer said the university had waged a war of nerves to persuade his client to resign.

Commonly confused words

1. DISINTERESTED

Disinterested means unbiased and does not mean uninterested.

CORRECT: The dispute should be resolved by a disinterested judge. Why are you so uninterested in my story?

2. LOOK, SEE & WATCH

See is used as inactive word; you just see without any effort:

EXAMPLE: I saw Malik at the grocery store today. (This happened unintentionally.)

Did you see that bird? Look is used as active word, you make an effort to see:

EXAMPLE: Look at the pictures I took on holiday.

Watch is also an active word; you also make an effort, but it is for a longer period of time:

EXAMPLE: I refuse to watch that movie. It's so boring

3. LISTEN & HEAR

In general, we use "listen" to

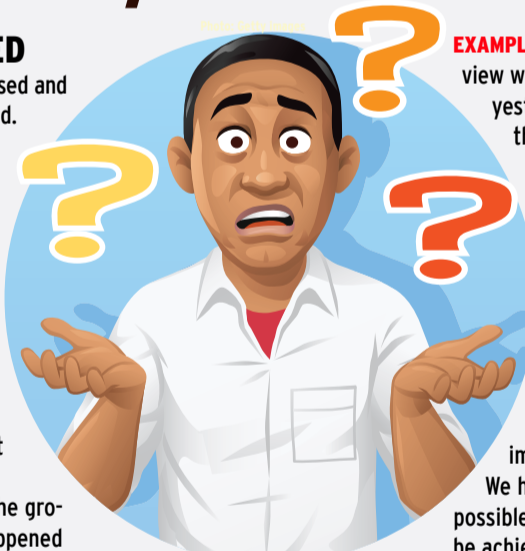


Photo: Getty Images

describe an intentional action - something we do on purpose.

EXAMPLE: What type of music do you like to listen to?

We often use "hear" to talk about something unintentional - something we do not do on purpose.

EXAMPLE: Suddenly I heard a noise. Someone was in the garden.

Sometimes we can use either hear or listen to, depending on whether we want to emphasize the event or the action:

EXAMPLE: Did you hear that interview with Virat Kohli on the radio yesterday? (emphasis on the event)

EXAMPLE: Did you listen to that interview with Virat Kohli on the radio yesterday? (emphasis on the action)

4. HOPE & WISH

We wish for something when it's unlikely or impossible to be carried out.

We hope for things that are possible and likely to happen or be achieved.

EXAMPLE: I wish I belonged in the top ten of my class. (But I do not)

EXAMPLE: I hope to get a better job next year.

5. NUMBER & AMOUNT

We use amount of with uncountable nouns. Number of is used with countable nouns:

EXAMPLE: The number of snakes in this room is ten.

EXAMPLE: The amount of time it took to finish the job was very frustrating.

DID YOU KNOW?

- Words that are used to fill in time when speaking, such as 'like' or 'basically', are called crutch words (and should best be avoided!)
- To explode originally meant "to jeer a performer off the stage."
- Sermocination is the proper name for posing a question and then immediately answering it yourself.
- A zoilist is an unfair or unnecessarily harsh critic, or someone who particularly enjoys finding fault in things.
- A repdigit is a number comprising a series of repeated numbers, like 9,999.

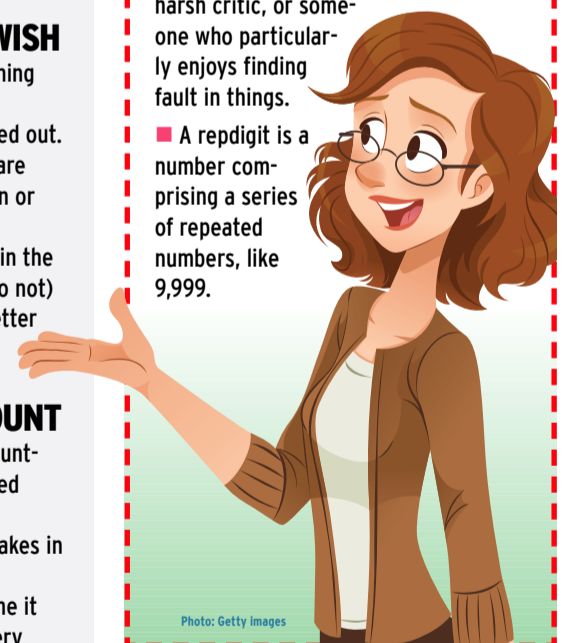


Photo: Getty Images

POLISH YOUR FOOD VOCABULARY



Photo: Getty Images

APPETISER

MEANING: small snack before a meal.
USAGE: Would you like some garlic bread as an appetiser?

APRON

MEANING: a cloth worn to protect clothes while cooking.
USAGE: Remove your apron before you leave the kitchen.

BUSPAN

MEANING: rubber tub used for collecting dirty dishes.
USAGE: The buspan is stacked so high it's too heavy for me to carry.

CUTLERY (ALSO SILVERWARE)

MEANING: tools for eating with (fork, knife, spoon)
USAGE: In a fine dining restaurant, the staff has to polish the silverware.

LIME WEDGE

MEANING: a small segment of lemon or lime put on the rim of a glass
USAGE: I'd like a lime wedge for my ice water please.

PATIO

MEANING: outdoor seating
USAGE: We closed the patio because it looks like it's going to rain.

SEPARATE CHEQUES

MEANING: a different bill for each member/group sitting
USAGE: We asked for separate cheques but it came on one bill.

BROILED

MEANING: A food cooked with intense radiant heat, as in an oven or on a grill. Often results in a darkened appearance and crispy texture.
USAGE: The cook was going to broil chicken over the flames for us to eat.

CARAMELISED

MEANING: A food that has been

cooked slowly until it turns brown and becomes sweeter.
USAGE: Onions are available in fresh, frozen, canned, caramelised, pickled and chopped forms.

MARINATED

MEANING: To put fish, meat, or vegetables in a mixture of oil, vinegar and spices before cooking, in order to flavour it or make it softer.

USAGE: The recipe says that you should marinate the chicken overnight.

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



ORIGINS OF CRICKET JARGON

The gentlemen's game is adored by millions. It's also full of expressions and terms designed to bewilder the uninitiated, and sometimes, even make seasoned followers scratch their heads. We've taken a few popular cricket terms and decoded their fascinating origins

DUCKWORTH-LEWIS METHOD

You have to be a statistician to crack the D/L method. It's a complex formula that sets targets for teams in ODIs affected by weather. Devised by English statisticians Frank Duckworth and Tony Lewis, it has been in use since 1997. It replaced non-scientific methods such as average run rates or totalling best-scoring overs. D/L method has cut down on a lot of heartburn among players and spectators.

OUT FOR A DUCK

According to bbc.co.uk, "A duck's egg is an oval, which is also the shape of the number 0. So, lo and behold, we get the phrase 'out for a duck'." There are different types of ducks, too:

- **A regular duck** - when a batter is dismissed without any runs, but some time after the first ball.
- **A golden duck** - when a batter is dismissed after the first ball bowled to him in the innings.
- **A diamond duck** - when a batter is dismissed without facing any legal balls. This would usually happen from the non-striking side, but a batter could get out for a diamond duck after a wide ball on the striking end, too.
- **A platinum duck (or royal) duck** - when a batter is dismissed on the first ball of the first innings of the entire match. Ouch.

BODYLINE

A form of bowling which attacked the batsman, limiting his options for avoiding the ball, and setting a particular field from which to benefit from any false shot induced by the method of attack. Historically, had its origins during the 1932/33 Ashes series in Australia when England (MCC) captain Douglas Jardine employed the method mainly as a means of containing the skill of Don Bradman, the great Australian batsman. The term, body line, was first used by an Australian writer Jack Worrall.

CREASE

A crease (or furrow in the ground) was actually cut into the turf. This continued until the mid 1860s when they started using white paint.

UMPIRE

The word umpire evidently stems from the French 'nonpere' which means 'not equal' or 'odd man'. This is to imply that the 'odd man' is called in to make decisions between two contestants.

THIRD UMPIRE

Did the batsman nick the ball? Was his foot inside the crease when the stumps were broken? Situations that can break hearts and lead to so many what-if scenarios... And there was also the question of neutrality. Thanks to improved TV technology, in 1992, the concept was first implemented during India's tour of South Africa. Interestingly, the first victim was Sachin Tendulkar, adjudged run out by a direct hit from Jonty Rhodes.

BOUNCER RULE

Anybody who has seen 'Fire in Babylon' would know why bouncers were restricted to two an over. Broken jaws, cracked ribs, swollen hands... there was also the slow over-rate factor with fast bowlers taking more time to complete their overs. The rule has surely taken away a bit of sting from bowling. Critics say the rule has defanged fast bowlers, especially since umpires can always take steps to stop intimidatory bowling.

YORKER

A yorker could be described as the king of all bowls. It's when the ball lands directly at the batter's feet, and it's extremely difficult to hit. 'Oxford Dictionaries' suggests that the term was coined because players from York bowled them so often. Another theory attributes the name to the other meaning of yorker: cheater.

This accurate Yorker from Mitchell Starc was too good for Ben Stokes



KL Rahul ducks a bouncer



Photo: Getty Images

OVERARM BOWLING

Did you know that till 1864 a bowler could not bowl overarm? There was, of course, underarm bowling and also roundarm (where the hand is between shoulder and waist heights). Much credit has to be given to Edgar Wisner, an Englishman, who staged a walk-out with eight of his teammates after he was 'no-balled' six times for bowling overarm. It raised quite a storm and Marylebone Cricket Club had to step in and change the rules.

SNICKOMETER

The Snickometer, also known as the Snicko, is an audio and visual slow motion device invented in the 1990s by British computer scientist Alan Paskett. The Snicko allows umpires to determine whether or not the ball has touched the bat or batsman, which in turn determines whether or not a batsman is out.

CHINAMAN

Kuldeep Yadav is a chinaman bowler. In other words, he is a left-arm unorthodox spinner who turns the ball in the opposite way of conventional spin: the ball spins in to the right-hand batsman and away from the left-hander. So where did this term come from? When was it first coined? Well, that can be traced back to 1933. West Indian spinner Ellis "Puss" Achong, who was of Chinese ancestry, was a left-arm orthodox spinner. He bowled an unexpected wrist-spin delivery that turned from off to leg. The batsman Walter Robins of England was stumped as he failed to read the turn. His reaction was "Fancy being done by a bloody Chinaman." Since then the name has stuck.

HELMET

Remember Raman Lamba? If he had worn a helmet he would've been alive today. Rewind further. A helmet would have saved Nari Contractor a visit to the hospital with a head injury and prolonged his Test career. Helmets are one of the most influential innovations in the game. And thanks to English opener, Dennis Amiss, who was the first one to wear it regularly during the Kerry Packer series.

JAFFER

It's an exceptionally well bowled, practically unplayable delivery, usually but not always from a fast bowler. Jaffa originally referred to an ancient port in Israel, and then a sweet, thick-skinned orange grown near that port. How or when the word "jaffa" came to be used in cricket is unclear, but some attribute an exceptional delivery to the idea of a great-tasting fruit.

KERRY PACKER

Who would have thought that a tiff over TV rights would split the cricket world? The Australian Cricket Board chose the government-funded ABC over Packer's Channel Nine. Packer retaliated by hiring the biggest cricketers of the day and started the World Series Cricket in 1977. That paved the way for coloured clothing, white balls, stress on limited-overs cricket and daynight matches... all staples of today's cricket scene.

DOOSRA

An unconventional off-spin delivery, the doosra was the brainchild of Pakistani spin wizard Saqlain Mushtaq who successfully used the delivery for maximum effect against Australia in the Sharjah series two decades ago. Basically, an off-spin ball that swings the other way, Saqlain's invention was named the 'doosra' by team-mate and wicket-keeper Moin Khan.

PITCH COVERS

There was a saying in the 70s: if it rains England need Underwood. The left-arm orthodox spinner was deadly on a sticky pitch. Not just Underwood, a number of spinners prospered when the pitch would be drying, the ball would skid, turn, jump... From the late 60s/early 70s pitches began to be covered so that the playing strip was more or less uniform across the world and the game became more batsmen-oriented.

Kuldeep Yadav became the first Chinaman bowler to play for India



Thangarasu Natarajan of India castles Glenn Maxwell



Photo: Getty Images



TODAY'S EDITION

➤ An educator tells us about the history and origin of vaccines
➤ Ace social science quiz
PAGE 2



➤ "Is Santa real?" How often do parents face this question. Making your child learn about the realities of Santa is a good way to teach him/her about generosity and caring
PAGE 3



➤ Can India script a turnaround against the Aussies?
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STUDENT EDITION
FRIDAY, DECEMBER 25, 2020
WEB EDITION

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5 lessons that the PANDEMIC has TAUGHT THE WORLD

RESET OUR RELATIONSHIP WITH NATURE

The outbreak has shown how nature can be a cruel and powerful force. But as we retreated to our homes, emptying public spaces and allowing our vehicles to gather dust, something profound happened. Nature quietly reclaimed what we had robbed her of. Case in point was in Mumbai, the flamingoes appeared in droves. Moreover, as the skies cleared up, the Himalayan mountain ranges could be viewed clearly from the villages and towns in Punjab. In Venice, the water canals grew cleaner and aquatic life thrived. With carbon emissions falling, the air quality also improved dramatically, providing citizens a unique opportunity to experience fresh air. In short, nature taught us the importance of moving towards a sustainable living.

THE PERILS OF ENCROACHMENT

During the early days of the pandemic, the term 'black swan' trended. A black swan refers to an event, which could not have been predicted, the effects of which drastically change our approach of going forward. Well, while the latter statement may be true, the former isn't. The truth is that scientists and activists have been sounding an alarm over human encroachment, warning that if we continue to carelessly loot our environment, it would ultimately push us back. The pursuit of economic growth at any cost has seen humans violate and plunder the fragile-ecological systems, the price of which we are paying now. The last pandemic was over a century ago, but experts warn, we may not have to wait that long for the next viral outbreak, which they say, could be knocking at our doors as early as next year, unless there are human interventions to curb mindless encroachment.

REMOTE WORKING AT SCALE IS POSSIBLE

Real change hardly ever occurs smoothly; it often requires discrete moments and time to propel it. The concept of remote-working was gaining traction even prior to the pandemic, but Covid-19 mainstreamed it at a rate never believed to be possible. Facing existential threats, companies had no choice but to embrace digital innovations and redefine work culture to cater to remote-working environments. While there are issues that need to be ironed out, we have discovered that a transition to a more-disembodied way of working does not have to come at the cost of productivity. It has given us enough reasons to believe that this could be the new normal. The pandemic has also lubricated the rise of the gig economy.

THE IMPORTANCE OF MENTAL HEALTH

When the lockdown first came into effect, the mental health community issued warnings of an emergence of an equally-insidious epidemic — the mental health, which wasn't given much attention, despite the staggering rates of depression, bipolarity, alcoholism and other hugely debilitating illnesses, witnessed in India and the world. The pandemic, however, changed our mindset to a large extent by sparking a shift in the way we think about wellness. It has taught us the importance of staying connected with friends and family, and the rewards to reap from it in the form of mental stability.

THE VALUE OF SELF-RELIANCE

The pandemic exposed how feverishly dependent we were on the people or services around us, and how carelessly we took them for granted. The curveball that nature hurled at us was a wake up call to value a simpler and more conscious way of living. From creating vegetable gardens to learning how to cook and clean our own living spaces, the pandemic forced us to take independent responsibility of our surroundings. More important, with hospitals overburdened and doctors overworked, the chance of a routine doctor's visit was also quickly stripped away. This, however, helped us to understand the need to take good care of our health, and realise the importance of hygiene in our lives.

NEWS IN CLUES

Who shared the 2020 Laureus Sportsman of the Year award with Lewis Hamilton?

CLUE 1: The 33-year-old has three sons named Thiago, Mateo and Ciro

CLUE 2: In 2015, he was roped in as the global brand ambassador for Tata Motors for its passenger vehicles across all markets

CLUE 3: He shares the record for the most hat-tricks in the UEFA Champions League with Cristiano Ronaldo(8)

ANSWER: LIONEL MESSI. The Argentine has broken Pelé's record for the most goals scored for a single club, netting his 644th goal for FC Barcelona during their 3-0 win at Valladolid in La Liga on Tuesday. While Pelé scored 643 times during his 18-year stay at Brazilian club Santos, Messi's goals for Barca have been spread across 16 years

CLIMATE CRISIS COULD CAUSE CASPIAN SEA TO SHRINK, SCIENTISTS WARN

ALERT

Rising temperatures could cause the Caspian Sea to shrink in the coming decades, with potentially devastating impacts for local people and wildlife, scientists have warned.

The Caspian Sea is the world's largest inland body of water. It lies between Europe and Asia, and is bordered by Azerbaijan, Iran, Kazakhstan, Russia and Turkmenistan

1 Its water levels have varied over the past century as a result of human processes, such as irrigation and natural climate patterns that periodically affect rainfall in the region

2 However, rising temperatures could drive up the rates of evaporation over the Caspian Sea, which in turn could cause its water levels to decline in the long-term, scientists have warned

3 A research released in 2019 found that the water levels in the Caspian Sea could decline between 9 and 18m from 2020 to the end of the century, depending on the rate of the future greenhouse gas emissions

4 A latest study substantiates and adds that while a 9m drop in the sea level would see the sea's surface shrink by 23%, a 19m drop, which looks imminent, would see its surface shrink by 34%

5 Researchers warn a decline could affect the local people, wildlife, and encourage political tensions in the region

6 A decline in the water levels could also threaten the Caspian basin's ecosystem, including the Caspian seal, an endangered mammal, found only in the Caspian Sea region that raises its young on sea ice, covering the northern part of the basin in winter

KATRINA KAIF CHAMPIONS RIGHT TO EDUCATION

Actor Katrina Kaif has posted a video emphasising on the right to education and increased access to quality education without discrimination. In the Instagram video, Katrina urges everyone to come forward and contribute towards creating classrooms, so that children coming from underprivileged homes can access quality English-medium education.

FOR A CAUSE

Educating children has many positive effects. It has the power to transform society and shape mindsets. Educating boys will help bring about a shift in their attitude towards girls. Education is empowering. It makes you confident and self-reliant. I have seen my mother actively engage in causes related to the upliftment of the underprivileged; she has always motivated me to do my bit. Let us do our bit, so that more and more children can fulfil their dreams

KATRINA KAIF, actor

Katrina has extended a helping hand to a school in Madurai, Tamil Nadu, which has actively been working towards educating children, especially girls, since 2015

Quote unquote

The central and state governments have to work together for the improvement of sports in the country. We will provide all necessary financial assistance, so that our athletes train with proper infrastructure and manpower for the future Olympics. We cannot be satisfied with only one-two medals, we have to be in top 10 in 2028 Olympics

KIREN RIJJU, Union sports minister

FACEBOOK TO ADD MORE USER SECURITY FEATURES IN 2021

TECH BUZZ

Facebook Inc has said that it would start allowing its users to set up physical security keys as a way to verify their identity before logging into the social network's mobile app, beginning next year.

The company currently offers an option to require a hardware security key to connect to a desktop computer before each log-in

- Users could purchase a hardware key from the retailers and register it with Facebook, the company said
- It also plans to expand Facebook Protect — its security programme for high-profile accounts, including election candidates — to more types of accounts globally next year

IN THE RECORD BOOKS

A WORLD RECORD FOR BEING IMMERSSED IN ICE CUBES FOR LONGEST TIME

Romain Vandendorpe from France has set a world record for sitting immersed in ice cubes for the longest time, enduring the extreme challenge to raise money for kids, who are battling cancer. The 34-year-old health worker remained buried up to his neck in ice in a plexi-glass cabin for two hours, 35 minutes and 43 seconds, breaking the previous record by 40 minutes in the northern French town of Wattrelos.

He aims to donate the money raised through his feat to the Wonder Augustine association, founded in Wattrelos. He got inspired, following the death of a four-year-old girl called Augustine two years ago, who died of brain cancer

MADHUR BHANDARKAR ANNOUNCES NEW FILM 'INDIA LOCKDOWN'

Filmmaker Madhur Bhandarkar has announced his next film 'India Lockdown', which is inspired by true events from the Covid-induced lockdown in the country. Film critic and trade analyst Taran Adarsh

ENTERTAINMENT

shared the update on social media about Bhandarkar's new directorial venture. The casting for the movie is underway, and it is scheduled to go on the floors in January 2021.

History and significance of CHRISTMAS TREE

■ The evergreen fir or pine tree, popularly known as the Christmas tree, is the most representative symbol of Christmas, decorated with baubles, toy Santas and bears, faberge egg, red ornamented baubles, and other glittery and shiny things

■ The tree is usually an evergreen conifer like spruce or pine. Over the years, artificial trees have also become very popular

■ It is believed that the modern Christmas trees originated during the Renaissance in early modern Germany during the 16th century. The country started the tradition of the Christmas tree, when many devout Christians brought decorated trees into their homes and some built pyramids of wood and made them look appealing with evergreens and candles

■ According to historians, it was the 16th-century Protestant reformer Martin Luther, who first added candles to a tree. But the earliest-known representation of the Christmas tree is on the keystone sculpture of a private home in Turckheim, Alsace. ■ The idea of the Christmas tree becoming a public engagement activity during the holiday season became popular in the early 20th century

■ Christmas tree decorations are as old as the tradition of the Christmas tree. The first decorated trees were adorned with apples, white candy canes, and pastries in the shape of stars, hearts, and flowers. A few years later, glass baubles, garlands of glass beads, tin figures were added to trees in Lauscha, Germany

Around 33-36 mn Christmas trees are produced in the US every year. In Europe, the count goes up to 50-60 mn

DID YOU KNOW?

TIMES NIE WISHES YOU AND YOUR FAMILY A Merry Christmas

SOCIAL SCIENCE - CLASS X

GEOGRAPHY - 1

India - location, relief and drainage

Choose the correct answer

- India's longest border is with _____ while the shortest border is with _____.
A. Bangladesh, Afghanistan
B. Bangladesh and Bhutan
C. Bangladesh and Myanmar
D. Bangladesh and Sri Lanka
- The total length of the coastline of India including the Island is _____.
A. 6100 kms
B. 7516.6 kms
C. 4156 kms
D. 5500 kms
- India is located in the _____ hemisphere.
A. North Eastern
B. North Western
C. South Eastern
D. South Western
- The southernmost point of main land of India is _____.
A. Indira point
B. Cape Comorin
C. Indira Col
D. Kanyakumari
- Amaravati is the new capital of _____.
A. Andhra Pradesh
B. Telangana
C. Karnataka
D. Odisha
- _____ is the largest lake in India.
A. Chilka Lake
B. Kolleru Lake
C. Pulicat Lake
D. Vembanadu Lake
- The coastal plain between Mahanadhi and Krishna river is known as the _____.
A. Northern Circar
B. Coromandal coast
C. Malabar coast
D. Konkan coast
- The _____ separates Andaman and Nicobar group of Islands
A. Ten degree Channel
B. Eight degree channel
C. Twelve degree channel
D. Six degree channel
- The river Ganga is known as the _____ in Bangladesh.
A. R. Padma
B. R. Jamuna
C. R. Vridha Ganga
D. R. Meghna
- River Godavari is also known as _____.
A. Vridha Ganga
B. Dhakshin Ganga
C. Vashista
D. Padma

ANSWER KEY

- Bangladesh, Afghanistan
- 6100 kms
- North Eastern
- Cape Comorin
- Andhra Pradesh
- Chilka Lake
- Northern Circar
- Ten degree Channel
- R. Padma
- Vridha Ganga

M. Krishnaveni, Teacher, ELGI Matriculation Higher Secondary School, Coimbatore

BIOLOGY - CLASS VIII

VACCINES: POWERED TO WIPE OUT DISEASES

Vaccines are one of the most successful health inventions that bring about significant reduction in infectious diseases and adverse health consequences and improve quality of life in the population. As we are in the midst of a virulent pandemic, here's a quick study of the origins of vaccines and its benefits.

VACCINES & VACCINATIONS

A vaccine is an antigenic substance that develops immunity against a disease which can be delivered through needle injections or by mouth or by aerosol. Vaccination is the injection of dead or weakened organism that forms immunity against that organism in the body.

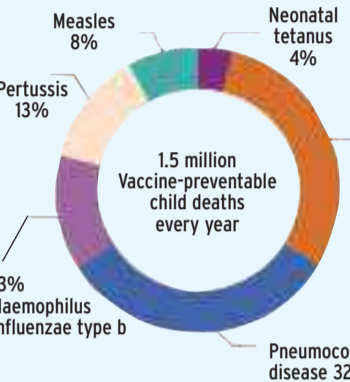
HISTORY OF THE FIRST VACCINE

History of vaccines and immunization begins with the story of Edward Jenner, a physician and scientist, living in Berkeley, England, who pioneered the concept of vaccines including creating the smallpox vaccine from cowpox virus, the world's first vaccine in 1796. The smallpox vaccine reached India in 1802. Anna Dusthall, a three-year-old child from Bombay, became the first person in India to receive the vaccine on June 14, 1802.



HOW VACCINES WORK & HERD IMMUNITY

The basic mechanism by which vaccines work is simple: Vaccines create immunity in an individual by introducing into our body a weakened or dead form of the pathogen that make us ill - such as bacteria or viruses - or its toxins or one of its surface proteins. The vaccine induces acquired immunity so that when our body encounters the real disease-causing agent, it is ready to mount a defence. Herd immunity is a community protection that is created when a high percentage of the population is vaccinated, such that it is less likely that the infectious disease spreads.



WORLD IMMUNIZATION PROGRAMME

Universal Immunization Programme is one of the largest immunization programmes in the world and a major public health intervention in the country. It originally known as Expanded Programme of Immunization [EPI] (WHO 1974) to protect all children of the world against six vaccine-preventable diseases [VPD], diphtheria, whooping cough, tetanus, polio, tuberculosis and measles. As soon as India was declared smallpox free in 1977, the country decided to launch National Immunization Programme in 1978. UIP launched in India on November 19th, 1985.

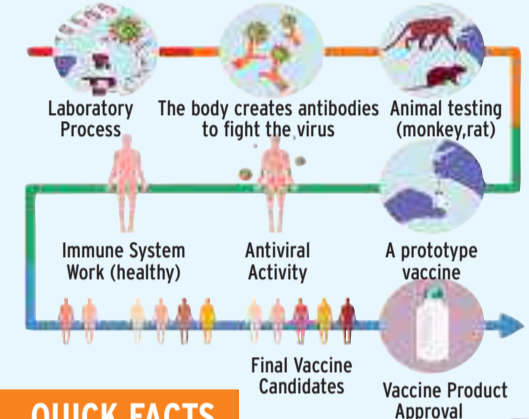
WORLD IMMUNIZATION WEEK

Celebrated in the last week of April, aims to promote the use of vaccines to protect people of all ages against diseases.

WHY SHOULD WE IMMUNIZE?

Immunization saves millions of lives every year and is widely recognised as one of the world's most successful and cost-effective health interventions from acute to chronic diseases such as whooping cough, tetanus, hepatitis B and measles and some virus-related human cancers. It is very important to stick to the vaccination schedule - not immunizing your child increases the risk of them getting the infection. It takes a few months and repeated doses of a vaccine for an infant to be fully protected.

VACCINE RESEARCH STAGES



QUICK FACTS

- Vaccination coverage has improved greatly over the past decades, but globally 13.5 million children were not vaccinated in 2018.
- Smallpox (Oct 1977) and poliomyelitis have been eradicated and measles and Haemophilus influenzae type b (Hib) have been reduced.
- On February 25, 2012, the World Health Organization removed India from polio endemic countries.

First vaccine developed in India was for Plague by Dr Haffkine in 1897

Scientists in India produce rotavirus diarrhoea vaccines which are special for India only.

SMITHA ANUP, Biology teacher, Appollo National Public School, Bengaluru



Immunization currently prevents 2-3 mn deaths every year.

Quiz

- Smallpox virus was created from:
a. Cowpox virus.
b. Bull pox virus.
- Vaccines create immunity in our bodies by the introduction of:
a. a strong pathogen of the concerned disease.
b. a weak pathogen of the concerned disease.
- What is herd immunity?
a. It means to eliminate the disease by immunizing most of the population.
b. It means to immunize the entire population.
- The first vaccine developed in India was by:
a. Dr Haffkine for plague.
b. Jaime Ferran for cholera.

Answers:
1. a; 2. b; 3. a; 4. a

GET ENGLISH FUNDAS RIGHT

English is an interesting subject provided we handle it in the right manner. Solving an English paper, be it for class VI or X, requires some logic, fundas and of course a lot of mastery over the language. Here are some tips that can help solve the paper.

- To start with, the entire paper should be read once thoroughly with full concentration.
- The unseen passages should be read well, understood and then answered with proper value points.
- Students should avoid marking the answers in the passage randomly.
- While solving questions and answers from the text, the answers can be written in bullet points and certain very important points underlined or highlighted.



- Grammar part should be solved with proper logic and every answer should be justified.
- Value based question should be handled very carefully and such answers should include almost the summary of the entire lesson of which the question is asked.
- Writing skills like Letter, Article, Story should have the right format, paragraphs and a proper intro, body and conclusion.

- The students should thereby solve all the questions properly and stick to the word limitations and of course follow time management. Time of three hours should be properly divided for all the questions so that you leave about 10-15 minutes to check the answer paper and make corrections if necessary.
- Writing till the last moment and skipping some questions in that process must be duly avoided by students.
- So in conclusion, students should prepare well, write properly and come out with flying colours.

Revathi Iyer, Holy Angels' School, Dombivli, Thane

MY PET SUBJECT

'HUMAN MIND INTRIGUES ME'

I remember our Psychology teacher telling us on the first day of the class, "I hope you haven't taken Psychology to learn how to read minds!" I have been taking this class for a year now and I have realised how truly amazing our mind is, so complex and at the same time beautiful.



The mind controls every action we perform. Now I know when a baby wraps its hand around my finger, it is a reflex action and not a symbol of affection. I know why teenagers believe there is no one who understands them and feel that they are under constant scrutiny. I know how we feel emotions and how the physiological conditions during this experience correlate to the emotion. I've learnt about various psychological disorders and it has made me realise these patients are in more pain than

those who suffer from physical ailments, because they do not know something is wrong with them and they hurt themselves and other people. You never quite realise the facets and layers the human mind has, until you start to peel them layer by layer. My teacher explains concepts using examples from her own life and her interactions, which brings an enormous amount of practicality to the subject. It is a tough subject, no doubt, but it is so interesting that one tends to want to study more and more. I have decided to do my Undergraduate Programme in Psychology, because I cannot think of anything else I would want to study more. After all, happiness is doing what you love and loving what you do.

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

FREE YOUR MIND TO SOLVE WORD PROBLEMS

We usually see word problems at the end of the question paper and most students leave them out. Many others simply ignore the steps and do it directly or do not know which operation to use. Have you ever thought why this happens?



HERE ARE SOME WAYS TO RESOLVE IT

- Do not compel children to learn or follow one particular rigid method, just give them their own space to think and write their own steps. Encourage them to write their own way.
- At the primary stage, teachers should instill confidence in them to write, not direct them by saying this is the method or think this way. Give them space to think and when they gain confidence, they will start writing the steps and later will start attending to the word problems.
- Tell them errors are normal, at least give it a try. Making a mistake is not a crime, so attempt it.

MATHEMATICS IN THE PRIMARY LEVEL

- It is a good idea to relate the topic to daily life.
- Introduction of play way method is apt for primary classes.
- Doing small doses of work is always more effective.
- Every child learns to solve questions at his or her own pace.
- Students tend to imitate more than they learn, hence teachers should give exemplary guidance.
- Try to do something new in the class more effective.
- Physical activity in the class complements studies

A WORD TO PARENTS

- Children need a lot of Attention, Appreciation and Recognition (AAR) from parents and will do wonders once they get it
- Tell them mistakes are human, let them try their own thing.
- Reduce digital time as they are toxins to the young minds, give them other work to do including household chores. That will make them more responsible.
- Spend more time with them for healthy upbringing.



Shobha P Nair, Teacher, Toc H Public School, Vyttila, Ernakulam



Holiday activities with family

ECO-FRIENDLY Decor

Turn dry flowers into Christmas Wreath

If the bouquet you ordered has dried up and the flowers you used for puja is ready to be thrown out, think again. You can easily

turn them as a pretty Christmas wreath and stop the cycle of waste. We give you some tips to give a new lease of life to these flowers. Before you get started with the creation process, gather all the necessary materials. Of course, you'll need dried blooms and greens. Along with these dried elements, you will also need to gather a pre-formed grapevine wreath, clippers and floral wire. You can find these materials in florist shops, craft stores or online.

that emulates the personalities of the people inside the home it will hang on. Use floral wire to attach the eucalyptus and grevillea to the grapevine wreath. Start by

look. Continue adding eucalyptus and grevillea around the wreath until you're happy with the style. Now it's time to add in the succulents! These popular

plants will provide a nice fresh pop to the dried materials. Try placing a couple of succulents next to each other or spacing them throughout the wreath. Once you find an arrangement you're happy with, it's time to set them in place. Each of these green cuties will have a short stem; wrap the wire around these stems and then around the grapevine. Once you have all your blooms and greens added, it's time for the final touches. Wrap a few more pieces of wire around your additions and the grapevine to assure everything will remain in place.



Make a beautiful Christmas Wreath with recycled materials such as dry flowers, plant stems, dried or fresh grapevines

wrapping the floral wire around the stem of the greenery and then wrap the wire around the grapevine.

After your materials are securely attached to the wreath, you can trim the stems for a polished

Once your wreath is finished, it's time to hang it on your Christmas tree, door, walls and even window.

Let's get started

Once you've gathered all your materials, it's time to get the creative juices flowing. To craft a wreath that will add some cheer all the way into winter, follow these steps. Remember that these are basic guidelines, and there's no one right way to arrange your materials — create a wreath

Christmas recipes for kids' parties

Christmas is a much-loved festival among kids. The excitement of decorating a Christmas tree, getting gifts, relishing on tasty cakes and visiting their friends' houses to attend parties – is what makes the festival a day of joy and happiness for them. But preparing special food for so many guests is quite a task. To make your at home Christmas party a success, here are a few easy Christmas recipes



Chocolate Reindeer Cookies



- Whisk together 3.75 cups flour, 1.25 tsp baking soda and 1/2 tsp salt.
- Place 3/4 cup butter (cubed), 1.5 cups brown sugar and 2 tsp water in a large saucepan; cook and stir over low heat until butter is melted. Remove from heat; stir in 2 cups chocolate chips until smooth. Stir in 2 eggs and 1/2 tsp vanilla extract. Stir in flour mixture. Let stand until firm enough to shape (15 minutes).
- To freeze dough, shape level tablespoonfuls of dough into balls; flatten each to 1/4-in thickness. Place in a covered container, separating

- layers with waxed paper; freeze until firm.
- To bake, preheat the oven to 180C. Place frozen dough portions on greased baking sheets. Bake until set (12-14 minutes). Remove from pans to wire racks and cool completely.
 - Spread cookies with chocolate frosting, saving a small amount for mouths. Decorate faces with candy eyes – add peanut butter cups for snouts, pretzels for antlers and cherries for noses. Pipe mouths with reserved frosting. Enjoy the fresh, sweet and delicious reindeer cookies.

Fluffy Hot Chocolate



- In a small saucepan, mix 8 tbsp sugar, 4 tsp cocoa, 4 cups milk and 1.5 cups marshmallows.
- Cook and stir over medium heat until marshmallows are melted (8 minutes). Remove from the heat and stir in 1 tsp vanilla extract. Pour into mugs and serve.

Banana Pancake Snowmen



- Sprinkle with powdered sugar. Decorate the snowmen with pretzels, chocolate chips, bright red cherries and banana slices.

- In a small bowl, stir 1 cup buttermilk pancake mix, 3/4 cup water and 1/3 cup mashed banana.
- Pour 1/2 cup batter onto a greased hot griddle, making three circles to form a snowman. Turn when bubbles form on top. Cook until the second side is golden brown. Transfer to a serving plate. Repeat with remaining batter.

How to respond when your child asks about Santa



Recognise Age Matters

It can be hard for parents to accept that their children are growing up and letting go of childhood traditions and notions. For many parents, it's downright painful to think that their child has grown out of the Santa years and all the fun that's associated with the belief in Santa and his little elves.

6- to 7-year-olds

Although questions about Santa can happen at any age, many come up with school-aged children because of conversations with other kids. Your 6-or-7-year-old may have overheard something at school and want reassurance that Santa will indeed show up at Christmas. Before you immediately reinforce the concept of Santa, try to determine if your child is ready to let go of the

As they grow and begin to understand the world better, kids begin to ask tough questions. Besides the "Where do babies come from" question, many parents dread the day one of their kids asks, "Is Santa real?" It will likely catch you by surprise, but there are several ways you can handle it



idea of Santa or is just having some doubts. Once you know where your child's questions are coming from, you will know better how to respond. One study found that children generally discover the truth about Santa around age 7, but they predominantly felt a sense of pride over making the discovery. Meanwhile, parents in the study were sad that their kids no longer believed in Santa Claus! So, be sure you're truly responding to your child's questions and not simply trying to keep the tradition alive for your own benefit or happiness.

8- to 9-year-olds

An 8- or 9-year-old may really be asking if it's still OK for them to pretend that there is a Santa so they don't miss out on anything. At this age, you'll want to use your judgment as to their true intent behind the questions. Some kids are ready for the truth at this age; others are not. If needed, ask a few probing questions like, "Why do you ask?" before deciding how to answer. Keep in

This single question – "Is Santa real?" – can be a challenge for any parent, and it will happen eventually. If your child is ready, your best answer may be, "Yes, he is. But not in the way you think. Here's what I mean..." Knowing about the realities of Santa can be an excellent learning experience in caring and generosity that children will remember

mind that research shows that even when children discover that Santa is not real, they still like the idea of Santa. So, a discovery about Santa doesn't mean that your Christmas traditions are over. It simply means that the traditions will change.

10- to 11-year-olds

By the time they reach 10 or 11, your tween will probably no longer believe in Santa Claus. This transition is developmentally appropriate. During these years, children become more self-aware. They also begin to get a pretty good grip on reality. But don't be alarmed if your tween still pretends to believe or wants to believe. Some tweens hold onto their childhood beliefs for as long as they possibly can. The truth is that if your children are asking questions like "Is Santa real?", they probably already know the truth or have an idea about the reality of the tradition. They may just be looking for validation from you.

BE TRUTHFUL

If you think your child has it all figured out, it's a good idea to be truthful. For instance, you could explain that Saint Nicholas was, in fact, a real person from long ago. He was known for leaving presents for the children in his village and for caring for the less fortunate. The legend grew over time, becoming

the story we all know today. The discussion about Santa is a good time to instill your family's beliefs and values by bringing them up in the conversation. You might do this by reinforcing the idea that the spirit of Santa represents what is in the hearts of all people who are kind and generous. Even adults understand that

there is some 'magic' to the legend of Santa Claus and that it can't always be explained. How many sour hearts have been turned sweet by the inspiration of Santa? Is that not magic? Is it not real?



QUIZ TIME (FOOD)

NEEHAARIKA SINDHUJA,
Jyoti Nivas College (Autonomous), Bengaluru

Q.1) Which of these foods did not originate from Mughal cuisine?
A. Kebab
B. Samosa
C. Pilaf
D. Baba Ghanoush

Q.2) Which of these ingredients will NOT curdle milk?
A. Orange juice
B. Baking soda
C. Lime juice
D. Vinegar

Q.3) Which of these was called 'food of gods' in ancient India?
A. Bread
B. Potato
C. Cheese
D. Yoghurt

Q.4) What is Panko?
A. Japanese bread crumbs
B. A Korean herb
C. A deep-frying pan
D. A type of noodle

Q.5) What was Cotton Candy originally called?
A. Candy Floss
B. Sugar Suckers
C. Fairy Floss
D. Cotton Puff

Q.6) What has been historically referred to as the 'Master Spice'?
A. Salt
B. Pepper
C. Garlic
D. Saffron

ANSWERS

1. D) Baba Ghanoush 2. B) Baking Soda 3. D) Yoghurt
4. A) Japanese bread crumbs 5. C) Fairy floss 6. B) Pepper

GRAMMATICAL MISTAKES

RESTIVE/RESTFUL

THE RULES:

- Restive means impatient, when faced with control or delay.
- Restful means quiet, peaceful, relaxing.

HOW NOT TO DO IT:

- Our neighbours are enjoying a restive vacation away from the city.
- The audience grew restful when the event did not start on time.

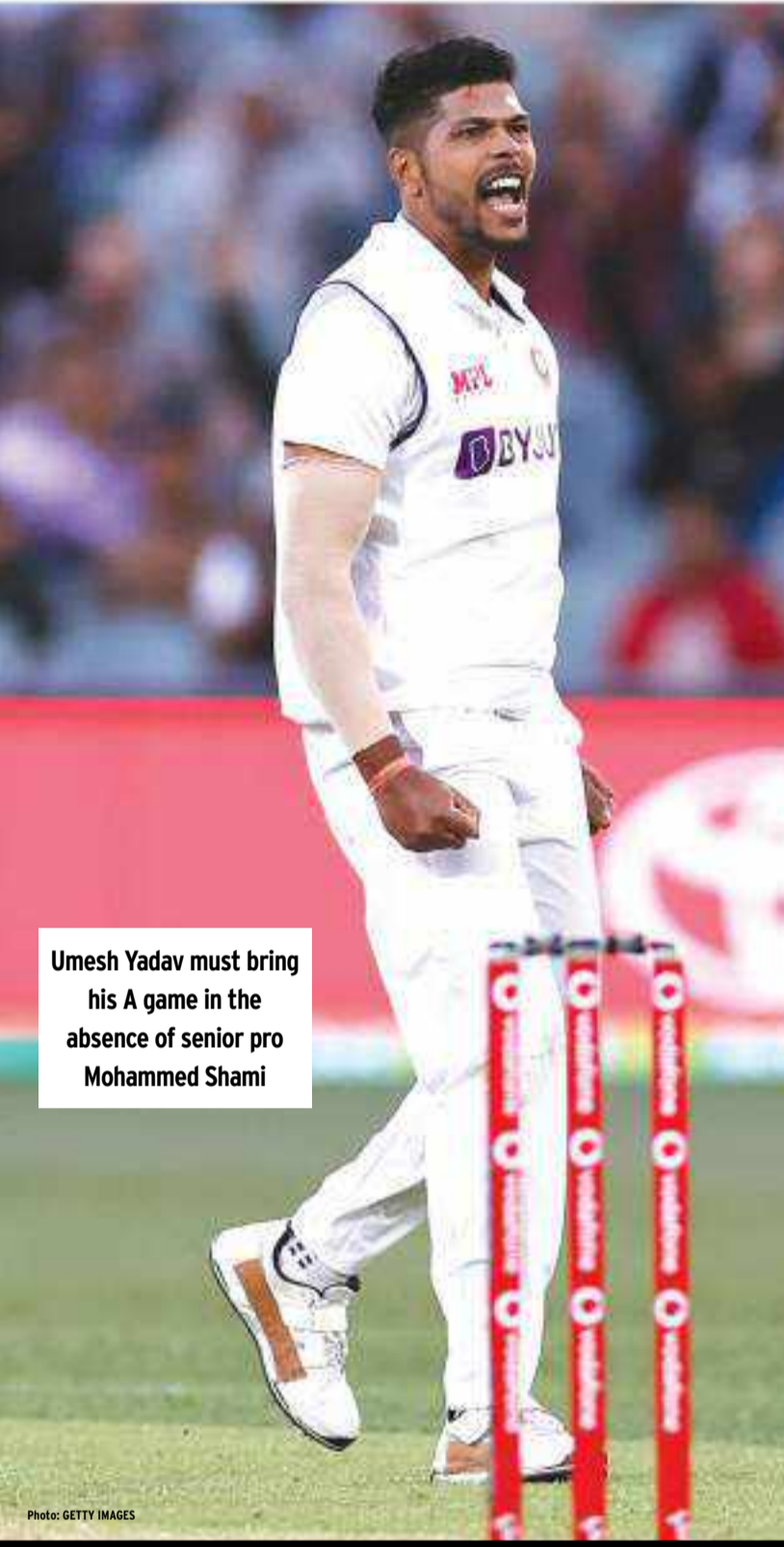
HOW TO DO IT PROPERLY:

- Our neighbours are enjoying a restful vacation away from the city.

SURYAKUMARI DENNISON,
Teacher, Aavishkar Academy, Bengaluru

CAN INDIA SCRIPT A TURNAROUND?

Many former players believe India have some quality players in their ranks to still effect a turnaround in the ongoing four-match series Down Under, despite a drubbing in the opener in Adelaide. Here's how...



Umesh Yadav must bring his A game in the absence of senior pro Mohammed Shami

INDIAN BATSMEN NEED TO LEARN TO ADAPT, MOVE FEET

What I can understand, and I have gone through all this, is that you need to use your feet, you cannot stand and deliver. You have to move your feet, front or back, get closer to the ball. Also you have to get besides the line of the ball (against short balls). That's very important. What the boys need to understand is that they need to adapt. Why do all countries come and struggle in India, because these are different conditions. Why do we go out and struggle, it is also because of different conditions. Conditions are going to be there but the fact remains that you need to adjust and adapt and change your technique and you have to move your feet.
Anshuman Gaekwad, former Indian batsman

INDIA MUST DO SOMETHING MAGNIFICENT TO OVERCOME 1ST TEST LOSS

I'd say that the only way is to fight it out in the next match, do something magnificent that changes your thinking. Only a good performance is going to help you overcome this disappointment. The strategy should be simple: you score more runs and don't allow them to score more than you. One will have to be gritty in the next three Tests. It's going to be a combination of grit, discipline, and planning. We've to plan, then we've to show grit, and we should be able to execute our plans.
Sachin Tendulkar, former Indian batsman

IT'S CHANCE FOR NEW HEROES TO EMERGE

Only a quarter of the Test series is over. With three matches to go, there is all to play for. This is a true test of the team's character and mettle, more so with the captain and Mohammed Shami unavailable from here on. There is a great chance for new heroes to emerge, for men to put their hand up and rise to the occasion. It's time to put Adelaide behind and target a fresh beginning.
VVS Laxman, former India cricketer

INDIA HAVE GOT SOME QUALITY PLAYERS

It will be hard now for them, but they've actually got some quality players if they can get on a roll. They can certainly cause some trouble with the ball, it's just whether the batsmen can cope with the bounce. The MCG pitch will suit them a bit better because it's a bit flatter. So we'll see if their batsmen can bounce back and make some runs, especially in the first innings. That's going to be the key for them.
Darren Lehmann, former Australia coach

SELECTORS SHOULD SHOW SOME FAITH IN SHAW

I think that selectors should show some faith in Prithvi Shaw. Yes, he didn't get any runs in this Test match but it's one Test, against some quality bowling on a difficult pitch to bat. Joe Burns (Australian opener) was averaging less than seven in FC cricket. The selectors showed faith in him. He got out cheaply in the first innings but he slowly got his confidence back, worked his way through it and you see the character of the guy and he ended up scoring 50 not out.
Michael Hussey, former Australia cricketer

GILL SHOULD OPEN, INDIA MUST PLAY 5 BOWLERS

I will want to see Rahane at number four. I will not want to him stay at number five because if he is the captain now, he has to lead from the front. So, Rahane should play at number four in place of Virat Kohli. KL Rahul should play at number five and Rishabh Pant should play at number six. Jadeja and Ashwin should play at number seven and eight and then three seamers. I will want to go in with five bowlers. I will want to see Shubman Gill at the top along with Mayank Agarwal and Pujara at number three.
Gautam Gambhir, former India batsman

Paine a great leader & our most important player: Langer

In the form of an unbeaten half-century and seven catches behind the stumps, Paine made handsome contribution in the series-opening day-night Test against India at Adelaide Oval



Photo: GETTY IMAGES

Australia head coach Justin Langer has praised his team's Test captain Tim Paine for his performance and leadership, calling him their "most important player". Langer, however, added that Adam Gilchrist remains the best-ever wicketkeeper-batsman for transforming the game of cricket. Paine scored an unbeaten 73 against India in the first Test at the Adelaide Oval, rescuing his side from a precarious situation of 111/7 in first innings and taking it to 191, just 53 runs short of India's total of 244. Australia then bundled out India for a mere 36 in the second innings and went on to win the match by eight wickets. AGENCIES

You think of Adam Gilchrist, I guess who transformed the game in a sense. That is why Gilchrist is an all-time great player because he transformed the game.

I have got enormous faith in Tim Paine, whether it is his wicket-keeping, batting and I have said publicly and privately last year that he is our most important player. Because he is our lead wicketkeeper, his leadership on and off the field is incredible and we saw how he can play. He batted very well in the first innings under pressure... He is a great player, great leader and I love having him in our team.

I'd be a pretty courageous man to change the XI for this test match after the last one. At this stage, unless something happens over the next few days, and things can happen in the world we live in, we'll go in with the same XI, I'd say.

We're very hopeful. He (David Warner) batted very well in the nets. He's having a bit of trouble running at full speed. When he gets back and feels confident with it, of course he'll come back into our team (for the third test). We'll just monitor him, and fingers crossed he'll be back.
Justin Langer

Manchester United seal League Cup semi-final vs Manchester City



Edinson Cavani

Photo: GETTY IMAGES

Edinson Cavani and Anthony Martial struck late goals as Manchester United claimed a scrappy 2-0 victory over Everton at a bitterly cold Goodison Park to set up a League Cup semi-final with rivals Manchester City. The visitors now meet City for a place in the April 25 final, while Championship side Brentford take on Tottenham Hotspur in the other last-four clash.
REUTERS

TEST YOUR KNOWLEDGE

Q1: Which of the following countries hold the record of most consecutive wins in One Day Internationals?
a) Sri Lanka b) Pakistan
c) South Africa d) Australia

Q2: Name the player who holds the record for most runs in ICC Women's Championship?
a) Smriti Mandhana b) Suzie Bates
c) Stafanie Taylor d) Meg Lanning

Q3: The record for most hundreds in a career in first-class matches is held by ____

a) Patsy Hendren b) Sir Jack Hobbs
c) Wally Hammond d) Phil Mead

Q4: The most number of assists in Spanish Primera División 2019-20 was made by which of these players?
a) Karim Benzema b) Santi Cazorla
c) Mikel Oyarzabal d) Lionel Messi

Q5: Which of the following cricket stadiums holds the record of most ODI matches on a single ground?
a) Sharjah Cricket Stadium
b) Harare Sports Club

c) Sydney Cricket Ground
d) Melbourne Cricket Ground

Q6: Michael Phelps has won 23 Olympic gold medals. How many silver medals has he won?
a) One b) Two c) Three d) Four



Michael Phelps

Photo: GETTY IMAGES

Q7: This bowler has claimed ten-wicket in a match the most number of times in Test career. Name the player.
a) Rangana Herath b) Sir Richard Hadlee
c) Muttiah Muralitharan d) Shane Warne

Q8: In Italian Serie A in 2019-20, which player made the most assists?
a) Ciro Immobile b) Alejandro Gómez
c) Domenico Berardi d) Luis Alberto

Q9: Which player holds the record of most wickets in ICC Women's Championship?
a) Jhulan Goswami b) Marizanne Kapp
c) Sana Mir d) Jess Jonassen

Q10: The record for most assists in Indian Super League 2019-20 is held by ____

a) Hugo Boumous b) Roy Krishna
c) Jessel Carneiro d) Rafael Crivellaro

Q11: Which bowler has claimed the most number of times in his Test career?
a) Anil Kumble b) Sir Richard Hadlee
c) Muttiah Muralitharan d) Shane Warne

Q12: Which player holds the record for most dismissals in World Cup?
a) Kumar Sangakkara b) Adam Gilchrist
c) MS Dhoni d) Brendon McCullum

ANSWERS: 1 d) Australia 2 d) Meg Lanning
3 b) Sir Jack Hobbs 4 d) Lionel Messi
5 a) Sharjah Cricket Stadium 6 c) Three
7 c) Muttiah Muralitharan 8 b) Alejandro Gómez
9 d) Jess Jonassen 10 a) Hugo Boumous
11 c) Muttiah Muralitharan
12) a) Kumar Sangakkara



THE TIMES OF INDIA

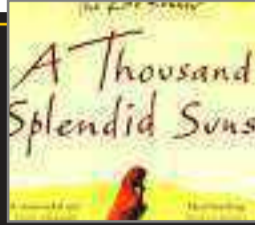
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TODAY'S EDITION

► This is the season of giving. Check out on how you can contribute towards it
PAGE 2



► What are your weekend plans?
► Reviewing your favourite book/movie can be fun
PAGE 3



► Sachin on India's sloppy fielding, lack of footwork and more...
PAGE 4



STUDENT EDITION

THURSDAY, DECEMBER 24, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2



NAME THE FIRST INDIAN PM TO BE BORN AFTER INDEPENDENCE

CLUE 1: The 70-year-old won the 'Champions of the Earth', the UN's highest environmental award, and is the only Indian to win the Seoul Peace Prize

CLUE 2: He has five siblings – brothers Prahlad, Som, Pankaj and Amrut and a sister Vasanti

CLUE 3: He has authored books like 'Count Social Harmony', 'Jyotipunj' and 'Exam Warriors'

ANSWER: NARENDRA MODI. The US President Donald Trump conferred the Legion of Merit, Degree Chief Commander, one of the highest military honours of the US, on the 70-year-old for his "exceptionally meritorious service" as the leader of India. Former Japanese PM Shinzo Abe and Australian Prime Minister Scott Morrison were also awarded along with Modi

India likely to approve AstraZeneca vaccine by next week

India is likely to approve the Oxford/AstraZeneca's coronavirus vaccine for emergency use by next week after its local manufacturer submitted additional data sought by the authorities, according to sources. If approved, India would be the first country to give the regulatory green signal for the British drugmaker's vaccine as the British medicine regulator continues to examine data from the trials.

1 India, the world's biggest vaccine-making country, wants to start inoculating next month, and is also considering emergency use authorisation applications for vaccines made by Pfizer Inc and local company Bharat Biotech

2 Getting vaccines to the world's second-most populous country with one of the highest infection rates will also be a big step in the battle against the pandemic



3 The AstraZeneca-Oxford shot is considered vital for lower-income countries and those living in hot climates, as it is cheaper, easier to transport, and can be stored for long periods at normal fridge temperatures

CORONA UPDATE

'UK PM Boris Johnson may not attend India's R-Day parade due to new Covid-19 strain'

Days after the discovery of a new, potentially more transmissible strain of the coronavirus in the United Kingdom, Dr Chaand Nagpaul, the Chair of the Council of the British Medical Association has said that Prime Minister Boris Johnson may not visit India in January for the Republic Day parade. According to reports, the senior British doctor said that it was still too early for the UK government to decide on PM Johnson's visit, adding that the trip may not be possible, if this level of infection and spread continues.



Johnson is scheduled to travel to India in January 2021 as the chief guest for the Republic Day parade in Delhi



Coronavirus reaches end of Earth as first outbreak hits Antarctica

The coronavirus has landed in Antarctica, the last continent previously free from Covid-19, Chile's military said this week, as health and army officials scrambled to send off, and quarantine staff from a remote research station surrounded by ocean and icebergs. Chile's armed forces said at least 36 people had been infected at its Bernardo O'Higgins base, including 26 army personnel and 10 civilian contractors conducting maintenance at the base.

Research and military stations in Antarctica – among the most remote in the world – had gone to extraordinary lengths in recent months to keep the virus out, cancelling tourism, scaling back activities and staff and locking down facilities



MEANWHILE.... JOE BIDEN PUBLICLY RECEIVES HIS FIRST DOSE OF THE CORONAVIRUS VACCINE

President-elect Joe Biden received his first dose of the coronavirus vaccine on live television as part of a growing effort to convince the American public that the inoculations are safe. The president-elect took a dose of Pfizer vaccine at a hospital not far from his Delaware home, hours after his wife, Jill Biden, did the same

IN THE RECORD BOOKS

BHU student creates world record for making largest 'spice' painting



Neha Singh, a student at the Banaras Hindu University (BHU), has made it to the Guinness World Records by creating the world's largest painting using natural colours.

► The painting, titled, 'Moksh kavriksh' (tree of salvation), which was created using the spices that had passed their expiry date, measures 62.72 m²

► Neha was inspired to create the painting, as she wanted to do something special out of the wasted spices, the Guinness World record said

The earlier record for the largest spice painting was created by Shreya Tatinini, a resident of Vijaywada, Andhra Pradesh, who made a 588.56 ft² painting



NOW, ROHINGYA MUPPETS TO HELP REFUGEE CHILDREN

Children's TV show 'Sesame Street' has unveiled its first Rohingya Muppets to help thousands of refugee children overcome trauma and tackle the pandemic's impact in the world's largest refugee settlement in Bangladesh. Six-year-old twins, Noor and Aziz Yasmin, will feature alongside the show's famous characters Elmo and Louie in educational videos, according to Sesame Workshop, the non-profit organisation behind the show. They will speak Rohingya, the language of a group of people, which the Myanmar authorities have refused to recognise as a legitimate ethnicity. Elements of Sesame Workshop's curriculum will also be dubbed into Rohingya.

FOR A CAUSE

More than half the residents of the Rohingya refugee settlements in Bangladesh are children. Many suffered trauma after security forces in Myanmar forced them out of their villages, murdering some of their fathers and raping their mothers



Netflix sets January release for 'The White Tiger' adaptation

The 'White Tiger', the screen adaptation of Aravind Adiga's Man Booker Prize winning novel, is slated to arrive on Netflix on January 22. The English-language drama is directed by Ramin Bahrani of 'Fahrenheit 451' and '99 Homes' fame. Netflix made the announcement on its official Instagram page, and shared the new trailer of the film on Monday.

ENTERTAINMENT

► Gourav's Balram is the film's protagonist, who works as a driver for Ashok, a wealthy businessman, played by Rajkumar Rao. ► From being ridiculed by his employers for his underprivileged background and forcing him to take the blame for a crime he didn't commit, to becoming a successful entrepreneur – the trailer gives a sneak peek into Balram's journey



► Actor Priyanka Chopra Jonas stars as Pinky Madam, a first-generation immigrant in the US, who is married to Ashok

\$340K

Price of Donald Bradman's first baggy green Test cap, which was sold at an auction recently – the second-highest price paid for a piece of cricket memorabilia. The price is just behind Aussie leg-spinner Shane Warne's Test cap, which was sold earlier this year for a whopping \$760,000 – the world-record price for an item of cricket memorabilia, auction officials said.



► Bradman represented Australia for 20 years, playing 52 Test matches from 1928 to 1948, and is generally regarded as the world's best-ever cricketer

► Knighted for his services to cricket in 1949, he retired from Test cricket with a batting average of 99.94

FACTOID

5 major natural disasters that took place in 2020

COVID PANDEMIC

Though the coronavirus outbreak occurred in the last quarter of 2019, the pandemic played havoc across the world in 2020. The virus was first discovered in China's Wuhan and later gripped the world forcing the world to impose strict lockdown to contain the virus. Many countries and organisations blamed China for the existence of the virus, but nothing conclusive could be established over Beijing's involvement in the pandemic

LOCUST SWARMS

Another major natural catastrophe was the locust attack that is believed to have damaged millions of acres of standing crops across the continents in Asia and Africa. Believed to be migratory pests, who feed on crops, locusts can destroy the crops within seconds. Changes in climate conditions and frequent cyclones in the Indian Ocean are said to produce perfect breeding grounds for the locusts

CYCLONE AMPHAN

Classified as one of the most-powerful and deadly tropical cyclones to have affected India and Bangladesh, Amphan, categorised as a type 5 hurricane, wreaked widespread devastation in the two countries. At least 84 people were killed and millions of people in India and Bangladesh bore the brunt of the cyclone's fury. In fact, many people were killed, when they were crushed by falling trees and electrocuted by downed powerlines

INDONESIA FLOODS

Nearly 66 people were killed when there was a heavy downpour in the early hours of January in 2020, leading to subsequent flooding in the Indonesian capital Jakarta and its surrounding areas. The flash floods displaced four lakh people. There was widespread material destruction caused by landslides due to heavy rains and flooding

VOLCANIC ERUPTION IN PHILIPPINES

The Taal Volcano that erupted on January 12, 2020, caused tremors, and resulted in a large amount of ash and dust. The eruption caused the death of at least 39 people. Reports suggested that a number of evacuees had died due to heart attack during the evacuation. The eruption also forced nearly 8,000 people to leave their homes



Ways you can make a difference to those in need

WHETHER THROUGH DONATION OR ACTION, 'TIS THE SEASON OF GIVING

While the world is full of people in need year-round, no time is that more apparent than during the holiday season. For every smiling family curled up around a warm home and a massive pile of presents under the tree, there are others who have no fire, no gifts, and sometimes no home at all. If you're wondering, How can I give back this year? We have some handy tips!



So, whether it's through donation or action, you can help someone whose spirits might need a little extra lifting this holiday season. If you don't know where to start, we've rounded up several unique and easy ways to give back throughout the holiday season.

Be an elf this season

1 This year, make a child's Christmas by "answering" their letter to Santa. Be a volunteer at a Children's home; ask them to write letters to "Santa", which you can read and buy Christmas presents for them. But do remember to not spoil the surprise for them. Choose to mail your gifts instead of delivering yourself. Mark their names on it and let the from be a secret. You can ask the organiser to help post their letters too!



Volunteer At Homeless Shelters

2 While homeless shelters may already be on your mind for the holiday season, it is in the forefront of giving for a reason. Shelters get flooded during the holiday season, especially with the colder weather. Taking a couple hours here or there to donate your time can mean the world to your local shelters.

Donate Toys

3 Toy donations services are thankfully as prevalent as fruit cake. Spend a few minutes to find a

toy donation organisation that works for you. Many cities organise motorcycle toy runs if that revs your engine. Or there could be online toy donation drives, which provides toys and a Christmas Eve meal to families in need that you could sign up for. Many businesses or offices can also help

provide a way to donate toys to children around the holidays.

Volunteer At Animal Shelters

4 Our furry friends could use some love around the holiday too. Check out your local shelters to get trained as a dog walker and head over for your lunch hour or if you know anyone looking for a new best friend during the holidays, many places offer more affordable adoption fees for pets (and everyone loves a Christmas morning puppy!)

Donate Food & Clothing

5 Into spring cleaning? Why not try winter cleaning! You may have couple of lightly worn jackets and sweaters you will never wear again. Take the time to go through the clothes and even items like biscuits and candies and donate them to needy people.

HERE ARE SOME VOLUNTEERING OPPORTUNITIES THAT AWAIT YOU IF YOU ARE A COMPUTER-SAVVY KINDRED SOUL, WITH TIME ON HAND:

1 Create content for a new/updated website for an NGO, create their newsletter and maybe even their annual report.

2 If you are good at accounts, help online with accounting consultancy with NGOs, to help close accounts for the financial year.

3 Volunteer within your home by creating educational content (in modules) for Volunteer school sessions in the coming academic year, specifically in Conversational English and Computer Science.

4 Record an audiobook for visually challenged college students so they can study well.

5 Volunteer as a remote volunteer for a helpline that takes incoming calls from needy elders who need help from an NGO during the ongoing pandemic.

6 If you are a mature volunteer, help by reaching out to homebound people who need counselling over the phone.

7 Be a good samaritan and reach out to the elders who live alone in your locality and help them by means of a call to cheer them up. You can also send them a hot meal or get medicines for them.

8 If you can help by sponsoring some material relief, reach out to an NGO that is working for it and help out to whatever extent you can. Every drop counts!

9 If you are good at communicating, volunteer an online storytelling and singing session with a home for young children.

PETS CORNER

STYLE YOUR KITTY RIGHT

From ribbons and bows, to sweaters and mittens to furs and frocks - check these tips to keep your feline cosy and chic.

When styling your kitty, it's important to pick clothes that aren't just 'cute' but also comfortable. Much like any other aspect of their lives, cats are picky about clothes too. Here are some fuss-free ways to make your feline more

Winter outfits for meow

Think sweaters and mittens that are easy to remove and scarves in cute prints. Cats who hate full-body outfits might tolerate a scarf. For parties, get them a tuxedo with a bow-tie or a fancy ribbon.

Pick the right fabric

Bulky clothing restricts their movements, while itchy clothes can irritate cats. Fabrics they might snag their claws in, or which keep slipping off, won't work. Choose soft fabrics, less frills.



Don't force it

It's important to ease them into the process. "Try offering them treats to set the mood, and help them associate being dressed up with positive emotions. Start by placing their head through the clothes. If they show reluctance, you must slow down. Never force your cat," says cat owner and stylist Chaitni Shetty.

Tips to host a perfect virtual

SECRET SANTA



The 'Secret Santa' game - where members of a family, friend group or gang of co-workers randomly pick out each other's names to secretly swap Christmas gifts - is one of the most anticipated holiday traditions. However, with everyone working from and staying-at-home during the pandemic, Secret Santa has gone virtual too, with many playing over Zoom, Skype, Whatsapp, and other online mediums. For those planning a remote Secret Santa bash this year, here are some handy tips:

Getting everyone on board

David Paul from Bengaluru, who participated in the virtual Secret Santa process this year, says, "You can send out group invites to people you want in the group. Once everyone responds, settle on some dates when everyone can virtually meet up to plan the event. Send out an official invite (or e-vite) so guests can RSVP. Also, make sure that the guest list is a reliable one."

Create a wishlist

If you're hoping that every guest walks away with a truly meaningful or useful gift, then it's best to have invitees share their wish lists. Vinay Arvind Sharma, an HR executive



from Gurugram, who organised the Secret Santa game at his workplace, says, "Be sure to ask invitees to keep it vague by providing general likes and dislikes as opposed to specific products, lest the element of surprise disappear, and the whole thing turns into a total snoozefest."

Budget is everything

As with a traditional Secret Santa party, budget is key. By asking all participants to stick to a reasonable price point, you can ensure that the largesse of one gift-giver doesn't overshadow the rest of the group.

Party planner Avantika Shah says, "Send out an email and get in-

puts from everyone participating so you don't have to worry about missing the mark by putting one or more attendees in an awkward position socially or financially."

Sending gifts

Vinay says, "Every participant will need to handle this part independently for a fully remote Secret Santa exchange. However, as the host, you can facilitate the exchange by sharing a guest list that includes the full address of every invitee so that everyone knows where to send their parcel. But above all else, be sure that everyone knows to put the organiser's info down for the return address."

As the host, you can facilitate the exchange by sharing a guest list that includes the full address of every invitee

QUIZ TIME (INDIA)

Q.1) Which high court for the first time in India declared 'Bandh' as illegal?

- A. Allahabad High court
B. Gujarat High Court
C. Kerala High Court
D. Rajasthan High Court

Q.2) The RTI Act is not applicable to which state?

- A. Sikkim B. Telangana
C. Chhattisgarh
D. Jammu and Kashmir

Q.4) The first election to implement the system of

VVPAT was held in which state?

- A. Mizoram B. Manipur
C. Nagaland D. Assam

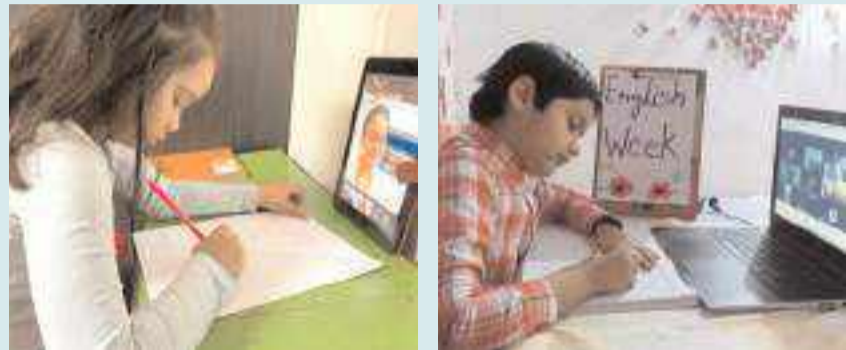
ANSWERS

1. C) Kerala HC 2. D) Jammu and Kashmir 3. C) Nagaland

KNOWLEDGE BANK (GEOGRAPHY)

HAWAIIAN VOLCANOES: The 15 volcanoes that constitute the eight principal islands of Hawaii are the youngest in a chain of more than 129 volcanoes that stretch 5,800 km across the North Pacific Ocean, called the Hawaiian-Emperor seamount chain. They rise to heights of 4,572 metres to reach the sea level from their base. The largest among them, Mauna Loa, is 4,169 metres high. Coastline collapses, a notable part of the history of many of the Hawaiian volcanoes, are often devastating and destroy large parts of the volcanoes.

English Literary Week Celebrated



The junior school students of Delhi Public School-Bopal celebrated English week recently to show their appreciation and ability for the English language. The learners experienced a multitude of fun-filled literary activities throughout the week. It took off with an engaging and interesting activity Listen & Draw and 'Grading' that enriched the students with vocabulary and aided their logical thinking and skillful reasoning. Rapidly finding the pictures that matched up the description or the given clues and then screaming out Bingo! was an exciting start to Day 2, followed by a brainstorming activity called 'Picture Perfect' wherein everyone tried to come up with the perfect drawing for the given situation.

Word-Wonder on Day 3 helped them develop skills and strategies that ultimately assisted them to add new words to their vocabulary. A vocabulary quizzes what's-the-Good-Word alongside, provided students with essential building blocks for effective communication. Memory-Mania on the fourth day aided the participants to improve visual recognition and nurture their attention to detail as they attempted to recall and respond within the permissible time limit. The third, fourth, and fifth graders

were introduced to different figures of speech which they later joyously tried to present through drawings. The week-long virtual kaleidoscope of myriad activities and quizzes came to an end. As the finale, the young enthusiasts enjoyed songs, tongue twisters, and a beautiful concept of 'Rendezvous with authors.' The authors came alive through a beautifully made video wherein students dressed as various English authors spoke about 'themselves' and their Literary work. Throughout the week, the students were engaged in making fantastic bookmarks and book jackets that they displayed through the virtual classes. The weeklong event was enthralling, helped improve multiple skills, and culminated on an eventful note.

Root connect with the net connect



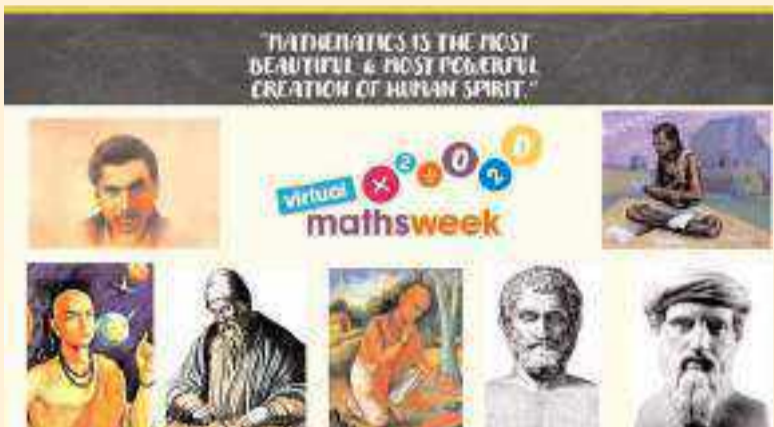
St Kabir School conducted an Inter-School Mythological Quiz Competition "Bhavatu Bhaaratam Season -8" recently. As many as 15 leading schools from all over Gujarat with 54 participants accompanied by their teachers participated in this Quiz. This was our 8th successful season and first online. Keeping in mind that our current generation is influenced by western culture, St Kabir School organises Bhavatu Bhaaratam every year to ensure that we don't lose our connections with our roots, traditions, customs, and mythological stories, heroes, and philosophy.

The program commenced by invoking Lord Ganesha with a beautiful video of 2 talented dancers. The Quiz began with the preliminary written round. Top 6 teams of this written round qualified for the final quiz. Various innovative & interesting themes for different rounds of the Quiz were conceptualized by the Creative Advisor of the school Preeti Bhatt who also played the role of quiz master. This time the special round was dedicated

to ARJUNA. The Guru Shishya dumb charades round turned out to be a fun round where teachers acted out a mythological character and their students guessed. Director Shubra Kumar addressed all the students in the end and urged all the students to contribute to upholding, preserving, and glorifying our Rich Indian Culture, in pursuit of becoming better human beings!

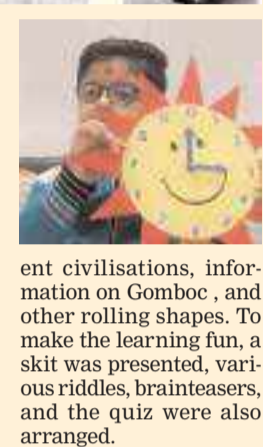
Mohit Agarwal of Maharaja Agrasen Vidyalaya emerged as the final winner. Mann Tripathi of New Era Senior Secondary School, Vadodara and Deegh Tripathi of Udgam School For Children was declared first runners up. "Bheeshma" has been announced as the subject of the special round in 2021.

MATHS -LET'S MAKE IT FUN!



Mathematics expresses itself everywhere in almost every facet of life, from home to office and from school to playground - in almost all day-to-day activities. Mathematics develops critical thinking, power of reasoning, problem-solving ability, and even effective communication skills.

Keeping this in mind BAPS SVM, Raysan celebrated 'Virtual Maths Week' from December 14 to 19. It was inaugurated and set open for the students by Principal Monalisa Das. The celebration was organised class wise from class I to XII (Sci/Com). The celebration started with the presentation of the video by the students of class IX that showcased the celebration done last year in school campus. The week-long celebration consisted of paying tribute to great mathematicians like Ramanujan, Aryabhata, Shakuntala Devi by shar-



ing their work in the field of mathematics. Different activities involving short tricks for faster calculations, the importance of maths in sports, amazing number 108, various facts related to maths were shared by the students. A card game was also presented to show how maths is involved in all aspects of life. Higher secondary students shared the development of maths in differ-

ent civilisations, information on Gomboc, and other rolling shapes. To make the learning fun, a skit was presented, various riddles, brainteasers, and the quiz were also arranged. All the information was shared on the virtual platform using PPT, videos, and live performances. Principal Monalisa Das also shared interesting information with the students and assigned tasks to them. She also applauded the tireless effort put in by the students and the educators for coordinating the weeklong celebration in a wonderful way. The participating students were appreciated with E-certificates.

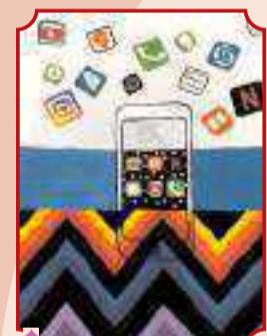
Painters' Gallery



Jenil Dalki, Class IV, Zyodus School For Excellence



Jay Bahety, Class VII, St Kabir School



Tejal, Class VIII, Delhi Public School, Bopal



Madhura Kulkarni, Class VIII, Podar World School, Sherkhi



Ridhima Bansal, Class VI, Essar International School

WEEKEND PLAN

DO WHAT YOU LIKE DAYS !!!

Weekends! I mean who doesn't wait for weekends. Everyone has some special plans scheduled for the weekend. Well, when it comes to me, I am not a good planner and I love to go with the flow. Like last Saturday I felt super active and wanted to do something productive. First of all, I read the newspaper because being aware of what's happening around is important, it's like Monday or Sunday read the newspaper day to day. Then I thought of doing painting, but not on paper or canvas on my phone cover. And trust me



something done on your own feels far better than buying it from outside. I suggest even you do paint maybe not on your phone cover but on a bottle or on your shoes or whatever that comes to your mind.

I also made a special jewelry box using icecream sticks following steps from a video. The outcome was beautiful and everyone appreciated it. Then I took some rest and watched a movie in the evening. The day

ended with a long drive with the family. Sunday started on reading a book and was followed by assisting my mother in making sweets. And seriously the sweets turned out to be really delicious. Even you can learn the recipe of your favorite food, just try it once you are free. In the evening, I spent some quality time with my family I think which is the most important thing for which we only get weekends.

MANINI SHAH, Class IX, Udgam School, Ahmedabad



BOOK: EXCITING AND SIMPLE READ!

The book called "Greetings from somewhere" written by Harper Paris are a series of book and it contains a mystery

which is taking place in different parts of the world. The mysteries are solved by the twins Ethan and Ella, who are the main characters of the book. All boys and girls of the age 7-10 would love and enjoy reading these books. It is just awesome and filled with a lot of excitement in every chapter.

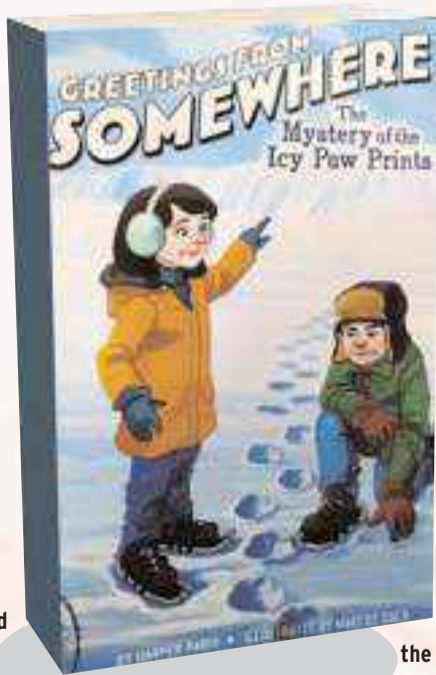
So, Ethan and Ella went to Alaska where they stayed in a hotel. Here, they figured out that many fishes were stolen in the town. The next morning they found some paw prints in the snow. The challenge was to find out who stole

fishes. So, they very intelligently found out the real thief. Now, it's your turn to crack the mystery by reading the book.

One should read this book as it enhances the knowledge of children. The author has communicated not just with words, but through beautiful images too. Each chapter creates a unique curiosity to read the next one. The language of the book is simple. I only wish that the publisher would publish images in colour instead of black and white.

The last page says "can't wait for the next mystery"? Which just makes me more curious about the next book.

SHANTANU SHAH, Class IV, Zebar School For Children



PATRIOTIC AND INSPIRING SERIES

Web series is the new form of entertainment in India due to increased internet connectivity and speed. Recently, I came to know about a web series named 'Special Ops.'

The story, based on real-life incidents, spread over eight episodes showing the adventures of R&AW (Research and Analysis Wing). As we know, R&AW is our secret service agency which detects and thwarts attacks on our nation conspired in other countries.



The protagonist Himmat Singh (played by Kay Kay Menon) is a super sharp officer of R&AW. The story unfolds with the departmental inquiry against him for his expenses on various secret missions. Himmat Singh and his network of agents are on a global hunt for the mastermind of the Parliament attack of 2001 and other 5 terror attacks followed thereafter in our country.

The story runs parallel to Himmat Singh's domestic life also where he is a loving husband and a caring father of a teenage daughter.

The story is captivating, sleek direction, shooting at foreign locals, and marvelous acting. Can Himmat Singh and his agents trace the shadowy 'mastermind'? Can he come out spotless from the departmental inquiry? Can he justify his duties as a family man also? I would recommend all patriotic Indians to watch this web series.

SATYA JOSHIPURA, Class VI, Udgam School



FIELDING HAS TO BE UPPED WITHOUT ANY DOUBT: TENDULKAR

The only way out for the Indian team to overcome the crushing defeat to Australia in the first Test is for the players to work on their footwork, punish loose deliveries and lift the fielding standards, cricket icon Sachin Tendulkar has said in an interview

Mayank Agarwal managed to hold on to this catch, but India's fielding has been poor of late

Q: Were you expecting this result, particularly in the manner in which the Indian batting line-up capitulated in the second innings?

A: No, I wasn't expecting it because I thought in the first innings we batted well and showed a lot of resilience. In the second innings, there was not much playing and missing by our batsmen. The ball wasn't moving around too much; just a little bit. Normally, when batters score runs we don't look at other elements, like the number of times he was beaten etc. But here we talk about a number of aspects when the batter has edged the ball. Off similar deliveries when you got beaten and when you are scoring runs and nobody talks about those.

Q: After the defeat, Virat Kohli admitted that the capitulation was due to a "lack of intent". Was it also due to Indian batsmen's lack of correct technique or inability to soak in the pressure?

A: They have dealt with pressure situations. Barring Prithvi, and possibly Mayank, all the players have played enough. Virat, Ajinkya (Rahane), Cheteshwar (Pujara) and (Wriddhiman) Saha have been around while Hanuma Vihari, compared to these guys, has played less. So, players have the ability to soak that pressure and they did their best. But sometimes you also need luck to be on your side. And as I said there were not a number of occasions when the batters were getting beaten and continuing to bat without losing wickets. That did not happen. The edges were going straight to fielders and they were carrying. So, when you ask about a lack of correct technique, I'd say if you take a big stride forward you obviously cut down the distance (between bat and ball) and don't allow the ball to do much — and it helps you keep your hands close to your body and that is the best way to defend on front foot.

Q: There is no all-rounder except Ravindra Jadeja, who was also missing in Adelaide. Do you feel India desperately missed an all-rounder?

A: Ravichandran Ashwin can really bat well. He is capable of getting a good partnership,

Photo: AFP



INTERVIEW

handy and important runs. When we talk about Ashwin and Jadeja, it boils down to whose bowling on a particular pitch would be more useful and then you pick that bowler. Their batting is an added bonus; both can bat.

Q: India's fielding also left a lot to be desired, as players dropped several catches in the second innings, including the crucial one of Tim Paine in the first innings.

A: While growing, I remember, (Ramakant) Achrekar sir had told all of us: catches win matches. It has stayed with all of us. So don't drop catches. Fielding has to be upped without any doubt.

Q: Our bowlers performed well in Adelaide. Your impressions on their performance.

A: I thought their performance was very good,

According to me the ideal transition would have been that after the IPL you go to Australia and start with the T20 series, ODIs, and then the Test series with the red ball (regular Test match timings), and the last match being with the pink ball. By playing red ball Test matches first, the transition would have been a smoother to pink ball Test, according to me.

In foreign conditions, I feel a good stride forward against fast bowlers becomes important. A half and half defence (short stride) can always trouble you and if there's a little more movement off the seam then your hands tend to compensate for the lack of footwork.

When there's an opportunity to score runs one should score runs; you can't let the bowler get away with an average delivery. Otherwise, you become a punching bag. A good delivery needs to be respected.

without any doubt. In the first innings, it was extremely disciplined and focused; and they kept the pressure on. The Australians also, on the other hand, were over defensive in their first innings. But there are occasions when batters should do something different to put the pressure back on the (opposition) bowlers. So, when there's an opportunity to score runs one should score runs; you can't let the bowler get away with an average delivery. Otherwise, you become a punching bag. A good delivery needs to be respected. **IMS**

I can't really compare myself to Ashwin: Lyon

Ashwin is India's premier off-spinner, and has taken 370 wickets from 72 Tests. Ace Australian spinner Nathan Lyon is close to touching the milestone of 400 with 391 wickets from 97 Tests. He will also be playing his 100th Test in the final match of the series

Ashwin is a very talented bowler

Ashwin is a world-class bowler. I have watched him a lot, especially when I had gone to tour India and the subcontinent to try and learn of him. He's very cagey with the way he changes his pace. We are similar in a way but very different as well, so I can't really compare myself to him. I think his records speak for his own.

Milestone wicket doesn't bother

Doesn't worry me, if it's (Mayank) Agarwal or (Jasprit) Bumrah, just that it would be a nice feather in the cap (400 Test wickets) to get there. It is going to be a pretty amazing moment when I play my 100th Test match. If I am able to get there, I will be the 13th player for Australia.

Aus pace attack is the best in the world

I have said many times before, in my eyes, this is the best bowling attack in the world. We are all best mates and no day goes by when there is not a banter being thrown around in the WhatsApp group.

Pujara will be a big challenge for the rest of the series

Pujara is a world-class batter and he is going to be a big challenge for us for the rest of the series. We spoke about him (Pujara) in depth before the series started, it was good to see a couple of plans come off in Adelaide. It is always fun challenging yourself against the best players in the world and Pujara is definitely one of those guys.

Nathan Lyon

Cristiano Ronaldo's Juventus lose 3-0 to Fiorentina

Photo: AP



Juventus fell to its first league defeat of the season as the 10-man Bianconeri lost 3-0 at home to relegation-threatened Fiorentina in Serie A. Juventus had to play most of the match at a numerical disadvantage after former Fiorentina winger Juan Cuadrado was sent off in the 18th minute. Juventus FC is at the fourth spot in the Serie A standings, seven points behind current leaders AC Milan. **AGENCIES**

We came on with the wrong attitude and when you go onto the field like this, you get into these bad situations.

Andrea Pirlo, Juventus coach

TEST YOUR KNOWLEDGE

Q1: Which country holds the record for most consecutive wins in T20Is?

- a) Afghanistan b) Pakistan
c) England d) Ireland

Q2: Who was the top goal scorer in the English Premier League 2019-20?

- a) Raheem Sterling b) Danny Ings
c) Jamie Vardy d) Mohamed Salah

Q3: He has captained most matches in ICC World Test Championship. He is _____

- a) Azhar Ali b) Virat Kohli
c) Tim Paine d) Joe Root

Q4: Which of the following players was the top scorer in season 2019-20 of La Liga?

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

Q5: In Women's One Day Internationals, which player has the highest career batting average?

- a) Smriti Mandhana
b) Rachael Heyhoe-Flint c) Mithali Raj
d) Lindsay Reeler

Q6: Who was the top scorer in

Q6: UEFA Champions League

2019-20?

- a) Robert Lewandowski b) Erling Haaland
c) Kylian Mbappé d) Erling Haaland

Q7: Simona Halep won the 2019 Women's Wimbledon title.

Who was the runner up?

- a) Marketa Vondrousova b) Serena Williams
c) Garbine Muguruza d) Sofia Kenin

Photo: GETTY IMAGES



Simona Halep

Q8: Which of these players made the most assists in UEFA Champions League 2019-20?

- a) Philippe Coutinho b) Ángel Di María
c) Joshua Kimmich d) Kylian Mbappé

Q9: Which player scored the most runs in Chappell-Hadlee Trophy?

- a) Brendon McCullum b) Michael Hussey
c) Martin Gupthill d) Ross Taylor

Q10: The top scorer in Indian I-League 2019-20 was

- a) Willis Plaza b) Fran González
c) Aser Pierrick Dipanda d) Phillip Adjah

Q11: The record for most career fifties scored in Women's ODIs belongs to _____

- a) Smriti Mandhana b) Stafanie Taylor

c) Mithali Raj d) Charlotte Edwards

Q12: Which footballer made the most assists in German Bundesliga 2019-20?

- a) Filip Kostic b) Thorgan Hazard
c) Thomas Müller d) Jadon Sancho

Q13: Name the wicketkeeper who holds the record for most dismissals in ICC World Test Championship?

- a) Wriddhiman Saha b) Tim Paine
c) Jos Buttler d) Rishabh Pant

ANSWERS: 1- a) Afghanistan 2- c) Jamie Vardy 3- d) Joe Root 4- b) Lionel Messi 5- b) Rachael Heyhoe-Flint 6- a) Robert Lewandowski 7- b) Serena Williams 8- b) Ángel Di María 9- a) Brendon McCullum 10- c) Aser Pierrick Dipanda 11- c) Mithali Raj 12- c) Thomas Müller 13- b) Tim Paine



THE TIMES OF INDIA

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TODAY'S EDITION

► Life skills that teens learnt in 2020... How to have a safe Christmas Party
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► Check out students' travel diaries
► Missing school? Relive your school days
PAGE 3



► Why India's coaching staff must be held accountable?
PAGE 4



STUDENT EDITION

WEDNESDAY, DECEMBER 23, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

UK'S COVID STRAIN POSES NEW GLOBAL THREAT

MUTANT COVID-19

WHAT: A new Covid variant of the SARS-COV-2 virus, termed VUI-202012/01 (or lineage B.1.1.7) is believed to be spiking up the cases across London and parts of the UK. It is considered to be more infectious than other strains. Cases recorded so far with the new variant are said to have the same typical symptoms like nausea, loss of smell, coughing bouts, fever, aches and chills.

WHY IS THIS VARIANT CAUSING CONCERN? According to scientists, the B.1.1.7 variant has acquired 17 mutations all at once—a feat never seen before. It seems that this variant is now starting to dominate the existing versions of the coronavirus, they warn.

HOW FAST IS IT SPREADING? Scientists are of the view that B.1.1.7 is spreading at a fast rate. They estimate that the growth rate of the virus is 71 per cent higher than other variants of the virus. Other than the UK, it has also been detected in the Netherlands, Denmark, Italy and Australia.

X-PLAINED

A mutation is a change in a DNA sequence. Mutations can result from DNA copying mistakes made during cell division, exposure to ionising radiation, exposure to chemicals called mutagens, or infection by viruses



WHEN: It was first detected in September. In November, around a quarter of cases in London were the new variant. This reached nearly two-thirds of cases in mid-December.

WHERE HAS IT COME FROM? The variant is unusually highly-mutated. Scientists believe the variant emerged in a patient with a weakened immune system that was unable to beat the virus, and thus became a breeding ground for the virus to mutate.

WILL THE VACCINES WORK AGAINST THE NEW VARIANT?

Almost certainly, say experts. Vaccines train the immune system to attack several different parts of the virus, so even though part of the spike has mutated, the vaccines should still work, they add. In fact, experts, including those from World Health Organisation believe that the coronavirus vaccines from Moderna and Pfizer would likely be effective against the new variant, as it was mutating at a much slower pace as compared to the seasonal flu



INDIA ON HIGH ALERT

1 India has suspended all scheduled passenger flights to and from the UK between December 23 and 31, joining dozens of countries that have clamped limited or comprehensive travel bans in a worldwide scramble to keep out the new coronavirus strain spreading fast across Britain

2 The ministry of civil aviation also said that passengers arriving from the UK in all transit flights will be subjected to mandatory RT-PCR test on arrival at the airports in India

3 India has had an air-bubble agreement with the UK since international travel resumed, under which four airlines currently operate 67 weekly flights – British Airways (29), Air India (23), Virgin Atlantic (8) and Vistara (7) – between various Indian cities and London. Since all these airlines have flexible Covid-specific booking policies, affected passengers will get the option of refunds or rebooking, sources said

4 Cargo and special flights are, however, exempt from the nine-day suspension for now

Spotlight

CBSE BOARDS EXAMS WILL BE CONDUCTED OFFLINE : EDUCATION MINISTER

Education minister Ramesh Pokhriyal has reiterated that the CBSE Board examinations would not be conducted online. Answering a query during a live interaction with teachers via webinar on his Twitter and Facebook pages, the minister said, "Many CBSE schools are in rural areas. Hence, online examinations are not possible." On the postponement of exams for three months, Pokhriyal said that there would be no practical exams in Jan and Feb. "We would conduct the Board exams after February whenever the situation is favourable," he added.



MAJOR HIGHLIGHTS

- The minister also announced that technical education has been introduced from class VI onwards, along with internship to ensure practical training than just theoretical studies
- He also addressed mental health issues and said that the education ministry has conducted different activities to keep the mental health of students balanced during the pandemic times, which includes Fit India Movement, online yoga sessions, online programmes, among others

Quote unquote

From imperialism to the World Wars, from the arms race to the space race, we had dialogues but they were aimed at pulling others down. Now, let us rise together. Discussions on global growth cannot happen only between a few. The table must be bigger. The agenda must be broader. Growth patterns must follow a human-centric approach, and be in harmony with our surroundings. We must make harmonious co-existence with nature as the central pillar of our existence

NARENDRA MODI, PM, at the 6th Indo-Japan Samwad Conference, via video conferencing, on the tenets of global growth



HEARING BIRDSONG BOOSTS HUMAN WELL-BEING

Birds 'sing' to mark and defend their space, but to the human ear their territorial twittering is an aural tonic that can considerably

LIFESTYLE

boost well-being, even from a recording, a new study has confirmed. The authors of the study found that people who heard birdsong reported greater well-being than those who did not.



► The scientists said, the findings support the need to improve natural soundscapes within and outside the protected areas
► Less human noise pollution could contribute to greater human happiness by making it easier to hear natural sounds, including birdsong, they added

LIGHTS! MODELS! GARBAGE! A DESIGNER TURNS WASTE MATERIALS INTO FASHION

Inspiration for high fashion can come from strange places. For a Taiwanese designer, it's upcycling old wires and bolts from the power industry. Wang Li-hing, 36, scours dumps, picking up old bits of metal and wires from Taiwan's main electricity supplier to add extra flair to her clothes. "There's quite a lot of material from Taipower that they have phased out," Wang said. "I use these materials to give a new shape to the dresses," she adds.

► The wires and other materials are stitched in to dresses and other items of clothing, giving them a futuristic makeover



BEST OUT OF WASTE

TWITTER TO LET USERS 'TURN OFF RETWEETS' FOR ACCOUNTS USERS DON'T LIKE



Twitter is all set to let its users turn off the functionality that lets them see retweets from other users or accounts. They would, however, continue to see the tweets from the accounts they have liked, the micro-blogging site has announced. "If you like an account's tweets, but would rather not see their retweets, you can turn them off," Twitter Support posted on Tuesday. This functionality will help the users to get rid of the retweet clutter that appears on their Twitter timeline.

TECH BUZZ

► Meanwhile, last week, Twitter India announced that its new verification policy will be implemented from January 20, and the company will remove the verified badge from inactive and incomplete accounts

NEWS IN CLUES

This animal's binomial name is 'Panthera pardus'.

- CLUE 1:** It was also the official mascot – Zakumi – for the 2010 FIFA World Cup in South Africa
- CLUE 2:** Amur, Arabian and Javan are its subspecies
- CLUE 3:** Of the big cats, it is the only known species that lives in both desert and rainforest habitats

ANSWER: LEOPARD. The leopard population in India has recorded an increase of over 62% in four years – from 7,910 in 2014 to 12,852 in 2018 – informed environment minister Prakash Javadekar on Monday, while releasing the Status of Leopards in India 2018 report

IN A FIRST, GATKA INCLUDED IN KHELO INDIA

Gatka, the traditional fighting style of the Nihang Sikh warriors, is among the four indigenous sports, which have been included in the Khelo India Youth Games 2021, scheduled to take place in Panchkula.

SPORTS

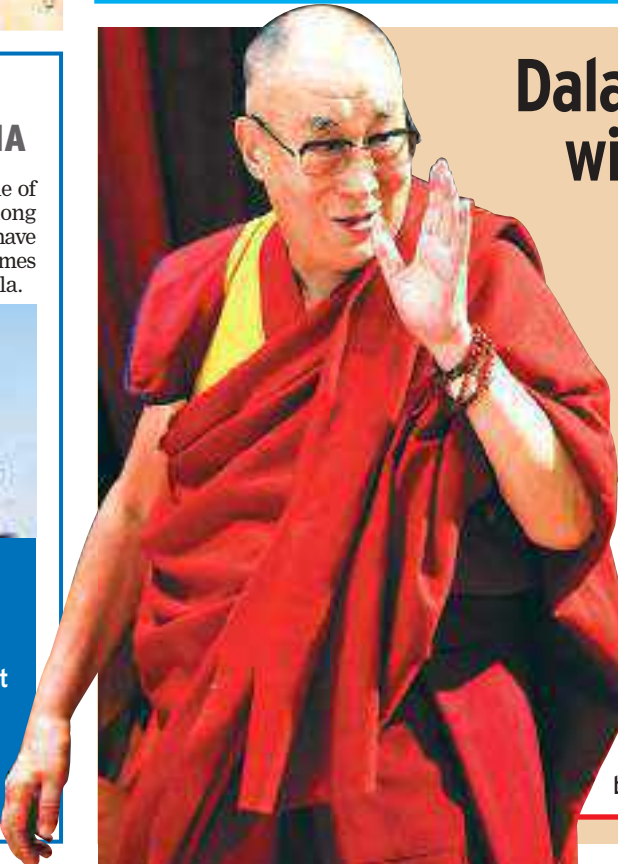


► The other three games included are Kalaripayattu, Thang-Ta, and Mallakhamba
► Gatka, an integral part of the 600-year-old Sikh history, is an essential part of the 'Sikh Shashtra Vidiya' (skills to use various weapons) and a basic form of weapons training. It is used both for self-defence as well as a sport

Dalai Lama to interact with CLIMATE ACTIVIST GRETA, scientists

Nobel Peace Laureate and spiritual leader, the Dalai Lama, will have tete-a-tete with climate change activist Greta Thunberg and leading scientists on January 10. The Dalai Lama will join in a livestream event on The Crisis of Climate Feedback Loops organised by the Mind & Life Institute.

From the destruction of forests to the thawing of permafrost, the effects of human-induced climate change have set into motion self-perpetuating feedback loops that are accelerating global warming, according to the institute. The livestream event will highlight the recent scientific findings, the ethical imperative of taking action, and what we can do collectively to slow, halt, and even reverse the devastating impact of climate feedback loops, says the Mind & Life Institute



WHEN THE CHRISTMAS STAR GRACED THE SKY!



► The evening sky over the Northern Hemisphere treated stargazers to a once-in-a-lifetime illusion on Monday, as the solar system's two biggest planets appeared to meet in a celestial alignment that astronomers call the "Great Conjunction"

► At the point of convergence, Jupiter and Saturn appeared to be just one-tenth of a degree apart, roughly equivalent to the thickness of a dime held at arm's length. In reality, however, the planets remained millions of miles apart, according to NASA

IT'S A WRAP!

Life skills that teenagers have learnt in 2020

The world came to a standstill due to the Covid-19 pandemic. When the lockdown was announced, people realised that they have more time on their hands and they could use it constructively. Families could finally plan on a schedule, parents could sit down with their teenagers and have that most important discussion about life in general. The year 2020 taught us all something or the other but the most to benefit from this were teens and tweens. They learnt to use tech positively, became pros at cooking, developed healthy habits, took up master classes and spend time in getting to know about their family tree! If you thought 2020 was the worst of them all, think again. Here, we bring you some basic learnings that children have had...



HOW TO READ FOR FUN

The one thing schooling might be missing is inculcating self-driven reading in children. Teenagers often only pick up a book if it is a part of a course or they require to read it for an assignment. However, reading is a huge part of adolescent development. In 2020, they started (finally!) reading JLT. They chose their own books/novels depending on their mood and discovered a whole new fantasy world around them. It is advisable for parents to make sure that they encourage their teenager to set aside time to read every day.



HOW TO MANAGE TIME

Children have a strict schedule at school. However, they do not have a set time-table to follow when they are at home. In school, where every second of their day is accounted for, it is not the same when children graduate to college and work. Therefore, this pandemic was the perfect time for teens to learn how to prioritise and manage their time. Parents let their kids make their own schedule for when they are at home. A simple review later helped them understand what they could change to make the day more productive.



HOW TO TAKE CARE OF A CAR

Very soon teenagers will grow up to be independent and the one thing they will have to be comfortable with is driving and caring for the car. Teens during the lockdown period spent time to know what to do if they get a flat tire and the ways in which you care for a vehicle. They learnt how to spot potential problems that can occur when they begin driving. With parents at home, they had the perfect teacher to help them discover the working of a vehicle.



HOW TO MANAGE MONEY

Managing money is undoubtedly one of the most important skills a teen will need. They should know how to budget themselves and also know the average costs of essential expenditures like electricity, rent and maintenance. They should also be aware that their academic performance can get them a college and job, which will be able to support their dream job! Teens learnt quite a lot about money in pandemic.



HOW TO ORGANISE

The biggest complaint every parent has with their teenager is their messy room. But guess what? The lockdown period kind of sorted that out too! Teens learnt to separate out clothes that can be donated and separate out stuff they do not really need anymore. What is more, they got down to clearing their study area properly as the lockdown had forced them to study from homes through virtual classrooms. Chores became a part and parcel of lockdown life.

HOW TO HANDLE SMALL EMERGENCIES

Children should be able to handle small emergencies within the household, like know where the water main is and how to turn it off, or how to find the MCB box and react during electrical emergencies. They will need to handle these crises on their own when they get their own place. This was another skill that teens and tweens mastered in 2020. Some families taught their children to do a basic CPR too.

HOW TO PLAN MEALS

Planning their meals is the most important thing that a child will have to do when they grow up. It is easy to know how to cook, however, there are a lot of other steps involved in running a household. They must know how much do essentials cost and whether they can afford them or not. In 2020, families started to realise the importance of letting their kids do the planning once in a while. Some families also let their children decide the menu and budget for an entire week!



HOW TO HANDLE DISAPPOINTMENT

Disappointments are at a high during times like these. With plans being cancelled and the uncertainty of life ahead, teens might tend to take a lot of things to heart. However, this is when parents can intervene and help them handle disappointment in a more positive manner. Get them to make a list of things they'd rather be doing. Teach them that almost every time alternatives to their disappointments are available at an arm's length, only if they look for them with an open and clear mind.



5 stylish winter accessories

GET IN THE COZY MODE WITH FUZZY AND STYLISH WINTER ACCESSORIES THIS SEASON. HERE'S A LOOK AT FIVE MUST-HAVE ADD-ONS FOR COLD WEATHER AHEAD

POM-POM HAT

Give your winter wardrobe a playful touch with a trendy pom-pom cap; it's fuzzy and adds a cute charm to your look. It's also comfortable enough to be used in mild as well as peak winter months.



LEG WARMERS

Be it below the knee socks or leg warmers, you really need these comfortable winter staples to stay warm yet stylish. Wear them under your boots or style them over the tights for a stylish athleisure look.



FLEECE BOOTS

While leather boots can add a glam touch to any outfit, they can be uncomfortable to wear. For lounging or a casual outing, invest in fleece boots. They can be worn over pyjamas or jeans and will provide you with that extra comfort.



EARMUFFS

A pair of earmuffs can help you to cover your ears and also provide extra warmth to you. This is great to wear during walks and also for travelling in cold months.



BERET CAP

One of the coolest accessories to try this winter is the beret cap. It adds a French twist to your look. You can style it with a denim jacket and long skirt. TNN



Tips to host a safe Christmas party

While in-person Christmas parties are not recommended, here are some tips for a safe, socially distanced get-together

THE SAFEST ROUTE IS VIRTUAL

Cases of Covid-19 are rising across the world to record levels," says Dr Alan Taege, an infectious disease specialist in US, adding, "Therefore, in-person Christmas parties are not recommended, particularly when many people are currently working and schooling remotely. If you do opt for in-person, then do it outside, which is safer than an indoor venue, but still carries risk."

He stressed that it was particularly important to maintain distance when eating or drinking, as you cannot wear a mask then. Guests should have extra masks, face shields and hand sanitisers available. Cynika Drake, an event planner, advises to "Use individual paper towels in the restrooms along with contactless trash cans."

GET PEOPLE ENGAGED

"People aren't sick of Zoom, they're sick of logging into Zoom for boring content," says Russell Pinto Jr, 36, the founder of an event management company in New York City. "Your virtual Christmas party shouldn't be an excuse for another snooze-fest of a Zoom meeting." He suggests making things as interactive as possible – playing games or doing a well-planned activity together.

HAVE GUESTS GET TESTED

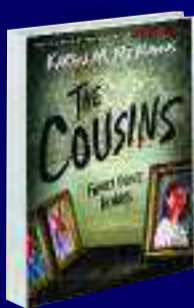
Drake suggests having guests take a PCR (nasal swab) test once a week leading up to the event and a rapid test the day of the party. "However, this still isn't a green light to let one's guard down, as the test is only as accurate as the day it was given," she says, noting that you can get infected the next day and test positive. "We recommend clients refer to their healthcare providers for the most up-to-date information and protocols," she adds. TNN



BE SMART ON SITE

Even when outdoors, people need to be six-feet apart and continue to follow safety guidelines. "Wear a mask, maintain a social distance, and wash or sanitise your hands frequently," Taege says.

BOOKS FOR THE YOUNG ADULT



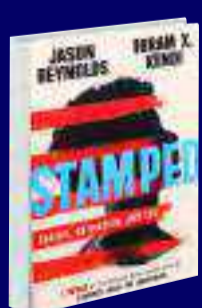
THE COUSINS,
by Karen M. McManus
Three cousins learn about their family's dark past. (Ages 14 to 17)



ONE OF US IS LYING,
by Karen M. McManus
For five students, a detour into detention ends in murder. (Ages 14 and up)



THE BLACK FRIEND,
by Frederick Joseph
An essential guide to the movement toward antiracism. (Ages 12 to 17)



STAMPED,
by Jason Reynolds and Ibram X. Kendi
An exploration of racism and antiracism in America. (Ages 13 to 17)



THE HATE U GIVE,
by Angie Thomas
A 16-year-old girl sees a police officer kill her friend. (Ages 14 and up)



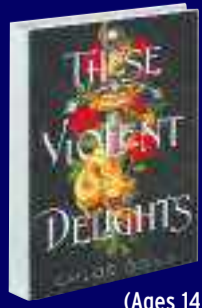
LEGEND-BORN,
by Tracy Deonn
A young girl battles grief and demonic forces on a college campus. (Ages 14 to 18)



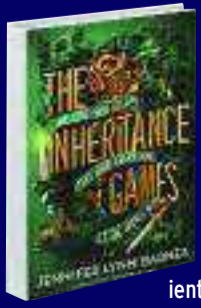
KINGDOM OF THE WICKED,
by Kerri Maniscalco
Emilia di Carlo seeks vengeance for the murder of her twin sister. (Ages 14 to 18)



ALL THIS TIME,
by Mikki Daughtry and Rachael Lippincott
Two teenagers suffering from loss find healing in each other. (Ages 12 to 18)



THESE VIOLENT DELIGHTS,
by Chloe Gong
A reimagining of Romeo and Juliet set in 1920s Shanghai. (Ages 14 to 18)



THE INHERITANCE GAMES
by Jennifer Lynn Barnes
Averly Grambs must solve a multilayered puzzle to find out why she's the recipient of a billionaire's inheritance. (Ages 12 to 18)

Destination that made mermaid in me smile!



Exquisite! That's how I remember my Maldives vacations. The azure skies, soft white silky sands, and the clear aquamarine waters that shine like an ocean of diamonds as the sunshine glides over the sea! It is the waters that



make the Maldives so exotic. It was the first time I saw the sea as clear as crystal. People may assume that the Maldives is all water and does not have much to offer to kids. But the private island where we put ourselves up had a diverse range of activities to keep our 3-year old engaged while we could enjoy ourselves too.

We got much occupied exploring the beach along with many activities organised by the resort. Be it a live band night, a

ferry tour to take a closer look at playful dolphins under a beautiful evening sky, or a race between little crabs given to kids which my kid won, the activities made our stay all the more exciting. We also got a chance to feed baby sharks and other fish.

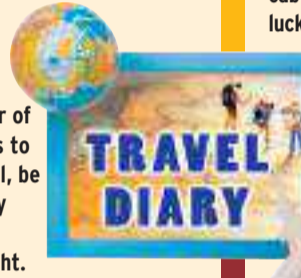
The Maldives is a perfect destination for activities like snorkeling, boat rides, and parties. One can never get enough of this place. Each experience seemed magnificent and simply left us in

awe. The Maldives also changed moods to make it more exciting for us. While the mornings looked sun-kissed, the evening skies were gorgeously painted by the interplay of sunlight and storm clouds. And nights perfect! I had never seen the sky filled with so many stars before.

I am a city girl; I love the buzz and chaos of modern living. The Maldives made me

realize that there's a little mermaid in some secret corner of me who loves to swim, snorkel, be sun-kissed by day and star-kissed by night. That's wanderlust for me! Aching for a place that I never knew I would have wanted to be.

EMILY SUDAN, Educator, Udgam School, Ahmedabad



JOY OF BEACHES AND SUNSHINE!

Andaman and Nicobar Islands, having their name derived from the Malay language is a living example of nature showing off its charms and attracting thousands of people every month. I was fortunate enough to visit such a mind-blowing place which with every turn of the road, just looked more and more bewitching and angelic.

It was my first time sitting on the plane, so it was given that I was super nervous. The only thing that cheered me up was the sunny air hostesses with their contagious smiles (and of course the food). So we settled down and I decided to sit beside the window to look out into the blue unknown. I cannot put what I saw there into the words, it was celestial! Every cloud looked like a pillow that was fluffed up so much that it would burst on our slightest touch.

After landing, we looked around for our cab driver and he was a really happy-go-lucky person and I was happy that he was the one we chose. We checked into our hotel and then left immediately to wander around. But to my surprise, it was night already! It was just 5 pm and the moon was shining like an orb of magnificent sheen. I again received a surprise in the morning when the sun was full-on fireball mode at 5 am!

Most of our days were spent eating kulfis, drinking coconut water, and eating spiced raw mangoes while enjoying the sun



on the warm sand with waves crashing on the shore at Radhanagar beach, Kalapathar beach, Sitapur beach, and so many more. It was like heaven there. My Nani and Nana sat with my younger brother building sand-castles and digging the sand with small plastic shovels, while my father raced with me to the ocean, while I slipped on jelly-fishes (which was disgusting). The water was surprisingly cold and refreshing compared to the hot sun outside. We also visited various museums like Samudrika marine museum, Forest museum, Kalapani museum (the place well known for torturing Indians, which was very fascinating).

I can say surely that this trip has left beautiful imprints on my heart and mind for life.

MAHI SHARMA, Class VIII, SNK School, Rajkot

Virtual Sports day celebrated



Podar World School Sama Vadodara celebrated their Virtual Sports day successfully from December 7 to 12 with lots of enthusiasm and excitement.

All the students were encouraged to take part in the various interesting activities those were selected carefully by the In-charge teacher. To name the few are- Shocks ball catch, jumping jacks, mountain climbing, walk-out push up, etc. Students recorded their 30 secs video performing the grade-wise allotted activities and submitted it to the sports teacher. Along with the activities the enthusiastic podarities presented house presentation like Jumba, Aerobics, Yoga, and Mass drill to earn a House score for their respective Houses.

All the winners were provided E-Certificates to boost their dedicated participation.



Special workshop on the impact of Science



A highly informative workshop on the Impact of Science was organized by a private company for the students of class VIII and IX of Cygnus World School, Vadodara. The session commenced with a presentation on the company's profile followed by a quiz including questions related to the pandemic which witnessed active participation from the students.

The workshop also took them through the role of science in navigating through

the pandemic, the importance of wearing a face mask, and the impact of using an N-95 mask. An excellent finding on Amni Virus Bac off fabric, Gaur Vegetable hand sanitizer was also explained. Students witnessed a virtual session on an electron microscope through the video slide of a butterfly wing which focused on the internal structure of the same. Great efforts by team Solvay in providing such an interactive and informative session which was beneficial for the students.



Sainik School organized VIJAY DIWAS WEBINAR

'Vijay Diwas' was observed in Sainik School Balachadi, Jamnagar on December 16 to commemorate India's military victory over Pakistan in the war of 1971 and the liberation of Bangladesh from Pakistan. On this special day, a webinar was conducted by the NCC Coy of Sainik School Balachadi, Jamnagar. The event started with the laying of a wreath on Shourya Stambh - the war memorial of martyrs by the Chief Guest Gp Capt Ravinder Singh, principal, Sainik School Balachadi.

The History and Importance of 'Vijay Diwas' were



presented through a webinar by Cadet Neel Patel and Cadet Viraj Trivedi under the guidance of T/O S Sunil Kumar, ANO, NCC Coy. Other Cadets attended the webinar through video conference. The Chief Guest in his address shared that school

is a platform where Cadets can learn about the glorious history of our defence forces and the war fought by them. He advised Cadets to remember the sacrifice of the soldiers who laid their lives to uphold the integrity of the nation.

Friends add fun to school time!

School is a medium of learning for children and is often regarded as a place of worship. It is much fun to go to school and is the most loved second home for students.

School time is one of the most important phases in our lives. Apart from education, students also learn the fundamental values of life in school. It teaches us invaluable lessons of discipline, honesty, punctuality, kindness, healthy competition, giving respect to elders, being good-mannered, personal cleanliness, maintaining physical fitness, etc.

In schools, a lot of emphasis is given to character formation, moral education, and acquiring ethical principles of life. Providing social service to the neighbourhood is an integral part of this attempt.

In school life, we make friends for life and teachers that we



can always look up to. Our classmates and friends in school amuse us. With friends, school time is a fun time indeed, and there is no boredom ever.

Taking part in school activities, both academic and extra-curricular, and participating in sports events is always exciting and thrilling. Even learning in school can

be fun if you have the right perspective. School days fill our mind with happiness and nostalgic memories to cherish forever.

MAANNYA THAKKAR, Class IV, Udgam School, Ahmedabad



Painters' Gallery



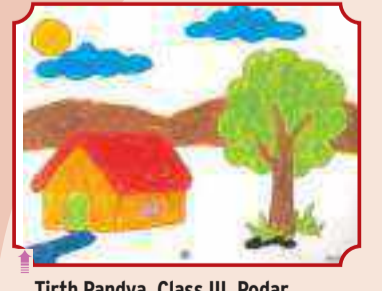
Ashmita Ukil, Class X, Cygnus World School, Vadodara



Srijit Banerjee, Class VII, Delhi Public School, Bopal



Kavya Lathiya, Class VI, Joyous School, Surat



Tirth Pandya, Class III, Podar World School, Sherkh



Niharika Patel, Class VI, Essar International School



Anshuman Chhangani, Class I, SGVP International School

MAKE COACHING STAFF ANSWERABLE

Fans are demanding the resignation of Ravi Shastri after India's crushing defeat in the Pink Ball Test

Ever since Ravi Shastri and his support staff took over the reins of the Indian cricket team in August 2014, following India's disappointing loss to England in the Test series, the national team's overseas performance – in South Africa, England, New Zealand and Australia, also known as SENA in cricket parlance – has continued to be unsatisfactory as earlier, despite their 2-1 historic win in Australia in 2018-19



Photo: GETTY IMAGES

Pak and Lanka have better overseas record

Together with the two wins on their last tour of Australia, India have won just four of their 19 Tests since August 2014, when the Shastri-headed support staff took charge of the team. Although Anil Kumble was head coach of the team between mid-2016 and mid-2017, India did not tour any of these countries under his stewardship for Test matches.

India's other two wins in the period in the SENA nations have been in England and in South Africa. As against that, Sri Lanka have notched up two wins (both in South Africa) in 16 matches and Pakistan have won three (all three in England) in the SENA countries, deemed to be the toughest for south Asian nations. If India are to call themselves as the world's best, the team needs to show up with results across all countries, especially the SENA nations.

India's support staff

- ❖ Head coach: Ravi Shastri
- ❖ Bowling coach: Bharat Arun
- ❖ Batting coach: Vikram Rathour
- ❖ Fielding coach: R Sridhar
- ❖ Manager: Girish Dongre
- ❖ Throwdown specialists: D Raghavendra, Nuwan Seneviratne.
- ❖ Three-member medical team, physiotherapist etc also there

India has failed to get to 250 runs in the last six innings

Last year, batting coach Sanjay Bangar was replaced with Vikram Rathour after favourites India failed to reach a modest 240-run target. But it does not seem to have led to any improvement. The team has now failed to get to 250 runs in the last six innings. It managed 165 and 191 in the first Test at Wellington and then 242 and 124 in the second Test at Christchurch during the tour of New Zealand in February-March. The visitors made 244 in the first innings at Adelaide but were shot out for 36 in the second. No wonder India lost all the three matches.

Our fielding has never been this bad

R Sridhar is India's fielding coach and Bharat Arun the bowling coach. "When teams lose, the questions will be raised because they are part of the team, they have to be answerable because theirs is a professional job. They have to answer fans. You have to question them," said former India star all-rounder and team coach Madan Lal, who is now part of the Cricket Advisory Committee (CAC) of the BCCI.

Madan Lal says there is no excuse for dropping catches and adds that you have to plan to get the tail. India have had problems with catching throughout this tour, dropping close to 20 catches in seven international games, including four in Adelaide Test's first innings. They also dropped catches in New Zealand, England and South Africa prior to that. They have got stuck into tail in all the countries with Sam Curran of England holding them off multiple times on the 2018 tour.

The Kapil Dev-headed CAC had renewed Shastri's contract last year till the 2021 World T20. However, the new CAC, which includes Madan Lal, can only decide or review if they get an intimation from the BCCI. "We can't take any decision on the coach. It is outside our purview. It comes to the CAC only after the BCCI decision," added Lal.

Look at what you could have done better, Smith advises India



Photo: REUTERS

Australian batting star Steve Smith has no time to think about how India might plot revenge in the second Test this weekend, but he does have a word of advice for the visitors jolted by the first game's battering: to let it go and move on. "I think it is important to keep moving forward. Look at yourself individually at what you could have done better which I think is important enough after any game... whether you bat well or you don't. You reflect what you can do in the next game or in the rest of the games for the series to have an impact," said Steve Smith. AGENCIES

Playing without fans horrible and ugly: Lionel Messi

It's horrible to play without fans, it's a very ugly sensation. Seeing no-one in the stadium is like a training session and it is very tough to really get going at the start of a game. The truth is it's very ugly and that's why we are seeing such evenly matched games. It's very difficult to win, regardless of who you are playing against. The pandemic has caused football to change a lot, and for the worse. You can see it in the matches, and I hope this all ends soon and we can get fans back into the stadiums and return to normality. Lionel Messi



Photo: AFP

Barcelona's Lionel Messi has explained how tough it has been to play without fans in the last year due to the novel coronavirus pandemic, likening the experience to a training session

Barca and Messi are going through a rough patch

- The new normal of football in empty stadiums has certainly taken its toll on Messi and Barca. The Catalans were top of La Liga with 11 games to go when last season was disrupted by the pandemic but they surrendered the title to Real Madrid when play resumed in empty stadiums. They then suffered a humiliating 8-2 defeat by Bayern Munich in the Champions League in an empty Estadio da Luz in Lisbon in August.
- This season they have made their worst start in 33 years and are currently fifth in La Liga, way off the pace of leaders Atletico Madrid, while they failed to finish top in their Champions League group for the first time since 2006.
- The 33-year-old Messi meanwhile is having his worst individual season since the 2007/08 campaign, scoring only nine goals in all competitions, five of which have been penalties. Supporters have been absent from Spanish top-flight games since March but are set to return from April once a large section of the population has received vaccines to protect against the virus.

TEST YOUR KNOWLEDGE

Q1: Who among the following has the highest individual score at 183 in One Day Internationals in Asia Cup?

- a) Mushfiqur Rahim b) Shoaib Malik
c) Younis Khan d) Virat Kohli

Q2: Which was the first English club to win the European Cup in 1968?

- a) Tottenham Hotspur b) Manchester United
c) Chelsea d) Liverpool

Q3: Which player has the best bowling average in One Day Internationals?

- a) Rashid Khan b) Joel Garner
c) Ryan Harris d) Tony Gray

Q4: In which year did Cristiano Ronaldo win his first Ballon d'Or?

- a) 2002 b) 2004 c) 2006
d) 2008

Q5: Who holds the record for most stumpings in Test cricket?

- a) Syed Kirmani b) MS Dhoni
c) Godfrey Evans d) Bert Oldfield

Q6: How many league titles has Chelsea Football Club won so far?

- a) Two b) Four c) Six d) Eight

Q7: In which year did Gary Cahill sign for Chelsea from Bolton Wanderers?

- a) 2012 b) 2014 c) 2016 d) 2018



Gary Cahill

Q8: Liverpool has won the number of times than any other British team. How many times has it won the Cup?

- a) Two b) Four c) Six d) Eight

Q9: Which cricketer has claimed the most wickets in the Border Gavaskar Trophy?

- a) Nathan Lyon b) Harbhajan Singh
c) Anil Kumble d) Ravichandran Ashwin

Q10: In December 2020, which striker reached the 100 goal mark in all competitions for Paris Saint-Germain?

- a) Moise Kean b) Kylian Mbappé
c) Mauro Icardi d) Neymar Junior

Q11: Which cricketer has played most matches in Border-Gavaskar Trophy?

- a) Rahul Dravid b) Virat Kohli
c) VVS Laxman d) Ricky Ponting

Q12: Which batsman holds the T20Is of Asia Cup?

- a) Babar Hayat b) Virat Kohli
c) Muhammad Usman d) Sabbir Rahman

Q13: Which English Club has won 19 Premier League titles, with Jürgen Klopp leading their most recent victory in 2019-20?

- a) Tottenham Hotspur b) Liverpool
c) Chelsea d) Manchester United

ANSWERS: 1 d) Virat Kohli

- 2 b) Manchester United 3 a) Rashid Khan
4 d) 2008 5 d) Bert Oldfield 6 c) Six
7 a) 2012 8 c) Six 9 c) Anil Kumble
10 b) Kylian Mbappé 11 b) Sachin Tendulkar
12 a) Babar Hayat 13 b) Liverpool



THE TIMES OF INDIA

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TODAY'S EDITION

► What measures are being taken by the government to clean the Ganges?
PAGE 2



► What a funny year 2020 was! Read and lol
► 7 superfoods that ruled 2020
PAGE 3



► As Ajinkya Rahane takes over the mantle from Kohli, will he be able to rise to the occasion?
PAGE 4



STUDENT EDITION

TUESDAY, DECEMBER 22, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Meet Ryan Kaji, 9, this year's HIGHEST-PAID YOUTUBER

A nine-year-old boy has made nearly \$30mn in a year by reviewing toys and games on YouTube to hold the title of the highest-paid YouTuber for the third year running. Ryan Kaji from Texas made \$29.5mn from his YouTube channel Ryan's World, as well as from Ryan's World branded toys and clothing, including Marks & Spencer pyjamas. He has also signed an undisclosed, but a multi-million dollar deal for his own TV series on Nickelodeon.



► Kaji, who is described as a "child influencer", first began making YouTube videos in March 2015, after watching other toy review channels and asking his mother, "How come I'm not on YouTube when all the

other kids are?"
► His family now run nine YouTube channels. Ryan's World is the most-popular with 41.7mn subscribers and 12.2bn views. Kaji's most-popular video, Huge Eggs Surprise Toys Challenge, has more than 2bn views, making it one of the 60 most-viewed videos ever on YouTube

In total, the top 10 biggest-earning YouTube stars took home a total of \$211mn, according to the Forbes magazine

In second place is Jimmy Donaldson, better known as Mr Beast, who earned an estimated \$24mn, and a new entry to the YouTube rich-list. Donaldson, 22, is known for his stunts, including freezing himself in ice and giving away huge sums of money to strangers, who compete in his challenges



Schedule of CBSE Board exams 2021 for classes X, XII likely to be announced today

The schedule of the Central Board of Secondary Education (CBSE) exams for classes X and XII proposed to be held next year through the paper-pen mode is likely to be announced on Tuesday, official sources said. Union education minister Ramesh Pokhriyal Nishank, who will interact with teachers across the country on Tuesday, is expected to make the announcement regarding the CBSE examination dates. Authorities have been holding discussions this year with students, parents and teachers regarding the Board exams, even as schools and colleges across the country are in the process of resuming normal classroom teachings for various classes in December 2020 and

As part of the central government's initiative to conduct examinations on time amid the Covid-19 pandemic, the minister has planned a three-way dialogue with the students, parents and teachers across the country. The minister will interact with the stakeholders through webinars. CBSE officials have clarified that there is no proposal to hold the Board exams online

January 2021. Right from the registrations for the Board examinations to classroom operations, all work was being conducted in the virtual mode till now.

Online education has become a big challenge for students, who have not attended schools and colleges for the last nine months, owing to Covid-19 pandemic. But students should always be ready to turn this challenge into an opportunity. The biggest challenge is to study with stronger determination and will, and the declaration of Board results on time, so that a full academic year of students is not wasted

RAMESH POKHRIYAL



Climate school literacy campaign gains momentum in 100 plus nations



Since its launch just two months ago, the international campaign on climate education and support the growth of the green economy is attracting rapid backing from a growing range of diverse organisations in more than 100 countries.

Supporters are making a simple but powerful plea to the governments, set to meet in Glasgow, the UK, next November for the critical UN climate summit (COP26)—climate education must be compulsory, assessed and coupled with a strong civic engagement component. Coordinators of the campaign are transforming climate education from a 'nice-to-have' into a core subject for school curricula worldwide. In doing so, governments can ensure that young people leave school with the skills and environmental knowledge needed to be engaged citizens in their communities and places of work

CORONA UPDATE

UK PETS WILL NEED CERTIFICATE TO ENTER EU AFTER BREXIT



British pet owners will need a new document to enter the European Union with their animals after the Brexit transition period ends on January 1 next year, the government said.

► Owners will have to get an animal health certificate from a vet not earlier than 10 days before travel, the government said on its Brexit guidance page
► British pets required only a passport while their country was part of the EU
► Only vets officially allowed to inspect animals for export can issue the certificates
► The same rule will apply for taking animals from England, Scotland and Wales to Northern Ireland

YOGASANA FORMALLY RECOGNISED AS A COMPETITIVE SPORT

The Union sports ministry has formally recognised yogasana as a competitive sport, which will enable the ancient practice to avail government funding

► The move was made to encourage yoga; spread awareness about its benefits, and to help improve physical and mental well-being of the people
► Sports minister Kiren Rijiju has said that yogasana will also be inducted in the future Khelo India Games programme
► For competitions, 51 medals have been proposed

in four events and seven categories in the sport
► Events proposed include traditional yogasana, artistic yogasana (single and pair), rhythmic yogasana (pair, free flow/group yogasana), individual all round-championship and team championship

WAY FORWARD



TWITTER TO REMOVE TWEETS THAT SPREAD LIES ABOUT COVID VACCINES

Twitter is all set to remove tweets that spread harmful misinformation, starting with the Covid-19 vaccine, the company has announced. In fact, from 2021, the company will begin to label tweets that push conspiracy theories. The move follows Facebook and YouTube in tightening up policies around the coronavirus vaccination as the rollout of the jab begins across the world.

► Examples of posts that may be removed include false claims "that suggest immunisations and vaccines that are used to intentionally cause harm to or control population", and claims that "Covid-19 is not real or not serious, and, therefore that vaccinations are unnecessary".
► Tweets that do not reach the level of potential harm will not be removed



TECH BUZZ

DELAYED AUSTRALIAN OPEN TO START FROM FEBRUARY 8: ATP

SPORTS



The Australian Open has been pushed back to February 8 due to coronavirus issues, with a series of lead-up events announced by the ATP Tour in Melbourne, after players complete 14 days of quarantine. Confirmation came after protracted negotiations with Tennis Australia and the Victorian state authorities in Melbourne that followed from a month's-long lockdown in October, following a second wave of Covid-19 cases

► Originally due to start on January 18, players will now arrive in Australia from January 15 to serve two weeks of quarantine

ENTERTAINMENT

DHANUSH JOINS RYAN GOSLING, CHRIS EVANS FOR 'THE GRAY MAN'

Tamil superstar Dhanush has been roped in to star alongside Hollywood stars Ryan Gosling and Chris Evans from the 'Avengers' franchise filmmaker duo Russo brothers for their upcoming Netflix film 'The Gray Man'. The 'Raanjhanaa' actor took to Twitter to share that he is joining the team of the much-awaited flick.



► The spy-thriller based on the best-selling book of the same name by Mark Greaney, comes with a budget of a whopping \$ 200 million

► Helmed by Joe and Anthony Russo, famously known as the Russo brothers, the cinematic hunk-off will be bankrolled by their new content company AGBO

► With 'The Gray Man', the director duo intends to create a new James Bond-level film franchise

► Besides Joe, the script has also been penned by the 'Captain America' and 'Avengers' screenwriters, Stephen McFeely and Christopher Markus

► 'The Gray Man' revolves around the story of an ex-CIA operative-turned-killer Gentry (Gosling). It follows Gentry as he is hunted across the world by Lyold Hansen (Evans), a former member of Gentry's CIA team



Heathrow Airport fungus and 'UGLIEST' orchid on Earth among new plant species found in 2020

Orchids are not often called ugly, but that is how the Royal Botanic Gardens in Kew, London, described a new species of the normally-vibrant and delicate flower discovered in the forests of Madagascar...

1 **Gastrodia agnicellus**, one of the 156 plants and fungal species named by Kew scientists and their partners around the world in 2020, has been crowned "the ugliest orchid in the world"

2 "The 11-mm flowers of this orchid are small, brown and rather ugly," Kew said on its list of the top 10 discoveries of the year. The orchid depends on fungi for nutrition and has no leaves or any other photosynthetic tissue



3 Other major finds in 2020 include six new species of fungus found in the UK - including one near Heathrow Airport - a scaly shrub from a completely

new family of plants, and two new species of aloes. They are among the top 10 species new to science, as chosen by the experts at the Royal Botanic Gardens, Kew

4 The Heathrow Airport toadstool was discovered when field mycologist (mushroom expert) and author Andy Overall was walking along the river on the boundary of Heathrow airport

5 Other plants discovered this year include a Brazilian bromeliad - a relative of the pineapple, sporting bright red flowers and a shrub related to blueberries found growing on the edge of the world's largest goldmine in New Guinea, among others



Saving River GANGA

The Centre and state governments are taking measures to save river Ganga on a war-footing. With the Ganga Restoration Project, the Govt has said that stringent action will be taken against people and units found to be polluting the river and adjoining areas.

Decoding India's lifeline: River Ganga



1 The river Ganges, also known as the Ganga, flows 2,525 kilometres from the Himalayas to the Bay of Bengal through India and Bangladesh.

2 The Ganga begins in the Himalayas' Gangotri Glacier. The glacier sits at an elevation of 3,892 metres (12,769 feet).

3 The average depth of the river is 16 metres (52 feet), and the maximum depth, 30 metres (100 feet).

4 The major rivers which flow into the Ganga are: Ramganga, Gomti, Ghaghara, Gandaki, Burhi Gandak, Koshi, Mahananda, Tamsa, Yamuna, Son and Punpun.

5 The Ganges Basin with its fertile soil is instrumental to the agricultural economies of India and Bangladesh. The Ganges and its tributaries provide a year-round source of irrigation to a large area. Chief crops cultivated in the area include rice, sugarcane, lentils, oil seeds, potatoes, and wheat.

6 The Ganges basin extends over more than 1 million square kilometres. It has the highest population of any river basin in the world. It contains over 400 million people.

7 The Ganga Basin supports numerous diverse ecosystems, from the alpine forests near Gaumukh to the plains of northern India to the mangrove forests and saline mud flats of West Bengal.



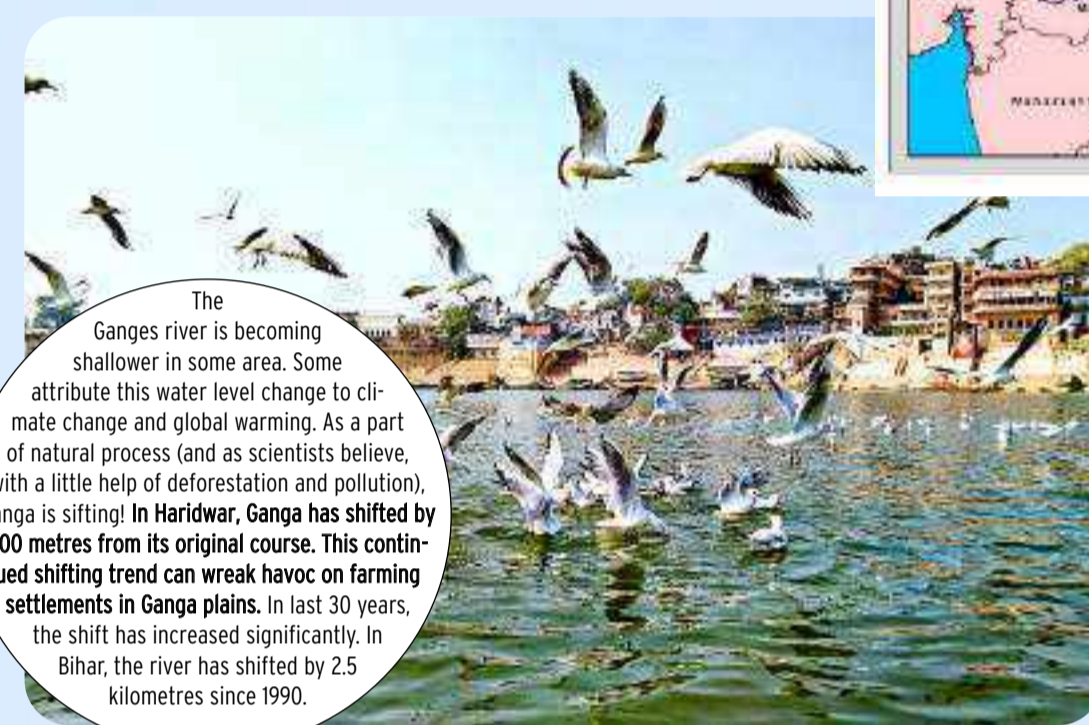
8 The mouth of River Ganga forms the world's largest delta, known as Sunderbans, and was declared a World Heritage Site by UNESCO in 1997. It covers more than 105,000 square kilometres

9 The river flows through 29 cities with population over 100,000, 23 cities with population between 50,000 and 100,000, and about 48 towns.

10 On the Ganges banks are India's greatest pilgrimage sites like Rishikesh, Haridwar, Varanasi, Allahabad and Kolkata, which are visited by millions of people from every corner of the world to quench their thirst for knowledge and liberation.



The Himalayas are the source of three major Indian rivers namely the Indus, the Ganga and the Brahmaputra.



The Ganges river is becoming shallower in some area. Some attribute this water level change to climate change and global warming. As a part of natural process (and as scientists believe, with a little help of deforestation and pollution), Ganga is sifting! In Haridwar, Ganga has shifted by 500 metres from its original course. This continued shifting trend can wreak havoc on farming settlements in Ganga plains. In last 30 years, the shift has increased significantly. In Bihar, the river has shifted by 2.5 kilometres since 1990.

Ganga River Basin Management Plan

A comprehensive River Basin Management Plan for Ganga is being prepared by the consortium of seven Indian Institutes of Technology (IITs) Kanpur, Delhi, Madras, Bombay, Kharagpur, Guwahati and Roorkee. The plan is being prepared with the objectives of taking comprehensive measures for restoration of the wholesomeness of the Ganga ecosystem and improvement of its ecological health, with due regard to the issue of competing water uses in the river basin. The wholesomeness of the river can be grasped in terms of four defining concepts: 'Aviral Dhara' (continuous flow), 'Nirmal Dhara' (unpolluted flow), geologic entity, and ecological Entity. Source: National Mission for Clean Ganga and Gangaaction.org



UP GOVT TAKES LEAD IN FAITH TOURISM

Recently, the UP government said that it is working on reviving as many as 19 rivers that were almost dead and could have been termed endangered.

Two of the rivers, Mandakini and Tamsa, that have mythological significance, have already been revived while work is under progress on the remaining 17 rivers.

These rivers include Tethi, Manorama, Pandu, Varuna, Sasur Khadedi, Sai, Aril, Morva, Naad, Karnawati, Baan, Sot, Kaali Poorvi, Dadhi, Eshan, Boodhi Ganga and Gomti.



Want to catch the famous Ganga Aarti on the ghats of Varanasi without the hassle of wading through an uproarious crowd? Or are you keen to view the confluence of the Ganga and Yamuna rivers at the Triveni Sangam in Allahabad- from the sky? FAITH TOURISM just got a leg up in UP, with the state's tourism department planing to launch two projects, the "Heli-Ganga-Aarti" and "Triveni Darshan" under the first phase of its spiritual tourism project.



Source: National Ganga Mission

Purifying Mystery

In 1896, a British bacteriologist Ernest Hanbury Hankin tested the bacterium *Vibrio Cholerae* that causes the deadly disease cholera, and found that this bacterium died within three hours when put into the waters of Ganga. Studies have shown that the Ganges River decomposes organic waste at a rate 15 to 25 times faster compared to other rivers in the world.

In a study conducted by the Malaria Research Centre in New Delhi, it was observed that water from the upper ambits of Ganga did not host mosquito breeding, and also prevented mosquito breeding if added to other water sources.

DS Bhargava, an environmental engineer of hydrology, has spent a lifetime studying the amazing properties of Ganga. He measured the remarkable self-cleansing ability of the river in an exhaustive three-year study which showed that Ganga is able to reduce its biochemical oxygen demand levels much faster than other rivers!

Bhargava says that the self-purifying quality of this river leads to oxygen levels that are 25 times higher than any other river in the world. The Ganges cleans up suspended wastes 15 to 20 times faster when compared to other rivers!

Why? The presence of Bacteriophages which gives it the anti-bacterial nature. Bacteriophage are those viruses which kill bacteria. What a cat is to a mouse, the bacteriophage is to a bacterium. In fact what Hankin reported in 1896 about the antibacterial nature of Ganges was the first modern observation/documentation of a Bacteriophage! It was Herelle (who again observed the anti-bacterial nature of Ganges) who coined the term Bacteriophage (meaning bacteria eater) for these viruses.

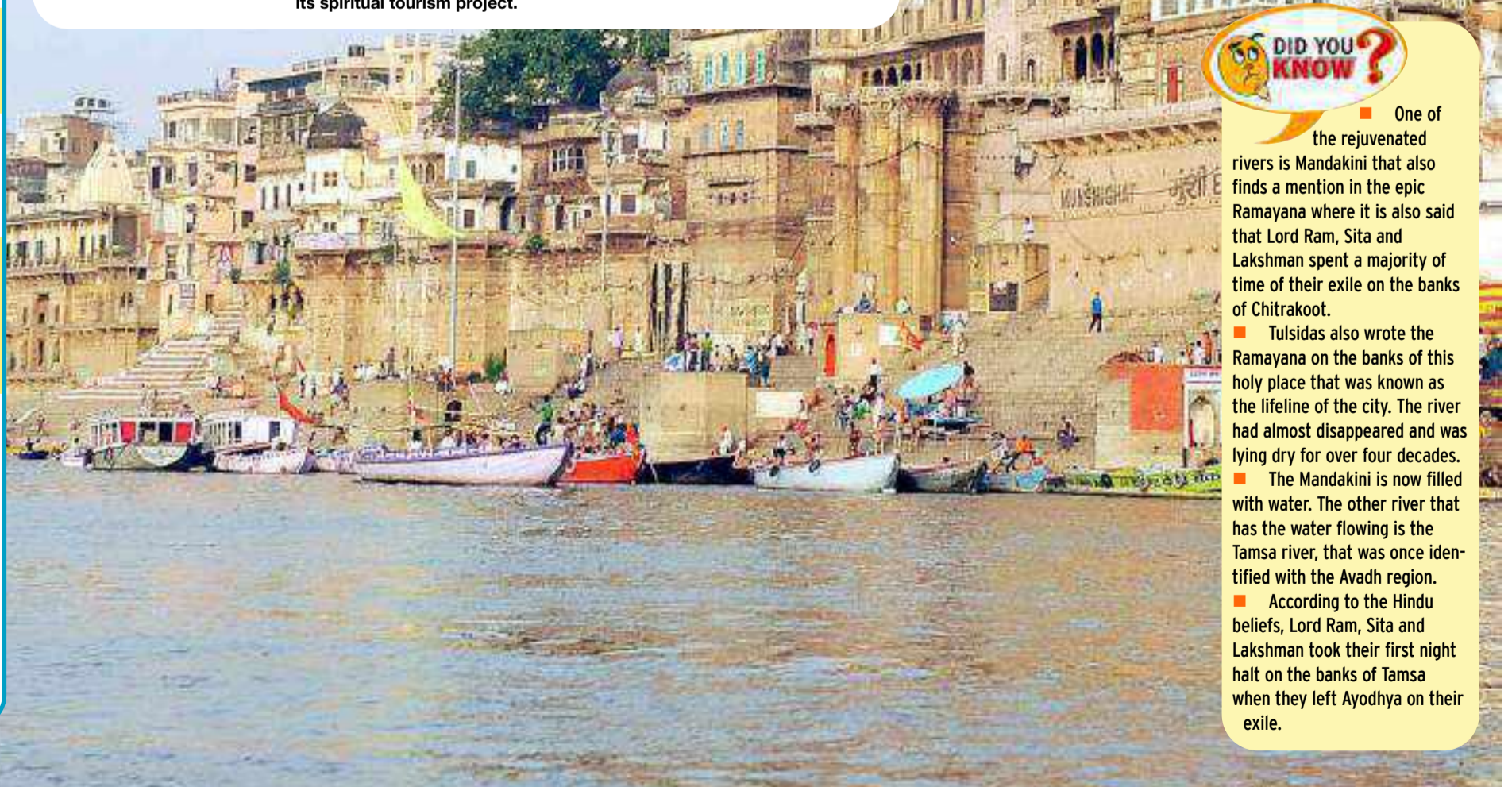
The high levels of oxygen in the waters of Ganga gives it the unique ability to remain fresh over a prolonged period of time. The waters of Ganga when added to other water resources in adequate amount, causes the bacteriophage in it to quickly multiply cleaning the new water resource of any bacteria present in it. Which is why the ancient Indians used to take Ganga jal back home to clean their local water resources!

Source: National Mission for Clean Ganga and Gangaaction.org



One of the rejuvenated rivers is Mandakini that also finds a mention in the epic Ramayana where it is also said that Lord Ram, Sita and Lakshman spent a majority of time of their exile on the banks of Chitrakoot.

- Tulsidas also wrote the Ramayana on the banks of this holy place that was known as the lifeline of the city. The river had almost disappeared and was lying dry for over four decades.
- The Mandakini is now filled with water. The other river that has the water flowing is the Tamsa river, that was once identified with the Avadh region.
- According to the Hindu beliefs, Lord Ram, Sita and Lakshman took their first night halt on the banks of Tamsa when they left Ayodhya on their exile.



2020: What a funny old year it was...



7 A Swiss couple named their baby daughter after an internet provider because it offered free wifi for 18 years to anyone who named their child Twifia. And in India a little boy was named 'Lockdown' by his parents while another child born in the southwest of the country - Corona Kumar - will forever bear the mark of the pandemic.



8 Two tame emus were banned from a pub in the Australian outback town of Yaraka after they learned how to climb the stairs, get behind the bars and steal sandwiches as soon as they popped out of a toaster. "We put a sign up, but we're not sure whether they're able to read," says hotel owner Gerry Gimblett.



1 A mysterious shiny monolith found in the Utah desert that sparked wild rumours of alien visitations disappeared a week later. Days later a spookily similar monolith popped up in the Carpathian mountains in Romania. It too disappeared mysteriously as it had appeared only for other monoliths to appear in Warsaw, the Netherlands and the Isle of Wight in England.



2 Japan - famous for its heated musical thrones - made another major leap in toilet technology when it unveiled see-through public lavatories in a Tokyo park. The loos allow people to inspect their cleanliness from the outside before using them. The smart glass then goes opaque.



3 A school in Avignon, France, put a sign asking parents to stop throwing their children over a six-foot (1.8-metre) gate when they were late in the morning. "I do not throw my children over the gate," it warned.

The coronavirus has not given us much to laugh about in 2020. Yet the year had its fair share of the weird and the wonderful. Here is our pick of some of its wackiest stories



HA

HA



9 While astronauts can pee and poo in their space suits (yes, they can!), NASA has asked inventors to come up with a proper toilet for their next moon mission, with waste being stored or flushed out into space in "a shower of sparkling frozen crystals".



4 Police were called to a supermarket in Sydney, Australia to separate three women fighting over toilet rolls as the country went into lockdown in March. A knife was pulled over the last maxi-pack in another shop. A week earlier, robbers held up a lorry loaded with toilet paper in Hong Kong, and made off with its precious cargo worth \$150 (120 euros) in normal times. The lack of something to wipe with was a real emergency.



5 A passenger on an English bus who didn't have a mask wrapped a python. Other passengers near the city of Manchester "did not bat an eyelid", authorities said; their definition of face coverings "doesn't extend to the use of snakeskins."



6 A British violinist played throughout an operation to remove a tumour from her brain, so surgeons could avoid areas which might affect her playing! Dagmar Turner hoped to quickly rejoin her orchestra after leaving hospital.



10 A French man caught outside by police during a lockdown curfew had written that he was going out to "smash a guy's face in" on his official exemption form. "He had put his real name and the time he had left home," police who fined him told AFP. "We told him it wasn't a valid reason for going out."

7 Superfoods that ruled 2020

The year 2020 has been no less than a roller coaster ride for all of us. We came across situations we had never even imagined. But one good thing that the COVID-19 pandemic taught us is taking care of our health before anything else. It has taught the importance of hygiene and health. Through the tough times, we also discovered the power of natural foods and Ayurveda. Here is a list of superfoods that rocked the year.

Giloy: When it comes to boosting immunity, the food that tops the list is giloy. It is full of antioxidants, which help the body fight off free radicals and disease-causing germs. Giloy also aids the healing process.



Amla: As per Ayurveda, amla is one of the most powerful food items that helps in preventing various diseases. Amla is rich in vitamins C and A, polyphenols and flavonoids.



Tulsi: The only thing that remained constant this year was stress. It is said that tulsi leaves can help relieve stress due to the presence of adaptogens that help in relaxing your nervous system.



Chia Seeds: The tiny chia seeds are a powerhouse of nutrients. From salads to oatmeal, chia seeds can be added everywhere. Rich in protein and fibre, chia seeds must be included in your daily diet.



Mosambi: Mosambi and oranges are good sources of vitamin C and flavonoids. It has antibacterial, antioxidants and detoxifying properties. These fruits help in keeping you hydrated.



Black Pepper: It is one of the most important ingredients of the most consumed drink of the year - kadha.

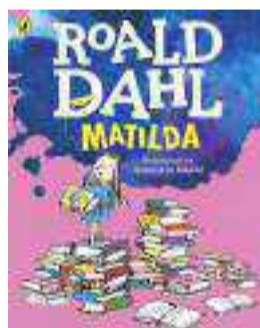


Ashwagandha: The root herb has become popular because of its immunity boosting and antibacterial properties. It helps soothe anxiety and stress and works by suppressing cortisol hormones.



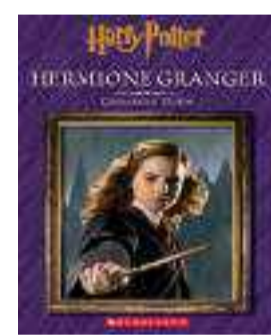
Book lovers from literature

Most authors are great readers and it's no surprise that they manage to write complex bookworm characters. Every reader enjoys finding a character they relate to and bookworms have a special place in their hearts for characters that are bibliophiles. Here are some of the biggest book lovers from literature, which one do you relate to the most?



Matilda from 'Matilda'
This little reader is one of the first literary bookworms most children are introduced to. She is the protagonist of the famous Roald Dahl children's book who teaches herself to read and then develops a voracious appetite for books. She's not quiet and restrained as book lovers are often portrayed but outgoing and intelligent. She isn't just lost in the world of books but uses her intelligence to shape the world in a way she finds just.

Charlie from 'The Perks of Being a Wallflower'
The quiet protagonist from the cult classic 'The Perks of Being a Wallflower' was always a reader and his passion truly blossomed under the guidance of his teacher. He was a complex character, very loving and caring, but incredibly socially awkward.



Hermione Granger from the 'Harry Potter series'
Our favourite magical reader is based on the author who wrote her. Hermione is Harry Potter's best friend from the famous Harry Potter series and she has a hunger for knowledge that proves itself quite useful throughout the series. She's also the most sensible of the trio...

Tyrion Lannister from 'A Song of Ice and Fire Series'
Tyrion from the 'A Song of Ice and Fire Series' is someone who found solace in the company of books. He was born a dwarf so he couldn't follow in the physical aspect of the martial tradition of his family, but his intelligence and cunning were enough to make up for it.



Nina Hill from 'The Bookish Life of Nina Hill'
Nina Hill is calm and content with a peaceful life. She has a small social circle, enjoys trivia and works at a bookstore. She always loved reading and despite all the suggestions of her friends to be more social, she stuck to her slightly reclusive ways.

Mortimer Mo Folchart from 'The Inkheart Series'
Mo loves reading so much he grew to be a bookbinder. Though the 'Inkheart Series' is mostly told through his daughter's perspective, we see how he loves books from the way he handles them and how he raised her to be a reader. His understanding of the anatomy of a book is unparalleled and the way he can rescue a book in any state of harm, no matter how old it is.



TABLE TOPS

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

All these words, which you have to complete, end with the letters T-A-B-L-E. Fill in the blanks with the first part of each, to get words that match their meanings

- Certain to occur** _____ TABLE _____ TABLE
A. inimitable B. inflatable C. inevitable D. indictable
- Capable of, or tending to change in form** _____ TABLE
A. datable B. notable C. potable D. mutable
- Highly pleasing or delicious** _____ TABLE
A. defestable B. delectable C. detectable D. depletable
- Characterised by fairness** _____ TABLE _____ TABLE
A. habitable B. palatable C. tractable D. equitable
- Held in esteem** _____ TABLE
A. reputable B. refutable C. adaptable D. avertable
- Fit to be seen** _____ TABLE
A. accountable B. presentable C. regrettable D. preventable
- Worthy of belief** _____ TABLE
A. commutable B. charitable C. creditable D. computable

Answers:
(1) C. inevitable (2) D. mutable (3) B. delectable (4) A. reputable (5) A. reputable (6) B. presentable (7) C. creditable

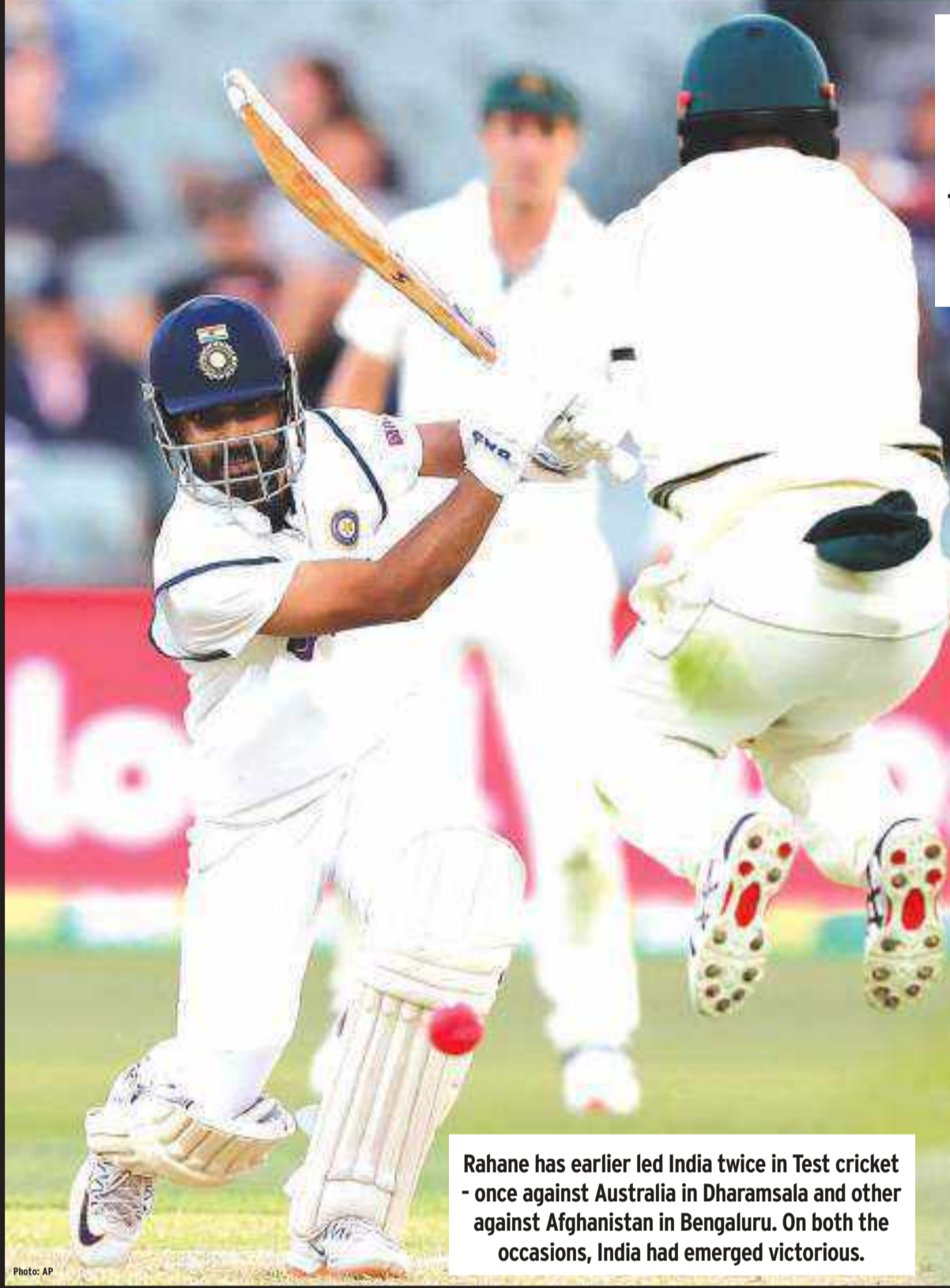
QUIZ TIME (CURRENT AFFAIRS)

- Who among the following has been conferred with the Rajiv Gandhi Khel Ratna Award 2019?
A. Neeraj Chopra B. Hima Das C. Vinesh Phogat D. Bajrang Punia
- The chief minister of Odisha, Naveen Patnaik, inaugurated a high-performance hockey centre Naval
A. Cuttack B. Bhubaneswar C. Chandipur D. Puri
- Along with which ministry did the ministry of railways launch Commando for Railway Security
A. Ministry of Commerce and Industry B. Ministry of Information and Broadcasting C. Ministry of Consumer Affairs D. Ministry of Home Affairs
- (CORAS) of Indian Railways?
A. Ministry of Commerce and Industry B. Ministry of Information and Broadcasting C. Ministry of Consumer Affairs D. Ministry of Home Affairs

ANSWERS

- D) Bajrang Punia 2. B) Bhubaneswar 3. A) Ministry of Commerce and Industry

WILL RAHANE RISE TO THE OCCASION?



Rahane has earlier led India twice in Test cricket - once against Australia in Dharamsala and other against Afghanistan in Bengaluru. On both the occasions, India had emerged victorious.

With captain Virat Kohli leaving to be home for the birth of his first child, India will be captained by Ajinkya Rahane for the remainder of the series. It won't be a cake walk though. The embarrassing defeat at the hands of Australia in the first test will leave mental scars. It would be a herculean task for Rahane to up his game and marshal his troops to take on a confident Australian unit in the Boxing Day Test at the Melbourne Cricket Ground starting on December 26. Can Rahane create history?

WHY KOHLI IS MORE SUCCESSFUL THAN RAHANE DOWN UNDER

Ajinkya Rahane is interesting. Look at Rahane's front foot. He wants to get forward, the confusion is in the length. Virat Kohli commits himself forward, and Rahane wants to get forward. You are sort of putting your bat there and hoping the ball touches the bat. Having said that, Ajinkya Rahane has 80 (65) Tests now under his belt. If at all, there is a batsman that India want (to step up) in a situation like this... you have got to expect more from Rahane in situations like this. More than people like Hanuma Vihari, for example.

Rahane has been averaging more than 50 in his last nine Tests (excluding Adelaide), we will have to wait and see whether Rahane steps up, in fact, it's a question of the entire batting line-up stepping up, we have only seen them in white-ball cricket, Kohli not being there, after the first Test is a massive setback. **Sanjay Manjrekar, former India batsman**

RAHANE NEEDS TO STAMP HIS LEADERSHIP GOING FORWARD

Switch off the phones, shut out the noise, stick together as a group and look ahead, that is the only way to get out of this right now for India. @ajinkyarahane88 needs to gather the group together and stamp his leadership going forward.

Mohammed Kaif, former India cricketer

DON'T TRY TO BE LIKE KOHLI

I do not have any insight into Rahane as a leader and a captain. He will not be Kohli, nor should he try to be. His first job will be to score runs, and lead by example this way.

John Buchanan, former WC winning coach of the Australia team

RAHANE RAN OUT VIRAT

The way in which Ajinkya Rahane ran out Virat Kohli; he literally killed Virat Kohli. If Kohli would have gone on to make 150 or 200 and the lead would have been better, India would have had a chance of making a comeback.

Shoaib Akhtar, former Pakistan pacer

BLESSED WITH A SMART BRAIN

Having interacted with Ajinkya Rahane, I know he has a very smart brain and he is balanced. He is aggressive but it's controlled aggression. Whatever time I have spent with him, I know he is a hard-working player, he takes nothing for granted, and if you're working hard, if you're sincere and honest in your preparation, the result will invariably follow.

Sachin Tendulkar, former India captain

5 changes India might consider post Adelaide humiliation

KL Rahul in, debut for Mohammed Siraj

1 As per a report in India Today, India will make a few changes in the playing XI, the first of which will be **KL Rahul** replacing Kohli in the middle-order. Rahul, who last played a Test match for India back in August last year, will be making his comeback after Indian batsmen's disappointing show in Adelaide. However, it is not confirmed if Rahul will bat at no.4.

2 In Shami's absence, **Mohammed Siraj** will be making his Test debut for India. Siraj was included in the Test squad as a back-up and is now all

set to be given a chance to showcase his skills Down Under.

3 The third change will be **Shubman Gill** replacing out-of-form Prithvi Shaw as an opener. Shaw's weakness against the moving was left exposed in the first Test as the opener was dismissed on scores of 0 and 4 in the two innings respectively. He is unlikely to be picked for the Boxing Day Test and Gill might make his Test debut. Gill will open the batting with Mayank Agarwal at the MCG.

4 The fourth change for India will be **Rishabh Pant** coming on for Wriddhiman Saha,

who hasn't quite managed to impress with the bat for a while now. Saha scored 9 and 4 runs respectively in the two innings in the first Test and is all set to be left out of the eleven for the upcoming encounter, which will be a crucial one for India.

5 The unimpressive Hanuma Vihari, who managed just 16 and 8 in Adelaide, will make way for **Ravindra Jadeja**. "This way, we get an all-rounder at No 6. We can then enjoy the luxury of five specialist bowlers - two spinners and three pacers. It helps that Jadeja is a 'gun fielder,' and will help lift India's fielding standards," a BCCI source told the Times of India.

Jadeja might replace Hanuma Vihari in the middle-order

Benzema brilliance helps Madrid win fifth game in a row



Real Madrid forward Karim Benzema kept up his impressive run of form by scoring and providing two assists in a 3-1 win away to Eibar, taking the champions level on points with La Liga leaders Atletico Madrid. The French forward got Real off to a flying start by scoring in the sixth minute, trapping a chipped pass from Rodrigo with his right foot and calmly finishing into the net with his left for a fifth goal in his last four matches in all competitions. REUTERS

TEST YOUR KNOWLEDGE

Q1: Which of the following players holds the record of fastest hundred in One Day Internationals?

- a) Mark Boucher b) Shahid Afridi
c) AB de Villiers d) Corey Anderson

Q2: Who is Manchester United's all-time leading scorer and the only player to have scored 250 goals for the club?

- a) David Beckham b) Wayne Rooney
c) Andy Cole d) David Hero

Q3: In which year did Muhammad Ali aka Cassius

Clay win the heavyweight World Championship for the first time?

- a) 1962 b) 1964 c) 1966 d) 1968

Q4: Which of the following players holds the record for fastest 800 wickets in Test matches?

- a) Lasith Malinga b) Muttiah Muralitharan
c) Anil Kumble d) Shane Warne

Q5: Who holds the record of being the youngest ever heavyweight boxing champ?

- a) Mike Tyson b) Sugar Ray Robinson
c) Rocky Marciano d) Joe Louis

Q6: Which of the following players has played the most number of Test matches as captain?

- a) Graeme Smith b) Ricky Ponting
c) Stephen Fleming d) Allan Border

Q7: Luis Suarez made his official debut as a Barca player on October 25, 2014. Against which club was the game played?



- a) Manchester United b) Paris Saint-Germain
c) AC Milan d) Real Madrid

Q8: Which of the following players has won the most player-of-the-match awards in Test format?

- a) Jacques Kallis b) Muttiah Muralitharan
c) Wasim Akram d) Shane Warne

Q9: Which club did David Beckham switch to in the summer of 2003?

- a) Manchester United b) Paris Saint-Germain
c) AC Milan d) Real Madrid

Q10: Who is the only heavyweight champion in boxing history to have retired with an undefeated record?

- a) Muhammad Ali b) Sugar Ray Robinson

- c) Rocky Marciano d) Joe Louis

Q11: Which player has made the fastest 2000 runs in T20 Internationals?

- a) Aaron Finch b) Martin Guptill
c) Brendon McCullum d) Virat Kohli

Q12: At the 2019 World Championships in Stuttgart, which American gymnast won five golds, including the all-around title?

- a) Aly Raisman b) Shannon Miller
c) Simone Biles d) Shawn Johnson

ANSWERS: 1 c) AB de Villiers
2 b) Wayne Rooney 3 b) 1964
4 b) Muttiah Muralitharan 5 a) Mike Tyson
6 a) Graeme Smith 7 d) Real Madrid
8 a) Jacques Kallis 9 d) Real Madrid
10 c) Rocky Marciano 11 d) Virat Kohli
12 c) Simone Biles



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TODAY'S EDITION

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► Analysed: Team India's dismal show in the Adelaide Test
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STUDENT EDITION

MONDAY, DECEMBER 21, 2020

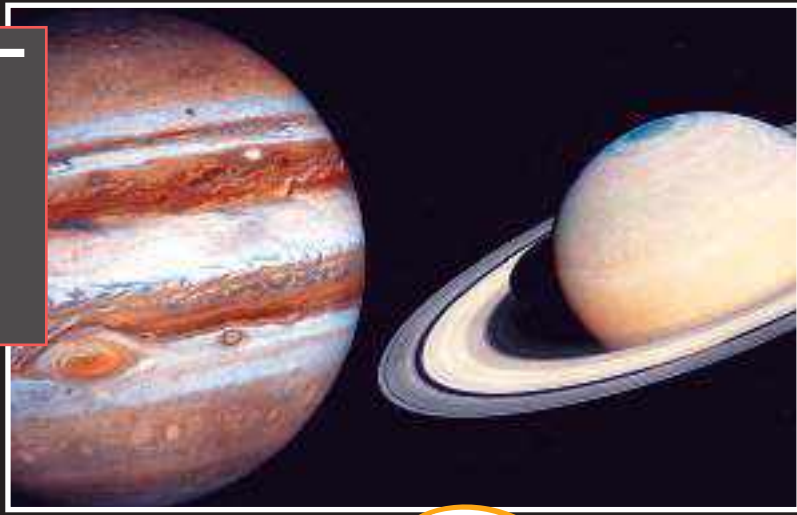


WEB EDITION

CLICK HERE: PAGE 1 AND 2

JUPITER AND SATURN HEAD FOR CLOSEST VISIBLE ALIGNMENT IN 800 YEARS

THE GREAT CONJUNCTION!



In a rare celestial event, Jupiter and Saturn will look like a double planet, just after the sunset on the evening of December 21—the beginning of the winter solstice. This is the first time that the two gas giants will appear this close to each other in nearly 800 years. Although Jupiter and Saturn have been approaching one another in the Earth's sky since the summer, the two were separated by less than the diameter of a Full Moon on December 16, which will continue till December 25.

- 1 Jupiter-Saturn pairings occur once every 20 years; because of their rarity, are referred to as the "great conjunctions". In comparison, conjunctions involving the inner planets Mercury and Venus with each other, or with one of the outer planets are much more common, occurring many times per decade
- 2 The farther a planet is from the sun, the slower it moves across our sky—Jupiter and Saturn are the two most-distant planets that can be readily seen with the naked eye
- 3 Jupiter completes a revolution around the sun every 12 years, while Saturn takes about 30 years—a celestial playbook that results in their meeting in the sky every two decades

HOW TO WATCH

The spectacle, which will be visible from all over the world, can be enjoyed without any special equipment—just look southwest as soon as the sky gets dark. Those with access to a telescope are in for an additional rare treat: With a typical amateur instrument set to low power, the two giant planets will fit within a single field-of-view. Jupiter, with its four bright moons, and Saturn with its distinctive rings, will be visible



DID YOU KNOW? The last great conjunction was in May 2000, but its position in the sky meant it was difficult to see. However, Jupiter and Saturn last lined up as closely as this, was in 1623, roughly a dozen years after Galileo discovered Jupiter's four largest moons. In fact, according to astronomers, the Star of Bethlehem that guided the three wise men to the place of Jesus Christ's birth may have been a great conjunction, too!

SOCIAL DISTANCING IS DUTCH WORD OF THE YEAR

One-and-a-half-metre-social distancing has been voted as the Dutch word of the year. **Anderhalvemetersamenleving**, a compound noun describing life under the Dutch government's 1.5-metre-social distancing requirement, was the runaway winner of a vote held by the Van Dale dictionary company. The lengthy new word, which was added to the dictionary in April during the first spike in Dutch coronavirus infections, garnered just under 30% of some 12,000 votes in the annual competition.



In second place, with 11% was 'fabel-tjes-fuik' a noun, which Van Dale defines as the "phenomenon that users of social media, who are interested in conspiracies, are offered more and more messages about conspiracies due to the operation of social media, which gradually leads them to believe in them"

Spotlight

LEWANDOWSKI PIPS RONALDO, MESSI TO WIN FIFA BEST MEN'S PLAYER AWARD

Robert Lewandowski has been named the FIFA Best Men's Player for 2020, after his 55-goal season lifted Bayern Munich to a sweep of international and domestic trophies. Lewandowski topped a three-player shortlist that included Lionel Messi and Cristiano Ronaldo.

Lewandowski is also the first men's winner from a club outside Spain since Ronaldo won the 2008 award as a Manchester United player.



- Lucy Bronze was voted the Best Women's Player to give England its first individual victory at the FIFA awards. A Champions League winner with Lyon, she has since joined Manchester City
- Bronze won the vote ahead of her former Lyon teammate Wendie Renard and Pernille Harder

RECOGNITION

INDIAN ENTREPRENEUR NAMED AMONG 'YOUNG CHAMPIONS OF THE EARTH' WINNERS BY UNEP

29-year-old Indian entrepreneur is among the seven winners of the prestigious 'Young Champions of the Earth' 2020 prize given by the UN environment agency to global change-makers, using innovative ideas and ambitious action to help solve some of the world's most pressing environmental challenges. **Vidyut Mohan**, an engineer, is the co-founder of 'Takachar', a social enterprise, enabling farmers to prevent open burning of their waste farm residues and earn extra income by converting them into value-added chemicals like activated carbon on-site, the UN Environment Programme (UNEP) said.



- Since Takachar was launched in 2018, Mohan and its co-founder Kevin Kung have worked with about 4,500 farmers and processed 3,000 tons of crops
- Each will receive \$10,000 for seed funding and tailored-training to help scale up their ideas

DID YOU KNOW? The Young Champions of the Earth prize is awarded every year to seven entrepreneurs under the age of 30 with bold ideas for sustainable environmental change

GREATER VALUES MAKE A HERO, NOT STRENGTH: PATTY JENKINS

What does it mean to be a true hero? That's the question 'Wonder Woman 1984' aims to explore, says director Patty Jenkins, who believes being a superhero is more about values than physical prowess. Diana Prince, the Amazonian warrior whose superhero identity is Wonder Woman, represents "kindness and intelligence", which makes her a contemporary hero for women and men alike, the filmmaker said.



'Wonder Woman 1984' is the follow-up to 'Wonder Woman', the 2017 DC blockbuster, which was hailed as a much-needed presence in the male-dominated superhero space of Hollywood movies

While the first film was the origin story of Wonder Woman (Gadot) and her discovery of humanity towards the end of World War I, the sequel explores how she lives with humanity after having lost all her friends

CELEB TALK

What does it mean to be a true hero? Anybody can be selfish. The question is: what are the qualities of a hero in this world? We need love, bravery, kindness and intelligence now, more than ever. We don't just need someone, who can beat or thrash the bad guy. That's why I feel Wonder Woman is the hero for today and for everybody

— Patty Jenkins

'STAR WARS' ACTRESS NAOMI ACKIE TO PLAY WHITNEY HOUSTON IN BIOPIC

Actress Naomi Ackie is set to portray as Whitney Houston in an upcoming musical biopic on the late singer. Titled, 'I Wanna Dance With Somebody', the film is directed by Stella Meghie. While the casting of Ackie, who gained popularity playing Jannah in the 2019 release 'Star Wars: The Rise Of Skywalker', has been confirmed, the rest of the cast is yet to be announced.

'I Wanna Dance With Somebody' follows the life of Houston, popular for hit songs like 'I will always love you' and 'How will I know'

Houston, who died in 2012, also acted in the 1992 romantic thriller, 'The Bodyguard'

The movie is slated to release in 2022



ENTERTAINMENT

RUSSIA BANNED FROM USING ITS NAME, FLAG AT NEXT TWO OLYMPICS



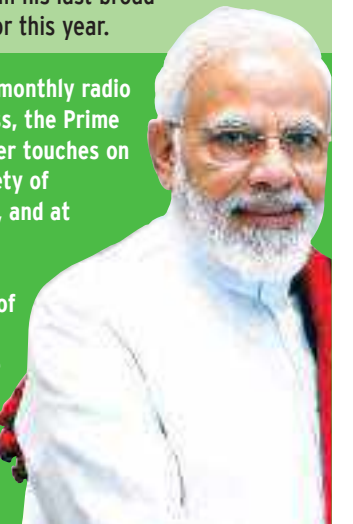
Russia will not be able to use its name, flag and anthem at the next two Olympics or at any other world championships for the next two years after a ruling by the Court of Arbitration for Sport. The Lausanne-based court halved the four-year ban proposed last year by the World Anti-Doping Agency in a landmark case that accused Russia of state-ordered tampering of a testing laboratory database in Moscow. The ruling also blocked Russia from bidding to host major sporting events for two years.

- Russian athletes and teams will, however, be allowed as individual players to compete at next year's Tokyo Olympics and the 2022 Winter Games in Beijing, as well as world championships, including the 2022 World Cup in Qatar, if they are not banned or suspected of doping
- The name 'Russia' can also be retained on uniforms, if the words 'Neutral Athlete' or equivalents like 'Neutral Team' are written with equal prominence, the court said

MODI SEEKS PEOPLE'S VIEWS ON 2020, NEXT YEAR, FOR HIS 'MANN KI BAAT' ADDRESS

Prime Minister Narendra Modi has sought people's views on the year 2020—seen as one of the most-disruptive in recent history due to the Covid-19 outbreak, and also on what they look forward to in the next year, ahead of his 'Mann ki Baat' broadcast on December 27. This will be his last broadcast for this year.

In his monthly radio address, the Prime Minister touches on a variety of issues, and at times, shares views of other people



2020 INSTAGRAM ROUND-UP: VIRAT, DEEPIKA EMERGE AS TOP INFLUENCERS

Power couple Virat Kohli and Anushka Sharma are currently enjoying the royalty status as influencers on social media platform Instagram, according to the latest research report by ClanConnect.ai. While team India captain Kohli has the highest number of followers at 81 million, his Bollywood diva wife boasts of the greatest engagement rate in the country, surpassing even PM Narendra Modi.

1 According to the data mapped by ClanConnect, Shradha Kapoor, Deepika Padukone, Alia Bhatt, Neha Kakkar, Jaqueline Fernandez, PM Modi, Akshay Kumar, and Katrina Kaif are also among the top 10 Insta-influencers

2 Among the female Insta-stars of 2020, **Shradha Kapoor** is the most-popular female Instagram Influencer with 56 million followers, **Deepika**

3 **Padukone** followed close with 52 million In the male influencer category, Kohli is much ahead of his counterparts on the top 10 list, however, he was thwarted in terms of engagement by MS Dhoni, who boasts an engagement rate of 10.98%, as opposed to Kohli's 1.84%

4 With 50 million followers, PM Modi is the second most-popular Instagram-influencer in India, with Akshay Kumar, Salman Khan, Ranveer Singh, Varun Dhawan, Hrithik Roshan, Dhoni, Shahid Kapoor, and Kapil Sharma also topping the charts

► The platform also found out that food influencers enjoy the highest quality engagement at 88%, while education, finance, and career influencers cumulatively receive 85%



Here's how DIY can help you with your mental health



According to a recently conducted research by a psychology department of a college in the US, **DIYing is a mood lifter and offers a range of mental health benefits that are associated with crafting up something special.**

DIY HAS MORE TO OFFER



Mental health expert Dr Shalini Verma suggests, "Crafting and engaging in creative activities may help decrease anxiety, stress, and mood disturbances, as well as improve well-being and quality of life. One who engaged in arts and crafts, such as music, painting, drawing etc experienced lower levels of mental distress. They also experienced higher levels of mental functioning and life satisfaction."

DOODLING REDUCES STRESS



Doodling, has a range of mental health benefits too, including relaxation and reducing stress, mood regulation, memory recall, and creativity. Art therapist Raveena Singhania says, "Alternatively, you can doodle on a plain tote bag for an artsy aunt or uncle. You can even turn your regular greeting cards into doodling masterpieces. All you need is plain card stock and some markers to make beautiful designs."

BAKING IS FUN AND HEALTHY



Baking not only makes the whole house smell festive and inviting, but it also provides mental health benefits. Homebaker Avantika Deo says, "Culinary therapy is amazing. Baking also makes for a versatile gift that's good for just about anyone. Make a plate of gingerbread cookies for the office, some sugar cookies for little ones in the family, or some peppermint fudge for dad. You can even make gluten-free and sugar-free variations to suit different health needs."

DIY CLAY SESSION HAS A ZENTASTIC FEEL TO IT



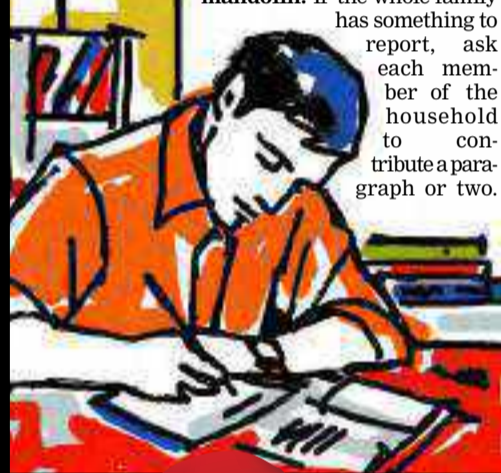
Clay work has long been incorporated into art therapy as a means of creative expression. Research suggests it has therapeutic qualities, like increasing self-expression and reflection. A 2012 study on creative clay work suggests that clay handling may greatly reduce negative moods and enhance positive ones.

How to send a recap of 2020 to Friends and Family

For many people, 2020 has been a disruptive, frustrating, heartbreaking and disorienting year. But as December winds down, it is also an opportunity to take stock of the things that happened and to let your friends and family know how you have been doing through it all. Creating a recap of 2020 in your own words and pictures also serves as your personal historical record of a very challenging year. Free software can guide the way. You can even make the whole thing on a smartphone or tablet. Here's how.

STEP 1 Tell your story

If tales from elaborate vacations or group outings are in short supply this year, think of the more local adventures you experienced — like adopting a cat, exploring the city on foot, learning how to cook or taking up the mandolin. If the whole family has something to report, ask each member of the household to contribute a paragraph or two.



As for the physical writing, jot your thoughts down in your notes app or a word processing program, like Apple's Pages or Google Docs. Both of these are free, probably already on your device and run on smartphones, on tablets and in computer web browsers. (You can also jump to Step 3 and start writing in a template.)

If you dislike using an on-screen keyboard to enter large amounts of text, connect an inexpensive Bluetooth keyboard to your phone or tablet for a more familiar typing experience. (No matter how you enter the words, be sure to run the spell-checker and proofread your document.)

STEP 2 Add pictures

Even if travel snaps are in short supply and the 2020 school pictures are Zoom screenshots, browse your photo library for other images to visually document your year. For a year-end family portrait that includes everyone, set the camera timer so the photographer has a few seconds to jump into the frame. Snapshots from your walks around town, outdoor dining with friends, close-ups of the garden flowers and pet photos can capture life as you lived it in 2020, even in a lockdown or quarantine.

STEP 3 Design your newsletter

Now it's time to combine your words and pictures into an eye-catching document. If you've never created a layout before, most word processing programs include a template gallery you can use as a

starting point; Apple's Pages and Google Docs include templates. In the gallery, choose a template you like and then replace the formatted sample text by highlighting it and writing (or pasting in) your own words. Tap or click in sample images to replace them with photos from your own photo library, or

look for a menu option to insert new images. If you don't like the template options, design your own document from scratch in your word processing app. Just keep in mind a few basic visual tips: Don't use a dozen different fonts that might clash and distract the reader from your words. Use type sizes big enough for comfortable reading. And, despite the season, be mindful of recipients who may have red/green colour blindness when you choose type colors and page backgrounds.

STEP 4 Print and mail

If you have a printer, paper, envelopes and a good supply of ink, you have what you need to produce your newsletter right at home. However, it's a good idea to print one first and proofread the document again before sending 50 copies through the printer. If you don't have a printer or a local print shop to handle the job, consider the online services of an office-supply store, where you can upload your newsletter document for output and pickup (or delivery). Staples prints custom documents and holiday cards. These custom-printing sites also have templates and design guidance if you'd like to create your newsletter right there.

STEP 5 Or just email it

Want to save time, money, ink and paper? Start by exporting a copy of your newsletter document as a PDF file, an option most word processing programs offer. Creating a PDF makes a copy that looks just like your original document but can be opened on most devices. Check your app's menu for share, export or "save as PDF" option. After you have saved your newsletter as a PDF, attach the new file to a message and send it out to everyone on your mailing list.

Sure, the notion of a year-end newsletter may seem quaint. But if there is any wisdom that 2020 has imparted, it is that staying connected to each other is important.



SANTA CLAUS IS COMING TO TOWN



From rice pudding to beverages, keep reading to find out what children leave out around Christmas...

US

In the United States, children believe Santa Claus comes on Christmas night to deliver presents, while in Iceland they believe there are 13 'Yule Lads' who visit all December-long. In the US, many children leave a glass of milk and a plate of cookies for Santa.

Christmas is filled with traditions that are passed down. But some of these traditions are unique to certain cultures. Here is what people leave for Santa's snacks!

AUSTRALIA

Although Australians also leave cookies for Santa to snack on, they replace the glass of milk with a cold glass of a drink!

BRITAIN

In Britain, families believe Santa needs some sherry to warm up. It's also tradition to pair the sherry with a mince pie.

ARGENTINA

Children in Argentina leave out hay and water as Christmas there continues until January 6, which is Three Kings Day. The night before Three Kings Day, children leave their shoes outside so they can be filled with gifts. They also leave hay and water for the kings' horses.

Watch out for more Christmas stories under this slug

NETHERLANDS

In the Netherlands, children often leave carrots and hay to help energise Santa's horses — yes, horses — on their trip around the world.

IRELAND

Some Irish families leave a pint of Guinness for Santa on the eve of Christmas.

SANTA'S PLATTER

In Denmark, Belgium, and the Netherlands — children don't believe Santa's sleigh is pulled by reindeer. They think he is being pulled by horses, so they leave food for them on Christmas Eve. Denmark doesn't leave anything for Julemanden (Santa) but they do leave out rice pudding for elves. Children leave elves — who are named 'nisser' and who live in the attic — a bowl of rice pudding called 'risengrod'. They believe that if the rice pudding isn't left out, then the nisser will taunt them. In Iceland, children leave out laufabraud (leaf bread) and tastes like a crispy wafer. In France, children leave out carrots and cookies in their shoes. German children leave out handwritten letters before going to bed.

Germans have more of a Christmas angel, the 'Christkind,' than a Santa, and they don't leave any snacks. Instead, they leave the angel handwritten letters that are decorated with sparkles and markers. In the morning, the letters are gone and in their place are gifts.



QUIZ TIME (INDIAN HISTORY AND CULTURE)

- Q.1) Who is the author of the Mahabharata?
A. Kalidasa B. Kautilya
C. Veda Vyasa
D. Vishnu Sharma
- Q.2) The following Indian singers: Bade Gulam Ali Khan, Gangubai Hangal, Parveen Sultana are well known as exponents of which form of Indian music?
A. Carnatic music
B. Western classical
C. Hindustani music
D. Folk music
- Q.3) The lettering 'Satyameva Jayate' inscribed at the base of the emblem of India is taken from which book?
A. Yajur Veda B. Rig Veda
C. Mahabharata D. Mundaka Upanishad
- Q.4) Where is the gigantic monolithic statue of Gomateswara, a Jain monk, located?
A. Hampi
B. Yediyur
C. Badami
D. Shravanbelagola

ANSWERS

- 1. C) Veda Vyasa 2. C) Hindustani music 3. D) Mundaka Upanishad 4. D) Shravanbelagola

KNOWLEDGE BANK (BIRDS)

Greater bird of paradise

Botanist Carl Linnaeus named the species Paradisaea and apoda or "legless bird of paradise", because early trade skins that reached Europe were prepared without wings or feet by natives. This led to the misconception that these birds were kept aloft by their plumes and never touched Earth until death. These birds are native to New Guinea and Indonesia. Their diet mainly consists of fruits, seeds and small insects.

EXPLORE YOUR CREATIVITY

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

CHECK YOUR APTITUDE

1. What is the maximum distance running the lowest data rate for 802.11b?
A. About 350 feet B. About 322 feet C. About 100 feet D. About 450 feet

2. What is the maximum distance with maximum data rate for 802.11a?
A. About 65-75 feet B. About 90-100 feet C. About 150 feet D. Over 200 feet

ANSWER:
1. About 350 feet 2. About 65-75 feet

THE EDUCATIONIST

Educator's "Mann ki Baat"



Your 'Mann ki Baat' is quite simply your internal thoughts. It is the little voice in your head that comments on your life. All of us have internal thinking, and it runs all the time. Some of us, however, may pay more attention to it than others, and be more skilled at manipulating it. It is the way in which you apply logic to what is happening, although the logic may sometimes be skewed or driven by your emotions or experiences.



To share this "Mann ki Baat", the educators of Lalji Mehrotra Lions School has initiated a session on the same from grade K.G. to Class XII. This Program is also initiated by PM Narendra Modi. However, in our sessions, we concentrated interactions on different experiences, phases where students have faced difficulties. Hence, educators play a very vital role here to help/guide them to balance and face them.

"Probably the biggest insight....is that happiness is not just a place, but also a process of fresh challenges and it takes the right attitudes and activities to continue to be happy." This was the motto to initiate this session. This session provided a deep insight into a child's thoughts, fears, self-esteem, and general point of view.

To enable the students come up with their Mann ki Baat, I started sharing as a child what were my behavioral issues,

mistakes, weaknesses, and how I overcame all to achieve success and remain happy. This gave them a boost to share their challenges. Then, I explained how internal thinking can be both helpful and unhelpful. Like

■ If you are inclined to be anxious, your internal thinking can reinforce this.

■ Just as smiling makes you feel happy, being exposed to negative language and unhappy thoughts can have an effect on your mood.

■ Being able to have positive internal thinking, and "look on the bright side", can help you feel more positive and improve your mood.

All this combines to suggest that learning to manage your internal dialogue is likely to be important for both mental well-being, and potentially, success in life.

MISBAH SHAIKH, Educator, LML School

Self-awareness with Soap advertisement

"One, who maintains cleanliness, keeps away diseases." Keeping this above line in mind Class-1 toddlers of Lalji Mehrotra Lions School presented varied advertisements of their favourite soap. The pandemic situation cannot create any barrier in showing younger toddlers talent, which these pupils proved with their extraordinary presentations. Some pupils made their own soap using basil (tulsi), honey, turmeric, and Aloe Vera gel.

Some students presented their advertisements in the form of songs, poems, and small skits with keen enthusiasm. Students highly recommended these soaps, as according to them it is 99.9% bacterial free. With the motive of insisting on self-awareness among the students, educators gave them this task, which was beautifully completed by the students. There were keen energy and a spirit of encouragement.

RAKHI MALHOTRA, Educator, LML School, Ahmedabad



Cygnites Take Virtual Tour To Farm

The students of class II of Cygnus World School, Vadodara went on a virtual tour to Sharda Farms. The tour was organized by the school in association with the parents of Medhansh Desai, a student of class II B of the school.

This virtual tour was organized to give them in-depth knowledge about farm animals and other farm-related activities as a part of their topics in Theme and English.

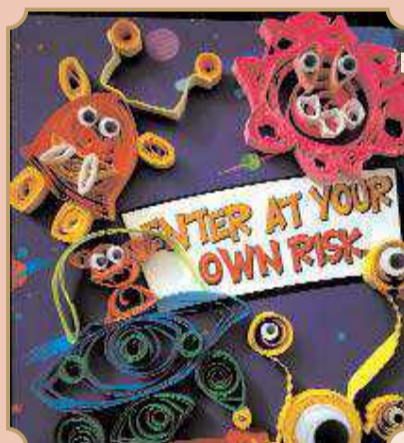
Students got an opportunity to view the entire farm. They saw horses, hens, hamsters, rabbits, goats, and birds like African Grey, Pigeons, and Pheasants. They saw the organic plantations of different vegetables as well. They saw trees like Chikoo,



Mango, Banyan, Teak, Bamboo among others. It was a wonderful experience for the children as good as a real visit to the farm. The students were enthusiastic and excited throughout the tour. They enjoyed it a lot and highly appreciated this awesome online learning journey from the comfort of their homes.

Express YOURSELF

Jaival Trivedi, Class IV, Zydus School of Excellence



Hirva Gandhi, Class V, Siddharth's Miracles School

Manya Shah, Class V, C N English Medium School

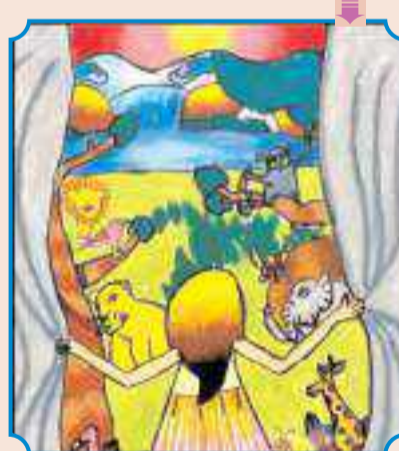


Ronav Mishra, Class III, SGVP International School



Amber Kanodia, Class VI, Essar International School, Surat

Archita Samal, Class VIII, Podar World School, Sherkhi



Pavit Bhambhani, Class I, Udgam School for Children



MAYURESH SONAR, class V, Ryan School, Dumas, Surat

BOOKS BOOKS BOOKS

Books live with us forever, And they make everyone clever. They give us company when we are sad, And give us support and make us glad. Books always enrich our knowledge, In every expression and language. Open a book and you will find, People and places of every kind. Books never make us sad, They fill us with the joy we had. They never complain about our behaviour, And always become our saviour. Books act as our best friend, On which we can always depend. So we should be grateful to them, To fill us with spirit and make us a gem.

CRICKET - MY LIFE

Cricket is a sport that is enjoyed by one and all. Cricket is a hub of legends like Sachin Tendulkar, Kapil Dev, VVS Laxman, Sunil Gavaskar, Virendra Sehwag, Sourav Ganguly, MS Dhoni, Virat Kohli, Sir Don Bradman, Brian Lara, Chamundaas, Brett Lee, Ricky Ponting, Vivian Richards, Zaheer Khan etc. The list is endless and we all love them. Always cricket stadiums are full when there is a match between India and Pakistan.

If there is a match between India and Australia, especially the test for-

mat, the sledging is more high between both the teams. Fans and commentators love their country's cricket team so much that they give nicknames to their favourite cricketers.

Love for cricket has increased with the passing years. I love cricket very much. I want to become a cricketer. Cricket has always been my passion. I have watched every format of cricket including the famous 1983 World Cup. I even watch the oldest cricket matches.

Currently, IPL has been the most loved and most demanded tournament ever. Overseas cricket players come

to India to play in this tournament. Cricket has been a love across every generation. A child, an adult, or even an old person would love to watch cricket. Not only men, but women too play this sport. Even women cricketers have the same respect as men cricketers.

Cricket has always been in my veins. I love to play and watch cricket matches and tournaments. Especially, I love the ODI format. Brandon McCullum has always been my inspiration in cricket, but I also love Shikhar Dhawan. I would love to represent my country 'INDIA' in cricket.

KHEMIL PANDEY, Class V, Ryan School, Dumas, Surat



WE THE ADOLESCENTS!

We all have that one phase in our life where we have to choose between the devil and the deep blue sea. Also known as "Teenage". Yes folks, and being a teenager makes it easier for me to express my thoughts on this rather versatile topic, "so how are things going for you? Teenage huh?" Are the words I get here every single time I dress up or ask my mom to go out. They were the best days in yester-years! But we all know that the struggle is real!

We get to face the most difficult emotions, mood swings, and whatnot. It is a time where we transit from childhood to adulthood. We start to look at ourselves in a very different way! Although discussing puberty is quite a huge taboo.

Puberty is something that helps



us transform ourselves. Be more confident of who we are. We get to know ourselves better. Our physique changes and so does our mentality. We become mature in all ways. Sometimes we drift in the wrong direction, and its consequences won't be too good for how responsible of a citizen we might grow up to be.

To avoid this, we should always ask ourselves whether it was right or wrong. We should be truthful to ourselves. Whether or not it was fol-

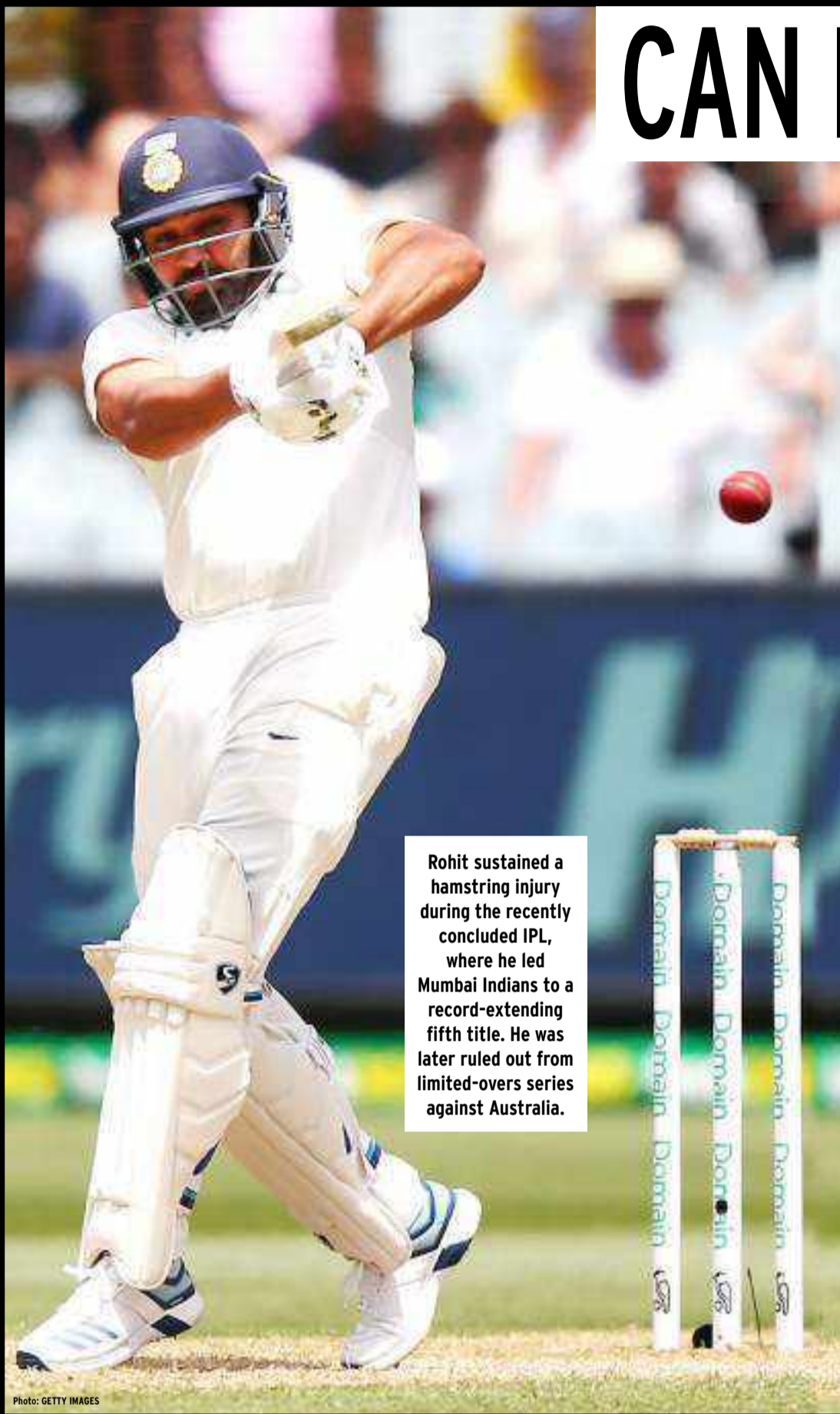
lowed by the "it" crowd. That doesn't mean it is the right thing to do.

In this phase our parents seem like villains to us, which obviously they are not. They know more, so when you face a problem the best thing to do is to go to your parents for advice. Believe me, if you do teenage is a piece of cake and it is going to be really easy to go through the ups and downs.

Second advice would be to choose your friends wisely. Some could be a good influence and others could be a bad influence on you. The people with a bad influence are those who got out of their way to indulge themselves in the wrong habits. Keep these points in mind and you will conquer the teenage issues.

JIYA PAREKH, Class VIII, Navrachana Sama School, Vadodara

CAN ROHIT, GILL TURN THE TIDE FOR TEAM INDIA?



Rohit sustained a hamstring injury during the recently concluded IPL, where he led Mumbai Indians to a record-extending fifth title. He was later ruled out from limited-overs series against Australia.

Former Australia captain Ricky Ponting batted for the inclusion of Rohit Sharma as early as possible into the Indian squad for the ongoing Test series against Australia. India's current opening batsmen, Prithvi Shaw and Mayank Agarwal aggregated just 30 between them across the two innings of the first Test, which India lost by eight wickets. Of those 30, Shaw got just four, which was in the second innings

Shaw pushing at the deliveries, playing with hard hands

Yes, yes, yes, he (Rohit) is definitely going to play in this Test series. He is already in Australia as far as I know and he might not be playing the second Test but he will be there for the third and the fourth.

You can see he (Shaw) was pushing at the deliveries (in warm-ups), playing with hard hands and that has been his major problem. Even in this Test, there was such a big gap between bat and pad. It was just the second delivery of the game (first innings dismissal). You want to make sure that you are playing with soft hands and as late as possible.

The whole idea in Test match cricket is not to go there (take the bat far from the body) because then you are leaving a gap between bat and pad, allowing for late movement to get an inside edge or sneak between bat and pad. The trick is to play as close to the pad as possible... you can play shots later but at the start you can't leave the gap.

Sunil Gavaskar, former India opener and captain

Rohit better player than Agarwal, Shaw

He (Rohit) will definitely play. He is a better Test player than Mayank Agarwal and Prithvi Shaw. If he is fit then he will straightaway slot at the top of the order.

Ricky Ponting, former Australia captain

Gill should have been the player to begin with

Prithvi Shaw is not the one that has failed here, the selectors have failed. He shouldn't have gotten picked to begin with, knowing that he's coming into this Test series out of form and also with the technical flaws that have been exposed over a dozen balls. So to me he was set up to fail in a way. For me, Shubman Gill should have been the person to play to begin with. His technique is a lot more watertight and he's shown that he's got a wonderful temperament.

Tom Moody, former Australia cricketer

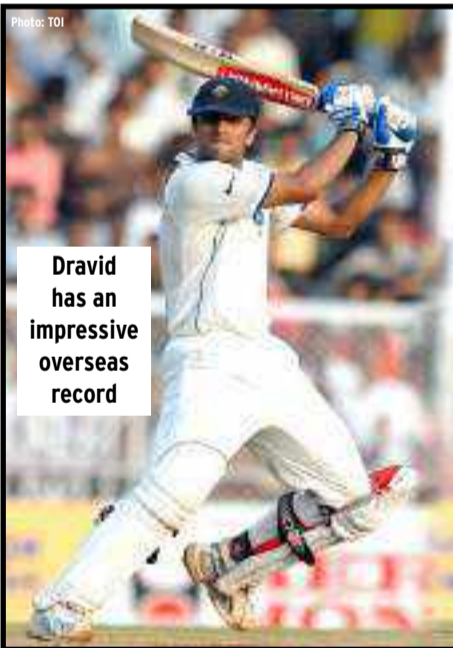
Rahul too has the experience

I feel KL Rahul should play because he has the experience. Since the time KL Rahul has been dropped from the Indian team, he has put in a lot of effort in the last one and a half to two years and there has been improvement in his game. He has played well in ODIs and T20Is, if we talk about this series also. That is why he should definitely be brought into the team. Shubman Gill is an organised player. I believe a player who has been playing continuously, in which you can include the IPL as well, in the last few months should be given a chance.

Mohammad Kaif, former India batsman

Dravid should be rushed to Aus to guide batsmen: Vengsarkar

Back in 2003, Rahul Dravid was the hero of India's memorable four-wicket Test win at Adelaide, stroking 233 & 72 not out. In four Tests of that series, 'The Wall' scored 619 runs at an average of 123.8



Dravid has an impressive overseas record

India's disastrous show with the bat in the first day/night pinkball Test at Adelaide, which saw them being skittled out for their lowest total of 36 in a Test innings, has prompted former India skipper Dilip Vengsarkar to come up with a suggestion for BCCI president and former India skipper Sourav Ganguly: Send batting legend Rahul Dravid, currently the head of the National Cricket Academy (NCA), to Australia immediately.

Vengsarkar felt that India's batsmen would do much better in the rest of the series, which will now be played with the red ball. "I agree that the Aussies bowled a nagging line and length, but in Test match cricket, that is expected. I guess India will breathe more freely with the red ball."

The BCCI must rush Dravid to Australia to help the team. No one can guide the batsmen better on how to play the moving ball in those conditions. His presence will be a huge boost to the Indian team in the nets. In any case, the NCA has been shut due to Covid for the past nine months, leaving him with little to do.

The Board can make better use of Dravid by utilising his services to help the national team, which will be without skipper Virat Kohli from now (last three Tests). Even if he has to serve a mandatory two-week quarantine period, he should be available to help the Indian team at the nets before the third Test in Sydney, which will begin from January 7.

Dilip Vengsarkar, former India skipper

Cristiano Ronaldo scores twice as Juventus crush Parma



The striker became only the fourth player to score at least 33 Serie A goals in a calendar year

Cristiano Ronaldo scored twice, taking his Serie A tally for the season to 12, as defending champions Juventus cruised to a 4-0 win at Parma. Juve's 42-year-old goalkeeper Gianluigi Buffon prevented Parma from taking an early lead when he saved with his legs from Juraj Kucka's close range effort before the Turin side took complete control.

TEST YOUR KNOWLEDGE

Q1: Which one of the following players holds the record of most sixes in ICC Men's T20 World Cup?

- a) AB de Villiers b) Shane Watson
c) Yuvraj Singh d) Chris Gayle

Q2: Who is the only player to reach a 'Junior Grand Slam,' winning all majors at a junior level?

- a) Boris Becker b) Stefan Edberg
c) Pete Sampras d) Andre Agassi

Q3: Which of the following players has the record of

most centuries in The Wisden Trophy?

- a) Sir Viv Richards b) Sir Gordon Greenidge
c) Sir Andrew Strauss d) Graham Gooch

Q4: Who is the first player from Poland to win a Grand Slam singles champion?

- a) Iga Swiatek b) Magda Linette
c) Katarzyna Kawa d) Magdalena Frech

Q5: Which of the following cricketers has played most matches as captain in the Border-Gavaskar Trophy?

- a) Ricky Ponting b) Steve Waugh
c) MS Dhoni d) Sourav Ganguly

Q6: How many times has Lionel Messi won the Pichichi award?

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



Lionel Messi

Q7: Which of the following fielders have the record of most catches in ICC Men's T20 World Cup?

- a) AB de Villiers b) Martin Cuptill
c) David Warner d) Dwayne Bravo

Q8: Who is the first player to score five goals in a single Champions League game?

- a) Lionel Messi b) Zlatan Ibrahimovic
c) Luiz Adriano d) Cristiano Ronaldo

Q9: Liverpool secured the FIFA Club World Cup for the first time in December 2019. Which club did they defeat in the finals?

- a) Flamengo b) Santos FC
c) Paris Saint-Germain d) Juventus

Q10: Which of the following players holds the record

of most runs in ICC World Test Championship?

- a) David Warner b) Marnus Labuschagne
c) Ben Stokes d) Steven Smith

Q11: In which year did Liverpool win their Premier League title, with seven matches remaining, ending a 30 year drought?

- a) 2016 b) 2019 c) 2020 d) 2017

Q12: In which year did Barcelona win their first European Cup?

- a) 1992 b) 1994 c) 1996 d) 1998

ANSWERS: 1 d) Chris Gayle 2 b) Stefan Edberg
3 a) Sir Viv Richards 4 a) Iga Swiatek
5 c) MS Dhoni 6 a) Seven 7 a) AB de Villiers
8 a) Lionel Messi 9 a) Flamengo
10 b) Marnus Labuschagne
11 c) 2020 12 a) 1992



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TODAY'S EDITION

➤ Goldfish can't remember anything for longer than a second and many more such interesting facts
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➤ The familiar feel-good movies you must watch
➤ Get started on the spy fiction genre
PAGE 3



➤ Everything you need to know about the ancient sport of archery
PAGE 4



STUDENT EDITION

SATURDAY, DECEMBER 19, 2020



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Try these easy-to-do craft ideas to make your home warm and welcoming

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While there is so much you can order online for your Christmas party, there is something comely and cute about making some decor pieces yourself. Get going and be at your creative best with these DIY ideas.

CORNERS FULL OF CHRISTMAS CHEER

Highlight corners of your home with fairy lights thrown inside empty bottles and outside them. Clean old bottles, dry completely and place them on the table overlooking your windows and use small fairy lights (leftovers from Diwali) to decorate them – it gives a fairy tale effect and illuminates the corners of your home.



FESTIVITY PICS ON PRETTY CANOPIES

Use old sheer curtains or chiffon dupattas to make translucent canopies and string together pictures of family festivities.

EVERYONE IS A SANTA IN 2020!

It goes without saying that this year is unlike any other year. Everyone worked extra hard, from managing WFH and SFH (school from home), along with home chores and so on. So, make this Christmas special for your family by adding an appreciation idea in your décor scheme. Wrap old shoes or boxes in shiny, colourful paper and make a hole in them (like old world piggy banks); put names of family members in each box and have each one of you put notes about how he/she played Santa in the pandemic. After all, everyone turned Santa for each other this year – when your sister baked banana bread on a gloomy day or when your father drove in lockdown to buy a gift for you!



DIY Decor to welcome Christmas

memorable holidays, etc. Hang pictures using pegs. In the year when meeting family and having celebrations became a dream, devoting a canopy (or more) to such pictures will bring warm memories. Cut your Christmas cake with this background and invite your family for a digital get together.

CANDY WREATHS

Get some candy canes in a circle with the hooks all facing the same direction. Fix together with glue. Decorate the centre with your favourite candies, overlapping them slightly and holding in place with hot-glue. Thread ribbon through two candy canes at top to



hang as wreath on doors and windows. By the end of the Christmas weekend, the candies can be distributed to all the family members and to the neighbours.

STAIRCASE BOWS

Use red ribbons (from birthday parties and school functions) to upgrade your Christmas décor; tie the ribbons as big bows and stick some shiny ornaments in the centre. Decorate your

staircase with these bows. You can also add some greenery around the bows (on the staircase) to make the bright red stand out.

TREES IN JARS

Glass jars or mason jars can be put to good use by putting small Christmas trees inside them along with shiny decorative balls, cones, cotton balls and glitter. Keep these festive jars next to pretty lanterns or even aromatic candles to emulate snowy Christmas in your home. Merry Christmas!



How to teach your kids THE JOY OF GIVING

- 1. LEAD BY EXAMPLE**
Make sure you model your own joy when giving to others. Give gifts (even if it's just your time and energy) to family members and friends – in front of your child and make sure it's genuine. Because if you complain and give, the child will pick up on this.
- 2. MAKE GIFTING A DAILY ACTIVITY**
Create a gifting jar in your home and get your kids to decorate it. Brainstorm with them on the ideas of daily gifts that can be written and rolled up in the jar like a fortune cookie. It could be: hugs, kisses, jokes, small acts of kindness and drawings. Everyday pick one chit and surprise your family member or friend with it!
- 3. INVOLVE THEM IN IT**
Take your child's inputs in all the gifts that you are planning to give. By including their help you are already sharing the joy of giving with them.
- 4. GIFT YOUR NEIGHBOURS**
As we get more insular, it's a good time to spread the joy in your floor. Get your child to take a plate of treats to your neighbour. Also teach them to appreciate local community helpers like firemen, police and sanitation workers.
- 5. DECLUTTER TOGETHER**
Help your child choose old clothes or other items to take to local organisations that accept donations or even kids who can benefit.
- 6. HELP THEM DECODE THE JOY**
When your child gives gifts or cards out, help him/her to recognise the warm, fuzzy feeling they feel inside. Help them connect the joy and happiness that comes from giving.
- 7. ESSENTIAL READING**
Some titles are classics like 'The Giving Tree' by Shel Silverstein, the entertaining 'The Spiffiest Giant in Town' by Julia Donaldson where George, the giant, gives away his new clothes to animals in need, 'Thank You, Stinky Face' by Lisa McCourt to help young readers learn the importance of showing appreciation of others and their unique gifts and R.J. Palacio's 'We're All Wonders' invites kids to discuss the importance of being open to spreading kindness to everyone – to name a few.



The CONSCIOUS HOLIDAY GIFT guide

Ten ideas to bring in the Christmas cheer...and they don't cost much

- 1. MAKE YOUR OWN:** A card, a photo book, cake are all good ideas for a gift. And if you are nifty with your fingers attempt to make your own gift using leftover fabric, an embroidery hoop or maybe upcycle an old cardboard for a dollhouse.
- 2. GO VIRTUAL:** Whether it's planting a tree in your mother's name or signing up your brother on a virtual class like soap making, etc – virtual experiences are the way to go. There are many virtual courses available and it's a great thoughtful gift.
- 3. SEND A FAMILY CARD:** Wish a happy 2021 by making your personalised cards. Get ready for a family photo and click one of those studio style shots. Print and stick on card paper and send to family with a personalised note and handprints. The year has been tough for everyone and a heartfelt note is a good reminder.
- 4. SHOP LOCAL:** If you have to send gifts, make sure you buy from a local business that is handmade, locally sourced and they are a small business. There's no better service this year than to support home-grown businesses. Also always tag them on social media and spread the word to help them grow.
- 5. SHOP PRE-LOVED:** Again if you do have to buy, how about getting something that you know needs a new home. A swap among friends as Secret Santa is a good idea. Shopping vintage or pre-loved is no longer taboo.
- 6. SPEND TIME:** With all of us busy with our phones or computers, how about gifting your precious time. Make it more fun and turn it into a coupon. Ask your family to redeem it as and when – and honour it. Make sure you spend it meaningfully.
- 7. GET A PLANT:** A plant is a gift that keeps on giving. Make sure you also tend to them.
- 8. DO YOUR CHORES:** Remember how Zayed Khan's character makes his mum happy by cutting his hair? Sometimes parents are just that easy to please. If they have been after you to get some things done – like organising your study table or closet – gift them a promise to get this done. And do it regularly to keep them happy.



CHRISTMAS' BEST-KEPT SWEET SECRETS

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CHRISTMAS PUDDING

Christmas pudding dates all the way back to medieval England. It was, however, initially created as a way to preserve meat and did not become a tasty dessert associated with the holiday season until the 1700s. Often times referred to as plum pudding, it may be surprising to discover that this dessert does not actually contain plums. In the pre-Victorian England, the world 'plum' was often used as a term for raisins, which are commonly found in this pudding.



GERMAN STOLLEN

Dresden is famous for its stollen – long loaves of sweetened bread with raisins and almonds galore. This rich yet flaky sweet bread comprises of wheat flour, yeast, dried fruits, candied citrus, and a lot of butter – about a 1:2 butter-to-flour ratio for a "heavy stollen." Just like Champagne, the label Dresdner Stollen is legally protected and can be applied only to stollen made in Dresden according to strict rules; each

SZALONCUKOR

During the Christmas season, it is impossible to miss szaloncukor in Hungary. This chocolate covered, fondant candy has become associated with the holidays. Traditionally, the brightly wrapped candies are hung as a decoration on Christmas trees. This tradition dates back to the 19th century and it is generally accepted custom that the children should eat all candies on the tree before the season is over.

and raisins are also typically present. This cake was originally brought to Chile by German immigrants and has since found itself a staple of Christmastime in Chile.

DANISH RISALAMANDÉ

In Denmark, families traditionally attended afternoon church services on December 24. After that comes the Christmas dinner, when the goose is put on the table, followed by the traditional rice pudding called risalamandé. Leftover rice pudding is mixed with whipped cream, sugar, vanilla, and chopped almonds, and then topped with a cherry sauce and served cold. A whole blanched almond may be hidden among several servings of the pudding, like the baby in a King Cake, and whoever finds it wins a small prize.



THE SEASON OF GIVING

There's something about the holiday season that moves many of us to give back to those less fortunate. Research has also proven that happiness is related to how much gratitude you show. A Chinese proverb says: "If you always give, you will always have." Here are some celebrity quotes to inspire you to give...

DOLLY PARTON, LEGEND

"I am from a poor family in the country, where people – including my dad – had to work to help feed the family instead of continuing with school. It was embarrassing for him not to be able to read and write. I wanted to make sure that all kids got the chance to read, so I developed Imagination Library, which sends new books to children under age 5 in communities in the United States, Canada, and Britain.

JAY LENO, TV HOST

"If you think of life as like a big pie, you can try to hold the whole pie and kill yourself trying to keep it, or you can slice it up and give some to the people around you, and you still have plenty left for yourself."

LUCY LIU, ACTOR

"A few years ago, I visited the African nation of Lesotho. I met a little girl who opened her hand and there was a nub of a pencil that she was holding on to for dear life. It's amazing how much they want to be

educated. Becoming a part of UNICEF has meant making contact with the other side of the world, and they are now part of my heart and my family. It's never just a memory. Even if people just contribute 10 cents, it all adds up."

OPRAH WINFREY, MEDIA MOGUL

"I choose to rise up out of that storm and see that in moments of desperation, fear and helplessness, each of us can be a rainbow of hope, doing what we can to extend ourselves

in kindness and grace to one another. And I know for sure that there is no them – there's only us."

TAYLOR SWIFT, SINGER

"No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind."

BILL GATES, HUMANITARIAN

"Is the rich world aware of how four billion of the six billion live? If we were aware, we'd want to help out, we'd want to get involved."

BEYONCÉ, SINGER

"We're all in this together. Each and every one of us can make a difference by giving back."



IMAGES: GETTY IMAGES

HEY FOLKS! I AM EXPLORIA. THERE ARE A NUMBER OF OLD WIVES' TALES, MYTHS AND MISCONCEPTIONS THAT WERE REFUTED YEARS AGO, BUT THEY STILL PERSIST IN THIS AGE OF REASON. TIME TO PUT AN END TO THEM ONCE AND FOR ALL

Albert Einstein FAILED MATH IN SCHOOL



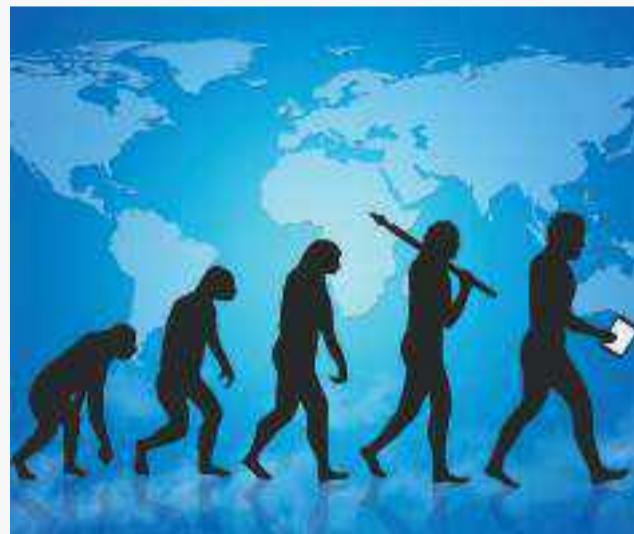
ILLUSTRATION: ARYA PRAHARAJ



It's an attractive excuse for students. Perhaps, you find maths tough right now, but all it requires is practice. Why pin the blame on the genius? While examples of late-bloomers are everywhere, Einstein certainly wasn't one. Right from the early years, he was excellent in math – as in all other subjects. The myth that he flunked in math may have originated from the fact that he took the entrance exam to the Zurich Polytechnic, and didn't qualify. But he was a couple of years away from graduating high school at that time, and wasn't fluent in French, the language the exam was conducted in. Also, he did pass the math section, but failed in language, botany and zoology sections apparently.

NEANDERTHALS WERE 'DUMB BRUTES' WHO DIDN'T MINGLE WITH HOMO SAPIENS

Evidence of Neanderthal cave art in Europe significantly predates similar paintings by Homo Sapiens. Our extinct cousins also crafted tools and ornaments out of stone and bone, made tar glue from birch bark that allowed them to attach wooden handles to stone tools, and cooked with fire (though they may have relied on lightning strikes to start the flames). Perhaps, this intelligence is what inspired early humans to mate with the Neanderthals and Denisovans, another early hominin species.



GOLDFISH CAN'T REMEMBER ANYTHING FOR LONGER THAN A SECOND

The goldfish have been wrongly maligned for years. They actually have a sharp memory. They can remember things for months, not seconds like many people assume.



HOMO SAPIENS FIRST EMERGED 200,000 YEARS AGO IN EAST AFRICA

Groups of Homo Sapiens may have evolved at the same time all over Africa, instead of one primary location, a 2018 paper had suggested. A skull discovered in 2017 by archaeologists also indicated the theory of evolution timespan as 300,000 years ago – further back from what is previously thought. Not all of these groups would have looked identical, but they may have been close enough to be considered Homo Sapiens. The groups would have interacted with one another and migrated across the continent. So instead of first emerging in one area in east or South Africa, and then spreading from there, distantly-related groups of humans may have emerged across the continent and could have become more similar over time.



THE TYRANNOSAURUS REX WAS A RUNNING, ROARING LIZARD LIKE THE ONE YOU SAW IN "JURASSIC PARK"

Though a terrifying predator, the "king of the dinosaurs" probably did not roar or sprint. The dinosaur's long stride could carry it as fast as 25 mph, but it never reached a suspended gait, since it always had at least one leg on the ground. A 2016 study suggested that instead of roaring, the T. rex probably cooed, hooted, and made deep-throated booming sounds like the modern-day emu.

ENRICO FERMI CREATED THE 'FERMI PARADOX' ABOUT THE EXISTENCE OF ALIENS

Physicist Enrico Fermi once famously asked "where is everybody?" after seeing a cartoon featuring a flying saucer in 1950. Many people believe Fermi's question – now known as the 'Fermi Paradox' – referred to the existence of aliens. If other intelligent life inevitably arises, the logic goes, why haven't we found any proof of it? But Fermi was actually questioning the feasibility of travel between stars – not the outright existence of aliens, which is something he reportedly never doubted. The 'Fermi Paradox' as we know it today does question alien existence, but it's not named after the people who actually advanced this concept. Those honours belong to astronomer Michael Hart and physicist Frank Tipler, who refined the idea in the 1970s and 1980s.



DIAMONDS COME FROM COAL

Over the years it has been said that diamonds formed from the metamorphism of coal. But, this is untrue. Diamonds and coal are both made from carbon, but most of Earth's diamonds are much older than its coal. Diamonds also form much deeper in the Earth's high-pressure mantle, via a process that has nothing to do with coal. Coal, meanwhile, is found in the Earth's crust.

NUKE AN ASTEROID TO SAVE EARTH

Nuking an asteroid would not vaporise the rock. Most asteroids are heaps of rubble to begin with, so a powerful blast would probably just break everything apart further. That's like turning a single bullet into a shotgun blast – not a good idea if you're trying to save the planet.



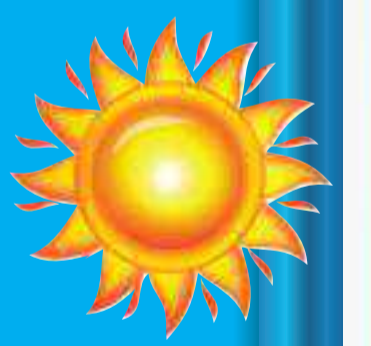
THERE ARE ONLY 3 PHASES OF MATTER: SOLID, LIQUID AND GAS

You forgot a big one: Plasma. It's easy to assume solids are the most abundant form of matter in the cosmos, since we all live on a giant rock. But plasma is actually far more abundant; stars, including the Sun, are gigantic orbs of glowing plasma. There are other sub-phases of matter, but solid, liquid, gas and plasma are the main ones.



SUMMER IS WARM BECAUSE THE EARTH IS CLOSER TO THE SUN

When it is summer in the Northern Hemisphere, the Earth is not closer to the Sun. In fact, it's quite the opposite. The planet is at its farthest point from the Sun during the summer. It is warmer during the summer because the Earth is tilted. While orbiting, our home planet's tilt allows the Sun's energy to hit us directly.



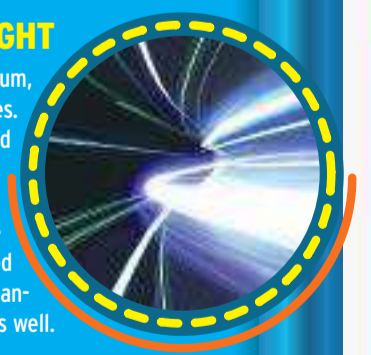
THE ASTEROID BELT IS DANGEROUS

Movie scenes of spaceships flying through a dense field of tumbling, colliding rocks are not realistic. The Asteroid Belt – a zone 200 to 300 million miles from the sun – is an incredibly lonely and desolate void. In fact, if you pulled all the asteroids in that belt together, they'd only weigh about 4% of the mass of Earth's moon. That's why NASA gets really excited when it catches even one asteroid colliding with another.



NOTHING MOVES FASTER THAN LIGHT

Light moves at 299,792,458 metres per second in a vacuum, but it slows down when it travels through various substances. For example, light moves 25% slower through water and 59% slower through diamond. Electrons, neutrons or neutrinos can outpace photons of light in such media – though they have to release energy as radiation when they do. The expanding fabric of space also once exceeded lightspeed during the Big Bang, and physicists think wormholes and quantum entanglement might defy the rule as well.



SHARKS CAN SMELL A DROP OF BLOOD FROM MILES AWAY

Sharks have a highly-enlarged brain to smell odours, allowing them to detect as little as 1 part blood per 10 billion parts water – roughly a drop in an Olympic-size swimming pool. On a very good day when the currents are favourable, a shark can smell its prey from a few football fields away.



Those familiar feel-good films..

December is the month to re-watch movies that engulf us in a warm cocoon of cozy comfort. Start with these, then move on to your personal favourites



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wind blows, who doesn't like a cuppa under the blankets and watch a few movies that make us feel everything is going to be alright...

For this week, we'll talk about three films directed by Garry Marshall, with an ensemble cast, that are easy to re-watch and gets us all into the mood for some hygge (Nordic concept of cozy comfort), and makes us smile long after the film's over.

VALENTINE'S DAY (2010)

In a series of interconnected stories, various Los Angeles residents go through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames.

The ensemble cast: Julia Roberts, Bradley Cooper, Ashton Kutcher, Taylor Swift, Anne Hathaway, Jennifer Garner, Jessica Biel, Jamie Foxx, Emma Roberts, Shirley MacLaine, Patrick Dempsey, Kathy Bates, Eric Dane, Hector Elizondo...

NEW YEAR'S EVE (2011)

Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on New Year's eve. A rock star and his ex-lover clash at an exclusive party; a singer becomes stranded with a killjoy on the way to a New Year's gig; a nurse stays with a dying patient as he tries to hang on long enough to see the ball drop in Times Square one last time.

MOTHER'S DAY (2016)

A stressed-out, single mom learns her ex-husband is marrying a younger woman. Her friend, Jesse, is a fitness freak who hasn't

HONORARY MENTION: LOVE ACTUALLY

This 2003 Christmas movie, directed by British filmmaker Richard Curtis, is a cult classic. More so around Christmas, 'Love Actually' too has an ensemble cast with nine intertwined stories, where people examine the complexities of love.

The ensemble cast: Hugh

Grant, Liam Neeson, Martin Freeman, Keira Knightley, Laura Linney, Alan Rickman, Emma Thompson, Andrew Lincoln, Colin Firth, Bill Nighy, Rowan Atkinson, Thomas Brodie-Sangster, Chiwetel Ejiofor, Martine McCutcheon, Lucia Moniz, January Jones, Claudia Schiffer, Denise Richards...



told her parents that she has a family. A widower is trying to raise two daughters on his own. And a TV celebrity is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning.

The ensemble cast: Julia Roberts, Jennifer Aniston, Kate Hudson, Jason Sudeikis, Timothy Olyphant, Hector Elizondo, Shay Mitchell, Jennifer Garner...

It's that time of the year when we go back to feel-good movies. No matter how many times we've watched them, December gets us into the

Ensemble cast definition
An ensemble is a group of musicians, actors, or dancers who regularly perform together. In a movie, it comprises celebrated stars coming together for one movie

mood of re-watching films that engulf us in a cocoon of familiar happiness.

Perhaps, this year, we have gone back to "that familiar feeling" with books and movies far more as everything else in and around our lives have been uncertain. But in December, when the North

MUSIC QUIZ: JOHN LENNON

Forty years after his assassination, music legend and Beatles front man John Lennon's popularity has only grown exponentially. Let's get to know him a bit better

- 1 John Lennon was born on 9 October 1940, during an air raid on Liverpool. His parents gave him the middle name Winston as a patriotic move.
- 2 Lennon has also recorded under the name Dr Winston O'Boogie, the Reverend Fred Gurkin, Fred Zimmerman, Johnny Rhythm and Mel Tormont.
- 3 John first published his writing in a home made magazine called 'The Daily Howl'. Lennon wrote two books of poetry and stories: 'In His Own Write' and 'A Spaniard In The Works'.
- 4 His first band was The Quarrymen, who started life as a skiffle (influenced by Blues, jazz) group at Quarry Bank School in Liverpool. He's also been in The Silver Beetles, Johnny And The Moondogs, The Plastic Ono Band and The Dirty Mac (with Keith Richards).
- 5 Lennon didn't pass his driving test until he was 25. He didn't drive much even after that, most famously crashing his white Mini on a trip to Scotland in 1969.
- 6 John met Paul McCartney at a church fete in Woolton on 6 July 1957. Following the Beatles' split, he referred to Paul as "an old estranged fiancé of mine".



7 Lennon was very short sighted, but embarrassed to wear his glasses. He wore contact lenses during most of his time in The Beatles.

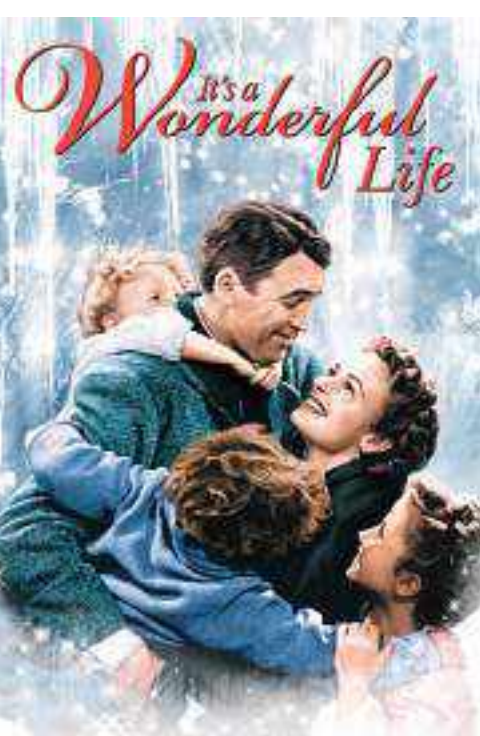
8 Following his arrival in New York in 1971, the FBI opened a file on Lennon, suspecting him of trying to influence the nation's youth with radical politics. The extent of their surveillance wasn't discovered until the 1990s.

— Source: radiiox.co.uk

Why everyone must watch 'IT'S A WONDERFUL LIFE'

This black and white Hollywood classic will always be a gem because of a simple message: We don't really understand the true meaning of hope unless we've seen despair, up, close and personal. Legendary film critic, the late Roger Ebert, had written about the film: "What is remarkable about 'It's a Wonderful Life' is how well it holds up over the years; it's one of those ageless movies... that improves with age. Some movies, even good ones, should only be seen once. When we know how they turn out, they've surrendered their mystery and appeal. Other movies can be viewed an indefinite number of times. Like great music, they improve with familiarity. 'It's a Wonderful Life' falls in the second category."

The story: Frank Capra's 1946 Christmas classic is the story of a man named George Bailey, who has so many problems that he is thinking about ending it all – and it's Christmas. As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, somehow, he ends up rescuing his guardian angel, Clarence. He then shows George what his town would have looked like if it hadn't been for all his good deeds over the years.



X-MAS TERMS YOU DIDN'T KNOW EXISTED

- HOGAMADOG:** A huge ball of snow built up by rolling a small ball of snow around a snowfield.
- BELLY-CHEER:** To indulge in belly-cheer; feast; revel.
- YULE-HOLE:** The loosest notch on your belt, reserved for Christmas feasting and belly-cheer.
- KEDGE-GUTTED:** Made to feel sick through overeating.
- MOBLE:** To wrap or muffle the head of (as in a hood)
- ICE-LEGS:** The ability to keep one's balance while walking or skating on ice
- OBLATION:** A gift presented or offered to God.
- NINGUID:** Derived from Latin, it means a snow-covered landscape.
- YULESHARD:** If you've left a lot of work to be on Christmas night, you are a Yuleshard.
- XENIUM:** A gift given to the house-guest or host on Christmas.
- SCURRYFUNGE:** To hastily tidy a house before company arrives.
- LUCKY-BIRD:** The first person across the threshold of your home on New Year's morning is the lucky-bird.

THREE REASONS WE'LL MISS JOHN LE CARRÉ

John le Carré, who died aged 89, penned 25 novels over a literary career dating back to 1961, selling some 60 million copies worldwide. Here's why he was one of the world's most favourite authors

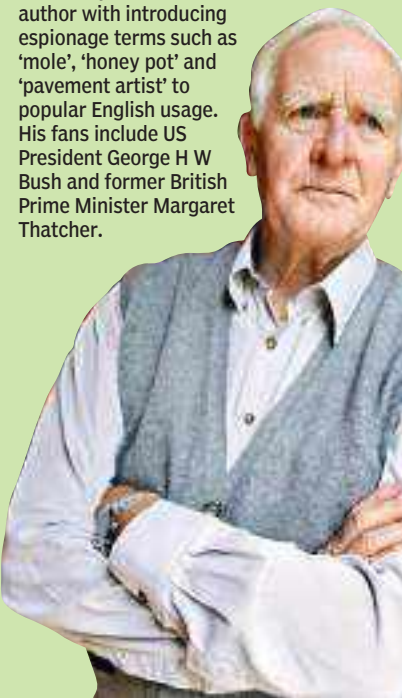


Still from 'The Spy Who Came in From the Cold'

He changed the way Cold War thrillers were written: By showing treachery at the heart of MI6 Secret Intelligence Service, aka, British intelligence, Carré's spy novels highlighted the moral ambiguities that played a big part in the battle between the Soviet Union and the West. For example, his 1965 novel 'A Looking Glass War' was a hit because there were no heroes in the book. In another bestseller 'The Spy Who Came in from the Cold' a British spy was sacrificed for an ex-Nazi turned-Communist, who was a British mole.

He showed us that not all spies were Bond: Before Le Carré came along, the portrayal of the modern British spy in fiction was modelled after author Ian Fleming's James Bond – suave, urbane, devoted to country. But Le Carré's protagonists – most notably, George Smiley – were lonely, disillusioned men whose work is driven by budget troubles and bureaucratic power plays. Though brilliant, Carré's characters were plump, ill-dressed and unafraid to use cunning or manipulation get the work done.

A brilliant wordsmith: The 'Oxford English Dictionary' has credited the author with introducing espionage terms such as 'mole', 'honey pot' and 'pavement artist' to popular English usage. His fans include US President George H W Bush and former British Prime Minister Margaret Thatcher.



"Intelligence work has one moral law – it is justified by results."
— 'The Spy Who Came in from the Cold' (1963)

"The more identities a man has, the more they express the person they conceal."
— 'Tinker Tailor Soldier Spy' (1974)

"A desk is a dangerous place from which to watch the world."
— 'The Honourable Schoolboy' (1977)

I SPY WITH MY LITTLE EYE

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All bookworms are unique. While some prefer wands, wizards and magic schools, there are others who relate to spies, secret intelligence agencies, and solving real-world problems. Spy fiction is a genre that can easily appeal to the intriguing bookworm at your home.

WHY SPY FICTION?

According to the Wikipedia page on the genre, espionage is an "important context or plot device" in spy fiction. Having emerged in the early twentieth century, spy fiction was a natural consequence of the rivalries and intrigues between the major powers, and the establishment of modern intelligence agencies. As a result the genre is anchored in elements of adventure,

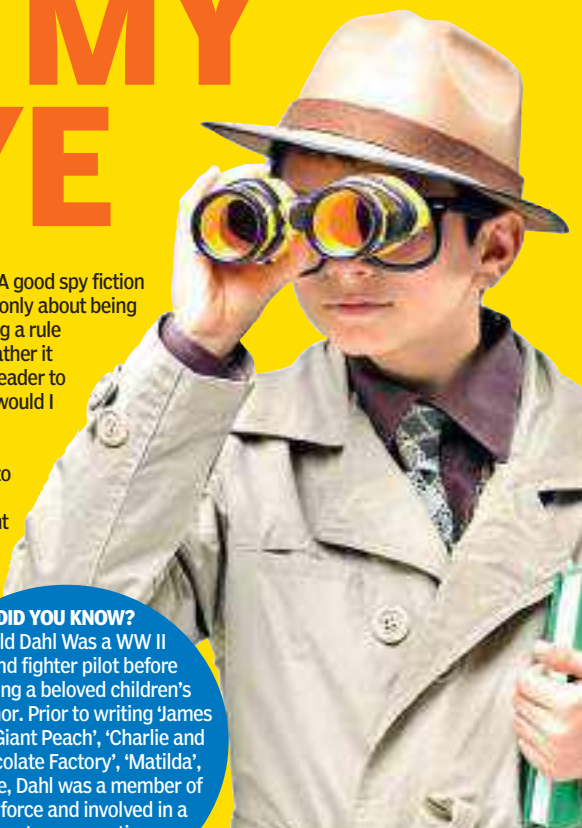
intriguing story lines and stellar sleuthing. Over the years the genre has evolved with authors penning sleuthing adventures for a younger audience. For example English author Robert Muchamore's 'CHERUB' series about a (fictional) division of the British Security Service that employs children as intelligence agents, was a huge hit.

ETHICAL EXPLORATION

Another reason spy fiction is a great genre is because it explores the grey areas of issues; packs a strong moral message and presents realistic dilemmas. For example, in Anthony Horowitz's 'Alex Rider' series, the protagonist Alex, would rather be a normal kid who does homework instead of being an exhausted teen super-spy tasked with saving the world. One of the books in the 'CHERUB' series explores the rights, wrongs and grey areas of violent environmental campaigners versus

capitalists. A good spy fiction work is not only about being cool or being a rule breaker... rather it forces the reader to ask "What would I do?" and to respond personally to questions with no right or wrong answers.

DID YOU KNOW?
Roald Dahl was a WW II spy and fighter pilot before becoming a beloved children's book author. Prior to writing 'James and the Giant Peach', 'Charlie and the Chocolate Factory', 'Matilda', and more, Dahl was a member of the air force and involved in a covert spy operation



IVE BOOKS TO GET YOU STARTED

1 THE SPY SCHOOL SERIES by Stuart Gibbs is about Ben Ripley, who really wants to be a CIA agent, then finds out that his school is actually a secret CIA training academy.

2 THE DOUBLCROSS: AND OTHER SKILLS I LEARNED AS A SUPERSPY by Jackson Pearce: Born to super spy parents, 12-year-old Hale is having difficulty passing the physical portion of the test to become a secret agent as compared to his super agile sister. Together they find out

that their agency may not as "good" as it pretends to be.

3 ALEX RIDER SERIES by Anthony Horowitz: A fantastic series featuring a teen James Bond type of spy. In the debut novel, 'Stormbreaker', Alex is recruited to find his uncle's killers, and the adventure begins.

4 HARRIET THE SPY by Louise Fitzhugh: This classic spy novel is about a girl who goes on a mission when she finds out her journal is stolen and her peers learn the unflattering things she wrote about them!

5 THE REAL SPY'S GUIDE TO BECOMING A SPY by Peter Earnest and Suzanne Harper: This manual was written by a real life former CIA operative and is full of goodies for aspiring spies.



BULL'S EYE

From Hawkeye to Katniss Everdeen to Green Arrow, archery has landed in the bull's-eye of pop culture. Though it may seem easy, archery requires precision, control, focus and determination. If you are curious about this exciting sport, keep reading

HISTORY

Archery is an ancient sport that has evolved a number of variations in format. It was first included in the Olympic Games in 1900. It was also featured on the programme in 1904, 1908 and 1920, before a hiatus until 1972 when it returned. It has remained on the Olympic Programme ever since, with competition in men's and women's individual and team recurve archery.

Target archery

Target archery is the most popular and recognisable modern archery discipline thanks to its inclusion in the Olympic Games. It takes place both indoors and outdoors, at distances of up to 90 metres, using the well-known gold, red, blue, black and white target faces. The sport of target archery combines skills of strength, precision. Target archery is practised in clubs in over 150 countries around the world and is a fast growing sport.

RECURVE BOWS

Recurve bows are the only kind of bow allowed in the Olympics. The recurve bow is the modern evolution of traditional bows that have been used around the world for thousands of years. The limbs curve away from the archer at the top, giving the "recurve" its name. Recurve bows consist of a riser and two limbs that curve back away from the archer, linked by a bowstring that is drawn with the fingers.

There have been pushes to allow **compound bows** in the Olympics, but none have been successful. The compound bow is probably archery's greatest technological advancement. It wasn't until the 1960s that the compound bow was born. A compound bow uses a levering system — usually of cables and pulleys — to bend the limbs.

TARGET

The object of archery is simple: to shoot arrows as close to the centre of a target as possible. Olympic archery targets are 122cm in diameter with a series of ten concentric scoring rings, separated into five colours. The inner colour, the gold, scores ten or nine points. (The 'ten' measures just 12.2cm in diameter — about the size of an apple). Archers shoot at the target from a distance of 70m — which is the wingspan of two medium-range planes sat side-by-side. The highest score for a single arrow is 10 for hitting the inner gold ring, while the least (for hitting the outer white ring) is one point.

ARCHERY - EQUIPMENT

The basic equipment required for archery in Olympic Games are as follows -

Armguard: A guard for protecting the arm from bowstring when the arrow is being released.

Arrow: Arrows have maximum diameter of 9.3mm, although most arrows around 5.5mm were used for a faster flight and a lower wind drift.

Bow: The draw weight of the bow for men should be around 22kg. For women, it's around 17kg.

Bowstring: It is used for the bow. Mostly, the string is made of high-tech polythene which is generally stronger than steel.

Chest guard: Plastic or leather is preferred, to put clothes away from the bowstring while releasing it.

Shooting glove or finger tab: Leather cloth for protecting finger while releasing the arrow.

Fletching: To fly straight, a feather type material is put at the end of each arrow.

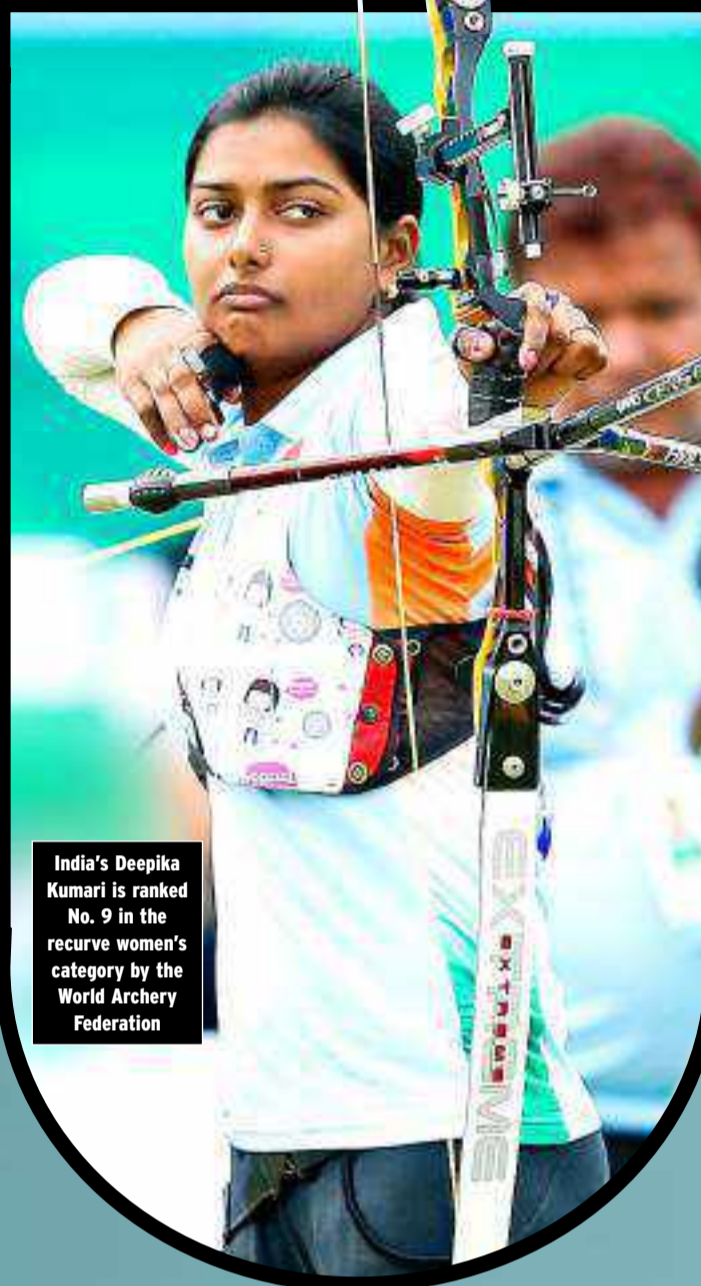
Handle or hand grip: The bow handle.

Quiver: A container worn around the waist for holding the arrows.

Nock: The rear end of an arrow is attached with a plastic holder that keeps the bowstring in its position.

Sight: A machine placed on the bow that aids the archer's aim. Other name is bow sight.

Stabiliser: Weight on the bow mounted to stabilise it during and after the shot.



India's Deepika Kumari is ranked No. 9 in the recurve women's category by the World Archery Federation

PARTICIPATING COUNTRIES

South Korea's archers have won 39 Olympic medals, 23 of which are gold, and they've won every women's (recurve) event since women's archery joined the Olympics in 1988 at Seoul. The countries having at least one Olympics medal in archery are: South Korea, United States, Belgium, France, Great Britain, Italy, China, former Soviet Union, Finland, Ukraine, Australia, Netherlands, Spain, Japan, Sweden, Chinese Taipei, Germany, Mexico, Poland, Indonesia and Russia.

TOP RANKED PLAYERS- WOMEN

1. Kang Chae-young (South Korea)
2. Tan Ya-ting (Chinese Taipei)
3. Zheng Yichai (China)
4. Sugimoto Tomomi (Japan)
5. An San (South Korea)

TOP RANKED PLAYERS- MEN

1. Brady Ellison (USA)
2. Lee Woo Seok (South Korea)
3. Kim Woojin (South Korea)
4. Mauro Nespoli (Italy)
5. Mete Gazoz (Turkey)

Source: World Archery Federation



Brady Ellison

INDIVIDUAL COMPETITION

▶ Athletes shoot 72 arrows, in ends of six, in a ranking round. The athletes' total scores are used to rank the athletes from one to 64 and give each a seeding for the knock-out brackets.

▶ Individual elimination matches see two athletes shoot against one another. The loser leaves the competition and the winner advances to the next phase. The phases progress until two athletes remain to contest the gold medal final. The two semifinal losers compete for the bronze medal.

▶ Individual matches are decided using the set system. Each set consists of three arrows. The athlete with the highest score in the set — the total of their three arrows — receives two set points. If the athletes are tied, each receives one set point.

▶ The first athlete to six set points wins the match.

TEAM COMPETITION

▶ Each team consists of three athletes of the same gender and from the same nation.

▶ The combined ranking round score of the three athletes in a team is used to rank the teams from one to 12 and give a seeding for the knock-out brackets, which progress like the individual competition.

▶ Team matches are also decided using the set system, but each set consists of six arrows, rather than three. The team with the highest score in the set — the total of the six arrows — receives two set points. If the teams are tied, each receives one set point.

▶ The first team to five set points wins the match.

ARCHERY TERMS

End- A round of arrows shot during an archery event before the competition round. Competitors are not allowed to shoot more than six arrows.

Anchor point: A stable spot of the bowstring arm (on jaw/cheek) while taking aim.

Home: An arrow is said to be home when it is completely drawn and all set to be shot.

Holding: To maintain the bow and arrow in a constant position after the arrow has been drawn fully, just before releasing it.

Nocking: The procedure of setting up the arrow on bowstrings while preparing to shoot.

Nocking Point: A point on the bowstring where the arrows are

constantly nocked.

Release: To shoot the arrow from the bow at full draw.

Drawing: To pull the cord that is fastened to the bow.

Drawing fingers: The fingers that are used while dragging a bow. Most typically, the first three fingers.

Draw length: The distance between the front of riser and the bowstring in the shooter's fingers while at full draw.

Hand shock: The tremor that is felt in the drawing hand while releasing an arrow from the bow.

Bull's eye: The nucleus of the target or the point which carries the highest score points.



Kang Chae-young

Source: worldarchery.org, agencies



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

► What are the BIG five personality traits? We tell you... **PAGE 2**



► Parenting guide: Modern day mistakes you are making with your teen, and how to deal with it **PAGE 3**



► Top 3 Champion League matches to watch out for in round of 16 **PAGE 4**



STUDENT EDITION

FRIDAY, DECEMBER 18, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

KYLIE JENNER tops the list of Forbes' 2020 HIGHEST-PAID CELEBRITIES



American media personality and reality TV star **Kylie Jenner** has been crowned the highest-paid celebrity of 2020 by Forbes. The top-earning stars in the world earned a combined of \$ 6.1 billion in 2020, with Kylie Jenner and Kanye West at the top of the list. Kylie is worth \$590 million after she sold a majority of her beauty brand's stake to Coty Inc. Ranked at No 2, on the list is American rapper and record producer Kanye West (\$170 million), who is also coincidentally Kylie's brother-in-law. The aspiring politician has his Adidas partnership to thank for this hefty payday.

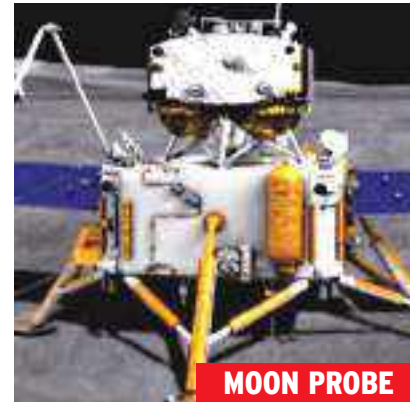
- Swiss tennis star **Roger Federer** topped the list among the sports personalities, leaving behind the football greats Cristiano Ronaldo and Lionel Messi, who swapped the top spot in three of the four previous years. Federer ranked third on the list of the highest-paid celebrities, behind Kylie Jenner and rapper Kanye West, respectively
- The 20-time grand slam winner **Federer** earned a total of **\$106.3 million**, thanks to the best endorsement portfolio in sports with brands like Uniqlo, Credit Suisse

- Ronaldo** edged past Messi with **\$105 million** annual earnings having partnered with Nike, Herbalife, Altice and his own CR7 brand. **Messi** holds the third spot among the athletes and fifth overall with annual earnings of \$104 million
- Brazilian footballer **Neymar** was ranked seventh on the list, with earnings of \$95.5 million



China brings MOON ROCKS to Earth

A Chinese lunar capsule returned to the Earth on Thursday with the first fresh samples of rock and debris from the Moon in more than 40 years. Two of the Chang'e 5's four modules set down on the Moon on Dec 1 and collected about 2 kilograms of samples by scooping them from the surface and drilling 2 metres into the Moon's crust. The samples were deposited in a sealed container that was carried back to the return module by an ascent vehicle.



The spacecraft's return marked the first time scientists have obtained fresh samples of lunar rocks since the former Soviet Union's Luna 24 robot probe in 1976

THE SIGNIFICANCE

► The newly-collected rocks are thought to be billions of years younger than those obtained earlier by the US and former Soviet Union, offering new insights into the history of the Moon and other bodies in the solar system. They have been collected from a part of the Moon, known as the Oceanus Procellarum, or the Ocean of Storms, near a site called the Mons Rumker that was believed to have been volcanic in ancient times ► The lunar samples will be analysed for age and composition, and are expected to be shared with other countries



In 2003, China became the third country to send an astronaut into orbit on its own, after the erstwhile Soviet Union and US

Spotlight

SONU SOOD, SHRADDHA KAPOOR NAMED HOTTEST VEGETARIANS OF 2020 BY PETA INDIA

Actors **Sonu Sood** and **Shraddha Kapoor** are PETA India's Hottest Vegetarians for 2020. "Sonu Sood and Shraddha Kapoor are helping to change the world every time they sit down to eat," says Sachin Bangera, director, celebrity and public relations, PETA India.



Sonu has appeared in a pro-vegetarian PETA India print campaign, participated in the group's 'Hug a Vegetarian' Day, and supported a social media appeal to push McDonald's to add a McVegan burger to its menu. He also rescued an injured pigeon while playing cricket with his son

FB TO DIRECTLY ALERT USERS WHO SHARE, COMMENT ON FAKE COVID POSTS

In its bid to fight the spread of Covid-19 related misinformation on its platform, Facebook will now send notifications directly to the users who like, share or comment on such posts.

TECH BUZZ



- The company will now send notifications to anyone who has liked, commented, or shared a piece of Covid-19 misinformation that's been taken down for violating the platform's terms of service
- The notification will read, "We removed a post you liked, which had false, potentially-harmful information about Covid-19"
- The company will then connect users with trustworthy sources, in an effort to correct the record
- If a user interacts with a fake post that has been removed, Facebook will send a notification to the user telling him/her that the post was taken down
- If a user clicks the notification, he/she will be taken to a landing page with a screenshot of the post and a short explanation for why it was removed
- It will also offer follow up actions, like the option to unsubscribe from the group that originally posted the false information or to "see facts" about Covid-19

As part of its effort to reduce the spread of "vaccine hoaxes" on its platform, Facebook had said last month that it will no longer allow advertisements that include misinformation about vaccines

UNIQUE 'CLIMATE REFUGE' FOR CORAL DISCOVERED OFF COAST OF EAST AFRICA

Scientists in east Africa have discovered a rare ocean refuge for coral, where species are still thriving despite the accelerating climate crisis impacting other nearby reefs.

ENVIRONMENT



► The newly-discovered reef complex is located in a rare "ocean cool spot", which researchers believe is helping to protect the large populations of corals and marine mammals from the devastating impact of warming sea temperatures

► The stronghold, in the Indian Ocean off the coasts of Tanzania and Kenya, teems with life and is described as a "jewel of biodiversity" by researchers

► According to the researchers, local geology, and in particular Mount Kilimanjaro – a vast dormant volcano 5,895 metres high – is responsible for creating unique oceanic conditions for such corals

ENTERTAINMENT

ABHISHEK CHAUBEY TO DIRECT MAJOR DHYAN CHAND BIOPIC

Director **Abhishek Chaubey** will be directing the biopic on legendary hockey player **Major Dhyan Chand** for Ronnie Screwvala's RSVP Movies, the makers have announced. Titled 'Dhyanchand', the film, which will be produced by RSVP in collaboration with Blue Monkey Films, will go on floors next year. It will be released countrywide in 2022.

Dhyan Chand, regarded as the greatest player in the history of hockey, earned three Olympic gold medals – in 1928 (Amsterdam), 1932 (Los Angeles) and 1936 (Berlin) for India



Quarter of world may not get Covid vax until 2022: Study

In a significant study, researchers have revealed that nearly a quarter of the world's population may not have access to a Covid-19 vaccine until at least 2022. The findings suggest that the operational challenges of the global Covid-19 vaccination programme will be as difficult as the scientific challenges associated with their development.

CORONA UPDATE



► By November 15, 2020, several countries had reserved a total of 7.48 billion doses, or 3.76 billion courses from 13 manufacturers, out of 48 Covid-19 vaccine candidates in clinical trials

► However, according to the authors of the study, just over half (51 per cent) of these doses will go to high-income countries, which represent 14 per cent of the world's population

► Low- and middle-income countries will potentially have the remainder, despite these countries comprising

more than 85 per cent of the world's population, they added ► Up to 40 per cent of the vaccine courses from these vaccine manufacturers might potentially remain for low- and middle-income countries

► However, this will depend, in part, on how high-income countries share what they procure and whether US and Russia participate in globally-coordinated efforts

TOKYO OLYMPIC TORCH RELAY TO START IN 100 DAYS



SPORTS

The torch relay for the Tokyo Olympic Games will begin on March 25, 2021, almost along the same route set before the Games was postponed due to Covid-19 pandemic.

► The relay's start point will still be the J-Village National Training Centre in Fukushima ► The flame, lit in Olympia of Greece in March, will travel 121 days through 859 municipalities across all 47 prefectures, before it arrives at the Olympic Stadium in Tokyo on July 23 when the Games opens

► About 10,000 torchbearers will take part in the event

► To mark the 100-day countdown until the start of the relay, a special illumination of the Tokyo SkyTree will take place to see the landmark light up in Sakura and Gold - the colours of the Tokyo 2020 Olympic Torch

POPULAR 'AMONG US' GAME ARRIVES ON NINTENDO SWITCH

Japanese gaming giant Nintendo has announced that the mystery-party-action game, 'Among Us', is coming to the Switch.

The game picked up the award for the best multiplayer title of the year during this year's Game Awards. 'Among Us' was also the most-downloaded mobile game globally in November 2020, according to data from Sensor Tower: The game clocked 53.2 million installs, which represented a 50 times increase from November 2019.

GAMING ZONE



'Among Us' game is priced at \$5, and is available for download from the Nintendo Switch eShop

'WATER ON MARS NOT AS WIDESPREAD AS PREVIOUSLY THOUGHT'

SCIENCE

Researchers have revealed that water on Mars in the form of brines may not be as widespread as previously thought.

According to the study, brines are mixtures of water and salts that are more resistant to boiling, freezing and evaporation than pure water. Finding them has implications, as scientists will look for past or present life on Mars and the place from where humans, who eventually travel to the planet, could look for water





THE BASIC DIMENSIONS OF PERSONALITY: THERE ARE FIVE KEY OR CENTRAL DIMENSIONS OF PERSONALITY. THESE ARE SOMETIMES LABELLED THE BIG FIVE

THE BIG 5 PERSONALITY TRAITS

OBJECTIVE: TO LEARN CONCEPTS OF ROBERT MCRAE AND PAUL COSTA'S FIVE FACTOR THEORY OF PERSONALITY.

1. OPENNESS

2. CONSCIENTIOUSNESS

3. EXTRAVERSION

4. AGREEABLENESS

5. NEUROTICISM



TRAITS OF OPENNESS

- Very creative
- Open to trying new things
- Focused on tackling new challenges
- Happy to think about abstract concepts



CONSCIENTIOUSNESS

- Spends time in preparation
- Finishes important tasks right away
- Pays attention to detail
- Enjoys having a set schedule



AGREEABLENESS

- Has a great deal of interest in other people
- Cares about others
- Feels empathy and concern for other people
- Enjoys helping and contributing to the happiness of other people
- Assists others who are in need of help



EXTRAVERSION

- Enjoys being the centre of attention
- Likes to start conversations
- Enjoys meeting new people
- Has a wide social circle of friends and acquaintances
- Finds it easy to make new friends
- Feels energised when around other people
- Say things before thinking about them



NEUROTICISM

- Experiences a lot of stress
- Worries about many different things
- Gets upset easily
- Experiences dramatic shifts in mood
- Feels anxious
- Struggles to bounce back after stressful events



HOW DO THEY DEVELOP Genetic and environmental reasons- 123 pairs of identical twins and 127 pairs of fraternal twins. The findings suggested that the heritability of each trait was

53% for extraversion,
41% for agreeableness,
44% for conscientiousness,
41% for neuroticism, and
61% for openness.

Pic: Getty Images (Pic used for illustrative purpose only)

ISC class XII Psychology

1. NAME THE TWO PSYCHOLOGISTS WHO GAVE THE BIG 5.
2. MENTION THE SHORTEST WAY TO REMEMBER WHAT THE BIG 5 STANDS FOR.
3. PUT THE FOLLOWING TRAITS UNDER EACH OF THE PERSONALITY DIMENSION
 - a) Feels empathy and concern for others
 - b) Experiences dramatic shifts in mood
 - c) Enjoys meeting new people
 - d) Finishes important tasks right away
 - e) Open to new way of tackling things

Quiz

RATE YOURSELF ON A SCALE OF 1 - 5
with (1- Strongly disagree, 2 - disagree, 3 not sure, 4 - Agree, 5 - Strongly agree)

- | | |
|---|-------------------------------------|
| 1. I am reserved | 6. I am outgoing and social |
| 2. I am generally trusting | 7. I tend to find fault with others |
| 3. I tend to be lazy | 8. I do a thorough job |
| 4. I am relaxed and handle stress well? | 9. I get nervous easily |
| 5. I have few artistic talents | 10. I have an active imagination |

Based on your answers you can have a general idea of in which dimension you could belong.

Charlotte Raj, Psychology Teacher & Counsellor, The Hyderabad Public School, Begumpet, Hyderabad



PLAN IT OUT, PRIORITISE AND LEARN

Kavya Nair from Rajashree SM Memorial School, Aluva, Ernakulam, passed AISSCE 2019-20 with 97.4 per cent, and cleared NEET in her first attempt. She shares her study plan with Times NIE



• Time management is of utmost importance. We must learn to prioritise and allot more time to difficult concepts and subjects.

• All tend to take class XI lightly as there's no Board examination. But remember, it is the best time to focus on entrance studies.

• Prioritise the subjects which need extra studying. For instance, if you wish to appear for medical entrance, focus on Biology, Physics and Chemistry.

• Those preparing for JEE should give importance to Maths, Physics and Chemistry.

• In class XII, the pressure of Boards can cause stress. It is best to devote one day of the week to solving entrance questions. As they are MCQs, it would help strengthen concepts for Board exams.

• I used to devote my Sundays for entrance and other days for school-work. If there are class tests or practical submissions to be done on Monday, it is better to complete the work on Saturday and peacefully devote Sunday for entrance preparations.



• Prioritise subjects in class XII. I found Mathematics difficult but did not spend much time on it till December. In December, I set aside my entrance preparations and focused on practicing Maths.

• After one or two models we can gauge where we stand and the subjects that need more attention. Work out as many question papers as possible

• If there are topics which are not included for the Boards, but included for entrance, don't bother about them till the Boards are over.

• You can always view videos on Youtube or request teachers to explain those few extra topics.

• Try to keep a balance, don't let yourself be stressed out, take breaks when stress builds up.

• Last but not the least, it is equally important to enjoy the last two years of school life. Take part in all the celebrations and events organised at regular intervals as they help you to relax and enjoy -- making memories we can cherish forever.

MASTERING COMPREHENSION

IN THE ISC CLASS XII LANGUAGE PAPER, BESIDES THE ESSAY AND REPORT WRITING AND FORMAL GRAMMAR QUESTIONS THERE IS A QUESTION ON COMPREHENSION. HERE ARE SOME TIPS TO GUIDE YOU ON HOW TO GO ABOUT ANSWERING THIS SECTION..

Comprehension means understanding. It is a very useful exercise to develop one's power of understanding the meaning of a passage one hasn't read before. The understanding is tested by a set of questions based on the unseen passage, which have to be answered.

Points to keep in mind when answering Comprehension questions:

- Read the **passage** carefully so that you have a firm grasp on its meaning.
- Read the **questions** carefully so that you have grasped what is being asked.
- Find out in which part of the passage the **answer** lies.
- Answers should be **to the point**. Don't give more or less than what is asked for.
- Try to write answers in **your own words**.
- **Don't use colloquial** or telegraphic language.

Besides the questions to check your understanding of the passage there is a

question to test your vocabulary.

This is in two parts, in one part you are asked the 'meaning' question in a different way, here you are given a word or a phrase and then asked to find the word in the passage that is similar in meaning.

There is another part to this question, you are given words from the passage which you then have to use in sentences of your own. There is however, a slight twist. You have to use the word given, unchanged in form, but with a different meaning from that which it is used in the passage.

[Example: Suppose in our passage we have this sentence-"It was a hot day and to keep cool she stood in the shade." Usually the words given are in bold letters. Now we need to make a sentence with the word 'shade' but with a different meaning from that which it is used in the passage. We need therefore, to first know what the word 'shade' means in the passage-it means 'comparative darkness or coolness caused by shelter from direct sunlight.' Now we need to see what the other meanings for

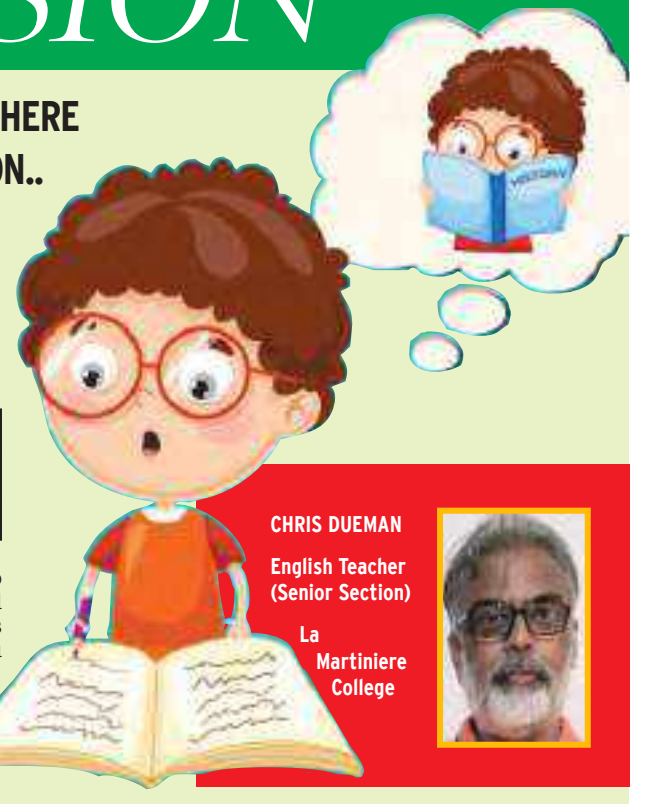
the word 'shade' are. Let's see....shade also means how dark or light a colour is, to screen one's self from direct light, to darken or colour an illustration by filling it in with pencil. Now that we have the various meanings for 'shade' we need to also be careful of another part of the instruction given... 'unchanged in form,' this implies that we have to use the word in the exact same manner that it is used in the passage.

The word here is used in its basic form 'shade' so we can't use 'shades'...the plural form or 'shaded'...the past participle form or any other form either. We can therefore, make the following sentence...."His car was of a darker shade of blue than mine." As a practice you may make sentences using the other two meanings of the word.]

There is a third part to the comprehension question, which requires you to summarise a part of the passage in 100 words. The best way to do this is to identify that part of the passage and mark the relevant points by either underlining

them or by any other means that you are comfortable with. You need to remember that any figures of speech, comparisons or examples used by the writer are all superfluous and need to be removed. You next need to see if you could substitute words with a single word. Then make a grid, (as shown below)

This helps to prevent you from having to count and recount the words. Place each word in a box, you need to have 100 such boxes as your summary needs to be of 100 words. You may need to add or subtract words till you get the required number. You also need to make sure that your summary makes sense and has fulfilled the demands of the question. Hope this is of help, all the best.



CHRIS DUEMAN
English Teacher (Senior Section)
La Martiniere College



Handy Parenting Guide

MODERN-DAY MISTAKES YOU ARE MAKING WITH YOUR TEEN!

Parenting teenagers can be hard

Parenting mini-adults can be really difficult for many, sometimes, more stressful than taking care of an infant. While nobody likes to be a nagging parent, we tell you about a few mistakes many parents tend to make with their teens:



YOU TRY TO BE THEIR BEST FRIEND!



You can either be a parent or a friend at one time. Do not budge in, and instead, offer support.

YOU DON'T SHOWCASE THE BEHAVIOUR THAT YOU EXPECT OUT OF THEM

Kids learn by example. If you indulge in wrong acts yourself, expect them to mirror your behaviour.



Photo: THINKSTOCK

YOU TRY TO PARENT LIKE YOUR OWN PARENT

Times have changed and so have parenting styles and methods. What worked for your parents, may not specifically work with your teen.



YOU COMPARE YOUR CHILD WITH OTHERS

Comparisons never help. Judgement and drawing comparison will only drive anxiety and set the wrong example for your child.

YOU ACT TOO HARSH ON THEIR MISTAKES

Allow your child to make mistakes. That's the only way they grow up. Prioritise helping them rather than being too critical.



YOU AVOID CASUAL TOPICS FOR CONVERSATIONS

It's important to talk about taboo subjects with them, rather than having them learn stuff from the internet or other sources.



YOU INVADE THEIR PRIVACY

With a teen in the house, there are many things off limits. When it comes to invasion of their privacy, work towards establishing healthy boundaries.

YOU ARE TOO SCARED OF CRITICISING THEM

Don't feel scared of correcting them from time to time or protect too much. It will help prepare them for the future world.



4 student fears during pandemic

HOW PARENTS CAN RESPOND



HANNAH MASOOD
School Counsellor,
The Choice School,
Tripunithura Ernakulam

2 Distress over social distancing

Most students have not met their friends since the lockdown in March. Four to five months is a long time for children who otherwise meet in school, tuition centres and casually. They are sad about losing out on this social engagement.

- Encourage children to focus on gratitude, and not as much on the bitterness of the 'loss'. Practice any gratitude exercise. Eg: Make a list of things to be grateful for.
- Use this time for self-reflection and for picking up something productive.
- Try to figure out ways to make up (when the pandemic ends) for what they missed (if the resentment is high).

- Encourage children to focus on gratitude, and not as much on the bitterness of the 'loss'. Practice any gratitude exercise. Eg: Make a list of things to be grateful for.
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- Try to figure out ways to make up (when the pandemic ends) for what they missed (if the resentment is high).

1 Fears about the coronavirus and what's going to happen

Students are worried about how the world is changing, how economies are being affected and places around them are closing, how social distancing and online classes might be the new normal, about how gathering and travelling carefree without sanitisers and masks might end up being a thing of the past.

- Practice cautious bravery, not fearful thinking.
- Remind children that pandemics have come and gone; this too shall pass.
- Monitor media coverage of the Covid crisis; limit it to what they need to know to stay safe.
- Remind students that all statistics show they are not at high risk.



There are many instances of pent-up frustration, irritability, and temper issues because children are confined to their homes and they lack an outlet to channel their energy into. This can be the same for adults as well.

- Tell kids that although this is difficult, it is only temporary, and it is for their protection.
- They can find solace in social media (prescribed time).
- Encourage children to pick up a hobby like painting, dance, cooking, design, gardening, robotics, etc. They could do these with their friend groups.
- Encourage children to meditate, exercise or do yoga (at home). Encourage them to take a walk or cycle around the neighbourhood (following the precautions; if safe and possible)
- Use this time for self-reflection and for picking up something productive.

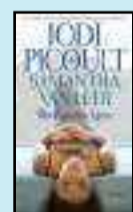
4 Fears about their family's financial situation

- Consider if their situation really is as serious as they believe or if they might be overly worried.
- For overly worried: Advise them to relax and try and trust their parents/guardians who will take care of them.
- Ask them to think of other times when they were worried about something, but everything turned out fine.
- For legitimate concerns: Reinforce that they practice being brave above all else and encourage them to trust in themselves.
- Stay focused on whatever is in their control.
- If overwhelmed with resentment, use their emotions to their advantage by channelling it into something for the long term.
- Resource: HLP Empower's Resentment Liberation course for students.

3 Grief

Children lost out on summer holidays. Travel plans were cancelled, the usual vacation with cousins or grandparents got cancelled. No summer camps, no coaching at good old RSC. Summer holidays are something children make plans for. So, when something as big as this is lost in a lockdown, they develop a feeling of bitterness and loss.

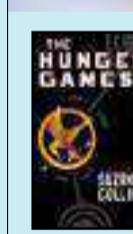
5 books to read with your teen



'BETWEEN THE LINES'

By Jodi Picoult and Samantha Van Leer

This quirky love story is written by a mother-daughter team. Combining real-life emotions with whimsy, it gives the opportunity to make comparisons with classic fairy tales and delve into childhood dreams about escaping into other worlds. "It's fun and has just enough fantasy to make it magical," says Brandi Stewart, children's book critic.



'THE HUNGER GAMES'

By Suzanne Collins

In the ruins of a future North America, a young girl is picked to leave her impoverished district and travel to the decadent Capitol for a battle to the death in the savage Hunger Games. Read it with your daughter.

'DIVERGENT'

By Veronica Roth

This dystopian fiction story is set in a society divided into castes by virtues, where teens must choose who they are and undergo initiation. Talk with your daughter about which castes you would fall into, say critics.



'THE GIRL IN THE MIRROR'

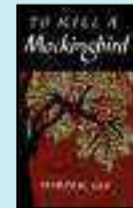
By Meg Kearney

The mature topics in this book will appeal to older teens, but it's also about mother-daughter bonds and family connections. It's ideal for girls with adoptive, single parent or other unconventional family backgrounds. Its verse narrative will likely be a new and exciting format.

'TO KILL A MOCKINGBIRD'

By Harper Lee

Author Harper Lee explores racial tensions in the fictional "tired old town" of Maycomb, Ala, through the eyes of 6-year-old Scout Finch. A good book for any age, read this to your daughter and see her be curious to know about the world around her.



SPECIAL RECIPE RED VELVET COOKIES FOR FESTIVE SEASON

INGREDIENTS

- 2 eggs
- 1 cup all purpose flour
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 2/3 cup dark chocolate chips
- 3 1/2 tablespoon unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1/3 cup butter
- 2 1/2 tablespoon sugar
- 1 tablespoon milk
- 1 tablespoon edible food colour



HOW TO MAKE

- Step 1:** To Make flour mixture • Take a bowl and whisk flour, cocoa powder, baking soda, baking powder and salt together.
- Step 2:** Beat butter and sugar • Beat butter with a hand mixer until fluffy. Add brown sugar and white sugar and beat until smooth. Beat eggs, milk, and vanilla extract into butter mixture. Add food colouring and mix until uniformly coloured.

Step 3: Mix both flour and butter mixture together • Stir flour mixture into butter mixture using an electric mixer on low speed until combined. Then add 1 cup of chocolate chips. Cover the bowl with plastic wrap and place it in the refrigerator for 1 hour or overnight.

Step 4: Make balls out of the cookie dough • Preheat oven to 175 degrees C. Line baking tray with baking sheet. Make balls out of the dough and place it on the baking tray. Press them slightly to flatten. Place them at a little distance from each other as they will expand in the oven.

Step 5: Bake the cookies • Bake the cookies until edges are lightly browned for about 10 minutes. Enjoy the fresh brownies! TM

Champions League round of 16 draw

TOP 3 MATCHES TO WATCH OUT FOR

While Juventus star Cristiano Ronaldo is set for a return to Portugal, Neymar's PSG will face Lionel Messi-led FC Barcelona in the UEFA Champions League (UCL) Round of 16

1 CR7 homecoming - Juve vs Porto

After winning the battle between the two GOATs (Greatest of All-Time), Juventus' charismatic forward Cristiano Ronaldo is set for a return to Portugal in the Champions League Round of 16. Ronaldo's Juventus will face FC Porto in their ongoing quest for a third Champions League crown. Former champions FC Porto will host the Turin giants for the first leg of their Round of 16 tie at the Estadio Do Dragao on February 18.

2 Low-key blockbuster - Chelsea vs Atletico

Notorious Atletico Madrid can make Chelsea look like underdogs as far as their Round of 16 meetings with Frank Lampard and Co. on paper is concerned. Ask Bayern Munich, FC Barcelona, or Jurgen Klopp's Liverpool, they all will tell you how difficult it is to get past the Rojiblancos at the knockout stage of the Champions League. Former Chelsea striker Diego Costa will also mark his return to Stamford Bridge when the Premier League giants host the La Liga heavyweights in the last 16 phase. The first leg will be played at the Wanda Metropolitano in Madrid on February 24.

3 Messi-Neymar reunion - Barca vs PSG

At last, Neymar has made his return to Camp Nou! Not the way Barca fans wanted but Neymar is now heavily tipped to help PSG avenge the historic and embarrassing 6-1 defeat orchestrated by the Brazilian himself in 2017. Neymar bagged the Man of the Match award when Barcelona pulled off the La Remontada (The Comeback) over PSG three years ago in the same competition. PSG were shellshocked by a Neymar-inspired Barcelona side when both teams last met in Europe's biggest club competition. The Messi-Neymar reunion will also intensify transfer talks as both trailblazers of their respective teams are 'bound' to leave the club they are representing this season. For the partisans, the only good news is that the Barcelona vs PSG first leg at the Camp Nou will officially mark the return of Champions League football next year on February 17.

PSG's Neymar will play against Barcelona for the first time since leaving the club in August 2017. The 28-year-old is a close friend of Messi.

Messi has not been at his sparkling best this season, with Barcelona lacking inspiration as a collective.

Did you know?

- Ever since its inception in 1955, only 22 football clubs have managed to win the Champions League, out of which Real Madrid won the cup 13 times, making it the highest number of wins in the championship.
- In 2016/17 Real Madrid became the first team to successfully defend the UEFA Champions League trophy, with AC Milan (1989, 1990) the previous club to win consecutive European Cups. Milan (1994, 1995), Ajax (1995, 1996), Juventus (1996, 1997) and Manchester United (2008, 2009) have all returned to the UEFA Champions League final as holders only to lose.
- A record five clubs from England participated in the 2017/18 knockout phase. Including 2019/20, England has also provided four clubs on eight other occasions, as has Spain five times and Germany twice. England is the only nation to have provided four quarter-finalists in a season, 2018/19 being the third occasion after 2007/08 and 2008/09.
- Lionel Messi became the first player to score five goals in a match in Barcelona's 7-1 win against Bayer Leverkusen on 7 March 2012, a feat matched by Shakhtar Donetsk's Luiz Adriano at BATE Borisov on 21 October 2014.

SOURCE: UEFA.COM

Top five run-getters in Tests Down Under

1 RICKY PONTING
(RUNS: 1,893, MATCHES: 15)

Former Australian skipper Ricky Ponting, one of the greatest to have ever played the game, was not only an exceptional batsman but also a world class leader. With a total of 1893 runs against India at a mind-boggling average of 86.04 between 1999 and 2012 in 26 innings, Ponting sits on top on the list of highest run-scorers in the bilateral series on home soil. With 7 centuries and as many fifties, Ponting was spectacular in Australian conditions.

2 SACHIN TENDULKAR
(RUNS: 1,809, MATCHES: 20)

Batting legend Sachin Tendulkar has stamped his authority across the globe throughout his career. But it was against the Australians that he always rose to the challenge, be it at home or Down Under. He played 38 innings, scored 6 centuries and 7 half centuries on Aussie soil. His unforgettable knock of 241 not out 2004 will forever remain a big highlight.

3 VIRAT KOHLI
(RUNS: 1,274, MATCHES: 12)

Virat Kohli, who led India to a historic 2-1 series victory in the four-match Test series of Australia in 2018-19, is the only active cricketer among the top-5 on this list and sits in third place. He has scored 1,274 runs in 12 Tests between 2011 and 2019. He has played 23 innings and scored 6 centuries and 3 half centuries with a top score of 169 in 2014.

4 VVS LAXMAN
(RUNS: 1,236, MATCHES: 15)

From the period between 1999 to 2012, Laxman played a total of 15 matches Down Under, scoring 1,236 runs and he sits fourth on the list of batsmen with most runs in the series. With 4 tons and 4 fifties, he scored at an average of 44.14. Of his many unforgettable knocks is the SCG Test in 2000, when he scored his maiden century off just 114 deliveries.

5 RAHUL DRAVID
(RUNS: 1,143, MATCHES: 15)

On the fast-paced and bouncy tracks of Australia, Dravid was one of the most successful Indian batsmen, who was at his best Down Under scoring at an average of 43.96, more than his average on home soil. Though he managed to score just a single century and 6 half centuries, his 233 with 23 fours and a six in 2003 gave India a memorable win.

TEST YOUR KNOWLEDGE

Q1: Since which year has Rohan Bopanna been a member of India's Davis Cup team?
a) 2002 b) 2004 c) 2006 d) 2008

Q2: Who was the head coach of the Indian cricket team which won the World Cup in 2011?
a) Greg Chappell b) Gary Kirsten c) Ravi Shastri d) Duncan Fletcher

Q3: Who is the first Indian to have won the men's singles title at the All England Open Badminton Championships, in

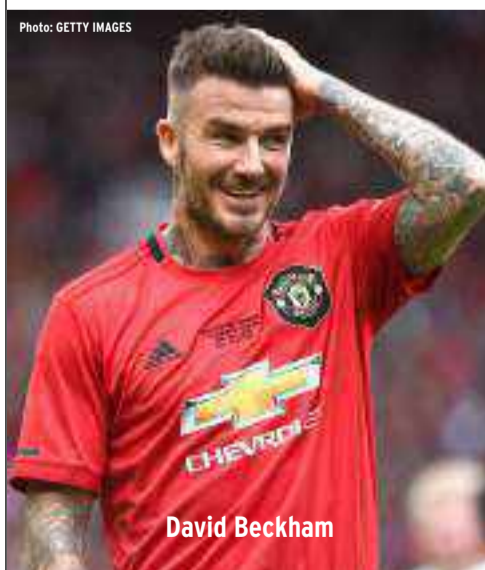
1980?
a) Zeeshan Ali b) Anand Amritraj c) Pullela Gopichand d) Prakash Padukone

Q4: Who is the only football player in the world to have been awarded a Super Ballon D'Or?
a) Garrincha b) Alfredo Di Stéfano c) Pele d) Ferenc Puskas

Q5: Which Indian female badminton player won a silver medal at the Olympics and gold at the BWF World Championships?
a) Jwala Gutta b) Ashwini Ponnappa

c) Saina Nehwal d) PV Sindhu

Q6: How many World Cups has footballer David Beckham played in?
a) One b) Two c) Three d) Four



David Beckham

Q7: Which player holds the record of most runs in Women's T20 World Cup?
a) Punam Raut b) Suzie Bates c) Mithali Raj d) Stafanie Taylor

Q8: Who is only the second Indian footballer, after Bhaichung Bhutia, to have played 100 international games?
a) Sunil Chhetri b) Anirudh Thapa c) Farukh Choudhary d) Manvir Singh

Q9: Which player recently equalled Roger Federer's record of most Grand Slam wins?
a) Andy Murray b) Dominic Thiem c) Novak Djokovic d) Rafael Nadal

Q10: Which of the following cricketers have played the most number of World Cup matches?

a) Muttiah Muralitharan b) Sachin Tendulkar c) Ricky Ponting d) Mahela Jayawardene

Q11: At the 2018 Youth Olympics in Buenos Aires, who was the first shooter from India ever to win a gold medal?
a) Anjum Moudgil b) Manu Bhaker c) Heena Sidhu d) Apurvi Chandela

Q12: In which year was Gunnar Solskjaer confirmed as the permanent manager of Manchester United?
a) 2012 b) 2018 c) 2020 d) 2019

ANSWERS: 1 a) 2002 2 b) Gary Kirsten 3 d) Prakash Padukone 4 b) Alfredo Di Stéfano 5 d) PV Sindhu 6 c) Three 7 b) Suzie Bates 8 a) Sunil Chhetri 9 d) Rafael Nadal 10 c) Ricky Ponting 11 b) Manu Bhaker 12 d) 2019



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

Want to improve your concentration? Hear it from a memory champion
PAGE 2



Students share their weekend plans
What are you reviewing this week?
PAGE 3



Five things to watch out for when Aus face India
PAGE 4



STUDENT EDITION

THURSDAY, DECEMBER 17, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Quote unquote

I firmly believe that in the next two decades, India will grow to be among the top three economies in the world. More importantly, it will become a premier digital society, with young people driving it. Our per capita income will increase from \$1,800-2,000 per capita to \$5,000 per capita. Therefore, companies and entrepreneurs in the world have a golden opportunity to be in India, to be part of this economic and social transformation that will accelerate in the coming decades

MUKESH AMBANI, chairman, Reliance Industries Ltd



NOW, CHECK CALORIE COUNT ON RESTAURANT MENU

Eat right

In a bid aimed at regulating the calorie count of food products, the Food Safety and Standards Authority of India (FSSAI) has made it mandatory for the restaurant chains and on-line food aggregators to display the calorie count of food products on their menu cards. The new regulations would be applicable from 2022. As per the new regulations, restaurants having central licenses or out-

The FSSAI was in the process of overhauling the labelling regulations for packaged food products, which have now been notified

lets at 10 or more locations will need to display the "calorific value in kcal per serving and serving size" of food items on menu cards, booklets or boards. Additionally, reference information on calorie requirements shall also be displayed clearly and prominently as "an average active adult requires 2,000 kcal energy per day, however, calorie needs may vary", the notification said.



Significantly, through these regulations, the food regulator has for the first time defined children for the packaged food industry. It says, "children or child" means a person under the age of 18 years as defined in Juvenile Justice Act, 2015

THE NEW REGULATIONS

- According to the new regulations, e-commerce food business operators shall get the information on calorie requirements from respective food business operators and provide on their website, wherever applicable
- The regulation has, however, done

away with the proposed colour-coded labelling, which was intended to enable consumers to identify products that are high in fat, salt and sugar (HFSS) products

- The proposal had raised concerns that if implemented, it would require majority of products to display red-colour coding on their labels



Q IS IT A GOOD MOVE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

JEE-Main to be held from February 23 to 26, 2021: Education minister



The JEE (Main) 2021 exam would be conducted 4 times - February, March, April and May in 2021, education minister has announced. Addressing live on Twitter, the minister said that the students can choose the examination as per their convenience. The minister further said that the first phase exam would be conducted from February 23, 2021 to February 26, 2021, adding that it would be conducted in 13 languages for the first time.

- JEE Main will also have a new exam pattern. The candidates have to attempt 75 questions out of 90
- Besides, there will be no negative marking in the 15 alternative questions.
- NTA to calculate best marks to assess ranking. Even if a student appears in the four session, the NTA will calculate his/her best marks out of the four exams

FACTOID



6.9 HOURS

Is the average usage of smartphones by Indians, according to CMR's latest reports, as people depend on these gadgets for work/study from home and entertainment amid the pandemic.

- According to CMR, the average time spent on smartphones in a day has been on the rise, with average usage growing 11 per cent to 5.5 hours in March 2020 (pre-Covid) from about 4.9 hours on average in 2019
- This has grown by another 25 per cent from April onwards (post-Covid)
- There has also been a 55 per cent increase in time spent on social media, and 45 per cent rise in time spent gaming on smartphones
- Interestingly, the average duration of clicking pictures and taking selfies has increased from 14 minutes to 18 minutes in a day

Empty vial of the world's first Covid vaccination to go on display at the Science Museum



ROLL OF HONOUR

Yes, you heard it right. The vial and syringe of the first-ever Covid-19 vaccination will go on display next year at the Science Museum. On December 8, a 90-year-old grandmother in Coventry became the first person in

the world to receive a Covid-19 vaccine outside of clinical trials. The eyes of the world were trained on Margaret Keenan as she got the jab, when a nurse injected her arm with the mRNA vaccine made by Pfizer and BioNTech.

- The vial will form a part of a special collection built to highlight the role scientists played in the Covid-19 pandemic
- Other items include prototype medical technology, NHS home swabs and ventilators
- Early in 2021, the vial will be exhibited in a display called 'Medicine: The Welcome Galleries' at the Museum in South Kensington, London

VIEWPOINT

WITH THE SALIVA BAN, BOWLERS ARE HANDICAPPED: TENDULKAR

Cricket in the post-coronavirus world has come with its share of restrictions. While limitations of the field include players having to stay inside bio-secure bubbles, the biggest challenge on the pitch has been the saliva ban. Pacer Jasprit Bumrah, had during the IPL, spoken about how it could be a big factor in Test cricket wherein reverse swing plays a major role. Former Indian captain Sachin Tendulkar has now echoed the sentiments.

With the saliva ban, bowlers are handicapped, if you do not have a substitute for saliva. Cricket was always like it - sweat and saliva were always there. But I would say saliva is more important than sweat. Bowlers rely more on saliva as compared to sweat. Today, we do not have any substitute for saliva. There should have been an alternative

Sachin Tendulkar

CURRENT RULE ON SALIVA BAN

- Owing to the pandemic, according to the ICC rules, players are not permitted to use saliva to shine the ball. If a player is caught applying saliva to the ball, the umpires will manage the situation with some leniency during an initial period of adjustment for the players, but subsequent instances will result in the team receiving a warning
- A team can be issued up to two



warnings per innings but repeated use of saliva on the ball will result in a 5-run penalty to the batting side

- Whenever saliva is applied to the ball, the umpires will clean the ball before play recommences

Q DO YOU ENDORSE TENDULKAR'S VIEWS? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

ENTERTAINMENT

AMY ADAMS SET FOR A NEW 'ENCHANTED' OUTING

Actress Amy Adams will be reprising her role as Princess Giselle in the sequel of 'Enchanted'. The six-time Academy Award-nominated star will return to role in the sequel titled 'Disenchanted'. The series will stream on Disney+. The company shared the news during its Investor Day, reports variety.com.

- A parody of Disney classics, the first film featured princess Giselle being catapulted into modern New York, where she rejects Prince Edward (James Marsden) and finds her true love in divorce-lawyer Robert Phillip (Patrick Dempsey)

- 'Enchanted' earned three Oscar nominations in the Best Original Song category for 'Happy working song', 'So close', and 'That's how you know' - all from Alan Menken and Stephen Schwartz. Adams also earned a Golden Globe nomination for her portrayal of the princess
- The film was a global hit, and registered business of over \$340 million in worldwide box office



BAAHUBALI

The success of the magnum opus 'Baahubali' film franchise gave way to the opportunity to explore the story through a spin-off series titled 'Baahubali: Before The Beginning'. It will explore life on the streets of the fictional city of Mahishmati. Slated to release on Netflix

LEGACY OF HOLLYWOOD HITS GETS OTT REBIRTH

For many, the success of a film directly translates into a chance to cash on it by spinning a new series. It is in fact a win-win for the audience and the filmmakers, as while the fans get to live with their favourite characters, makers continue to reap on with the benefits of the box office hits, and create a multiverse franchise. As producers plan new series on their hits, we take a look at some big-ticket spin-offs, which are either winning fans all over the globe or are in works

THE BATMAN

The show will be set in the world that Matt Reeves is creating for 'The Batman' film. It will build upon the film's dissection of the anatomy of corruption in Gotham City, and go on to launch a new Batman universe across multiple platforms. It is being created for HBO Max



STAR WARS

The saga from a galaxy far, far away continues to live on through various films and spin-off series. The list of 'Star Wars' stories for Disney's streaming platform keeps on growing. It already includes 'The



ICE AGE

Titled 'The Ice Age Adventures Of Buck Wild', the spin-off will revolve around three characters: the prankster possum brothers Crash and Eddie, and the titular weasel, Buck. Simon Pegg will be returning to lend his voice to the role of Buck. It is slated to release in 2022.

'Mandalorian', and two other previously-ordered series - one based on Cassian Andor prior to the events of 'Rogue One: A Star Wars Story', and another following the adventures of Obi-Wan Kenobi between 'Revenge of the Sith' and 'A New Hope'



The Princess and The Frog

The spin-off titled 'Tiana', which was released in 2009, is about an aspiring chef Tiana, who kisses a prince-turned frog, and turns into a frog. They then embark on a journey to defeat a witch to get back to their human form. It is one of the four animated spin-offs, which is expected to launch on Disney+ in 2022

HAVE YOU READ THESE AWESOME NYT BESTSELLERS?

Watch out for our exclusive selection for Young Adults in the upcoming issue!

FOR THE TINY TOTTERS

- 5 MORE SLEEPS 'TIL CHRISTMAS**
by Jimmy Fallon Illustrated by Rich Deas
A young boy anticipates the arrival of Christmas. (Ages 3 to 6)
- THE CRAYONS' CHRISTMAS**
by Drew Daywalt Illustrated by Oliver Jeffers
Duncan's crayons prepare for Christmas. (Ages 3 to 7)
- THE WORLD NEEDS WHO YOU....**
by Joanna Gaines Illustrated by Julianna Swaney
An inspirational message of acceptance and celebrating uniqueness. (Ages 4 to 8)
- HOW TO CATCH A UNICORN**
by Adam Wallace Illustrated by Andy Elkerton
Children attempt to capture the mythical creature. (Ages 4 to 8)
- THE OFFICE: A DAY AT DUNDER....**
by Robb Pearlman. Illustrated by Melanie Demmer
A kid-friendly adaptation of the workplace comedy. (Ages 4 to 8)
- PETE THE CAT'S 12 GROOVY DAYS....**
by Kimberly and James Dean
Pete's spin on the holiday classic 'The Twelve Days of Christmas'. (Ages 4 to 8)
- HOW TO CATCH A MERMAID**
Adam Wallace Illustrated by Andy Elkerton
A young girl attempts to catch a mermaid and befriend her. (Ages 4 to 8)
- SHARE SOME KINDNESS, BRING SOME LIGHT**
by Apryl Stott
Coco and Bear attempt to share kindness throughout the forest. (Ages 4 to 8)
- DASHER**
by Matt Tavares
The origin story of Dasher, the first of Santa's flying reindeer. (Ages 4 to 8)
- HOW TO CATCH AN ELF**
by Adam Wallace Illustrated by Andy Elkerton
A tiny narrator dodges traps while making the Christmas rounds. (Ages 4 to 8)

FOR THE MIDDLE GRADERS

- THE ICKABOG**
by J K Rowling
A fearsome monster threatens the kingdom of Cornucopia. (Ages 8 to 18)
- THE COMPLETE COOKBOOK FOR YOUNG CHEFS**
by America's Test Kitchen Kids
Over 100 kid-tested recipes. (Ages 8 and up)
- ROWLEY JEFFERSON'S AWESOME ADVENTURE**
by Jeff Kinney
Roland and Garg embark on a quest to save Roland's mom from the White Warlock. (Ages 8 to 12)
- THE COMPLETE BAKING BOOK FOR YOUNG CHEFS**
by America's Test Kitchen Kids
One hundred plus kid-tested baking recipes. (Ages 8 to 12)
- THE ONE AND ONLY BOB**
by Katherine Applegate and Patricia Castelao
Bob sets out on a long journey in search of his lost sister. (Ages 8 to 12)
- THE BIG FUN KIDS COOKBOOK**
by Food Network Magazine
Over 150 fun, easy recipes for young cooks. (Ages 8 to 12)
- ESSENTIALLY CHARLI**
by Charli D'Amelio
The TikTok personality shares intimate details of her life. (Ages 9 to 12)
- MAX AND THE MIDNIGHTS: BATTLE...**
by Lincoln Peirce
Bodkins, foes from another dimension, take on the form of Byjovian residents. (Ages 8 to 12)
- WONDER**
by R.J. Palacio.
A boy with a facial deformity starts school. (Ages 8 to 12)
- BECOMING MUHAMMAD ALI**
by James Patterson and Kwame Alexander
A biographical novel of the prolific boxing champion. (Ages 8 to 12)

A MEMORY CHAMPION'S TIPS ON IMPROVING CONCENTRATION



ADITI SINGHAL
Memory champion

Aditi Singhal co-author of 'How to Improve Your Concentration' has featured in 'The Limca Book of Records' thrice for memory and fast calculation. Here, the memory expert shares some of her best tips on how you can improve your memory

Mono-tasking

Switching your attention from one task to the other does not allow you to concentrate deeply on one thing. It divides your attention, which is required for deep learning, deep reflections and thus reduces your efficiency to come up with solutions to problems. Concentrate on only one task at a time as multitasking is a myth.

Electronic-Free Sleep

Sound sleep plays a very important role on your concentration levels of the next day. One very important habit that most of us need to change is of using your phone as an alarm clock. Keep your phone out of your room, turn off all your gadgets, be it TV or laptop at least one hour before bedtime. This will increase the quality of your sleep manifold, which will further help in increased focus throughout the day.

Apply traffic control

Before starting any task, sit in silence for a minute and observe the traffic of thoughts coming in your mind. Acknowledge all the thoughts, including the ones which are not relevant to the present task and tell yourself that you will address them later.

In a world full of distractions, concentrating on work at hand seems to be a daunting task. Especially so for the students. Distractions may not be your fault, but managing them is your responsibility. Here are a few tips that can help you to concentrate better in any given task or situation.

Ten minutes morning focus

In the morning, plan and visualise your day. See yourself concentrating on each task and completing them on time. This visualisation helps to give your brain a blueprint of your day and programs it accordingly to improve your focus while doing that task.

thought will be attended to later, it will not bother you again.

Be very organised

Keep all necessary things required for the task available near you so that getting up for small things every now and then don't disturb your focus. But if you are using your computer to do your task or to study, then keep your mobile phone out of the room. If you have to use your phone for your work then turn off all the notifications to avoid distractions of

being tempted to check the messages every now and then.

Visualise while learning

While studying something, do not just read or listen, visualise it in your mind.

This helps mind to focus on what you are studying because mind understands the language of images.

What you read or listen, if you can visualise the same thing in our mind, that is concentration. But if you are listening one thing and some other images are coming in our mind not related to what we are listening, then that is distraction. Visualising while studying works as a great memory tool to register things properly in brain. Do follow this to improve your memory skills.

EXPERT SPEAK

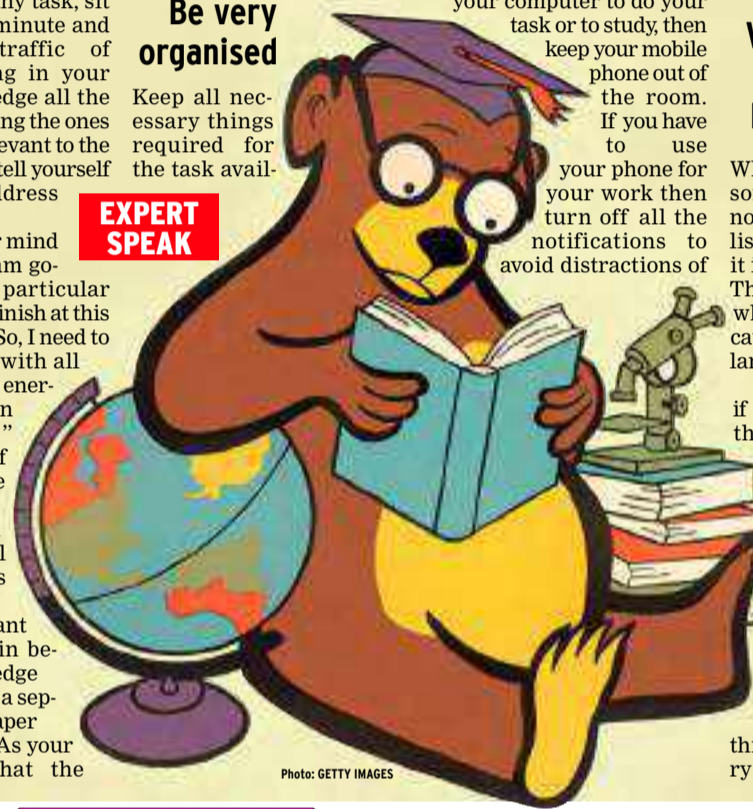


Photo: GETTY IMAGES

WHAT'S NEW

When it comes to workouts, fix a time

It is important to do at least 30 minutes of exercise every day, but it is equally important to stick to a routine. Fixing your time for workout and punctually sticking to it can actually help you lose more weight.

afternoon or evening. In the study, researchers took a total of 375 healthy adults who were successful in maintaining their weight by engaging in regular moderate to vigorous physical activity.

FINDINGS

Those who worked out at the same time of the day logged 4.8 workouts per week on average, compared with 4.4 among people who varied their workout times. This meant that those who had a fixed time of working out were able to work out more than those had different times.

At least one-half of those exercising at the same time of day got 350 minutes of



physical activity a week, compared with 285 minutes being the median amount of exercise for those who varied workout times. This too meant that

those who exercised at a fixed time could stretch their workout timings more than those who exercised at different times.

It is believed that working out at the same time helps exercise become a habit, which further helps people automatically set aside time for working out.



QUIZ TIME (INDIA)

Q.1) Who declined the 1964 Nobel prize in literature because he had consistently declined all official honours?

- A. Jean-Paul Sartre
- B. Roald Dahl
- C. Dan Brown
- D. George Orwell

Q.2) In which 'Die Hard' movie does McLane barely survive when a helicopter gunship rams into the building?

- A. Die Hard

B. Die Hard with a Vengeance
C. Die Hard 2: Die Harder
D. A Good Day to Die Hard

Q.3) Which Nobel Prize winner said, 'Peace begins with a smile'?

- A. Malala Yousafzai
- B. Mother Teresa
- C. Nadia Murad
- D. Barack Obama

Q.4) Name the only woman who won the Nobel prize twice in two different fields?

- A. Marie Curie
- B. Betty Williams
- C. Mother Teresa
- D. Betty Williams

ANSWERS

- 1. A) Jean-Paul Sartre 2. D) A Good Day to Die Hard 3. B) Mother Teresa 4. A) Marie Curie

KNOWLEDGE BANK

Screw pine craft

This traditional occupation in Kerala has got the GI tag. The craft made with screw pine leaves by artisans, especially women, is believed to be more than 800 years old. Visitors were invited to be seated on the mats in traditional customs. Children used little bags to pluck flowers for Onam and the mats in weaves of varying sizes were used to pack things; finer varieties of these mats were used for sleeping. Today door mats, wall hangings, bed mats and prayer mats are in demand.



Distinctive DECEMBER

SURYAKUMARI DENNISON, teacher,
Aavishkar Academy, Bengaluru

Answer each question on the last month of the year by choosing correctly from the four options.

1 WHO AMONG THESE DECEMBER-BORN PERSONALITIES WAS A MATHEMATICIAN?
A. Atal Bihari Vajpayee
B. Srinivasa Ramanujan
C. Raj Kapoor
D. Dhruvrai Ambani



2 FROM THE RULE OF WHICH COLONIAL POWER WAS GOA LIBERATED ON DECEMBER 19, 1961?
A. British
B. Danish
C. French
D. Portuguese

3 WHICH OF THESE IS ASSOCIATED WITH AN ARMED FORCES OBSERVANCE ON DECEMBER 7?
A. Flags B. Flowers C. Fields D. Firearms

4 IN WHICH YEAR DID AN INDIAN OCEAN EARTHQUAKE AND TSUNAMI OCCUR ON DECEMBER 26?
A. 1984 B. 1994 C. 2004
D. 2014



5 WHICH OF THESE SPECIAL DAYS IS NOT IN DECEMBER?
A. Christmas Day
B. Human Rights Day
C. Nobel Prize Day
D. World Wildlife Day

ANSWERS:
1) B. Srinivasa Ramanujan
2) D. Portuguese
3) A. Flags
4) C. 2004
5) D. World Wildlife Day



PATIENTS SINCE CHILDHOOD, they are set to become doctors

Three Students With Cerebral Palsy Get Place In MBBS Course

Bharat.Yagnik@timesgroup.com

Doctors had warned Digvijay Rathwa's parents that he may face mental disability when he grows up. Digvijay was diagnosed with Cerebral Palsy (CP), a congenital disorder of movement, muscle tone or posture due



to abnormal brain development, often before birth.

Seventeen years later, Digvijay has all the doctors wrong and is set to become a doctor himself. He has secured admission in Vadodara's government medical college.

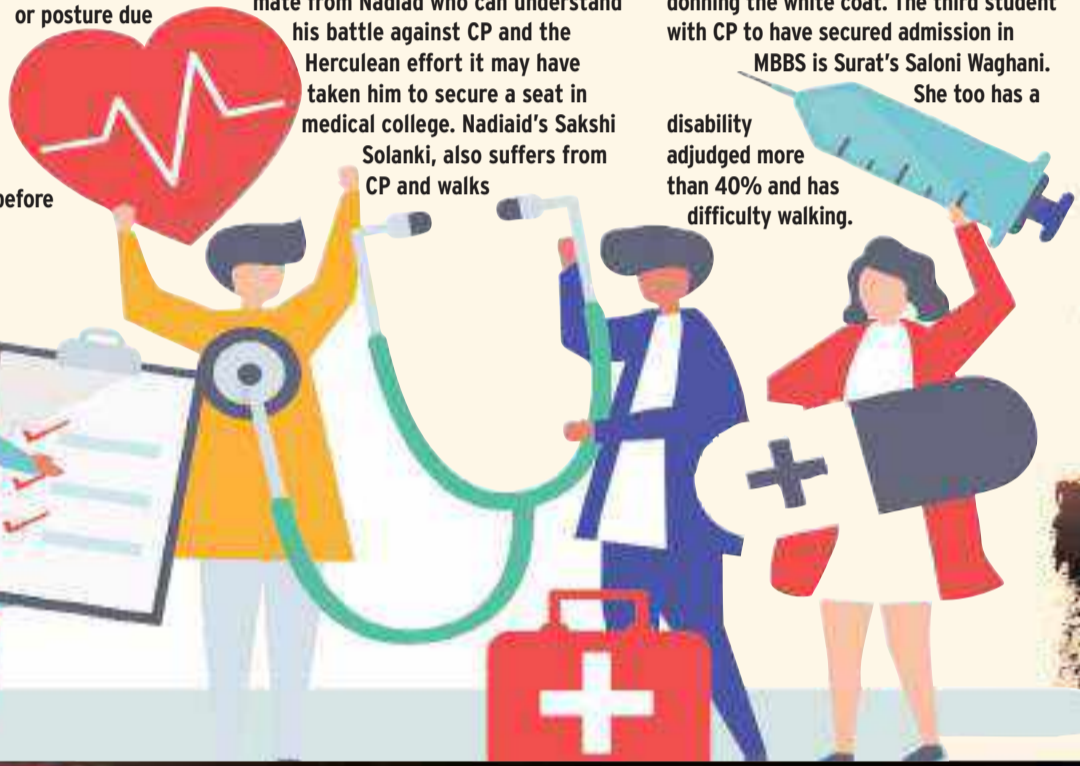
Digvijay's father, Sureshbhai Rathwa, a police sub-inspector posted near Savli town, told TOI, "My son had spinal cord disability due to which he could not stand as a child." Digvijay has a classmate from Nadiad who can understand his battle against CP and the Herculean effort it may have taken him to secure a seat in medical college. Nadiad's Sakshi Solanki, also suffers from CP and walks

on her heels.

She also faces immense difficulty in writing for long. Sakshi became ambidextrous to overcome her pain on writing with one hand. "She cultivated the habit of writing with both hands to overcome fatigue," said father Hasmukhbhai, a mill worker.

He says Sakshi always dreamed of donning the white coat. The third student with CP to have secured admission in MBBS is Surat's Saloni Waghani. She too has a

disability adjudged more than 40% and has difficulty walking.



Students make the school proud

Udgam School stands to be the Runners-up at National Competition

A National Inter-School Debate Competition 2020 was organized by Podar World School, in which 40 schools participated across India. The five-day competition was held between December 2-6.

Arja Kakkad, Chaahat Verma as well as Kaavya Parekh respectively from Class XA, XB, and VIII-B participated in the National Level Competition from Udgam School. The students were mentored for the competition by their English teachers, Mala Bhatia and Geeta Motwani.

Students of Udgam School defeated Podar World School (Sama), Cygnus World School (Vadodara) and Narayana Vidyalayam (Nagpur) to com-



Arja Kakkad

Kaavya

Chaahat Verma

pete in finals with Navrachna (Sama).

The competition was judged by Shishir Joshi, CEO, and Founder of Project Mumbai, as well as Anil Swarup, Indian author and retired Indian Administrative Service Officer of Uttar Pradesh cadre.

The students debated on the topic 'Girl empowerment has turned into boy hate'. The debaters of each panel gave a tough competition and made the audience believe both views. The difference between both the final participants was merely two points.

Kabirians create their own masterpieces!!



Diya Painting competition was organized by colour manufacturing company recently to bring out the creativity in the students.

Many school students participated ardently in the competition. The students used acrylic colours white glue, stones, decorative threads, and other decorative materials to decorate the diyas.

Anusha Shah and Yashvi

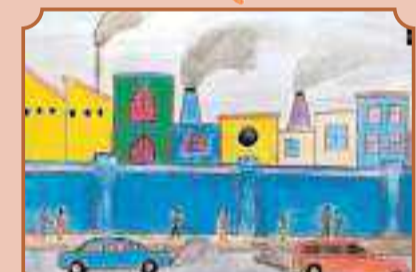
Shah of class III of St. Kabir School- Drive-In (New) were also excited and participated in the event and tried their best to create their own masterpiece.

Anusha tried to recreate something from her memory which was really an amazing and exhilarating experience for her.

Yashvi shared her experience by saying that "Every year, my family visits our native place in Kheda district for new year worship. While traveling, I used to come across some kacha houses with single light or lamp lit in them with some traditional designs on the diyas. So I tried to create what I admired as a part of this competition."

It was indeed a memorable experience for both of them as Anusha grabbed the first prize and Yashvi bagged the third prize in this competition.

Painters' Gallery



Manit Shah, Class VII, St Kabir School



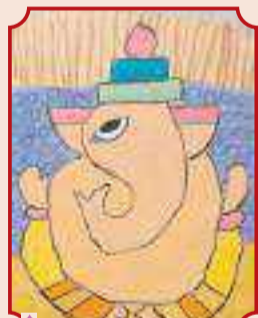
Jaival Trivedi, Class IV, Zydsu School Of Excellence



Aneri Kansara, Class VI, Shanti Asiatic School



Krishna Chauhan, Class VIII, Essar Int'l School, Surat



Jimit Desai, Class V, Nirman High School

WEEKEND PLAN

SPELLING CHRISTMAS VACATION PLAN

Another vacation is round the corner and in these difficult times of coronavirus pandemic, I'm really perplexed as to how to spend it by checking all the pros and cons.

So, this weekend, I wanted to spend some quality time to make a to-do list as to how I'm going to spend my vacation this time. I even plan to involve my parents. Besides this, I also plan to spend a significant amount of time doing leisure activities like playing with my sister and society friends (of course we will follow all social distancing norms in mind and wear masks).

Also, I will dedicate some quality time to complete a couple of assignments that my school teacher has given me.

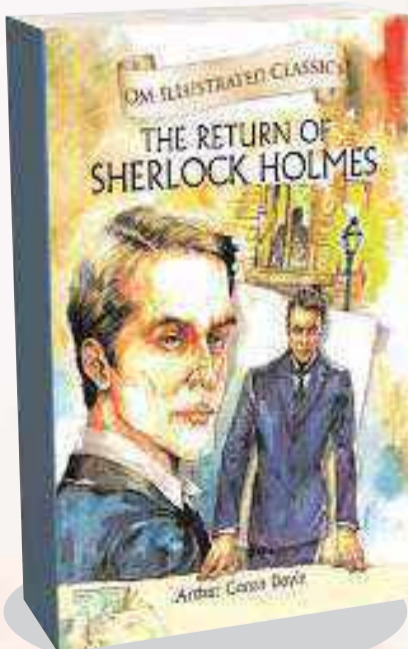
I have a keyboard at home too on which I seldom get to play on weekdays so I'm going to spend some quality time with it and entertain my family. And the rest of my time I'll spend resting, sleeping, and watching T.V. So, I seem to be all set to have a wonderful, happy weekend filled with all my favourite things. I hope my weekend goes smoothly and exactly as I've planned it.

AVANI CHITALE, Class VIII, Zebar School For Children

BOOK: ADVENTURES THAT AMAZE ALL READERS!

The Return of Sherlock Holmes is a collection of a few of the many adventures that Sherlock Holmes has had, beautifully written by Sir Arthur Conan Doyle. The book sees Sherlock Holmes, a famous detective, and his friend, Dr. Watson, solve some of the most confusing cases, each one better than the other. The sharp observation and thinking skills of the two come to the aid each time they are solving a case.

Although Sherlock is the main character of the book, Dr. Watson happens to be my favorite character due to his innocence yet sharpness in solving the mysteries. The mysteries were written in such a manner that I could not do anything else apart from turning the



NEIL JAIN, Class VII, Udgam School For Children, Ahmedabad

pages of the book. It made me more and more curious with the turning of each page and I could not stop myself from guessing what would happen at the end. The resolution scenes were also written very well, leaving me with no questions unanswered.

Although this book is written in a manner that would evoke interest in every reader, I would specially recommend this book to young readers who can sit for long hours to read a book and love mysteries. I give 9/10 to this book. Do read and enjoy. Be sure to read the other three books of Sherlock Holmes by the same publishers.



REVENGE OF THE SITH

There is just something about this film that fills me with awe, it transports me to a galaxy far away. From the action-packed opening scene to the final battle on Mustafar, this movie just keeps you on the edge of your seat. Revenge of the Sith is one of those movies that you can watch over and over again and never get bored.

ROTS continues the story of Anakin Skywalker (Five years after the previous film) is destined to bring a balance to the force. He, however,



is, twisted by the Sith Lord Darth Sidious (who is disguised as a politician) to join the Dark Side of the force instead. This movie shows his downfall from being the chosen one who would destroy the Sith, to joining them and plotting to destroy the Jedi.

It is an amazing twist as most movies include the Good guys defeating the

Bad guys and saving the universe, this movie, however, does the opposite and instead has the Sith win and have the last surviving Jedi go into hiding. Hayden Christensen's portrayal of a confused Anakin Skywalker who just wanted to keep the ones he loved safe, is amazing.

This film is by far my favourite film of all time and I recommend this to everyone and not only just Star Wars or Sci-Fi fans. TATHYA BAROT, Class IX, Global Indian International School, Ahmedabad



Ind vs Aus, 1st Test

FIVE THINGS TO WATCH OUT FOR

Australia and India renew their fierce rivalry in a four-Test series that begins with a day-night game in Adelaide on Thursday. India won a Test series for the first time Down Under when the sides clashed two years ago and Australia are determined to regain the Border-Gavaskar Trophy. Here are five things to watch out for in the highly anticipated series

1 Kohli's lone shot

India captain Virat Kohli will be desperate to make a winning contribution in his only chance of a Test victory against Australia this series, having decided to return home after Adelaide to be with his Bollywood actress wife, Anushka Sharma, who is expecting their first child. After India lost 2-1 in the recent one-dayers, Kohli showed his importance to the side during the Twenty20 series victory. And pundits, including Indian batting great Sachin Tendulkar, believe his departure will leave a "void" in the batting line-up. But other India veterans have suggested Kohli's absence could enable a new star to emerge in the side, which will be led by vice-captain Ajinkya Rahane once Kohli leaves.

2 Smith returns

Steve Smith is playing down calls for him to become Australia's captain again, insisting he is just "excited" to feature in the Border-Gavaskar Trophy clashes after missing out two years ago. The prolific 31-year-old batsman was left powerless on the sidelines as India won their first series in Australia in 2018-19 while he and David Warner served out bans for ball-tampering. Smith, who amassed 774 runs, including three centuries as Australia retained the Ashes in England last year, said "I will do what is best for the team" despite former players such as Adam Gilchrist calling for him to step up for a second crack at the captaincy.

3 Hard day's night

Australia start as overwhelming favourites in the opening Test, having never been beaten in their seven day-night matches to date, while Virat Kohli's India play their first overseas game under lights after their maiden pink-ball outing in Kolkata last year against Bangladesh. India long resisted twilight encounters, but Tendulkar told AFP he believed their players would be ready, having played warm-up games and having had intensive net sessions with the pink ball this week.

4 Pitch battles

India's fast-bowling attack, led by Mohammed Shami and Jasprit Bumrah, are ready to fight fire with fire in Australia's own den. The pacy pair shared five wickets as they bundled out Australia A for 108 and signalled their intent to enjoy bowling on wickets Down Under that are renowned for providing extra pace and bounce. Australia's three-pronged attack of Mitchell Starc, Pat Cummins and Josh Hazlewood "can surpass any era" of quicks, according to former paceman Brett Lee, but India coach Anil Kumble countered that his attack was their equal. "We probably match our fast bowling to their fast bowling," he said.

5 Send in the crowds

Australia and New Zealand have been the first countries to welcome back spectators to cricket since the pandemic - the Adelaide Oval will be half full for the first Test while 30,000 should be allowed into the Melbourne Cricket Ground for the Boxing Day. Indian cricket chief Sourav Ganguly tweeted a picture of a full house as New Zealand played a Test last week against the West Indies at Basin Reserve, Wellington, writing "the game needs this". But players, with a lucrative series on the line, will be wary of sticking to coronavirus prevention protocols after other tours were disrupted this month.

Laxman questions Kohli's constant chop and change policy

Couple of things I think Virat Kohli can improve. There were certain times when I felt that he becomes little defensive, especially with his field changes. The second thing is chopping and changing the playing 11. With experience, I can say that any player, whether experienced or a newcomer, wants that stability, security, so that he can focus on performing to the best of his abilities for the team. That's something which Virat Kohli can definitely improve on.

VVS Laxman, former Indian cricketer

Jasprit Bumrah is all set to play a pink-ball Test for the first time

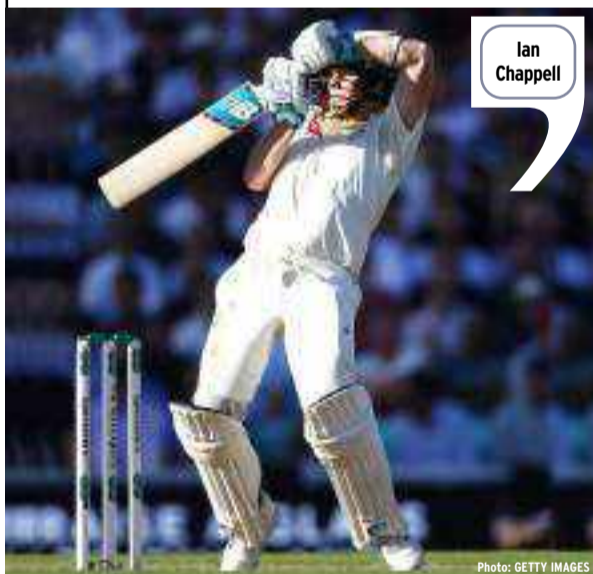
Lionel Messi's salary at Barca 'unsustainable': prez candidate

Messi was named the top-earning footballer in the world by French newspaper L'Equipe earlier this year, claiming an estimated 8.2 million euros (\$9.97 million) per month from Barca



Lionel Messi's salary is too big for Barcelona due to their financial predicament, presidential candidate Emili Rousaud has said, adding that he wishes to keep the club's all-time top scorer on a reduced contract. Messi, who sought an exit from Barca in the close season, has less than seven months remaining on his deal with the club where he has spent his entire career. He is free to negotiate with rival clubs from January. REUTERS

If India bowl short at Steve Smith, they'll play into his hands



Ian Chappell

Chelsea could be suffering from fatigue, admits Lampard



Olivier Giroud of Chelsea

After suffering a 2-1 defeat against Wolves in the Premier League, Chelsea manager Frank Lampard said that his side is suffering from fatigue. In the match against Wolves, Chelsea got the first goal as Olivier Giroud got among the scoring charts but Daniel Podence first scored the equaliser for Wolves before Pedro Neto netted the winner. Chelsea are currently at the fifth position in the Premier League 2020-21 standings with 22 points from 13 games. ANI

There could be some fatigue. I hate to say it after a defeat because it could sound like an excuse but even the first 60 minutes when we were the better team we didn't have a zip about us.

Frank Lampard, manager Chelsea

TEST YOUR KNOWLEDGE

Q1: Who became the first male skier born in the new millennium to win a World Cup race?

- a) Gino Caviezel b) Henrik Kristoffersen
c) Marco Odermatt d) Lucas Braathen

Q2: Which country has qualified for the Football World Cup the most times, without winning it?

- a) Cuba b) Pakistan c) India
d) Mexico

Q3: In which year was the inaugural match of the ICC T20 World Cup played?

- a) 2003 b) 2005 c) 2007 d) 2009

Q4: Who is the current holder of ICC Champions Trophy?

- a) Bangladesh b) Australia
c) Pakistan d) India

Q5: In which year was the Badminton Association of India formed?

- a) 1934 b) 1935 c) 1936 d) 1937

Q6: Against which country did India first win a Test series abroad, in 1967-68?

- a) Australia b) England

- c) New Zealand d) Pakistan

Q7: Which player holds the record of most appearances as captain in FIFA World Cup?

- a) Iker Casillas b) Pele c) Diego Maradona d) Zinedine Zidane



Zinedine Zidane

Photo: GETTY IMAGES

Q8: In which year did London host the Olympics, commemorating the 30th Olympic Games?

- a) 2016 b) 2000 c) 2010 d) 2012

Q9: Who is the first Indian woman to win a WTA title?

- a) Rituja Bhosale b) Sania Mirza
c) Karman Kaur Thandi d) Ankita Raina

Q10: Which Indian pair became the first to win a Grand Slam doubles title?

- a) Yuki Bhambhani and Saketh Myneni
b) Leander Paes and Sania Mirza c) Leander Paes and Mahesh Bhupathi d) Mahesh Bhupathi and Sania Mirza

Q11: Who is the youngest to score a goal in the history of FIFA World Cup?

- a) Salomon Olembe b) Pele
c) Norman Whiteside d) Samuel Eto'o

Q12: Who is the founder of the modern International Olympic Games?

- a) Baron Pierre de Coubertin b) Juan Antonio Samaranch c) Demetrius Vikelas d) Thomas Bach

Q13: Which Indian javelin thrower won the gold medal at the 2018 Asian Games in Jakarta, setting a national record of 88.06 m in the process?

- a) Neeraj Chopra b) Shivpal Singh
c) Devendra Jhajharia d) Vipin Kasana

ANSWERS: 1 d) Lucas Braathen 2 d) Mexico 3 c) 2007 4 c) Pakistan 5 a) 1934 6 c) New Zealand 7 c) Diego Maradona 8 d) 2012 9 b) Sania Mirza 10 c) Leander Paes and Mahesh Bhupathi 11 b) Pele 12 a) Baron Pierre de Coubertin 13 a) Neeraj Chopra



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

5 habits you must inculcate to develop high social skills!
PAGE 2



Students share their travel diary
Relive your school experiences
PAGE 3



Poor technique responsible for increased concussion incidents?
PAGE 4



STUDENT EDITION

WEDNESDAY, DECEMBER 16, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

NEWS IN CLUES

He is the first Indian actor to be paid ₹1 crore for a single film

CLUE 1: His original name is Parthasarathy Srinivasan
CLUE 2: He has the highest number of films submitted from India for Oscars
CLUE 3: A movie of his was listed by the Time magazine among the Top 100 best films of all time

ANSWER: KAMAL HAASAN. The actor, who kickstarted the first phase of campaigning for Tamil Nadu assembly polls, due in April-May 2021, questioned the need for a new parliament building, asking PM Narendra Modi about the need to spend ₹1,000 crore "when half of India is hungry due to coronavirus pandemic triggered loss of livelihoods".

Seven of Haasan's movies have been India's official entry to the Oscars in the Best Foreign Language Film category. He starred in Mani Ratnam's 'Nayakan' in 1987, which was included by the Time magazine in the 100 best films of all time in 1997



FACTOID



60°C

Could be the temperature in many parts of the world by 2050, warns the World Economic Forum (WEF) in its latest report. "This level of extreme heat would have been almost impossible in the absence of human-caused global warming," the report said

Some extreme weather events, such as heat and coldwaves, intense precipitation events, and regional droughts have become more frequent and intense

BEWARE!

- By 2030, climate change-related illnesses is likely to kill 250,000 people each year
- According to the report, up to 8 per cent of the global population will witness a severe reduction in water availability in the near future
- Bangladesh,

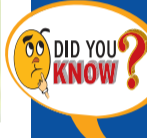
Vietnam and Thailand will be threatened by annual floods, sparking mass migration

- By 2100s, Florida will disappear and south Spain will become a desert
- Up to 140 million people are expected to be displaced by 2050 because of food and water insecurity as well as extreme weather

CAUSES & CHALLENGES

1 One of the biggest contributors to climate change is pollution. ABOUT 100 COMPANIES ARE RESPONSIBLE FOR 71% OF GLOBAL EMISSIONS, according to a Carbon Majors report

2 The biggest challenge that our environment faces is climate change. Polar ice caps are melting SIX TIMES FASTER than they were in the 1990s. Greenland and Antarctica have lost more than 6.4 trillion ice between 1992 and 2017. Sea levels, on average, have risen eight inches since the 1880s



Greenhouse gas emissions reached a new high last year, putting us on course for an average temperature rise of 3 degrees Celsius. According to experts, 2020 could be the hottest year yet on record, as temperatures continue to soar



The commitments made in Paris in 2015 were far from enough to limit temperature rises to 1.5 degrees Celsius. If we don't change course, we may be headed for a catastrophic temperature rise of more than 3.0 degrees this century. Therefore, I call on all the world leaders to declare a State of Climate Emergency in their countries until carbon neutrality is reached

Antonio Guterres, UN Chief

Since world leaders pledged to limit global temperature rises to 2 degrees Celsius in 2015, a lot has happened, but the action needed is still nowhere in sight. We are still speeding in the wrong direction. The global decision-makers are wasting time creating new loopholes with empty words and creative accounting

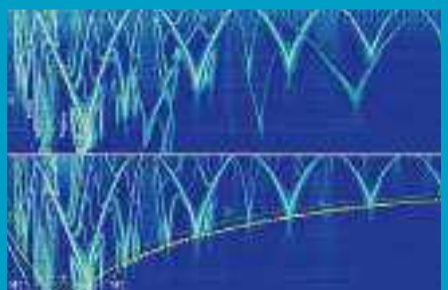
Greta Thunberg, climate activist, on the urgency to deal with climate change



INTO THE FUTURE

SUPERHIGHWAY SYSTEM DISCOVERED IN THE SOLAR SYSTEM!

In a pathbreaking discovery, astronomers have revealed a new 'superhighway' network running through the solar system, which, according to them, could speed up space travel in the future. The scientists looked at the orbits of millions of bodies in our solar system and computed how they fit together and interact.



THE SIGNIFICANCE

- The highways allow objects to move through space much faster than previously thought possible - for example, such routes can drive comets and asteroids near Jupiter to Neptune in less than 10 years
- Scientists are also hopeful that space agencies could make use of these superhighways to speed up travel time from the Earth to distant parts of the solar system

ROBOTS CAN ENCOURAGE PEOPLE TO TAKE GREATER RISKS

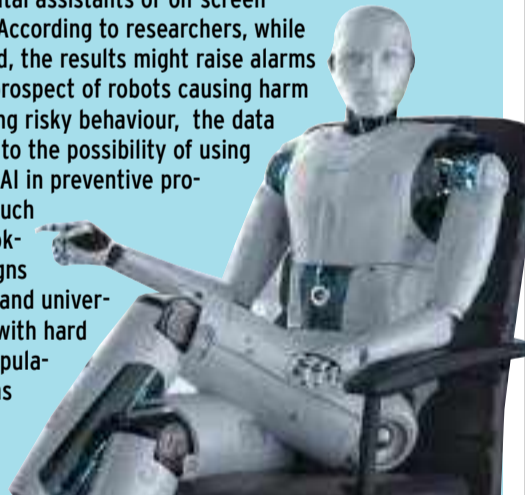
Even as the scale of interaction between humans and technology increases, a new research has shown that people tend to take more risks when prodded by a robot.

IT'S A TECH WORLD

The research showed that robots can encourage people to take greater risks in a simulated gambling scenario than they would, if there was nothing to influence their behaviours.

Researchers believe that further studies are needed to see whether similar results would emerge from human interaction with other artificial intelligence (AI) systems, such as digital assistants or on-screen avatars

According to researchers, while on one hand, the results might raise alarms about the prospect of robots causing harm by increasing risky behaviour, the data also points to the possibility of using robots and AI in preventive programmes, such as anti-smoking campaigns in colleges and universities, and with hard to reach population, such as addicts



HAVE A SOFT SPOT FOR 'THE FAST AND THE FURIOUS': NOLAN

ENTERTAINMENT



Like millions around the world, actor Christopher Nolan has revealed that he too loves the 'Fast and The Furious' movies. The action-thriller series of movies has been around since 2001, and has spawned eight films (with two more to go) and a spinoff.

The ninth Fast and The Furious movie, 'F9', is slated to release on May 28, 2021

I have a soft spot for Justin Lin's 'Tokyo Drift,' the third iteration in the franchise that was released in 2006. The fun thing about those movies is that even as they've gotten bigger, as sequels have to do, actually, we're the people making sequels get bigger and bigger

— CHRISTOPHER NOLAN

No winter session of Parliament this year: Government

It's official. The government will skip this year's winter session of Parliament due to the coronavirus pandemic. The Parliament will meet for the Budget Session in January next year. This was confirmed by parliamentary affairs minister Prahlad Joshi in his reply to the Congress leader Adhir Ranjan Chowdhury. Adhir Ranjan Chowdhury had earlier sent a letter to the Lok Sabha speaker Om Birla demanding that a short winter session of Parliament be convened to discuss the issues arising out of farmers' protest over the three farm bills passed during the monsoon session in September.

- In the past two years, the Budget Session of Parliament began in January— January 28 in 2018 and January 31 in 2019
- This year the monsoon session was delayed due to coronavirus and was held in September instead of July
- Besides, it was cut short by 10 days due to the Covid-19 situation
- Earlier, the Budget session of Parliament had to be cut short due to Covid-19 outbreak in the country

BTS 6th most-tweeted about people worldwide in 2020

K-pop superstar BTS has made it to the sixth most-tweeted about people globally, data from Twitter showed, in apparent proof of the seven-member group's strong influence in the social media platform.



- BTS also topped the Twitter's list of the most-tweeted about K-pop accounts globally this year for the fourth year in a row, followed by boy band Exo and girl group Blackpink
- Twitter added that a tweet of BTS member Jungkook covering a song by US musician Lauv in May was the second most-retweeted tweet worldwide this year at over 1.6 million times, followed by the tweet of American actor Chadwick Boseman's death
- BTS has also smashed records this year, with its new 'Life Goes On' becoming the first Korean song to top Billboard's main singles chart

BLUE IVY CARTER MAKES HISTORY AS ONE OF THE YOUNGEST GRAMMY NOMINEES

Like parents, like daughter— Blue Ivy Carter, the eight-year-old daughter of Beyoncé and Jay-Z, has been nominated for a Grammy Award. Carter is listed as a featured artist for her role in the song 'Brown Skin Girl' alongside Beyoncé, singer WizKid and SAINT JHN. This is Carter's first Grammy nomination. It makes her one of the youngest nominees in the awards show's history. She turns nine in January, ahead of the 2021 awards show.

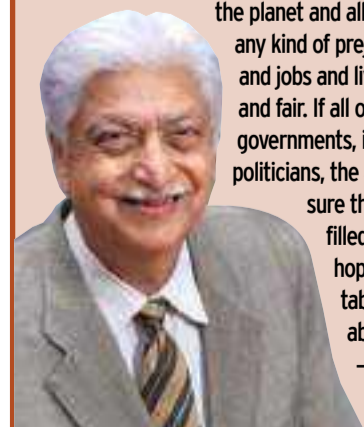


- According to Billboard, the youngest Grammy nominee was eight-year-old Leah Peasall, who was nominated in the 'album of the year' category in 2001 for her performance in the 'O Brother, Where Art Thou?' soundtrack. She went on to win the award
- The youngest musician in Grammys history to receive an individual Grammy nomination, rather than as a featured artist, was DeLeon Richards

Quote unquote

The pandemic has been a magnifying glass for all our structural inequities and injustices, which exclude millions of our fellow citizens from a life of basic dignity. It has made clear that while markets and businesses have an irreplaceable role in a society, even more fundamental are the public goods and public systems. The agenda for the nation must include food, shelter, safety and basic social security; equitable and high quality public education and public health systems; care for the planet and all life on it; elimination of any kind of prejudice and discrimination; and jobs and livelihoods that are just and fair. If all of us come together — governments, industry, civil society, politicians, the average citizen — I am sure this agenda can be fulfilled. And then, we can truly hope to have a just, equitable, humane and sustainable society

—AZIM PREMJI, founder chairman, Wipro



5 habits to develop high social skills

Being socially active is always a plus, whether it is at your workplace, school, college, community, etc. While some are born to be social butterflies, others work their way through the social ladder. We bring to you some common habits of people with high social skills

Maintain eye contact

The first thing people notice are eyes. So, maintaining eye contact during a conversation is crucial and shows that you are interested in talking to the other person. It is the first step towards effective socialisation.

Listen to what others say

Having the ability to listen carefully with patience is a quality few people have. If other people are trusting you with their words, it is up to you how you receive them. Sometimes just listening to the person can be very com-



forting (to the person) rather than providing your inputs into the conversation. That is a peaceful sign of support that people really appreciate.

Always have something to talk about

You don't want to appear clueless when someone tries to talk to you about a matter that you know nothing about. So, it's best to be updated about recent news, incidents and have an opinion on strong matters. This way, you will feel confident about meeting people and talking to them with-

Maintain eye contact while having a conversation with anyone but don't stare; look interested and engage well

out inhibitions or any kind of shyness.

Be interested in people's matters

If you appear to be curious about a person's matter and indulge in conversations regarding them, people will regard you as an attentive person. Talk with people about their interests and passions and motivations; about what matters to them. If the person opens up to you effortlessly, your conversational ways are a success. Carry on and keep it up. 🙌



REASONS

Why sports is important in a Student's Life



Sports are a crucial part of a student's growth and development. They help in the development of mental health and physical fitness of the body. Through participation in sports and games, a student gains various skills, experience and confidence that are helpful for developing their personality.

etc, keeps the body and mind active. Indoor games like chess, badminton, and table tennis enhance the concentration levels of kids and also strengthens the immunity system of the body.

EMPOWERS STUDENTS WITH LIFE SKILLS: Sports helps in developing life skills too. It enhances students' capabilities and helps them to have a better understanding of themselves. Sports also helps in developing social skills and understanding team spirit. They learn to interact not only with children of their age but also with adults like their coaches. Additionally, children acquire decision-making skills through various team activities.

GIVEN BELOW ARE THE REASONS WHY SPORTS AND GAMES ARE ESSENTIAL IN A STUDENT'S LIFE:

IMPROVES PHYSICAL AND MENTAL HEALTH: One of the main benefits of sports and games is to boost the physical and mental health of a student. Sports is played between teams in a healthy competitive environment, which ensures that the student remains active and fit. Outdoor sports like football, cricket, tennis, swimming, running,



LEARN TIME MANAGEMENT AND DISCIPLINE: Constructive use of time and discipline is a major characteristic of any sports person. If a student plays a sport, he/she needs to show the commitment of time to be in a particular place at a particular time every day as a part of their routine. This teaches self-discipline to students.

PANDEMIC ETIQUETTE

How to politely ask someone to wear a mask

Have you been in situations when you are in a grocery store and a person or many around are not wearing a face mask or not wearing it in the correct way (nose out, hanging around the jawline, etc). These things are bound to make you feel unsafe. So what is the right thing to do then? Is it okay to point out to people about their mask behaviour or just move away? Check these tips to get your Covid era etiquette right.

THE RIGHT THING TO DO

The primary and the safest option is to stay away from all those people who are not wearing a mask or not wearing one correctly. Maintain a six feet distance and ensure you are following all the norms to stay safe from the infectious virus. It might be frustrating to do, but it is always a better idea than



make the other person less likely to change. This is a general rule. So, it is better not to get into any kind of conflict and maintain the distance.

Avoid visiting areas that are crowded as there will always be some people who may not follow face mask rules. It's also a good idea to not visit public places at peak hours

HOW TO CONFRONT

If it's not possible to maintain the distance and you are in a high-risk area then be polite and discreet while asking people to wear their face masks; rage and threat will only make the matter worse. Request them to wear a mask for the safety of others. Make sure you are not loud enough to be heard by everyone. Talk from a safe distance so that only two of you can hear. We are still adjusting to this new lifestyle - so, say it with a smile!

confrontation. That's because people don't like to be schooled by others. So, if you will go and ask the other person to wear a mask, there are chances that they might not take it well and get offended. It is impossible to achieve any objective by violating, shaming or embarrassing others. Doing any of these things will



COMMON COLOURS

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

Each group of words has a colour in common. The colours are linked to songs, symbols, people, places, films, fiction and figurative speech. Choose correctly from the four options.

Example: Mars, welcoming carpet, girl-wolf-grandmother, Moscow landmark
A. Indigo B. Yellow C. Red D. Violet
Answer: Red (Planet, Carpet, Riding Hood, Square)

1 Ruskin Bond umbrella, marine mammal, lapis lazuli, Jodhpur
A. Pink B. Brown C. Purple D. Blue

2 Robin Hood, backstage room, send-off signal, Hulk
A. Orange B. Green C. Grey D. Black

3 US residence, polite lie, rare tiger, Jack London's 'Fang'
A. White B. Brown C. Grey D. Violet

4 Pikachu, referee warning, business directory, Beatles' submarine
A. Blue B. Red C. Yellow D. Purple

5 Helen Keller-inspired film, underground economy, petroleum, Horse 'Beauty'
A. Indigo B. Green C. Pink D. Black

Answers:

1) D. Blue 2) B. Green 3) A. White 4) C. Yellow 5) D. Black

QUIZ TIME (MIXED BAG)

Q.1) The members of the Rajya Sabha are elected by....
A. the people B. Lok Sabha C. elected members of the legislative assembly D. elected members of the Legislative Council

Q.2) The position of a chief minister is....
A. similar to that of the Prime Minister B. identical to that of the President C. a combination of the position of the Prime Minister and President D. not constitutional

Q.3) The members of the Rajya Sabha are elected for a term....
A. of six years B. determined by the state legislative assembly of a state C. of four years D. none of the above

Q.4) The President can advance money to meet unforeseen expenses, pending authorisation by Parliament, from....
A. the Consolidated Fund of India B. the Contingency Fund C. both the above funds D. none of the above

ANSWERS

1. C) elected members of the legislative assembly.
2. A) similar to that of the Prime Minister 3. A) of six years 4. B) the Contingency Fund

Celebrating English Language

As global communication expands throughout the world, so does the need for the English language. The English Department of Delhi Public School-Bopal celebrated English week recently for students of VI to XI, with an objective to enhance language proficiency. An array of activities were planned to boost the confidence and competence of students.

The programme kicked off on Monday with activities like Tongue twisters, Guess the proverb, and Caption writing, where the students could spread their creative ideas. These activities were a great way to practice pronunciation and fluency. This was followed by Picture perfect, Homographs and Declaration writing on Tuesday. These were played with the objective to become a better wordsmith in no time. Wednesday began with language development strategies by the screening of the magnificent classics. One of the best ways to learn English is to turn your hobbies into language-learning experiences. Language enhancing tasks like Guess the Idiom, Title the picture, Form a story from pictures, and Crosswords were given to students on Thursday.

The week ended with a flourish on Friday with the English webinar, live on Zoom and Facebook, which focused on the scope and range of the English language. It was moderated by Bijoya Mitra, an English educator and the panelists included students Allanisha Purohit, class IX; Arjav Sharma, class XI, Alumni - Navya Sachdev and Anjanalaxmi; educator Tulika Saha, and Abhik



Bhattacharjee, parent and Vice President at Sai Consulting Engineers (Systra Group).

The panelists spoke about the reasons for learning English in school and the need for good command over the language. Developing a strong command of

the language had helped them comprehend the most complex texts. English language aids in interacting with batchmates, seniors, professors, researchers, recruiters and to build rapport and connections.

The webinar also focused on

existing but relatively unknown careers in English. Being a content writer for websites, copywriter for advertising, medical transcriptionist, Arts administrator, public relations officer, broadcasting presenter, English Language Trainer for BPOs, Forensic Technician, Relationship Counsellor, Media researcher, PPC specialist, scriptwriter for movies, and speechwriters for leaders were some of the careers discussed.

Towards the end of the session, the panelists took the questions asked by the audience and addressed them. Bhattacharjee stated that speaking in English has gradually become more of a matter of convenience. The language is indeed a window to the entire world and builds relationships successfully.

The panorama of interesting and knowledge-filled activities proved to be engaging and entertaining for all the students. It was the perfect opportunity for the students to practice English and realize how important it is in society today.

SGVPians Hop, Skip, and Jump into FITNESS FUN!



Physical activities should be integrated into young children's lives to create a foundation of movement and activity that they can carry with them for the rest of their lives. Physical development from a young age has various benefits that reach far beyond only physical development. Fitness helps to promote: Endurance, Flexibility, Strength, Better posture and balance, Stronger bones and muscles, Social interaction with peers, and also helps to focus and concentrate.

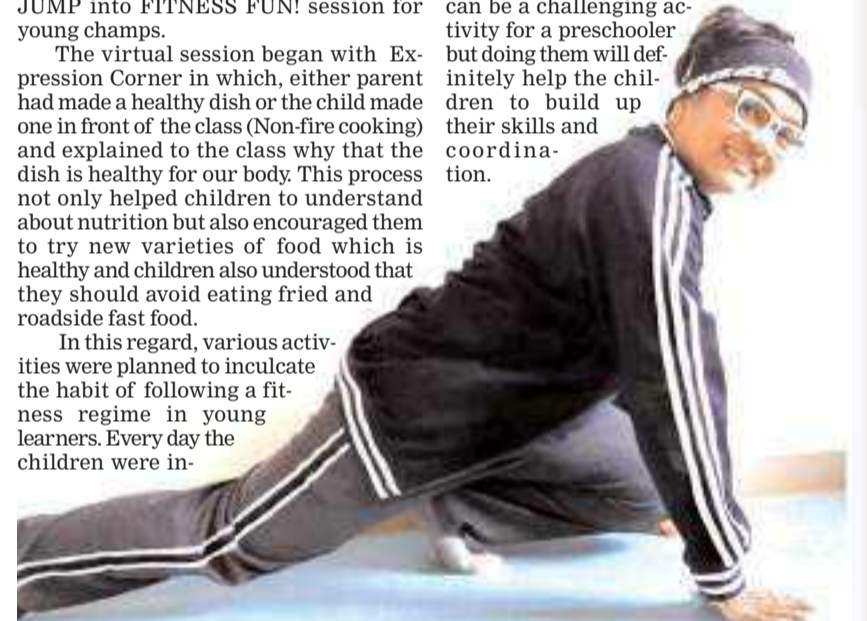
And to develop this habit that lasts a lifetime, educators of SGVP International school planned a session: HOP SKIP and JUMP into FITNESS FUN! session for young champs.

The virtual session began with Expression Corner in which, either parent had made a healthy dish or the child made one in front of the class (Non-fire cooking) and explained to the class why that the dish is healthy for our body. This process not only helped children to understand about nutrition but also encouraged them to try new varieties of food which is healthy and children also understood that they should avoid eating fried and roadside fast food.

In this regard, various activities were planned to inculcate the habit of following a fitness regime in young learners. Every day the children were in-

cluded to different types of exercise routines like yoga, Aerobics, Zumba, Animal Yoga, etc. Some special pre-recorded video modules were prepared to facilitate children in understanding the concept of physical fitness. Parents too participated in this routine. This session got the children to get into active participation in class too.

In this pandemic, children are restricted to their houses as their play area. Therefore through this session, even the parents were guided and given ideas as to how to involve their kids in physical activities. Simple activities of throwing, catching the ball, balancing on one foot can be a challenging activity for a preschooler but doing them will definitely help the children to build up their skills and coordination.



Painters' Gallery



Jaival Trivedi, Class IV, Zydus School Of Excellence



Het Kanzariya, Class V, SGVP International School



Vipra Patel, Class IX, Sheth CN English Medium School



Archita Samal, Class VIII, Podar World School, Sherkhi



Falak Patel, Class IV, St Kabir School



Prisha, Class VI, St Kabir School

LIFE WITHOUT SCHOOL IS BORING!

Lockdown- Wow! No school. I will sleep till late; I don't have to rush to school to punch the biometric machine; I will get to eat fresh and warm meals; family time, no traffic stress, afternoon naps, and so on. All these thoughts and happiness stayed only for a few days, after which I slowly started feeling otherwise.

The pretty envisaged picture of lockdown was not that beautiful. No domestic help and work from home changed my world completely. Training, teaching, and meetings ate my maximum time, and I felt short of hours in a day. With fewer holidays and more work in virtual school, I started missing school.

Unlock- But no



school! I want to go to school; I want to meet my students; I want to see my colleagues and friends; I want to travel; I want to dress up nicely.

Gradually things started opening. People started stepping out of their house for necessities. Many offices started too, with me still indoors running my vir-

tual school. The sadness continues till today. I deeply miss my school. Now, I know school is fun.

School is fun because it keeps me disciplined, teaches me time management, and teaching, as well as learning, happens very swiftly at all levels. School is fun as it is the place where I see all adorable smiles, running, playing and laughing on the campus. Lively classrooms, noisy corridors, and energetic playgrounds create all the fun and memories with students. Staircase, library, computer labs, canteen, parking, washrooms, everything including me are waiting for the same fun again. School is fun, indeed!

TAPASWINI GAJJAR, Special Educator, Udgam School For Children



In the land brimming ancient architecture

Greece had always been at the top of my travel bucket list. Once I recognized I had a chance to visit it, I was equal parts - ecstatic and anxious. Being ecstatic, I read up a million articles, while to satisfy my anxiety about the new place, I overloaded my baggage with some unnecessary stuff as well.

After I stepped my foot in Athens, I immediately wished to explore each shop and museum, vigour fading into resignation at the sheer expanse of the task. The city was brimming with ancient architecture as we started to realize that we cannot get through Greece without passing upon various ruins, from ones as preserved as the Acropolis to forgotten gems like Epidaurus Amphitheatre. We, of course, couldn't visit Greece without exploring at least one of the



200+ islands! Mykonos and Santorini both look like post-cards come to life, all white-washed buildings complementing blue skies and even bluer oceans. Whether it was walking through graffitied streets or watching the most beautiful sunset we'd ever

seen, every single bit was accompanied by a landscape that looked like a movie come to life.

And food! It is a haven full of food fresh from the earth and sea, and I loved every single meal that I consumed. Along with the famous Greek yogurt, the olives, and the feta, it's signature dishes of Moussaka and Souvlaki are so piquant.

I discovered that Greece is the sort of place that slowly grips and takes hold of you, yet making you wish you never had to leave. The visit to

Greece left me with memories I can cherish for life! **ARATHI KELLOGG**, Primary Section, Udgam School For Children, Ahmedabad



ENCHANTING WHITE WORLD - ALASKA



Imagine a land of expansive snow, majestic glaciers, abundant wildlife, marine life, dense forests, bone-chilling temperatures, see-through clean waters, never-ending oceans, as well as the clean and green environment. Where else can you get so many things to see at one single place? It's Alaska!

With water abundance and favourable climate, Alaskan flora has all shades of green. During my visit, I spotted there the national bird of The USA - the bald eagles. They look like golf balls in trees. That is how one can notice them. I also got to see Orca



whales swimming in their natural habitat. I saw seals lazily perching on a rock near the seashore and a mountain goat climbing to the summit. Watching a mother bear and her two cubs crossing a bridge and disappearing into the jungle was a sight to behold.

Viewing all these animals that one can see only on TV was an opportunity of a lifetime for me. I also visited Hoonah village, where about 500 citi-

zens live. They made me familiar with Alaskan history.

One thing that is synonymous with Alaska is glaciers. We traveled quite far into the Arctic Ocean to see the Hubbard glacier. It was blue.

It is amazing how these humongous glaciers float on water and are a witness to millions of Earth years. I saw the glacier breaking apart due to global warming. It sounded like a lion roar in the calm of the ocean.

'Not everyone who wanders wants to get lost', but I wish I could get lost in the beauty of Alaska.

HARSHIL PARIKH, Class V, Udgam School



IS FLAWED TECHNIQUE LEADING TO INCREASED CONCUSSION INCIDENTS?

In less than two weeks, the short ball delivery has knocked out Will Pucovski, Harry Conway and Ravindra Jadeja, while Cameron Green suffered a shocking blow to the head while bowling in Australia A's recent tour match against the Indians at the SCG. Former India captain Sunil Gavaskar has blamed poor technique for increased concussion incidents



England batsman Stuart Broad ducks a bouncer

Photo: GETTY IMAGES

Batsmen committing themselves to front-foot

I think it is more to do with the fact that everybody have got their front-press where technically they are moving forward and it becomes a little bit difficult.

When English players used to come to Australia they would struggle as well because they were on the front-foot. In Australia you want to ride the bounce, to get on to the back-foot so you are able to ride the bounce which is not what a lot of players are doing today. They are so much on the front-foot and not able to transfer their weight and get out of their way. As a batsman you tend to get a little bit locked.



See, Virat Kohli plays the bouncer so well because he has that back and across movement, so he is sort of waiting on the back-foot for that short ball. Dravid used to wait on the back-foot, back and across. Sachin Tendulkar had the minimal front press, therefore he was still balanced when he played the short ball. I think it is just a little technical thing which is why a lot of these people are getting hit on the helmet. You see most of the times, people getting hit on the helmet are in between the crease. You very seldom see anybody on the back-foot.

When someone's front foot is outside the crease and back foot inside, they will get hit. You will very seldom find a batsman getting hit if both his feet are inside the crease near the stumps. Because it has given the batsman that extra yard to either duck under the ball or sway out of the way. But that is what's not happening. That is the reason why they are getting hit.

Sunil Gavaskar, former Indian captain

Helmets have made players carefree

We've got to come up with some sort of better helmets. I got hit a few times but I can never remember being concussed. If you play enough cricket, you always get hit in the head. I don't know why it seems to be a more spate of head-knocks these days. Whether people are playing poorly with their techniques because they have a helmet on their head they feel safe. I was hit quite a few times, I don't recall being concussed ever. Whether I was lucky with that, I don't know.



Allan Border, Former Australia captain

Short-ball will definitely be used as a tactic: Hazlewood

Ahead of the four-match Test series against India, Australian pacer Josh Hazlewood maintained that bouncers are an integral part of their bowling plans, and can't really imagine a future where the bouncers could be banned due to the risk involved. "I think it's here to stay, to be honest," Hazlewood told the Sydney Morning Herald. "Whether it's top-order players (or lower-order batsmen)... I know when I go out to bat that's what I'm facing. I think it's an integral part of the game. We're obviously not intending to hurt anyone, it's about getting the wickets and cleaning up that tail as quick as we can. If that's the best option we'll probably go down that path."



'Bring it on' - Australia plot India's downfall under Adelaide lights

Top-ranked Australia are plotting revenge in their first day-night Test against fellow powerhouse India Thursday, as both teams grapple with injuries and selection dilemmas



Virat Kohli must lead from the front

Virat Kohli's men clinched their maiden series in Australia in 2018-19, triumphing 2-1, but the hosts were without leading batsmen Steve Smith and David Warner, who were serving year-long bans for ball-tampering. Smith, the world's number one batsman, is back and in form, although in a massive blow Warner has been ruled out of the opening Test with a groin injury.

"It's a great rivalry... bring it on," Australia coach Justin Langer said ahead of day one at Adelaide Oval, where more than 20,000 fans — 50 percent capacity, due to coronavirus restrictions — are expected. "We have a very senior team now and can't wait to get the show on the road." AFP

Advantage Australia

- Despite losing the last series, Australia head into the four-Test showdown, where the Border-Gavaskar trophy and ICC World Test Championship points are at stake, with an apparent advantage before a ball is bowled. They are the world's most successful team in day-night Tests, having played seven and won all, including four in Adelaide.
- In contrast India, who were long reluctant to embrace the concept, remain novices, playing just one day-night Test in Kolkata last year. They thrashed Bangladesh in just over two days, limiting their exposure to twilight conditions where visibility can be an issue and the ball tends to swing as the sun sinks.
- Ajinkya Rahane, who will assume the captaincy when Kohli leaves, is a lock in the middle order alongside Vihari. But their opening combination remains in flux. Prithvi Shaw and Mayank Agarwal are the current openers but Shubman Gill's composed 65 under lights in the warm up gave selectors plenty to ponder.

Arsenal players must take blame for 'terrible' form: Tierney



Arsenal defender Kieran Tierney says the players must take responsibility for the club's "terrible" form after the Gunners lost a fourth home Premier League game in a row. Burnley recorded their first-ever win at the Emirates as a Pierre-Emerick Aubameyang own goal secured a 1-0 victory for the visitors after Granit Xhaka was sent off for the hosts. The result leaves Mikel Arteta's side just five points clear of the relegation zone and without a Premier League win since November 1. AFP

It's not good enough. There is no way to disguise it. It's terrible, to be honest. It's not what we are, not where we are as a club.
Kieran Tierney

TEST YOUR KNOWLEDGE

Q1: Which of the following wicketkeepers hold the record of most stumpings in a career in One Day Internationals?
a) Moin Khan b) MS Dhoni
c) Kumar Sangakkara d) Romesh Kaluwitharana

Q2: In the historic boxing event Rumble in Jungle, which of the following heavyweight champions did Muhammad Ali challenge?
a) George Foreman b) Mike Tyson
c) Joe Frazier d) Larry Holmes

Q3: Which of the following players holds the record of highest partnership in Test cricket?
a) Kumar Sangakkara and Mahela Jayawardene b) Andrew Jones and Martin Crowe
c) Sanath Jayasuriya and Roshan Mahanama d) Bill Ponsford and Don Bradman

Q4: Which of the following players holds the record of highest overall runs partnership by openers in One Day Internationals?
a) Shikhar Dhawan and Rohit Sharma
b) Gordon Greenidge and Desmond Haynes
c) Adam Gilchrist and Matthew Hayden

d) Sourav Ganguly and Sachin Tendulkar

Q5: In which year did Zlatan Ibrahimovic win FIFA Puskás Award for Goal of the Year for his bicycle kick against England?
a) 2010 b) 2011 c) 2012 d) 2013



Zlatan Ibrahimovic

Q6: Which of the following players holds the record of most wickets in ICC Men's T20 World Cup?
a) Ajantha Mendis b) Shahid Afridi
c) Lasith Malinga d) Saeed Ajmal

Q7: Who is the first African Premier League goalscorer?
a) Sadio Mané b) Lakhadar Belloumi
c) Roger Milla d) Didier Drogba

Q8: Who founded the Women's Sports Foundation in 1974 to increase opportunities for female participation in sports?
a) Martina Navratilova b) Steffi Graf
c) Billie Jean King d) Martina Hingis

Q9: Which of the following players holds the record

of most runs in a debut match in Women's ODIs?
a) Lynne Thomas b) Nicole Bolton
c) Mithali Raj d) Reshma Gandhi

Q10: Which of the following players have won an all-time record 31 Grand Slam women's doubles titles?
a) Martina Navratilova b) Steffi Graf
c) Martina Hingis d) Monica Seles

Q11: Who is Chelsea's all-time leading goalscorer with 211 goals in all competitions?
a) Ray Wilkins b) Frank Lampard
c) Ron Harris d) Ashley Cole

ANSWERS: 1 b) MS Dhoni 2 a) George Foreman 3 a) Kumar Sangakkara and Mahela Jayawardene 4 d) Sourav Ganguly and Sachin Tendulkar 5 d) 2013 6 b) Shahid Afridi 7 d) Didier Drogba 8 c) Billie Jean King 9 a) Lynne Thomas 10 a) Martina Navratilova 11 b) Frank Lampard



THE TIMES OF INDIA

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TODAY'S EDITION

▶ Check out how students used the lockdown to their own advantage
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▶ Did you know students learn more effectively through stories than activities?
PAGE 3



▶ 3 positives from the 2nd warm-up match between India and Aus A
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STUDENT EDITION

TUESDAY, DECEMBER 15, 2020



WEB EDITION

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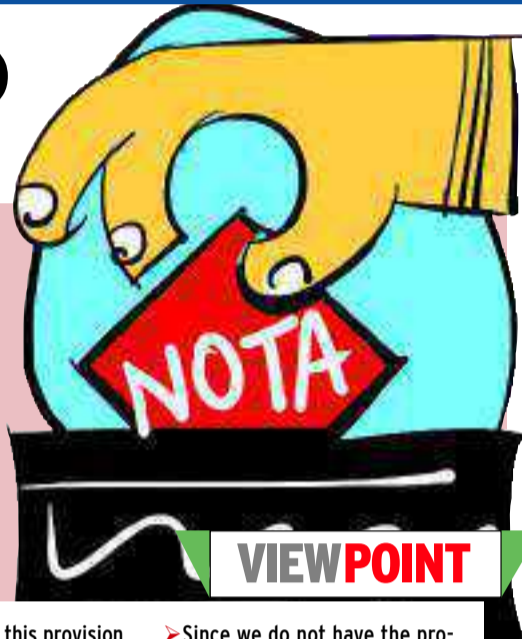
PLEA IN SC TO NULLIFY ELECTION RESULTS, IF MAXIMUM VOTES IN FAVOUR OF NOTA

A TIMELY MOVE?

A PIL seeking directions to the Election Commission to nullify the election results and hold fresh polls, if maximum votes have been polled in favour of NOTA (None of the Above) in a particular constituency, has been filed in the Supreme Court. The plea filed by BJP leader and advocate Ashwini Kumar Upadhyay has also sought directions to restrict the contesting candidates from taking part in fresh poll, who have participated in the nullified election.

■ NOTA is a right given to the voters to stamp their disapproval for all the candidates, who are in the fray during elections. So, it needs to be seen how the apex court decides on nullifying an election altogether, as it would not only require an amendment in the People's Representation Act, but also the approval of the lawmakers.
S K DWIVEDI, Former HoD, Political Science, Lucknow University

■ It is a welcome move. Nullifying an election, if maximum voters vote for NOTA in a constituency, will serve two ends: It will be a wake-up call for the political parties to pull up their socks and choose deserving candidates from their parties to contest elections, and secondly, it will reflect the will and power of a democracy, and go a long way in strengthening the pillar of democracy.
ADRIAN PHILLIPS, teacher, Political Science, St Augustine's Day School, Kolkata



EXPERTS REACT

VIEWPOINT

ALL ABOUT NOTA

1. NOTA enables the voter to officially register a vote of rejection for all candidates, who are contesting
2. On Sept 27, 2013, the SC ruled that the right to register a "none of the above" vote in elections should be applied
3. The ECI introduced a particular symbol for 'None of the Above' option to allow the voters to exercise NOTA. This symbol appears in the last panel on all the EVMs
4. The main objective of the 'NOTA' option is to enable electors, who do not wish to vote for any of the candidates, to exercise their right to reject without violation of the secrecy of their decision

WHICH OTHER COUNTRIES ALLOW NOTA?

Colombia, Ukraine, Brazil, Bangladesh, Finland, Spain, Sweden, Chile, France, Belgium and Greece allow their voters to cast NOTA votes. The US also allows it in a few cases. The state of Texas in the US permits the provision since 1975. The option, however, has faced opposition there

The petition contended that political parties choose contesting candidates in a very undemocratic manner without consulting the electors. That is why on many occasions, people in a constituency are discontented with the candidates who contest the election

CHALLENGES

▶ As of now, NOTA lacks teeth, as the second-best candidate is selected, if NOTA gets the maximum votes. Besides, re-polling is not a good idea, as it would not only cost the public exchequer significantly but also manpower, infrastructure and readjustments in various sectors for conducting fresh elections smoothly. So, instead of nullifying an election, strict criteria should be introduced

▶ Currently, NOTA signifies more of a protest vote, and less of rejecting a candidate. Besides, on one hand, while the government is talking about 'one nation, one election', it won't be feasible to implement this concept in principle. Secondly, it would be difficult to implement this provision for all the elections— Gram Panchayat to Lok Sabha. It can be done in a small village constituencies after evaluating all the other conditions. The candidate, should, however, not be allowed to contest election again from that constituency, otherwise this circle of rejection may not break at all.
ABHAY DESHPANDE, political analyst, Mumbai

▶ Since we do not have the proportional representation system, the candidate, who secures the highest number of votes in an election, gets elected in our political system. The Supreme Court would have to address larger systemic issues before it takes a decisive stand on this issue.
Dr M J VINOD, former chairman, political science dept, Bangalore University

SHARE YOUR VIEWS AT TOINIE75@GMAIL.COM YOU CAN ALSO POST YOUR COMMENTS AT TOISTUDENT.COM

Spotlight

RAJA CHARI An Indian-American, who will be part of NASA's manned Moon mission

Raja Jon Vurputoor Chari, an Indian-American US Air Force colonel, is among the 18 astronauts, half of them women, who have been selected by NASA for its ambitious manned mission to the Moon and beyond. Chari, 43, a graduate of the US Air Force Academy, Massachusetts Institute of Technology (MIT) and US Naval Test Pilot School, is the only Indian-American in the list. The selected astronauts will help NASA prepare for the coming Artemis missions, which begins next year, working with the agency's commercial partners as they develop human landing systems



The modern lunar exploration programme will land the first woman and next man on the Moon in 2024, and establish a sustainable human lunar presence by the end of the decade

FACTOID



31 species have been listed on the extinct list by the International Union for Conservation of Nature's (IUCN) Red List of Threatened Species. The list includes the lost shark, listed as critically-endangered or possibly-extinct, as it was last recorded in 1934. The lost shark's habitat in the South China Sea, one of the world's most-exploited marine regions, has been extensively fished for more than a century.

■ Out of the 17 freshwater fish species in Lake Lanao and its outlet in the Philippines, 15 are now extinct and two are critically-endangered or possibly extinct, the ICUN announced. The extinctions were caused by predatory-introduced species as well as overharvesting and destructive fishing methods

■ In Central America, three frog species have now been declared extinct. Another 22 frog species across Central and South America are listed as critically-endangered or possibly extinct — with the driver of the declines identified as chytridiomycosis disease, an infectious disease caused by a fungus that affects amphibians worldwide

■ In addition, all of the species of freshwater dolphin in the world are now threatened with extinction, with the addition of the tucuxi, a freshwater dolphin species found in the Amazon river system to the list, according to the ICUN. The tucuxi population has been "severely-depleted" by deaths linked to fishing gear, damming rivers and pollution

■ In the plant world, nearly a third of Oak trees around the world are threatened with extinction, with the highest numbers in China and Mexico

ERIC YUAN NAMED AS TIME'S BUSINESS PERSON OF THE YEAR



Eric Yuan, the CEO of popular video calling platform Zoom, has been named as the Time's Businessperson of the Year. Zoom has been one of the most popular video conferencing apps that people have relied on, especially during this pandemic, which requires social distancing to curb any further spreading. Time said, Zoom was being used in "all sorts of unexpected places. It became a verb and prefix, a defining syllable of socially-distant era."

RECOGNITION

■ Yuan, 50, was born in China, where he studied computer science at the Shandong University, until he received an H-1 visa in 1997, and moved to the US, according to Time

■ Zoom's rise over the years has been phenomenal. On March 22 this year, it announced that it would go public. Its userbase skyrocketed from 10 million daily participants in December 2019 to more than 300 million in April 2020

CHRISTIAN BALE JOINS 'THOR: LOVE AND THUNDER' AS VILLAIN

English actor Christian Bale and former star of Christopher Nolan's 'Batman' trilogy has joined the Marvel Cinematic Universe's (MCU) upcoming film, 'Thor: Love and Thunder'. However, don't expect Bale to play one of MCU's legendary good guys. He will be playing the flick's villain— Gorr, the God Butcher.

MOVIES

▶ According to Collider, the character Gorr had a tough life and lost his pregnant wife to an earthquake and the rest of his children to the difficult conditions of his nameless home-world



▶ After the tragedies, Gorr sets out to kill gods of all sorts, such as the titular Thor

▶ Well-known for his dual roles of Batman and Bruce Wayne, Bale has been nominated for four Academy Awards and won an Oscar in 2011 for his work in 'The Fighter'

▶ Bale will join franchise star Chris Hemsworth, Tessa Thompson and Natalie Portman in the film

Gwalior, Orchha in UNESCO world heritage cities' list

Gwalior and Orchha in Madhya Pradesh have been included in the list of UNESCO's world heritage cities under its urban landscape city programme, according to the state government.

■ Gwalior was established in the 9th century, and was ruled by the Gurjar Pratihara Rajvansh dynasty, the Tomars, Baghels, Kachwahs and the Scindias.

■ The memorabilia left by them is found in abundance in memorials, forts and palaces in that area

■ Gwalior is also known for its palaces and temples, including the intricately-carved Sas Bahu Ka Mandir temple

■ Orchha is popular for its temples and palaces, and was the capital of the Bundela Kingdom in the 16th century. The famous spots in the town are Raj Mahal, Jehangir Mahal, Ramraja Temple, Rai Praveen Mahal, and Laxminarayan Mandir, among others

HERITAGE SITES

'WEAR MASK EVEN AFTER GETTING COVID VACCINE'

AS THE WORLD BRACES FOR COVID-19 VACCINE INOCULATION, EXPERTS HAVE WARNED AGAINST STOPPING OF WEARING A MASK EVEN AFTER GETTING VACCINATED. HERE'S WHY...

1 Experts say, the first coronavirus vaccines require two shots. For example, Pfizer's second dose comes three weeks after the first and Moderna's comes after four weeks. Besides, according to them, the effect of vaccinations generally aren't immediate. People are expected to get some level of

protection within a couple of weeks after the first shot. However, full protection may not happen until a couple weeks after the second shot.

2 It's also not yet known whether the Pfizer and Moderna vaccines protect people from infection entirely, or just from the symptoms. It means vac-

inated people might still get infected and pass the virus on, although it would likely be at a much lower rate, they add.

3 Moreover, even though vaccine supplies start ramping up, getting hundreds of millions shots into people's arms is expected to take months, experts say.





Home bound during the lockdown! Many youngsters saw it as an opportunity to look beyond the boredom, skill up and use their talent in productive way. Here are some of the interesting things our NIEians did during the lockdown...

HOME-BOUND, YET PRODUCTIVE

EXPLORING THE CREATIVE SIDE

VOICE MODULATION IS FUN

During the lockdown, I discovered the interesting skill of mimicry. Now I can mimic not just actors and actresses, I can even imitate many of my friends, teachers, near and dear one. During the lockdown I had time on my hands to watch videos and finally got a hang of voice modulation. I've also been making videos of my mimicry acts and sharing them with friends.

Bhavya Gulati, class XII, Bhavan Vidyalaya, Panchkula



STITCHING IS THERAPEUTIC



As part of a school project, I had to make cloth masks. I watched several videos to learn how to make them. I did not know how to stitch. My mother taught me how to do a running stitch. At first, it was difficult to get it right. However, as I continued doing it, I became better and it turned into a therapeutic activity. I was able to make fifteen masks, and I enjoyed doing so. Had it not been for the lockdown, I would never have tried this.

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



PENCIL PAINTING TECHNIQUES

Being home for five months and not getting bored is a mammoth task. So, I decided that it was time to brush the dust off my art books and watercolor pencils which I couldn't have done in my routine. I turned to YouTube and managed to learn many new techniques of painting with watercolor pencils. Now, I've gained quite a lot of proficiency in their usage!

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



BONDING WITH FAMILY AND BEYOND

ECO-FRIENDLY BRIDGES

Nature is intrinsic to all things associated with life: During this lockdown I indulged in some eco-friendly activities with my family. I helped my mother clear out plastic and transformed an old water bottle into a pen stand. I helped my grandmother renovate our garden area by seedling seasonal veggies. I also learned to make cloth bags and masks with my cousins. Not only did I cultivate hobbies that are close to nature but I also got a chance to bond with my family without the influence of technology. This period of lockdown helped most of us to realize the importance of taking care of each other.

G Darshan, class VI, San Academy, Chennai



ONLINE MEETS AND PEALS OF LAUGHTER

Having grown up with my grandparents around, I have always considered myself lucky. But my parents' stories about their boisterous childhood often made me feel deprived. Voila! I decided to revive the family group. I got each of them to join an online meet. Over sessions of small talks, peals of laughter, and silly fights, magic happened! The meetings have become a Sunday ritual now and I find myself engrossed in an enchanted world, loved and adored by a gaggle of grandparents and a band of cousins.

Ishika Padhy, class IV C, Bharatiya Vidya Bhavan, Jubilee Hills, Hyderabad



PHOTOS AND WISHES

My aunt who lives in Japan was to visit us, but had to cancel her trip due to the pandemic. So, I decided to surprise her with a compilation of all her childhood photos and memories. I collected and put together photos. I also added clips of other family members wishing her. Using these I created a film highlighting some of the key events in her life in chronological order. I sent her this video on her birthday to convey our love and wishes for her. It helped not only bond with her, but brought other members of the family together as well.

Likhith L Gowda, class X, Delhi Public School North, Bengaluru



RECYCLING AND UPCYCLING

GREAT WAY TO REDUCE WASTE

I recycled and upcycled a lot of trash during this lockdown. Recycling is a great way to reduce waste



and save money. Making flowers out of pencil shavings, cloth leaves and vases from trash cups was fun. I upcycled plastic bottles into plant pots, watering cans, snack boxes, charging docks and trash cans. I recycled old paper into new notepads, bookmarks, wrapping paper and bags. It helped me destress and gave me satisfaction.

Gouri Theertha, class XI, KV Pattom, Thiruvananthapuram



PAINT ON, CRACK GONE

A week ago, I recycled my favorite tea cup. It was a present which I received on my 10th birthday. But last week, it fell from my hands and developed a crack. I knew I could not use it to drink but I did not want to throw it away. But an idea struck me on how I could upcycle it. I coated the rim and handle with glass paint. That way the crack marks



were covered. Then I gave it a designer look with some decorating beads and the cup was successfully converted into a pen stand. The cup which primarily found a place in my kitchen-shelf, is now proudly sitting on my study table. My very beautiful "DIY" pen-stand made with my broken birthday present,

Jyotirmoy Chatterjee, class XII, Central Modern School, Kolkata

LENDING A HELPING HAND

BAGS & POTS PAYING FOR MASKS

When the pandemic hit the country not everyone could afford sanitizers and masks, which were the basic needs to stay safe from the virus. So we decided to distribute masks among the needy people. We raised funds to buy the masks by selling hand painted pots and paper bags which



we made. So far we have distributed more than 500 masks to people living on roadsides, children in orphanages and elders in old age homes. Apart from distributing the masks we also created awareness among them regarding safety precautions to be followed to stay safe from Covid-19.

It is our father who taught us the importance of being compassionate and kind to people around us. We grew up seeing him serve the needy in the society.

Mahaswetha and Madhulekha Unnikrishnan, class V, AKR Academy, Tirupur



GIVING SHOWS WHO YOU ARE

With job loss and unemployment rate rising during this lockdown, I wanted to do my part in healing the world of the scar that Covid 19 has left. My family and I collected clothes and distributed food packets in the slum areas. The blessings we got and the happiness



that I felt cannot be justified in words. Keeping our humanity in such difficult times and not ignoring others' sufferings is important. One of the biggest lessons I learned during the lockdown is to do things for others not because of who they are or what they do in return but because of who you are.

Sakshi Panwar, class X, The Indian Academy, Dehradun

CHILDREN CAN LEARN

more effectively through stories than activities

PHOTO: GETTY IMAGES



When making children learn about evolution, the oldest form of teaching - storytelling - is the most effective way of teaching primary school, suggest the findings of new research. The study was led by researchers at the Milner Centre for Evolution at the University of Bath

than the somewhat abstract example of trilobites, but in fact the opposite was true. "This is the first large randomised controlled trial that is evaluating the effectiveness of different methods of teaching, using similar scientific methods to those used in drug interaction trials to test whether a new treatment works. "Our results show that we should be careful about our preconceptions about what works best. We only tested the teaching of evolution in this way - it would be interesting to see if these findings also applied to other subjects of the curriculum."

Professor Momna Hejmadi, Associate Dean of the University's Faculty of Science, helped to design the study and co-authored the paper. She said: "Evolution was introduced to the national curriculum for primary schools in 2014.

"It's a really important subject as it forms the foundation for biology. However, many primary school teachers, if they don't have a science background, are less confident about teaching it.

The story-based approach combined with abstract examples of evolution were the most effective lessons. The study recruited 2,500 primary school students who were tested for the understanding of evolutionary concepts

It is important for schools to make available free online course for teachers to help them effectively engage their pupils with this important subject.

THE METHOD

While all teaching methods improved the pupils' understanding of evolution, a study published in the journal 'Science of Learning' found that the story-based approach combined with abstract examples of evolution were the most effective lessons.

A randomised controlled trial found that children learn about evolution more effectively when engaged through stories read by the teacher, than through doing tasks to demonstrate the same concept. The scientists investigated several different methods of teaching evolution in primary schools, to test whether a pupil-centred approach (where

pupils took part in an activity) or a teacher-centred approach (where pupils were read a story by the teacher), led to a greater improvement in understanding of the topic. The study recruited 2,500 primary school students who were tested for the understanding of evolutionary concepts before and after the lessons. Professor Laurence Hurst, Director of the Milner Centre for Evolution at the University of Bath, led the study.

THE FINDINGS

He said: "We were surprised by the results - we expected that pupils would be more engaged with an activity rather than listening to a story and that children would identify more strongly with the human-based examples of evolution



Do You Agree with this study?
Teachers and educators, please tell us your thoughts on this study. Write to us at timesnie175@gmail.com

Best of the Christmas movies

EDWARD SCISSORHANDS

A reclusive genius creates a boy but dies before completing him, leaving his brainchild with scissor-like blades in place of hands. A kindly woman from a nearby suburb takes pity on the lonely figure and welcomes him into her home. Tim Burton's fantasy, starring Johnny Depp.

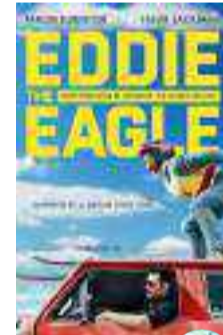


THE SOUND OF MUSIC

A cheerful novice nun is employed as governess to the seven children of an austere widower. As she brings light, laughter and a love of all things harmonious to a family previously beset by grief, she also falls in love with her employer. Oscar-winning musical with Julie Andrews.

EDDIE THE EAGLE

Biopic of British Eddie Edwards. Determined to fulfil his dreams of becoming an Olympic athlete, Edwards trains as a ski jumper - a field in which Britain had no other competitors - and secures a place in the Olympics. Starring Taron Egerton.



INSIDEOUT

Inside 11-year-old Riley's head lives a team of five that control her emotions. Led by the eternally upbeat Joy, they have always ensured she lived a happy life - but when Riley's parents move to a new city, she is plunged into depression. It's a Pixar fantasy, with the voice of Amy Poehler.



JURASSIC WORLD

Decades on from the creation of Jurassic Park, an attraction filled with genetically engineered dinosaurs has been opened on the island. In need of a new attraction, the company behind the park creates a new species - only for it to escape. It's an adventure sequel starring Chris Pratt.



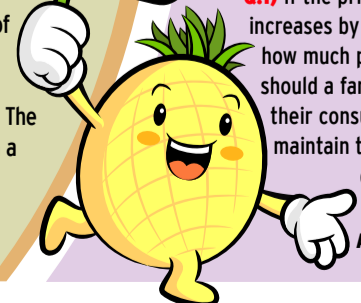
NEW ON THE BLOCK

NEW BATMAN WILL BE BLACK

Tim (Jace) Fox will follow Bruce Wayne as Batman in the upcoming miniseries. A surprise variant cover to issue #2 of the four-issue January/February miniseries was revealed and Tim Fox as Batman was in it. Tim is the estranged son of Lucius Fox and brother to the former Batwing Luke Fox. He first appeared in Batman #313, April 10, 1979. More

recently, in October's Batman #101, he was in a conversation between Batman and Lucius Fox, who has since acquired the Wayne fortune and technology as a result of The Joker War. The story is written by John Ridley, Nick Derington and Laura Braga, and the art is by Doug Braithwaite and Diego Rodriguez 'Future State: The Next Batman' will debut on January 5, 2021, with new

issues available every other week. Every 64-page oversized issue will include stories of other Gotham City heroes and villains. On February 23, 2021, another story of The Next Batman will give him a sidekick as part of DC's 'Batman: Black & White' anthology series.



MIND TEASERS (MATHS QUIZ)

Medha Bhavani Girish, class IX, National Public School HSR Layout, Bengaluru

Q.1) If the price of salt increases by 20%, by how much per cent should a family reduce their consumption to maintain their expenditure on salt?
A. 16.66 B. 20

C. 18 D. 40
Q.2) If Raju's dad is 4 times Raju's age, and in 5 years, Raju's dad will be thrice his age, find Raju and his father's present age.
A. 8 and 32 B. 9 and 36 C. 10 and 40 D. 5 and 20

Q.3) If the area of a rectangle is equal to its perimeter, and the length is 3 less than the breadth, find the length and breadth.
A. 12 - b5 B. 13 - b6 C. 15-b18 D. 15-b8
Q.4) If 3 consecutive

multiples of 7 add up to 84, find the multiples.
A. 14, 21, 28 B. 42, 49, 56 C. 7, 14, 21 D. 21, 28, 35

Q.5) The digits of a 2 digit number add up to 7. When reversed, the number is increased by 27. Find the number.
A. 16 B. 34 C. 25 D. 61

ANSWERS

(1) A) 16.66% (2) C) Raju 10, dad 40 (3) B) L3 - b6 (4) D) 21, 28, 35 (5) C) 25

STAY HEALTHY

4 fruits for maintaining weight in pandemic

Rich in fibre, vitamins and essential nutrients, fruits are one of the best foods that you can include in your diet for maintaining weight. The fibre keeps you fuller for a longer time and the fructose content helps to satiate your sweet tooth. Here are 5 fruits you can eat regularly if you are trying to lose weight.



APPLES

1 With just 4 grams of fibre and only 95 calories per serving, apples are one of the best fruits for weight loss. They are more satisfying than other snacks because it takes longer to consume an apple due to its high fibre content. Studies suggest that apples can support weight loss and reduce the risk of high cholesterol.



BANANAS

2 Contrary to popular belief, bananas are not fattening. It is certainly more calorie-dense than many other fruits, but the yellow fruit is also rich in nutrients. Bananas are packed with potassium, magnesium, manganese, fibre, vitamins and many antioxidants. Eating a banana every day can help reduce the risk of high cholesterol and help in maintaining weight.



BERRIES

3 Berries are considered nutritional powerhouses. They are low in calories, packed with different kinds of vitamins and antioxidants. One serving of (152 grams) strawberries contains just 50 calories, while 148 grams of blueberries contains just 84 calories. They can be enjoyed with cereal or yogurt for breakfast or blended in a healthy smoothie.



ORANGES

4 Include oranges in winter to maintain weight. This fruit is rich in vitamin C, fibre and low in calories. It is four times more filling than a croissant and twice as filling as a muesli bar. One orange contains just 45 calories, so you can enjoy this fruit without worrying about your calories intake. TM

3 POSITIVES BEFORE THE TESTS

Kohli-less Team India ticked all the right boxes in the 2nd and final practice match against the Men from Down Under in the build-up to the four-match Test series

1 Shami & Bumrah working in tandem

Premier pacers Mohammed Shami and Jasprit Bumrah received a heavy bashing after their no-show in the white-ball series against the mighty Aussies. Though India avenged the One Day International (ODI) series by winning the T20Is, it was the batch of make-shift pacers (Shardul Thakur and Thangarasu Natarajan) that forced the premier bowlers to take the back seat. However, both Bumrah and Shami have bounced back by running rings around the Aussie batsmen in the practice matches. While Shami was the pick of the bowlers in the 2nd practice match with five wickets, Bumrah scored a gritty half-century and also secured a brace of wickets in the same match.

3 Pant puts himself on the map

With a strike rate of 141 plus and an innings laced by six sixes and nine fours, it's fair to say that Rishabh Pant was only toying with the Aussie bowlers in the build up to the first Test between India and Australia at Sydney. The out-of-favour batsman has remained behind Wriddhiman Saha in the pecking order but Pant's quick-fire century against Australia A has created the right noise prior to India's first pink-ball Test against Australia. In the previous match where Saha perished for a duck, Pant staged his return-to-form act in the second game. There is no denying that the India southpaw has put himself on the map.

2 Hanuma, Shubman give fresh headaches

At a time when Ravindra Jadeja is recovering from a concussion, middle-order batsman Hanuman Vihari is keen on cementing his place in the playing XI for the Adelaide Test. Vihari not only slammed a crucial century against Australia A, but the all-rounder also chipped in with tidy spells and was rewarded with the prized wicket of Australia A skipper Alex Carey. Meanwhile, Indian opener Shubman Gill has also strengthened his selection case with his elegant batsmanship and consistency. The promising young talent is already heavily tipped to spearhead India's batting order when Kohli leaves the Indian contingent post the series opener. Gill is also likely to receive a surprise start in the Adelaide Test as the Indian think tank continues to deal with the selection dilemma. Gill scored a patient 43 in the first innings before scoring a sublime 65 in the second.

India will miss Ishant badly: Manjrekar

Former Indian cricketer-turned-commentator Sanjay Manjrekar feels India will miss Ishant's presence in the Border-Gavaskar Trophy 2020-21 edition. "India will miss Ishant Sharma very, very, badly because he was the third support bowler. He ensured that the pressure wasn't off. In many ways Mohammed Shami and Bumrah are your seam bowlers and you needed somebody to just keep that line outside the off-stump, be economical, keep the pressure on," Sanjay Manjrekar said on Sony Network. Ishant was one of the key performers for Team India in the maiden Test series win on Australian soil. He played the senior pacer's role to perfection and returned with 11 scalps in the last India-Australia Test series. Hence, his overall experience and presence will be a big loss to Kohli & Co.

Shami bowled noteworthy spells in the pink-ball warm-up against Australia A

Photo: GETTY IMAGES

There will be no pressure of captaincy on Rahane: Gavaskar

Legendary batsman Sunil Gavaskar feels Ajinkya Rahane won't be under any pressure to lead Team India in the last three Tests of the upcoming series against Australia once regular skipper Virat Kohli leaves after the Adelaide match. After the culmination of the first Test, which will be played under lights at the Adelaide Oval from Thursday, Kohli will return to India to be with his wife Anushka Sharma who is expecting their first child.

There is no real pressure on Ajinkya Rahane because both the times that he has led the team, he has won. He led against Australia at Dharamshala and India won. He led against Afghanistan and India won.

Sunil Gavaskar, former Indian captain



Photo: GETTY IMAGES

Kuldeep to be game changer in D/N Test



Pragyan Ojha

Photo: GETTY IMAGES

Ronaldo scores twice on 100th Juventus appearance



Cristiano Ronaldo marked his 100th game for Juventus with a pair of penalties in a 3-1 success over Genoa, as the champions closed the gap on Serie A leaders AC Milan. Paulo Dybala got his first league goal of the season in the 57th minute and Ronaldo sealed the points with two late strikes from the spot after Stefano Sturaro had levelled for the hosts after an hour. The Portuguese forward's strikes have taken him level with AC Milan star Zlatan Ibrahimovic as leading scorer in Serie A with 10 goals.

What better way to celebrate my 100th game for Juventus, than scoring two more goals for the team?
Cristiano Ronaldo

TEST YOUR KNOWLEDGE

Q1: In which tournament did Australian tennis player Ashleigh Barty win her maiden Grand Slam title?

- a) Australian Open b) The French Open
c) Wimbledon d) US Open

Q2: Who is the first Indian woman to win a gold medal at the AIBA Women's World Boxing Championship?

- a) Nikhat Zareen b) Sarita Devi
c) Lovlina Borgohain d) MC Mary Kom

Q3: In which year did Neeraj Chopra win a gold medal at

the Asian Athletic Championships?

- a) 2016 b) 2017 c) 2018 d) 2019

Q4: Which country clinched a gold medal at the 2020 European Rhythmic Gymnastics Championships in Kyiv with victory in the group mixed apparatus final?

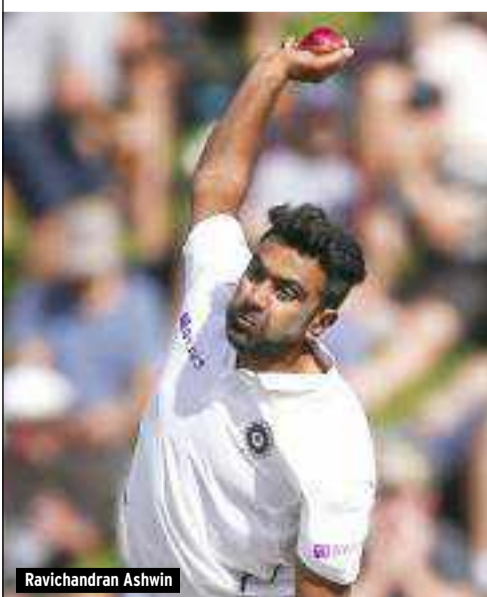
- a) France b) Turkey c) Greece
d) Italy

Q5: Which player holds the record of most catches in the history of IPL?

- a) AB de Villiers b) Suresh Raina
c) Rohit Sharma d) Kieron Pollard

Q6: In which year did Ravichandran Ashwin win the Sir Garfield Sobers Trophy after being named ICC Cricketer of the Year?

- a) 2015 b) 2016 c) 2017 d) 2018



Ravichandran Ashwin

Q7: Who is the only Indian athlete to have won at a World Athletics Championships, with a bronze in long jump at the 2003 World Athletics Championships in Paris.

- a) Mercy Kuttan b) Anju Bobby George
c) Nayana James d) Reeth Abraham

Q8: Which cricketer has captained the most matches in all seasons of IPL?

- a) Virat Kohli b) Rohit Sharma
c) Gautam Gambhir d) Mahendra Singh Dhoni

Q9: Who has officiated the most number of matches as an umpire in the history of IPL?

- a) Asad Rauf b) Nitin Menon
c) Kumar Dharmasena d) Sundaram Ravi

Q10: In which year was Maradona crowned world champion with Argentina?

- a) 1986 b) 1987 c) 1988 d) 1989

Q11: Which Indian player has the record of most runs in T20 Internationals?

- a) MS Dhoni b) Shikhar Dhawan
c) Rohit Sharma d) Virat Kohli

Q12: Who is the present coach of FC Barcelona?

- a) Pep Guardiola b) Ernesto Valverde
c) Ronald Koeman d) Quique Setien

ANSWERS: 1 b) The French Open 2 d) MC Mary Kom 3 b) 2017 4 b) Turkey 5 b) Suresh Raina 6 b) 2016 7 b) Anju Bobby George 8 d) Mahendra Singh Dhoni 9 d) Sundaram Ravi 10 a) 1986 11 d) Virat Kohli 12 c) Ronald Koeman



THE TIMES OF INDIA

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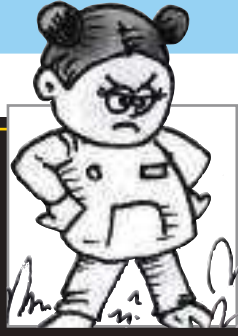


STUDENT EDITION
MONDAY, DECEMBER 14, 2020

WEB EDITION

TODAY'S EDITION

► **Masterclass:**
Learn to draw a memorable character
PAGE 2



► **Students and teachers**
share their views on various issues engulfing the nation and the world
PAGE 3



► **Has Rishabh Pant**
done enough to topple Wriddhiman Saha in Test match
PAGE 4

CLICK HERE: PAGE 1 AND 2

Number-0-LOGY

1.1 trillion tons

IS THE CURRENT MASS OF OUR PLANET, courtesy man-made materials, which, in a first, is likely to outweigh all life on the Earth, according to scientists, detailing the "crossover point" at which humanity's footprint is heavier than that of the natural world.

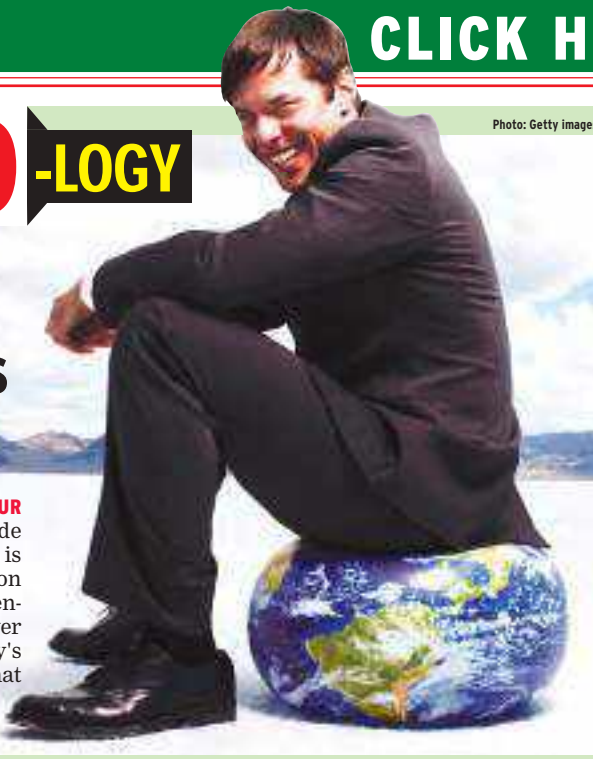
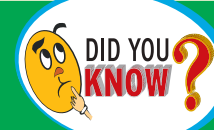


Photo: Getty Images

ALARMING FACTS

► Humans used a year's worth of natural resources in 2020 by August 22 – a calendar event known as Earth Overshoot Day. The annual date marks the point at which humanity has used all the biological resources that the Earth can regenerate during that year
► Due to the lockdowns imposed because of the coronavirus pandemic, and the resulting cuts in human activity, Earth Overshoot Day was observed 23 days later this year than it was in 2019



Humans currently use 60 per cent more biological resources than can be renewed – as much as if we lived on 1.6 planets – and is on course to require the resources of two planets before 2050, warn scientists

Jeffrey Archer's 'Not a Penny More ...' was turned down by 16 publishers

GET INSPIRED



Many years before he was a published novelist, Jeffrey Archer was an MP in Britain. And then came financial ruin. "I stupidly borrowed money and ended up with a debt of 400,000 pounds—a lot of money 45 years ago," Archer said recently at an online event. He stepped down as MP in 1974 and started writing his first book, 'Not a Penny More, Not a Penny Less'. However, 16 publishers turned it down. Even the 17th published only 3,000 copies," he said.

MORAL OF THE STORY:
NEVER GIVE UP!

Failure was hard to digest, but Archer kept at it, driven by the attention of his creditors, and the joy he found in the process. "I believe storytelling to be a god given gift, no different from being able to sing opera, or play the violin. I love writing. every moment of it. I've written 33 books, and I'm still going flat out, because I love it," he added

Spotlight

EDUCATION MINISTER TO GO LIVE AGAIN ON DECEMBER 17, TO INTERACT WITH TEACHERS ABOUT BOARD EXAMS

Education minister Ramesh Pokhriyal 'Nishank' will go live on his official Twitter and Facebook handle again on December 17, 2020. The minister would this time go live at 4 pm to interact with teachers about the upcoming Board exams. This is the second time this month that the minister would go live to interact. On December 10, he went live to discuss and address the queries of students regarding the upcoming Board and competitive exams.



Teachers can raise their concerns by using the hashtag #EducationMinisterGoesLive

WEIGHING HIGH

According to scientists, the world's biomass in 2020 is likely to be exceeded by the cumulative amount of concrete, bricks, metals and other materials people have manufactured. Human-generated mass is expected to exceed 3 teratons by 2040, if the current trends continue, the study warns

THE STORY, SO FAR

1 The so-called anthropogenic (environmental pollution and pollutants) mass has increased rapidly since 1900, when it equated to just 3% of total biomass
2 Since the dawn of the 20th century, however, the explosion of industrial activity saw human-made items double in mass every 20 years
3 Now, anthropogenic mass is being produced at a rate of more than 30 gigatons (Gt) per year. One gigaton is equal to 1,000,000,000 tons

4 Scientists say, the amount of biomass has declined over the last 120 years, but this is slight in comparison to the exponential increase in man-made items

5 The best estimate for the amount of living things on planet Earth is around 11 teratons, according to the data

6 Currently, concrete accounts for more than 40% of all annual anthropogenic mass, the study shows, with 549 gigatons (Gt) of concrete produced every year

7 Aggregates, such as gravel are the next biggest contributor, accounting for 386Gt in 2020



Photo: Getty Images

FACTOID

7% Drop in carbon dioxide emissions globally in 2020, thanks to the pandemic, according to the figures released by The Global Carbon Project, an authoritative group of dozens of international scientists, who track emissions. Claiming the drop to be the biggest ever, the researchers said that the world have contributed to around 34 billion metric tons of carbon dioxide in the air in 2020 – down from 36.4 billion metric tons in 2019. However, even with the drop in 2020, the world on average contributed 1,075 metric tons of carbon dioxide into the air every second



► Emissions dropped 12% in the United States and 11% in Europe, but only 1.7% in China. That's because China had an earlier lockdown with less of a second wave. Also, China's emissions are more industrial-based than other countries, and its industry was less affected than transportation

► Scientists say the drop is chiefly because people are staying home, travelling less by car and plane. However, emissions are expected to jump back up after the pandemic ends, they warn

DID YOU KNOW? Ground transportation makes up about one-fifth of emissions of carbon dioxide, the chief man-made heat-trapping gas

JOE BIDEN AND KAMALA HARRIS ARE TIME 'PERSON OF THE YEAR'

US President-elect Joe Biden and Vice President-elect Kamala Harris have been chosen as Time magazine's 2020 'Person of the Year'. The Democratic pair

RECOGNITION

were chosen ahead of three other finalists: frontline health care workers and Anthony Fauci, the racial justice movement, and President Donald Trump, who Biden defeated in November's election.



► Time magazine's award – handed out annually since 1927 – honours the person or people, who most-impacted the news for better or worse during the calendar year ► Earlier, Time named basketball superstar LeBron James 'Athlete of the Year' for his achievements on and off the court. The 35-year-old Los Angeles Lakers player was honoured for battling voter suppression among the Black citizens in a year, when he won his fourth the NBA title ► K-Pop sensation BTS was named the 'Entertainer of the Year'

TAYLOR SWIFT ANNOUNCES SECOND SURPRISE QUARANTINE ALBUM, 'EVERMORE'

Five months after the surprise arrival of 'Folklore', an album written and recorded in quarantine, Taylor Swift is doing it again—'Evermore', the singer and songwriter's ninth studio album is set to release soon. "To put it plainly, we just couldn't stop writing songs," Swift wrote in a post on Instagram recently. "I've never done this before," she added, saying that she'd treated each album as a discrete aesthetic cycle and turned her attention to the next one.

'Evermore' features the same core creative team as 'Folklore': Aaron Dessner of the indie-rock band, the National and the producer Jack Antonoff (one of her longtime collaborators), along with Justin Vernon of Bon Iver and William Bowery (aka her boyfriend) and actor Joe Alwyn are part of the team



MUSIC

MARVEL STUDIOS PLOTS 'FANTASTIC FOUR' MOVIE, ANNOUNCES THREE MORE SERIES FOR DISNEY PLUS

ENTERTAINMENT



Expanding further its highly-successful Marvel Cinematic Universe (MCU), the Disney-owned Marvel Studios has announced a slew of projects, including a 'Fantastic Four' movie and three new series for streamer Disney Plus. The announcements were made by Marvel Studios' boss Kevin Feige during Disney's Investor Day presentation recently. Feige revealed that filmmaker Jon Watts, known for making Marvel Studios-Sony's 'Spider-Man' movies, will helm the 'Fantastic Four' film.

The Marvel top executive also announced the official title for the third 'Ant-Man' movie as 'Ant-Man and the Wasp: Quantumania', and confirmed that actor Jonathan Majors will be portraying the time-travelling super-villain Kang, the Conqueror

Quote unquote

The innovation in India around the digital infrastructure in every field—from financial services, healthcare to retail, is tremendous due to the ubiquity of computing fabric that is available to every Indian business and every Indian citizen. Computation and computing fabric is now embedded in the real world; the layer of artificial intelligence and data capability is getting embedded in every consumer, and business application is tremendous. To develop the economy, a catch-up growth is possible, when both the public institution and public sector can move rapidly

SATYA NADELLA, CEO, Microsoft, on the role of tech in economic recovery in the post-covid world



GOOGLE TRENDS 2020:

IPL OVERTAKES CORONAVIRUS TO BECOME MOST-SEARCHED TOPIC

Search giant Google is out with the topics that trended in 2020 in India. According to Google, while coronavirus appeared in the top 10 overall list of trending terms this year globally, in India, however, the Indian Premier League

(IPL) came out on top, beating even the US Presidential elections 2020. The Bihar Assembly elections 2020 and Delhi Legislative polls 2020 too saw considerable searches, along with US President-elect Joe Biden and late actor Sushant Singh Rajput's last film, 'Dil Bechara'.



1 Top trending queries: The Pradhan Mantri Kisan Samaan Nidhi. Launched in February, the ₹75,000 crore scheme sees vulnerable land-holding farmer families, having cultivable land up to 2 hectares, being given a direct income support of ₹ 6,000 per year
2 In the 'how to' category, 'how to make paneer' was the top trend, followed by how to boost immunity, and how to make dalgona coffee
3 The top 'What is' searches revolved not just around the novel coronavirus, plasma therapy and hantavirus, but also the viral 'Binod' meme, CAA, NRC and nepotism. People in India searched for 'What is coronavirus', 'What is Binod' and 'What is plasma therapy' along with Covid-19 and CAA. The list also saw queries related to solar eclipse. For the unversed, Binod became a huge social media meme, after a trend was started with a YouTube video called Why Indian Comments Section is Garbage (BINOD)
4 In general news, IPL, coronavirus and the US Presidential election triggered the most searches, along with the

Nirbhaya case and Beirut explosion. Among personalities, Biden ranked top, followed by Arnab Goswami. Singer Kanika Kapoor and actors Amitabh Bachchan, Rhea Chakraborty, Ankita Lokhande and Kangana Ranaut have bagged the top spots for being some of the most-searched personalities on the search engine



In the education sector, coding for kids and how to become a teacher emerged as the top searches. Apart from this, Zoom was also among the top searches. The video conferencing service was a hit among the Indian students too, who opted for online teaching through the platform

Photo: Getty Images

MASTERCLASS

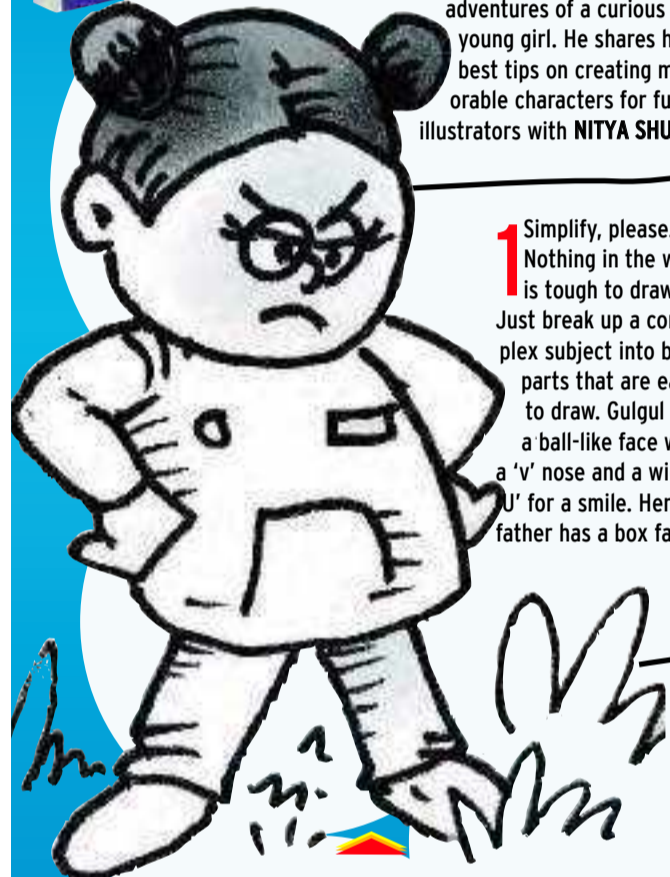
CALLING ALL FUTURE ILLUSTRATORS:

Learn to draw a memorable character

Creating a memorable, unforgettable character that connects with readers and tells a great story is no small feat. The character has to be visually

pleasing and communicate a vast range of expressions which sounds like a huge challenge! The good news is that there are no limitations to what one can bring to the paper. Meet **Ashok Rajagopalan**, author and illustrator for over 500 children's books and characters including Gajapati Kulapati (an adorable elephant) and Gulgul (resident of planet GR33N). 'The Adventures of Gulgul' series (Speaking Tiger/Talking Cub) is a collection of three books for readers above 8 years, full of adventures of a curious

young girl. He shares his best tips on creating memorable characters for future illustrators with **NITYA SHUKLA**



1 Simplify, please. Nothing in the world is tough to draw. Just break up a complex subject into basic parts that are easy to draw. Gulgul has a ball-like face with a 'v' nose and a wide 'J' for a smile. Her father has a box face!

2 The emotion your character feels should be felt by the reader. For that, draw your expressions clearly. Feel it yourself while you draw. You should see my face when I draw an angry face! Drawing expressions is one of my greatest strengths. Make it yours, too.

3 Read, read, read. A good illustrator is usually an avid reader. Before I begin illustrating a story given to me, I read it many times. Inspiration follows naturally. The drawing style I choose depends on the tone, voice and wackiness of the text. **And what happens if an illustrator hasn't read the story thoroughly? He could draw a mango tree when the text says coconut palm!**

4 The more times you draw something, the more confidently and easily you can draw it. **After a hundred elephants, drawing one more is no jumbo job, is it?**

5 Give bonuses to your reader. I don't just draw what's said in the story and say, "That's enough." I draw extra things not mentioned in the text. I have funny dogs, cats, snakes and whatnot in the background for extra fun. **I shouldn't change the story with my extras, though, or the author can get mad at me.** When I am the author, as in the Gulgul books, I have a free party.

HAVE FUN DRAWING, FOLKS!



PETS CORNER

Throw the Purr-fect b'day bash

While cats are considered less social to be a lot less social than dogs, they have a hidden party animal side to them. So, why not pamper your cats on their special day with a cake, loads of toys, their favourite food and some fancy outfits too? Tuliika Choudhary, a cat parent, shares, "I buy toys and treats for my cat whenever we throw a birthday party for her. She is not very fond of people, so her birthday parties are intimate with only her favourite people." Pooja Choksi, a cat groomer and cat cake baker shares, **Cat-friendly cakes and cupcakes, made with tuna or salmon bits, are perfect for such occasions.**

TIPS FOR BIRTHDAY BASH

- Get your cat toys and treats they love
- Give them their favourite food
- Add cat-themed decor
- Dress them in cute outfits

TOP CAT CAKE FLAVOURS

- Tuna flavoured cake
- Salmon cake
- Chicken and lamb cakes
- Mackerel cupcakes



CALLING IT A YEAR

Charity 2020



The Bill & Melinda Gates Foundation had given away \$55 billion at the end of 2019. Covid-19 has made 2020 a busy year for the philanthropic outfit. **The Gates Foundation rose to the occasion and gave around \$4 billion to Gavi, the Vaccine Alliance which has immunised over 800 million children against diseases like polio and measles.** An offshoot of Gavi has raised \$2 billion so far to fight the pandemic, which is enough to reserve one billion doses of vaccine for poor and developing countries.

Words Invented By Shakespeare

Probably no one in history has contributed as much as William Shakespeare to the English vocabulary. His scripts contain more than 1700 common words, used today that were never used by anybody else before. We present here some of the coolest words invented by the bard

1. Champion

Macbeth, Act III, scene i
To make them kings, the seed of Banquo kings!
Rather than so, come fate into the list.
And champion me to the utterance! Who's there!

2. Amazed

Henry V, Act I, scene i
Must be the mistress to this theoretic;
Which is why I am amazed how his Grace should glean it...

3. Swagger

A Midsummer Night's Dream, Act III, scene i
What hempen home-spuns have we swaggering here,
So near the cradle of the fairy queen?

4. Torture

King Henry VI, Part II, Act II, scene i
Alas, master, I am not able to stand alone:
You go about to torture me in vain.

5. Obscene

Love's Labour's Lost, Act I, scene i
Then for the place where; where, I mean,
I did encounter that obscene and preposterous event.

6. Puking

As You Like It, Act II, scene vii
And one man in his time plays many parts,
His acts being seven ages. At first the infant,
Mewling and puking in the nurse's arms.

7. Majestic

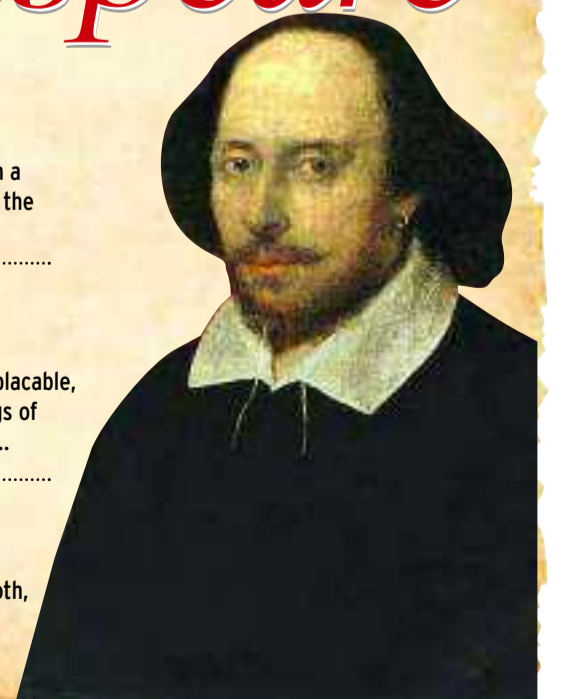
Julius Caesar, Act I, scene ii
Ye gods, it doth amaze me; A man of such a feeble temper should; So get the start of the majestic world; And bear the palm alone.

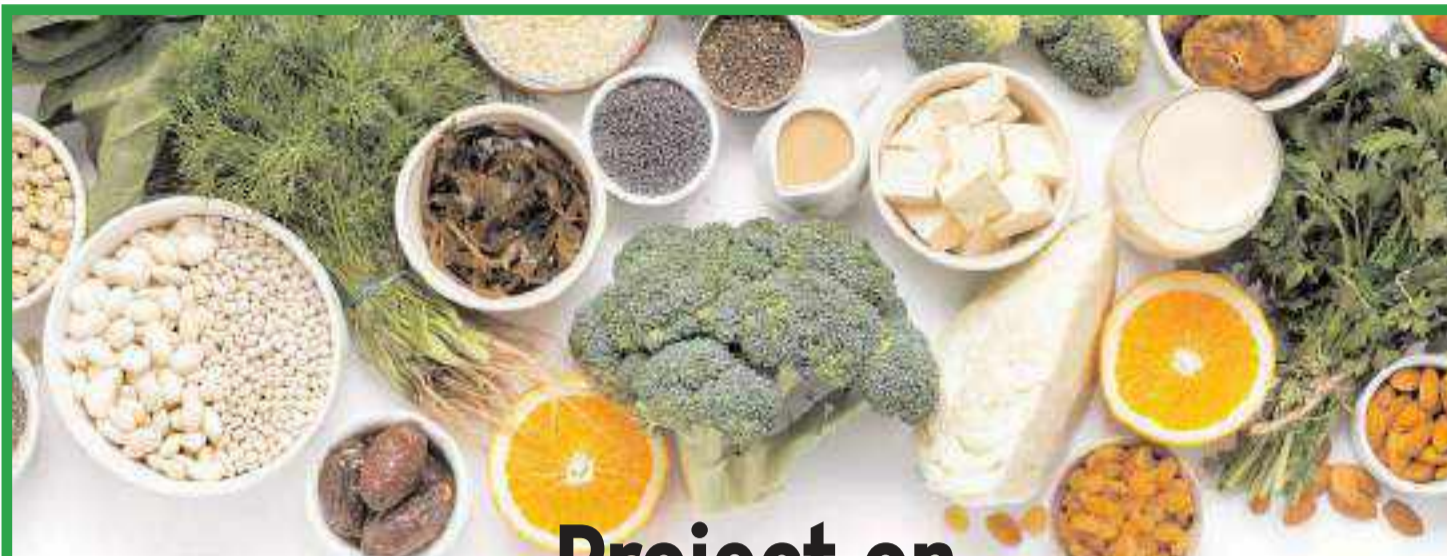
8. Hobnob

Twelfth Night, Act III, scene iv
His incensement at this moment is so implacable,
that satisfaction can be none but by pangs of death and sepulchre. **Hobnob** is his word...

9. Gossip

The Comedy of Errors, Act V, scene i
The duke, my husband and my children both,
And you the calendars of their nativity,
Go to a gossips' feast and go with me...





Project on 'Good Health & Wellbeing'

As a part of our school activity project about 'Good Health and Wellbeing' was given to the students of class III and IV.

SPECIAL FEATURES:

■ If there is one area where the coronavirus pandemic is causing massive rethinking, it is in what we eat, where we get our food from, and how the food is produced, stored and prepared. Eating well helps to reduce the risk of physical health. ■ It also helps with sleeping patterns, energy levels, and your general health.

HOW I WENT ABOUT WITH IT:

GOAL 1: GREEN THUMB CHALLENGE
The green thumb challenge aims to connect children with nature and the healthy benefits of gardening as part of a nationwide movement to teach kids how to grow and cook for themselves. I was so excited to get my hands in the soil and grow my own plant. I learned that a plant needs five basic things to grow. They are water, sunlight, soil, air, and nutrients



GOAL 2: CREATED A VEGETABLE PERSON
I created a vegetable person with all my favorite vegetables. The objective of this activity was to include



healthy eating habits in our daily routine. I also prepared a vegetable sandwich and many other healthy snacks for the evening and mentioned it in my calendar as a part of the project.

GOAL 3: MADE A FOOD RAINBOW COLLAGE/CHART
In this activity I learned about the health benefits of different coloured food. I made a chart about different coloured food and vegetables along with their nutritional values and included it in my meals. I really enjoyed doing this project as I learned how to grow plants



at home along with different nutritional benefits we get from different fruits and vegetables.

ISHAN DAVE, Class IV, St Kabir School, Ahmedabad

THE EDUCATIONIST

TEACHERS: THE TORCHBEARERS

Every year, the students show overwhelming gratitude for the teachers on 5th September. On this day, all the academicians and educationists deserve to be thanked for their invaluable contribution towards shaping the future of



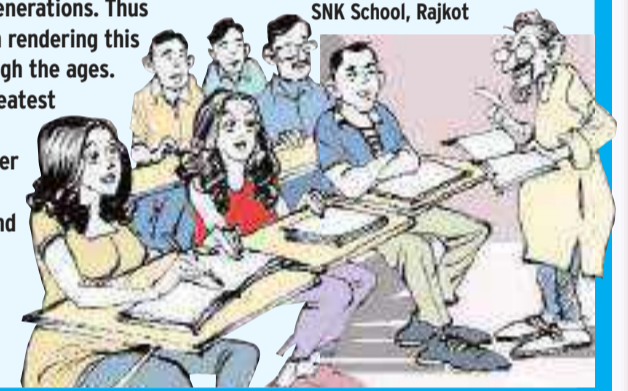
humanity. Teaching is not just a profession. It's a way of life. It is about finding happiness in the lovely smiles of children. It's instilling new hope and reposing faith in the child who is fighting with a lot of societal and parental expectations. It's a commitment to oneself. It's a commitment to bring the best out of the commonest. It's a commitment of not giving up until an ordinary human being undergoes the self-realization of being extraordinary. It's a commitment to keeping pace with the changing times and needs of the generations. Thus teachers have been rendering this pious service through the ages.

Some of the greatest gurus have created priceless gems under their guidance. Chanakya guided and assisted the first Mauryan emperor Chandragupta Maurya to rise.

Swami Vivekanand could enamour the world with his philosophy because he grew up learning spiritualism in the giant shade of his guru Swami Ramkrishna Paramhans. Badminton player PV Sindhu's winning silver medal in the Rio Olympics and also winning the world championship proved that the hard work of gurus like P. Gopichand can fulfill the dreams of millions of people.

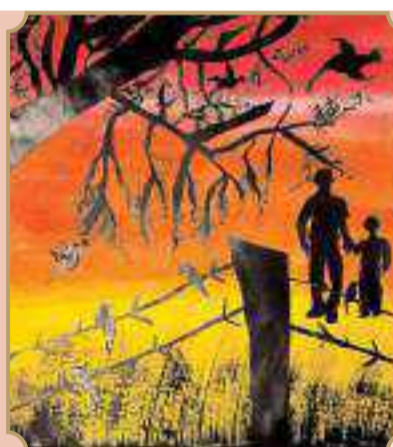
The biggest reward for the teacher is the contentment that he experiences after he sees his children doing some noble work in various walks of life. He is happy to see his dreams being fulfilled through his children which he might have cherished for himself. Even in these turbulent times too, teachers learned digital skills, transformed their drawing rooms into the classrooms, and are working untiringly for their students. May the entire teacher fraternity continue to brighten the path and future of millions of children!

UMESHKUMAR THAKUR, Educator, SNK School, Rajkot

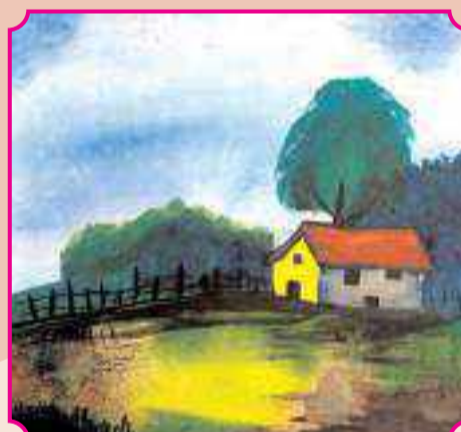


Express YOURSELF

Ronav Mishra, Class III, SGVP International School



Amber Kanodia, Class VI, Essar International School, Surat



Ishita Patil, Class VII, Siddharth's Miracles School



I WONDER

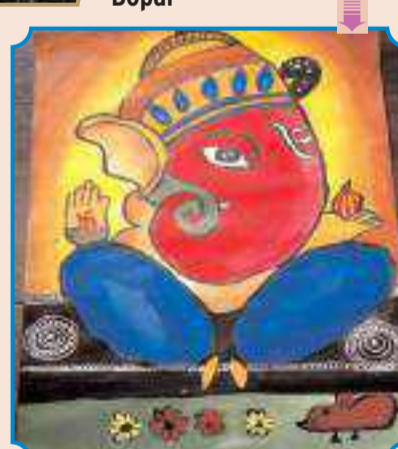
A creation of god, are you?
An angel sent to earth are you? Every morn and every night,
Every dawn, every twilight I wonder who you are.
A divine being might you be;
Perhaps a guardian angel sent for me, I wonder.
A soul not so pure,
Mischievous lurking in its corners.
But do I swear you are one in a million, A diamond in the rough,
The moon in my sky,
A mystery still you are, I wonder who you are.

MONISHKA CHOUDHURY, Class IX, DAV International school



JAINIL SHAH - STD V A

Khushi Vaghela, Class III, Podar International School, Gandhinagar



Dharita Naik, Class X, Udgam School for Children

IS THE WORLD "FAIR" ENOUGH?

We all had been taught that the content of more melanin, will cause your skin to be of a darker colour, and less of it will make it lighter, this thought was just confined to biology for me until I came to know that it was much more than that.

We all have the same colour of blood which is red, so if we are the same colour inside, then why is the colour of our outer appearance judged? Honestly, everyone mostly prefers white. Whether it's a piece of fabric or skin colour. Even in the poem, we ask a black sheep for white wool.

The real question here is, why? Why does the skin determine the capability of the person? Why do people assume that touching them is dirty,



just based on the colour? Why do people consider black as a bad omen? Why black is not classified as 'beautiful'? We all were born in such a way. God built all of us a shade apart. We all are born different. God didn't define beauty, and why should we?

So what if I am black? Or I am

brown? I won't choose a fairness cream to cover myself. I don't want to be fair and lovely. I want to be myself, and beautiful.

It's time we rise above our biases and accept people, the way they are. We don't want the world to be the same, we don't want it to be full of ordinary people, we need a world where everyone is born extraordinary, and unique in their own way. We need to wake up, use this vision, and realise, that we all are a part of the same painting, but just a shade apart.

JIVA PAREKH, Class VIII, Navrachana Sama School, Vadodra



ROLE OF SPORTS FOR THE STUDENTS



Sports play a significant role in children's lives and play an effective role in keeping them healthy. Some children are very close to one sport, with practice and passion move towards playing that game professionally. On the other side, some individuals are those that don't like to play any sport they only like to use mobiles, computers and to watch television. If anybody would take my opinion on which sport is best to play I will say that all the sports are enjoyable and helpful in their own way. The game of chess is good for mental health and cricket & football and all other outdoor sports are good for Physical health. However, it is best to learn good sportsmanship and leadership skills. When you are play-

ing some sports sometimes there would be unfavourable some decisions are taken, at that time some players get into an act which offends the spirit of sportsmanship and few times it can also lead to a big outrage in fans. Although I like to play many sports; but cricket is my favourite as it is, "Gentleman's Game" If anybody thinks that girls cannot play against the boys then that person is just making guesses as we can see both boys and girls are performing well at an international platform. But then, one should not be attached to results and focus on giving their best. So, live your life enjoying sports.

MIHIR ROHIRA, Class VII, Ryan School, Surat



HAS PANT DONE ENOUGH TO TOPPLE SAHA?

Rishabh Pant found his mojo back with a sublime century against Australia A in the 2nd warm-up game. Pant looked in destructive touch enroute to his 73-ball hundred in Sydney. Is the quickfire century enough to put the left-hander ahead of Wriddhiman Saha in the pecking order for the 1st Test against Australia?

1 Pant was omitted from ODIs, T20s

In what has been a short but eventful international career so far, Rishabh Pant has already seen his fair share of ups and downs. From being touted as the natural heir to MS Dhoni's throne for Team India to being snubbed from the white-ball squads, Pant has not seen much success coming his way at the highest level. He has not played a white-ball game for India since January this year and is currently not part of either the ODI or the T20I squads with KL Rahul emerging as India's first-choice white-ball keeper. In Tests as well, Pant seems to have fallen behind in the pecking order with Wriddhiman Saha emerging as the first-choice keeper ahead of the Australia Tests.

3 Pant decimated the Aussie bowlers

Pant was batting on 81 and needed 19 to get to his century before the start of the final over from Jack Wildermuth on Day 2 of the warm-up game. The left-hander was hit on the ribs by a short ball to start the final over but he made his intentions clear with a scathing assault against the pacer. Pant slammed 4 fours and a six off the next five balls to score 22 off the final over and complete his hundred in 73 balls. It was the kind of intent and attacking display that Pant is known for but has not quite managed to produce in recent times. In IPL 2020, he did do well in patches but batted not quite in his usual swashbuckling style.

2 Saha has not shown the 'spark'

While Saha featured in the first warm-up game for India A against Australia A ahead of the Border-Gavaskar Trophy, Pant was left to warm the bench, indicating that the youngster might not keep the wickets in the first Test against the hosts in Adelaide starting from December 17. But a duck and 54 from Saha in the practice game paved the way for Pant's return in the 2nd warm-up game currently underway in Sydney. The pink-ball practice match saw Indian batsmen disappoint in the first innings before they bounced back in the second with Pant at the forefront of the incredible comeback by the visitors. The wicket-keeper batsman made a mockery of the Australian bowling attack to smash a quickfire hundred.

4 Seemed to have found his old mojo

The knock was enough to prove he deserves a chance ahead of Saha, who has so far scored 54 runs in three innings in the practice games against Australia A. Pant was the second-highest run-getter for India when the visitors scripted history last time around by becoming the first Asian team to beat Australia in a Test series Down Under. Pant had 350 runs in 4 games for India and remains the only wicket-keeper to have scored a Test hundred in Australia for the visitors. His return to form has certainly once again heated up the wicket-keeper debate and it remains to be seen if his hundred was enough to convince the team management of his chance in the Adelaide Test which will be a crucial one for India to find the momentum in the gruelling series.

Rishabh has an impressive record with the bat in Tests while Saha's wicketkeeping skills are unmatched



Photo: GETTY IMAGES

Starc's return will be huge for pink ball Test: Hazlewood

With vice-captain Pat Cummins, Hazlewood, Starc and spinner Nathan Lyon, the Aussies would have full strength

Australian team will be bolstered by the return of Mitchell Starc for the first Test against India as the senior speedster has been phenomenal in pink ball games, said his pace bowling partner Josh Hazlewood. The left-arm pacer, who has top bowling figures with the pink ball with 42 wickets at an average of 19.23 from seven D/N Tests, will re-join the squad in Adelaide on Monday after his 'compassionate leave' due to family illness. **PTI**

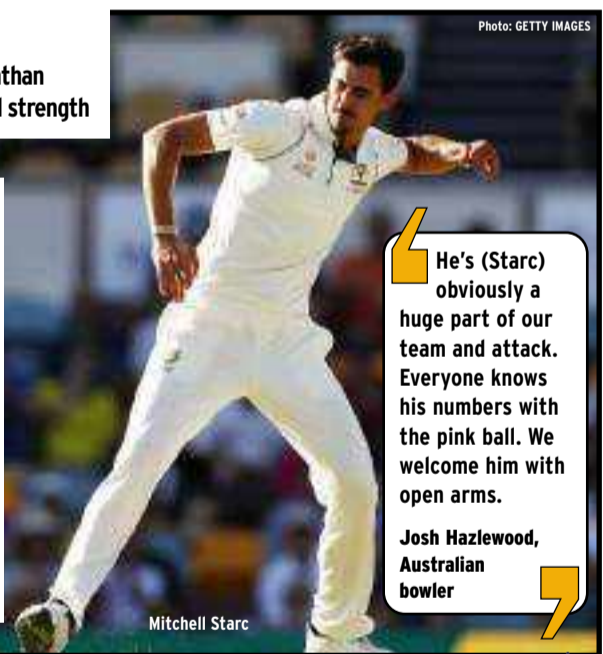


Photo: GETTY IMAGES

He's (Starc) obviously a huge part of our team and attack. Everyone knows his numbers with the pink ball. We welcome him with open arms.

Josh Hazlewood, Australian bowler

KL Rahul my favourite current cricketer



Brian Lara

Photo: AFP

Criticism made Madrid stronger, says Zidane after derby win



Photo: REUTERS

Real Madrid coach Zinedine Zidane said they used the criticism thrown at them in recent weeks to their advantage in an emphatic 2-0 La Liga win over city rivals Atletico Madrid. Less than two weeks ago, Real had been smarting from shock defeats by Alaves and Shakhtar Donetsk and faced a triple whammy of tough looking fixtures against Sevilla, Borussia Monchengladbach and Atletico, with Zidane's future on the line. But they won all three matches, returning to the form they showed in the latter stage of last season when they stormed to the title. **REUTERS**

TEST YOUR KNOWLEDGE

Q1: Which of the following players holds the record of most wickets in a career in all three formats?

- a) Glenn McGrath b) Anil Kumble
c) Muttiah Muralitharan d) Shane Warne

Q2: Which of the following cricketers has made the most career runs in all three formats of the game?

- a) Sachin Tendulkar b) Kumar Sangakkara
c) Ricky Ponting d) Mahela Jayawardene

Q3: Who holds the record for most catches by a fielder in

all three formats of cricket?

- a) Rahul Dravid b) Jacques Kallis
c) Ricky Ponting d) Mahela Jayawardene

Q4: Who is the youngest player in the history of La Liga to score and make an assist in the same football match?

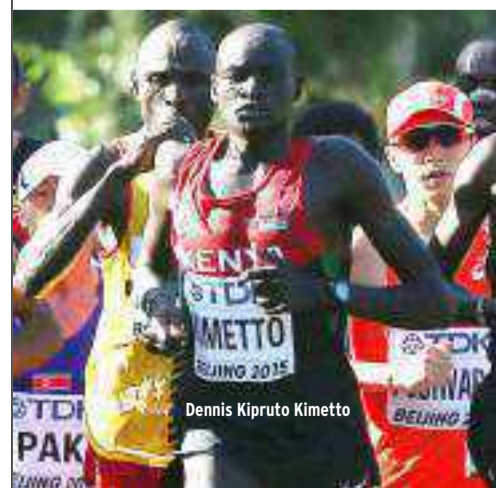
- a) Pedri b) Ousmane Dembélé
c) Ansu Fati d) Riqui Puig

Q5: Who led the Chinese women's volleyball team to gold at Rio 2016? She became the first person to win gold as both a player and a coach.

- a) Yuan Xinyue b) Lang Ping
c) Hui Ruoyi d) Zhu Ting

Q6: In which event did Kenya's Dennis Kipruto Kimetto complete the 42.195 km race in a record 2 hours 2 minutes 57 seconds?

- a) 2012 London b) 2013 Boston



Dennis Kipruto Kimetto

- c) 2014 Berlin Marathon d) 2016 Olympics

Q7: Who is the youngest Olympic table tennis medallist, winning a bronze at 15 years and 300 days at the 2016 Rio Games?

- a) Hina Hayata b) Mima Ito
c) Kasumi Ishikawa d) Tomokazu Harimoto

Q8: How many Olympic medals Tianna Madison won?

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

Q9: Which of the following wicketkeepers hold the record of most stumpings together in Test, ODIs and T20Is?

- a) Romesh Kaluwitharana b) M S Dhoni
c) Kumar Sangakkara d) Moin Khan

Q10: Which Olympian did Karandeep Kochhar defeat in the third edition of the Jeev Milkha Singh Invitational golf tournament this year?

- a) Gaganjeet Bhullar b) Shiv Kapur
c) Shubhankar Sharma d) Anirban Lahiri

Q11: Who is the first female Indian footballer to score in a professional league in Europe?

- a) Dalima Chhibber b) Ngangom Bala Devi
c) Aditi Chauhan d) Loitongbam Ashalata Devi

- ANSWERS:** 1 c) Muttiah Muralitharan
2 a) SachinTendulkar 3 d) Mahela Jayawardene
4 c) Ansu Fati 5 b) Lang Ping 6 c) 2014 Berlin Marathon 7 b) Mima Ito 8 c) Three
9 b) MS Dhoni 10 d) Anirban Lahiri
11 b) Ngangom Bala Devi



THE TIMES OF INDIA



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TODAY'S EDITION

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➤ Tech terms origins
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➤ How Bill Gates is the digital Nostradamus
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➤ Get to know the bizarre sports played around the world
PAGE 4



STUDENT EDITION

SATURDAY, DECEMBER 12, 2020

THIS DAY, THAT YEAR

On December 12, 1952: Willem J Kolff and his team at Ohio's Cleveland Clinic removed the heart from a dog and replaced it with a pneumatic pump which kept the dog alive for 90 minutes, proving the viability of an artificial heart.

CLICK HERE: PAGE 1 AND 2

FASHION

THE BIRKIN



An old Birkin on display at Victoria & Albert Museum

This Saturday is the opening of "Bags Inside Out" at Victoria & Albert Museum in London. The exhibition is all set to explore the function, design and craftsmanship, of the accessory that carries our stuff, but can mean so much more – aka the humble handbag. It would feature 300 bags, including former British Prime Minister Winston Churchill's despatch box, and the Fendi 'Baguette' carried by actress Sarah Jessica Parker in 'Sex and the City'.

1983, Hermès chief executive Jean-Louis Dumas was seated next to Jane Birkin on a flight from Paris to London. Birkin had just placed her straw travelling bag in the overhead compartment for her seat, but the contents fell to the deck. Birkin explained to Dumas that it had been difficult to find a leather weekend bag she liked. And the Birkin was born.

Interestingly, Birkin initially used the bag, but changed her mind because she felt it was too heavy. She asked Hermès to stop using her name for the crocodile version.

HOW IT WORKS: Birkins are distributed to Hermès boutiques on unpredictable schedules and in limited quantities, which creates artificial scarcity and exclusivity. The bags have also flooded the upscale resale market and are sold in second-hand boutiques and through social media.

WHAT: The Birkin bag (or simply, Birkin) is a line of tote bags by the French luxury goods maker Hermès. Birkin bags are handmade from leather, and the line is named after English actress and singer Jane Birkin.

HOW IT STARTED: In Jane Birkin, the actor and singer who inspired the iconic bag

THE BAG HAS BEEN REPUTED TO HAVE A WAITING LIST OF UP TO SIX YEARS

HOW TO PRONOUNCE HERMÈS? eh-mez. Hermès is French, so the 'h' is silent. While usually in French if a word ends in 's' it is silent, the grave accent on the second 'e' means that the 's' is very softly pronounced



LATEST BUZZWORDS EXPLAINED

Body Neutrality

Move over body positivity, it's about body neutrality now. The body positivity movement in its original form was the idea that you should love the skin you're in, regardless of its size, shape, colour, age, ability. But body inclusive advocates feel that the term was coopted by marketing mavens who brought the focus on physical appearance again. So what comes next? Body neutrality or inclusivity. It means leaving behind the mindset of needing to lose weight or worrying about what you see in the mirror, to focusing on how you feel. It means not delaying your happiness until you reach your goal weight or achieve a certain look. Neutrality is about freeing up all the energy and attention that we devote to body anxiety so that we can focus on matters that matter instead.



WHAT I LEARN'T? Being relentlessly positive about our bodies forces us to regulate our emotions, stuffing the negative ones down deep

TRAVEL



A cosy 'hot cuppa' kind of break, a sporty sojourn or a daring mountain safari... what's on your winter holiday list?

THRILL IN THE CHILL

Supriya.Sharma2@timesgroup.com

SEEKING SNOW LEOPARDS

Spend this winter setting out on the trail of the elusive big cat that's intrigued conservationists and filmmakers all over the world. Tiger safaris suddenly seem last season with adventure travellers booking mountain safaris to chase the endangered snow leopard! They don't mind the cold, unforgiving terrains of Spiti and Ladakh to get that one fleeting sight of the 'mountain ghost'. The best site to spot the cat is Hemis National Park in Eastern Ladakh that is home not only to snow leopards but also other rare species, like blue sheep, argali (a large horned sheep), numerous mountain and migratory birds, as



well as an occasional Tibetan wolf. Chances of snow leopard sighting are stronger in winters since this is the time they descend to lower elevations in search of food.



HIGH ON HELI-SKIING

Get over your latent acrophobia this winter. How? Have a go at Heli-skiing. This adventurous winter sport is not just about navigating thick snow but also getting over your fear of heights. The helicopter leaves you at the top of a snow-capped peak, and from there, you just have to crisscross your way downward. The sport challenges the thrill-seeking explorer in you, as you have to ski down through unknown routes and ridges. Some of the best locations to enjoy this winter activity are, of course, Gulmarg in Kashmir and also Hanuman Tibba, Deo Tibba in Uttarakhand and Rohtang Pass and Chandrakhani Pass near Manali. Skiing equipment you would need are skis, boots, sticks, gloves and goggles, most available on hire at the skiing destination.

nance round the year, except in winter months when it wakes up from its long summer hibernation to celebrate the night chill. The city fills up with colour and music with gypsy dancers and sarangi musicians entertaining under a star-lit sky. You could snooze on mattresses under the open sky next to a bonfire or snug in a cozy Swiss tent for the night. To make it more fun, find out if there are any astronomy trips happening around that time to sample some star-gazing.



OLD WORLD CHARM

Misty views, fragrant tea plantations and an overall dreamy spell in the air. Kurseong is a perfect cosy nest in the winters with its small town and non-commercial vibes. Check into a nice bed and breakfast accommodation attached to the various tea plantations – Castleton, Makaibarie, Ambotia and Goomtee – so that you can enjoy an endless supply of home-grown teas over your stay. Makaibarie Tea Estate also offers visitors an insight into its history, the art of tea processing and a tea garden trek. Bring your walking shoes along. There are numerous short walks along leafy hillsides lined with hydrangeas and azaleas and the adjoining tea estates.

RETHINK



REST ASSURED

Therapist Tasha Bailey on seven types of rest we all need

- 1 PHYSICAL REST:** It is exactly as it sounds. Bailey wants people to ensure the body can recharge by allowing it to slow down and repair. Taking naps, going to bed earlier than usual, doing yoga and taking out time to have your lunch peacefully can be some types of physical rest.
- 2 MENTAL REST:** Taking a break to recharge mentally when we feel it's difficult to concentrate. For example, unplugging from gadgets, trying positive affirmations or playing your favourite music.
- 3 EMOTIONAL REST:** It refers to offloading emotional baggage. Share your emotions with someone whom you love – friend or family. Or try talking to a therapist.
- 4 SOCIAL REST:** Social rest refers to restoring ourselves through connecting with our tribe and mentors. To put it in simple words, social rest means reconnecting with yourself.
- 5 CREATIVE REST:** To keep yourself energised and find more inspiration, taking a break from creativity is important. You can simply read a book, go for a walk. Cleaning your work table and decluttering also helps.
- 6 SENSORY REST:** Retreating from sensory overload by reconnecting with yourself is crucial. Turning off your gadgets, getting some fresh air and journaling can help you get some sensory rest. You can go for some outdoor workout.
- 7 SENSORY REST:** We need this to feel anchored and realigned with our sense of purpose and harmony. Reading scriptures or philosophical writings, meditating and volunteering can help you get spiritual rest. Meditation and deep breathing is good too. TNN

KNOW YOUR FOOD

TOFU TIME

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Ancient find: Tofu was discovered about 2000 years ago by a Chinese cook who accidentally curdled soy milk when he added nigari seaweed.

Superfood: Tofu contains all eight essential amino acids and lots of protein. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorous.

Cancer-fighter: The soy protein in tofu may be beneficial for heart health, menopause and breast cancer.

Multi-faceted: Like cheese, there is more than one variation available. There is silken tofu, extra soft, firm, medium and extra firm too. Also, owing to its generally neutral taste, tofu is a culinary chameleon, lending itself to an infinite number of food preparations – it can be pickled, fermented, stir fried or even used in miso soup.

First things first: Tofu is packed with water, and then it is packed in water. We need to get that water out and replace it with



flavour. Not pressing the water out of the tofu is one of the biggest mistakes you can make.

Japanese Staple: In Japan, a common lunch in the summer months is hiyayakko – silken or firm Asian tofu served with freshly grated ginger, green onions with soy sauce. In the winter, tofu is frequently eaten as "yudofu", which is simmered in a claypot with some vegetables.

Urban Legend: In China, tofu is traditionally used as a food offering when visiting the graves of deceased relatives. It is claimed that the spirits (or ghosts) have long lost their chins and jaws, and that only tofu is soft enough for them to eat.

Like a sponge: Tofu soaks up all the flavours you cook it with.

Historical note: One of the founding fathers of the United States, Benjamin Franklin was the first American to mention tofu in a letter dated 11 January 1770.

Serve as dessert: Silken tofu is very creamy, almost like custard. It is used to make delicious desserts – chocolate pudding to pumpkin pie to even cheesecake.

CAMPING IN COOL DUNES

A winter retreat in Rajasthan is ideal for those looking for a moderate winter. Flanked by the Thar Desert on the west, Jaisalmer bears a dry and hot counte-

#GOALS

Follow Your Passion

It's an advice often given but easier said than done. Here are some strategies from people who took a risk and landed on their feet

USE EVERY HOUR
If one has to simplify it: there are no free lunches. We know that Bill Gates went to work in his garage and Microsoft was born. But it's not so simple. A younger Gates at 13 was an exceptional math student. When his school got a computer, he'd tinker with it during lunchtime until he knew how to program. He used his lunchbreak to acquire a new skill. **How many times do we keep saying we don't have the time? Snatch the time from your free hours.**

FAILURE IS A LESSON
Many might still know Victoria Beckham as a former Spice Girl but today she is known for her solo work as a successful designer. While trying to make it as a solo singer, she was lampooned by the critics and she realised singing is not her passion. She started designing clothes and after a few initial stumbles, today she's known for her brand. Sometimes failures can be turned into new lessons. **If something doesn't work out, don't dwell on it for too long. Make your plan B into plan A – also a good time to have a plan B.**

PRACTISE AND PRACTISE
You may not have heard of Paula Scher – one of the best graphic designers in the world today – but you'd know her work. She's the designer of the logos of companies such as CNN, Windows and Citi. She got here because she followed one age-old advice: **Practice makes perfect.** She had once said: "It took me a few seconds to draw it, but it took me 34 years to learn how to draw it in a few seconds."

MAKE YOUR RULES
Ellen DeGeneres is a household name – NOW. But she had to start somewhere. For her first stand-up set, she went on stage and ate a burger. She went and tried something different. **She experimented right from her first act and didn't play by the rules.**

FOLLOW YOUR GUT
Bestselling author Dean Koontz says that he would never advise people to write in groups or seek opinions for their writing as the criticism might intimidate. **Listen to constructive feedback, but also realise sometimes your so-called support group might not be lifting you up.**

Bill Gates used his free time to master a skill, Victoria Beckham (right) worked on her plan B and Ellen DeGeneres (below) made her own rules

One trait all successful people have in common is that they went out there and did something

SELF-CARE

Cream de la creme

WHY YOU SHOULD USE MALAI FOR SKINCARE

Love it or hate it, malai has lots of beauty benefits. Here's how you can use it...

As cream
Duh! This thick cream layer of fat is super rich in fat, hence it's the best natural moisturiser for the skin. Malai goes deep into the skin and repairs the damaged tissues.

In a face pack
Mix some honey into malai and apply it on your face to get the glow back. Leave it for 15 minutes and wash off with lukewarm water. Pat dry and don't use any lotion.



For de-tanning
Malai can help to brighten your skin as it is a natural de-tanner because of the lactic acid present in it.

For fighting dark spots
Mix malai with 1 tbsp lemon juice and apply. Once it dries, wash your face off with normal water.

For anti-ageing
Our grandmothers used malai on their faces as cream regularly. The protein and vitamins present in malai initiate the production of collagen, that can prevent ageing. TNN

CONFUSING WORDS

Hi friends. We are **HOPPER & CROCKY**. Words that sound alike or share similar (but not identical) meanings are easy to misuse. Here are a few of the most common pairs with correct definitions and examples:

BLATANT/FLAGRANT

It's best to use "blatant" for offence that is glaringly obvious, without care, brazen.
Example: When the judge heard the defendant's blatant lie, he became very angry.
Best use "flagrant" to emphasise a serious breach of law or regulation.
Example: Amit's flagrant violation of the law earned him a life sentence in prison.

EVERYDAY/ EVERY DAY

"Everyday" is an adjective meaning "commonplace, ordinary or daily."
Example: I don't like these everyday dresses they sell in that shop.
"Every day" is an adjective modifying a noun meaning "each day".
Example: I cycle to school every day.

COMPLEMENT/ COMPLIMENT

A "complement" is something that completes something else. It's often used to describe things that go well together.
Example: Nisha's lime green boots were a perfect complement to her jacket.
A "compliment" is a nice thing to say.
Example: I just wanted to compliment you for the wonderful speech you gave tonight.



YEARS EXPERIENCE / YEARS' EXPERIENCE

Years experience" is always incorrect. "Years' experience" is the correct form. It's the possessive form meaning "years of experience" or "experience belonging to years". **Example:** He has 5 years' experience as an airline pilot.

FURTHER/ FARTHER

"Farther" means distance, "further" means more into it. If you're talking about distance, it has to be "farther."
Example: The assistant asked some further questions.
Example: The nearest house was much farther than she thought.

AWHILE/ A WHILE

"Awhile" is an adverb meaning "for a short time" and is used to modify verbs.
Example: She played the piano awhile.

"A while" is a noun phrase consisting of the article "a" and the noun "while" and means "a period or interval of time". It is often used with a preposition.
Example: I'll be coming in a while.

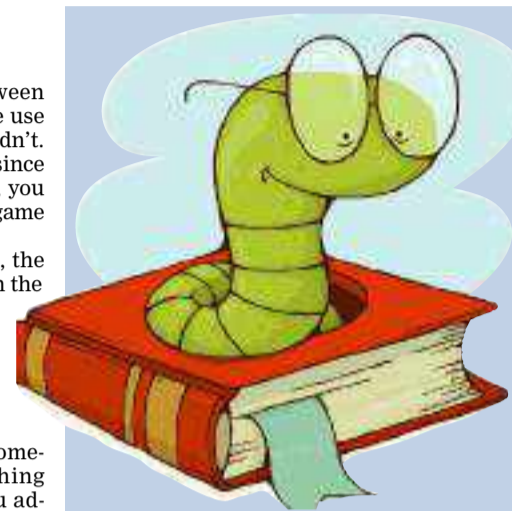


SINCE/ BECAUSE

There's often a lot of confusion between "since" and "because." Sometimes we use them interchangeably and we shouldn't.
Example: "I came home since the game was over." No, you came home because the game was over.
Since time immemorial, the exhibit has been found in the archaeological site.

ENVY/ JEALOUSY

Envy means when somebody else has something that you want or you admire or you really like.
Example: I am envious of his ability to play basketball.
Jealousy, being jealous, typically means something that we're holding close that we have already and we want to keep, we want to protect, we don't want anybody else to have it. It's often used in a romantic sense.
Example: Somebody is looking at your friend, you might be jealous.



NOR/ OR

"Nor" must be used with its counterpart, "neither," just as "either" and "or" stick together. Just think of them as best friends.
Example: He hadn't done any homework, neither had he brought any of his books to class.

ALREADY/ ALL READY

The word "already" is an adverb meaning "prior to a specified or implied time" or "as early as now."
Example: The plane had already left for the airport.
All ready is a two-word phrase that means completely prepared. We use it to say that something, someone, or everyone in a group is completely prepared.
Example: The teacher is all ready for class.

BANAL/ BLASÉ

Banal means common in a boring way, to the point of being predictable; containing nothing new or fresh.
Example: Because the movie's plot was banal, we knew exactly how the film would end.
Whereas, blasé means apathetic to pleasure or excitement as a result of excessive indulgence or enjoyment.
Example: After going on eight cruises, I am blasé about the whole cruising experience.

TENET/ TENANT

A tenet is a principle or belief held to be true. A tenant is a person who occupies a land or dwelling.

CLOTHES IDIOMS

FINE-TOOTH COMB

MEANING: In great detail, extremely carefully.
EXAMPLE: We need to go over these files with a fine-tooth comb to find that missing paperwork.

OFF THE CUFF

MEANING: Said casually and spontaneously, without planning or preparation.
EXAMPLE: I hadn't prepared a speech so I just said a few words off the cuff.

RIDE ONE'S COAT-TAILS

MEANING: To benefit from someone else's success; to use someone else's success as a means to achieve one's own.
EXAMPLE: It was a group project, but everyone rode Andrew's coattails.

ON A SHOESTRING BUDGET

MEANING: On or within a limited financial budget.
EXAMPLE: The film was made on a shoestring budget.

CUT FROM THE SAME CLOTH

MEANING: very

similar; possessing many of the same fundamental characteristics.
EXAMPLE: Julia and her mother are cut from the same cloth, as they are both so kind and sweet.

FLY BY THE SEAT OF YOUR PANTS

MEANING: To do something difficult without the necessary skill or experience.
EXAMPLE: He ran the business by the seat of his pants.

DRESSED TO THE NINES

MEANING: Dressed flamboyantly or smartly.
EXAMPLE: Jackie went out

dressed to the nines.

BELOW THE CLOAK-AND-DAGGER

MEANING: Using or involving secrecy, deception, or espionage, especially the kind portrayed in dramatic depictions of spying.
EXAMPLE: A great deal of cloak-and-dagger stuff goes on in political circles.

AT THE DROP OF A HAT

MEANING: Without needing any advance notice.
EXAMPLE: Don't let my brother watch any of those sappy movies—he cries at the drop of a hat.

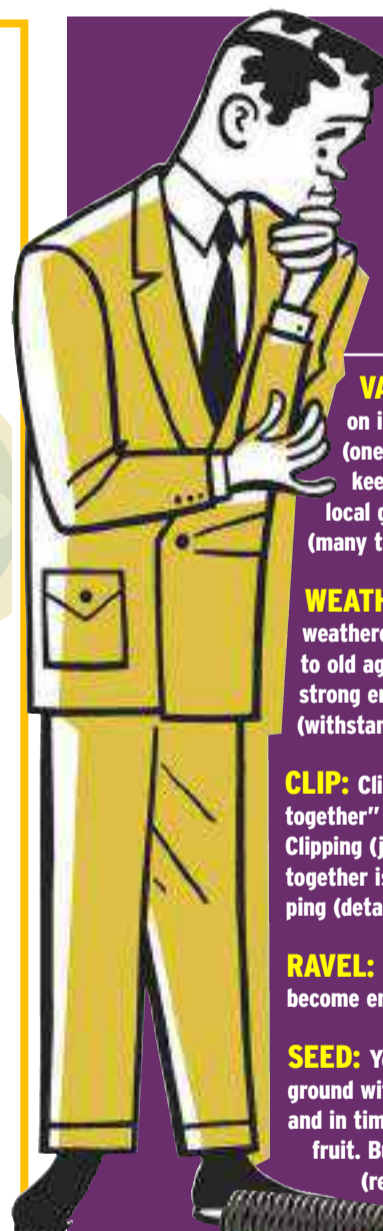


Mispronounced WORDS

IT'S TIME TO GET THEM RIGHT!



- PREROGATIVE: pre-rog-a-tive, not per-rog-a-tive
- PEREMPTORY: per-emp-tuh-ree, not pre-emp-tuh-ree
- PROBABLY: prob-a-blee, not pra-lee or prob-lee
- REALTOR: reel-ter, not ree-la-ter
- supposedly: su-pos-ed-lee, not su-pos-ab-lee
- SPURIOUS: spyoor-ee-us, not spur-ee-us
- TENET: ten-it, not ten-unt
- TICKLISH: tik-ish, not tik-i-ish
- TRIATHLON: try-ath-lon, not try-ath-a-lon
- ATHLETE: ath-leet, not ath-a-leet
- CANDIDATE: kan-di-dayt, not kan-i-dayt
- CHIMERA: kiy-MEER-a, not CHIM-er-a
- DISASTROUS: di-zas-tres, not di-zas-ter-es



Words that are their own opposite

English language is filled with words that have reverse or contradictory meanings, depending on the context. Take a look

VARIETY: A watermelon is your favorite variety (one type) of melon. But keep in mind that your local grocer sells a variety (many types) of fruits.

WEATHER: You may have weathered (worn out) skin due to old age, but you may still be strong enough to weather (withstand) a storm.

CLIP: Clip can mean "to bind together" or "to separate." Clipping (joining) your notes together is not the same as clipping (detaching) your wings.

RAVEL: To separate or to become entangled

SEED: You seed (put in) the ground with watermelon seeds, and in time you will get the fruit. But remember to seed (remove seeds) them before eating.

SANCTION: A bank may sanction (approve) your loan. But may impose sanctions (prohibit) on you if you do not repay it in time.

HEW: Hew can mean "to cut in to" or "to hold to," as in "to hew the log in two" or "to hew to the line."

OVERLOOK: In certain situations, "overlook" might mean "to gloss over or fail to notice," as in "the detail that I overlooked," but in other situations, it might mean "to watch over," as in "the house overlooked the sea."

STRIKE: Strike can mean "to refuse to work" or "to act quickly and decisively."

BOLT: If you bolt the door it means you have secured it. But if your horse bolts it means it is time for a chase as the horse has unsecured itself.

The peculiar origins of TECH TERMS

The roots of some of the most familiar tech terms may surprise you

WIKI: Ward Cunningham, the developer behind WikiWikiWeb, the first wiki, chose the name based on a fond memory from a trip to Hawaii, taking the Wiki-Wiki shuttle at the Honolulu airport. The term "wiki-wiki" means, quite simply, "very fast," something Cunningham thought applied well to his new software.

BOOTING: This familiar term for starting up one's computer is actually short for "bootstrap." In the 19th century, the phrase actually meant doing something impossible—the term is believed to have derived from the 1785

book 'Baron Munchausen's Narrative of his Marvellous Travels and Campaigns in Russia' (the source material for Terry Gilliam's slightly misspelled film), wherein the title character uses his own hair to pull himself out of a swamp.

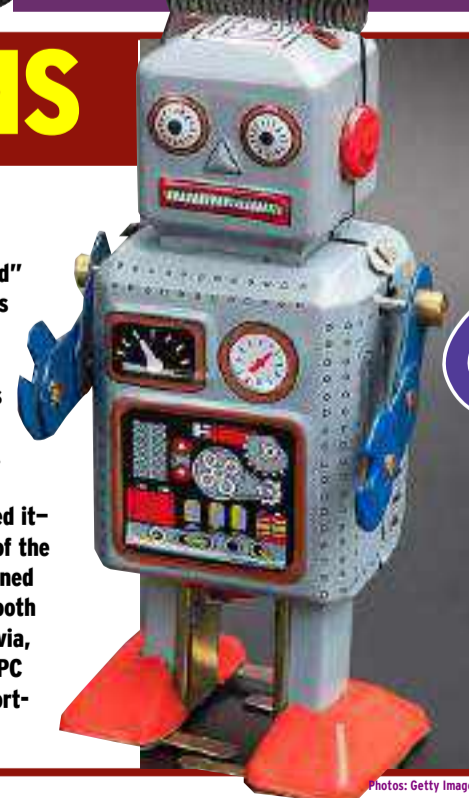
BUG: Here, sadly, is an example in which fiction is stranger than truth. The story goes that the term "bug," as it pertains to computers and other hardware, was derived from a 1946 incident in which the malfunctioning of the Mark II Aiken Relay Calculator, an early computer being tested at

Harvard, was traced back to a moth that had flown into the machine—hence there was an actual "bug" in the system. In truth, the term has been in use since at least the 19th century. In 1878, Thomas Edison used "bugs" to describe little faults and difficulties in his inventions.

NERD: Dr. Seuss: original nerd? The good doctor may not have finished medical school, but he gave the world of geek culture something far more profound: a four-letter rallying cry. The first written instance of the word occurs in the 1950 book 'If I

Ran the Zoo', which lists a "nerd" among the imaginary inhabitants of a made up zoo.

BLUETOOTH: The technology is named after the second King of Denmark, King Harald Gormsson. His nickname was "Blatand" in Danish, which means—you guessed it—"blue tooth." Jim Kardach, one of the founders of Bluetooth SIG, explained in an article: "King Harald Bluetooth was famous for uniting Scandinavia, just as we intended to unite the PC and cellular industries with a short-range wireless link."



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



SANTA CLAUS is coming to town... in two WEEKS



Here are the best movies made on Father Christmas, according to movie buffs. Watch them with your family

THE SANTA CLAUS (1994)

After divorced dad Scott (Tim Allen), who has custody of his son (Eric Lloyd) on Christmas Eve, accidentally kills a man in a Santa suit, they are magically transported to the North Pole. An elf explains that Scott must take Santa's place before next Christmas. Scott thinks he's dreaming; but he isn't.



GET SANTA (2014)

A father and son team up to save Christmas once they discover Santa Claus sleeping in their garage, after crashing his sleigh and finding himself on the run from the police! Say what?



glitch a little girl's Christmas gift has been misplaced, he sets out on a mission to deliver the present before it's too late.

FRED CLAUS (2007)

Of the two Claus brothers, Fred (Vince Vaughn) is the troublemaker and polar opposite of his saintly sibling, Nicholas (Paul Giamatti). When Fred's criminal ways sends him to jail, Nicholas bails him out only on the promise that he'll go to the North Pole with him, and make toys.

THE CHRISTMAS CHRONICLES (2014)

Naughty siblings, Kate and Teddy Pierce, hatch a scheme to capture Santa Claus on Christmas Eve. When the plan falls apart, they join forces with a somewhat jolly Saint Nick (Kurt Russell) and his loyal elves to save the holiday before it's too late.

— Screenrant.com; theguardian.com

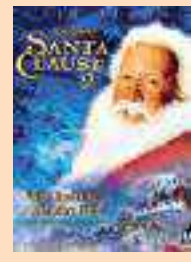
MIRACLE ON 34TH STREET (1994)

An old man named Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade, and becomes an instant hit. He becomes so popular that he becomes a regular. Till he starts claiming he's THE REAL SANTA! This leads to a court case to determine his mental health. Could it be true?



SANTA CLAUS 2 (2002)

Not just a great film, this film has beaten the curse of sequel in the sense that it's as good as the first one, 'The Santa Claus'. Scott Calvin (Tim Allen), despite being Santa Claus, is in all kinds of trouble. His son appears in the annual "naughty" list, and he has to get married within a month! Or, he cannot remain Santa Claus anymore.



ARTHUR CHRISTMAS (2011)

When Santa's gawky son, Arthur, learns that owing to a technical



X-MAS AS A CHARACTER



Christmas is a time for hope, forgiveness, and love. Authors of classic novels have often used the season as an effective narrative device to spin magical tales. Here are some of the most intriguing ones:

LETTERS FROM FATHER CHRISTMAS BY J R R TOLKIEN

In this calligraphy picture book, the English fantasy author presented a collection of heart-warming letters that he wrote to his children every year at Christmas. All letters are from the point of view of either Father Christmas or a talking polar bear, and accompanied by the most whimsical illustrations.

THE VALANCOURT BOOK OF VICTORIAN CHRISTMAS GHOST STORIES BY TARA MOORE

A compendium of 13 ghost stories from 19th-century Victorian-era periodicals set around the theme of Christmas time.

THE SNOW QUEEN BY HANS CHRISTIAN ANDERSEN

Loved Queen Elsa of Arendelle in the film 'Frozen'? Then you'll love reading the original Danish fairy-tale gem that inspired the film. Reading about Gerda and Kay, the characters at the centre of Andersen's story of good, evil, and deep snow, must be accompanied by a cup of hot chocolate.

THE TAILOR OF GLOUCESTER BY BEATRIX POTTER

The story of a mousy tailor working on the mayor's clothes for a Christmas Day wedding is perfect to read aloud with the family.

HERCULE POIROT'S CHRISTMAS

And finally, if you love a good mystery, there is nothing better than reading about Hercule Poirot solving a murder. A Christmas time family reunion that ends in bloodshed is right up the notorious detective's alley.



What's a SITCOM?

Well, it's short for situational comedy – a television series in which the same characters are involved in amusing situations in each episode. To make it simpler, let's differentiate between any comedy and sitcoms. A comedy can be any show or film with humour and a happy ending. Sitcoms are made for television.

In a situational comedy, the plot is centred on a particular situation set in a typical setting – such as home or workplace. A situational comedy features a regular cast of characters, apart from recurring ones who appear in subsequent episodes, and some special guest stars. There are some sitcoms that are aired performed before a live studio audience, making it

similar to a theatrical play. Start with any one among these four TV hits. Apart from the ability to make you laugh instantly, sitcoms are a great way to learn to tackle day-to-day problems with humour and good attitude. It's also the best way to learn about screen writing. Sitcoms are the playground of the best writers of TV, anywhere in the world.

Seinfeld (1989)

'Seinfeld' stars Jerry Seinfeld as a stand-up comedian, whose life in New York City is made even more chaotic by his quirky group of friends who join him in wrestling with life's most perplexing yet often trivial questions. Often de-

scribed as "a show about nothing", 'Seinfeld' mines the humour in life's mundane situations – like waiting in line, searching for a lost item, or the trials and tribulations of dating.



Friends (1994)

This hit sitcom follows the merry misadventures of six 20-something pals as they navigate the pitfalls of work, life and love in 1990s Manhattan.



Young Sheldon (2017)

An offshoot of 'The Big Bang Theory', this one deals with a young Sheldon Cooper growing up in East Texas. Being a bonafide genius isn't always helpful in a land where church and football are king. And while the vulnerable, gifted and somewhat naive Sheldon deals with the world, his very normal family must find a way to deal with him.

Full House (1987)

The show chronicles the events of widowed father, Danny Tanner, who enlists his brother-in-law, Jesse Katsopolis, and best friend, Joey Gladstone, to help raise his three daughters in his San Francisco home. It aired from September 22, 1987 to May 23, 1995, but a re-casting eight seasons and 192 episodes. This one is perfect to start with for young kids.

BILL GATES, the digital Nostradamus



Nitya.Shukla@timesgroup.com

In 1995, Bill Gates wrote and published 'The Road Ahead', a seminal book in which he made several predictions about the next 25 years of digital technology. Recently, in a blog announcing his upcoming book 'How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need', Gates offered a few reflections on his previous book.

He wrote: "...We tend to overestimate the changes that will happen in the short term and underestimate the ones that will happen over long term." While Gates is "too optimistic" about some things, there are others that have happened faster than he had imagined. Among the things he got right are...

Smartphones (even got pricing right)

Back in 1995, he wrote about something he termed then as the "wallet pc" in 'The Road Ahead'. He noted: "It will

be about the same size as a wallet, which means you'll be able to carry it in your pocket or purse. It will display messages and schedules and let you read or send electronic mail and faxes, monitor weather and stock reports, and play both simple and sophisticated games. At a meeting, you might take notes, check your appointments, browse information if you are bored, or choose from among thousands of easy-to-call-up photos of your kids." In addition to this, the "wallet pc" would be secured with a biometric; it would replace paying with paper money, and even "inform" you about the exit you are supposed to take on a highway. He wrote, this device would be cheap.

Online digital streaming platforms

Gates wrote: "Television has been around for fewer than 60 years, but in that time it has be-

come a major influence in the life of almost everyone in the developed nations." But Gates also understood the limitations of the medium. During the 90s, people routinely recorded programmes for later viewing or rented movies from video stores. He wrote: "Video-on-demand is an obvious development. There won't be any intermediary VCR. You'll simply select what you want from countless available programmes."

Social networking

"Another idea that's central to 'The Road Ahead' – that technology would allow unprecedented social networking – has pretty much come to pass," notes Gates in his blog post. That said though, he was "surprised" how social networks have brought people together but also contributed to a more polarised atmosphere. Gates said he hadn't anticipated how people would choose to filter out different perspectives while sticking to their own views.

OLD ENGLISH WORDS WE CAN USE AGAIN...

Bedward: Heading for bed. It means exactly how it sounds.

Crapulous: Feeling ill as a result of too much eating/drinking.



Fauche: Fumbling things and making mistakes at work because you are exhausted.

Aptycock: A quick-witted or intelligent young man.

Cloomph: To walk in shoes that are too large for your feet.

Crambo-clink: Also known as crambo-jink, this refers to poor quality poetry. Or, a long-winded and pointless conversation.

HOW WELL DO YOU KNOW THE KING?

- 1) What was Elvis Presley's first #1 hit on the US Billboard pop charts?
- 2) What single did Elvis record after filing for divorce from Priscilla on January 8, 1973?
- 3) Elvis remembered every line from what George C Scott movie?
- 4) 'Patton', the movie for which George C Scott won the Academy Award for best actor and famously refused to accept it.
- 5) What was Elvis' favourite sandwich?
- 6) Why is Elvis' mansion called 'Graceland'?
- 7) Which musician had once broken into Graceland?
- 8) What actress did Elvis always send flowers to when she opened a show in Las Vegas?

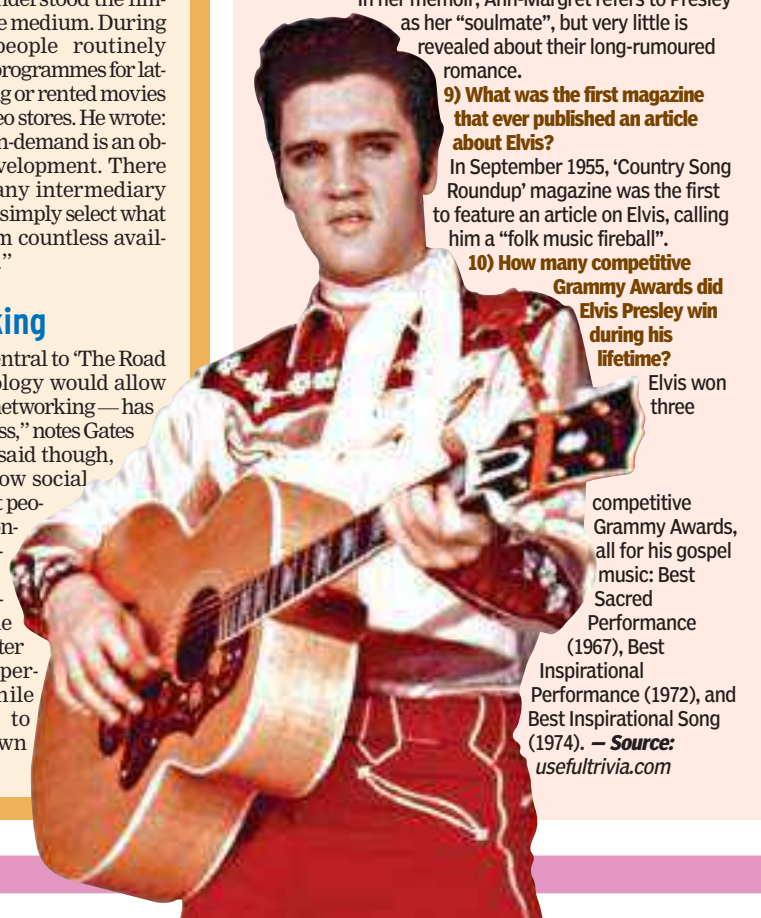


In her memoir, Ann-Margret refers to Presley as her "soulmate", but very little is revealed about their long-remembered romance.

9) What was the first magazine that ever published an article about Elvis? In September 1955, 'Country Song Roundup' magazine was the first to feature an article on Elvis, calling him a "folk music fireball".

10) How many competitive Grammy Awards did Elvis Presley win during his lifetime? Elvis won three

competitive Grammy Awards, all for his gospel music: Best Sacred Performance (1967), Best Inspirational Performance (1972), and Best Inspirational Song (1974). — Source: usefultvivia.com



UNUSUAL SPORTS

There are some bizarre sports around the world you may not have heard about yet. You may find them odd but some of these sports have a massive fan-following and are taken seriously. Check out the list...



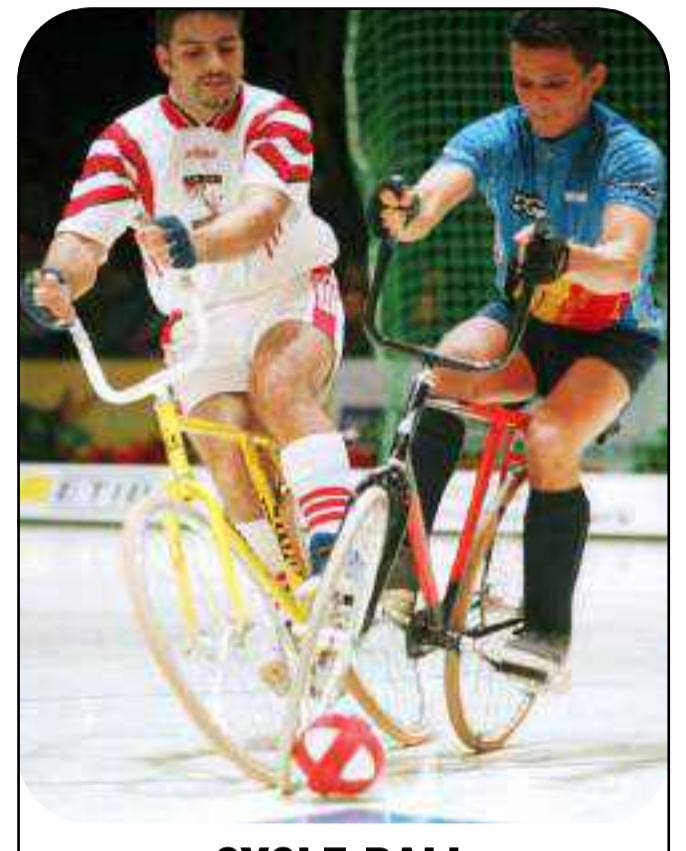
DOG SURFING

Dog surfing involves canines hanging out with their owners. More intensive dog surfing involves dogs doing tricks while their owners stand on the board. Unlike with human surfers, surfing dogs cannot be leashed or attached to surf boards during the competition. The first competition was held in 2006 at Loews Coronado Bay Resort at Imperial Beach California, US.



OSTRICH RACING

Ostrich racing originated in Africa and eventually made its way over to the United States. Ostriches can reach a surprising speed of around 70 kilometre an hour, and their legs can reach up to 16 feet in one single stride. During a game of ostrich racing, people sit on ostriches and race them around a track.



CYCLE BALL

This sport, which originated in Germany, is also called as 'rad-ball'. Cycle ball is a competition between two teams of two, played on bicycles with no breaks. Their goal is to get the ball into the goal using only their wheels and their heads. Players are allowed to use their hands on defense, but not on offense. Cycle ball is very popular in many European countries, and in Japan.

CHESSBOXING

The ultimate game of brain-versus-brawn where players quickly flicker between rounds in the boxing ring and bouts at the chessboard. To take home the glory, they must either coerce their opponent into a knockout or batter them into checkmate. Since 1992 the sport has gone global with countries like England, Germany, Netherlands, France, Russia and Japan, all embracing it.



QUIDDITCH

Quidditch started out as a fictional game for wizards in the popular 'Harry Potter' series. Fans loved the idea of quidditch so much that it soon became a real sport played internationally. A team is made up of seven athletes, who must play with a broom between their legs at all times. It borrows elements from rugby, dodgeball and tag.



ZORBING

Zorbing is the act of racing in a large, transparent ball down hills, through water, or other obstacles. Zorb is a ball, having a volume of 13 to 14 m and a weight of 75-80 kg. It consists of 2 layers: two spheres, differing in size, that are located just a little less than a meter from each other. The space between the outer and inner spheres is filled with air so that the total elasticity of the ball is maintained. The zorb tumbled into existence in the mid-1990s in New Zealand.



WIFE CARRYING

Wife carrying originated in Finland and made its way to North America in 1999. The rules stipulate that the woman must be over 17 years of age and weigh at least 49 kilograms. Despite the event's name, couples don't have to be married. Finland has established itself as a prime venue for unusual events that include the air guitar world championship and swamp soccer too.



ELEPHANT POLO

Elephant polo is just like regular polo, except on an elephant – it even requires the same equipment. This sport is popular in Nepal, India, and Thailand.



CHEESE ROLLING

During cheese rolling, a large cheese wheel is rolled down a steep hill, and competitors race after it. The first person to make it down the hill wins the cheese. The event takes place on Cooper's Hill, in the parish of Brockworth, Gloucester, UK. The main competitors are locals from the village, however, people have come from all over the world to take part in the unusual sport.

UNDERWATER HOCKEY

Underwater hockey is exactly what it sounds like – a game of hockey, but underwater. The British Navy invented underwater hockey in the 1950's to keep their divers fit and to improve their ability to move and work efficiently under water. The competitions in underwater hockey range for club to national to world titles. Every two years a world championship is held around April or May.



SEPAK TAKRAW

Sepak takraw, which originated in Asia, is like volleyball, except the players must use their feet to get the ball over the net. Players are allowed to use any part of their body to keep the ball in the air, except for their arms or hands.

SPORHOCKING

Sporhocking, also known as extreme sitting, began in Germany. The sport involves a participant performing acts which could be spinning, kicking, throwing, juggling, sliding, etc. and slamming their bottoms down on a stool at the end to show the manoeuvre is complete. The apparatus being used for sporhocking includes a colourful plastic stool with linings made of rubber.





THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

► Did you know you can make CO2 and blow up a balloon with it?

PAGE 2



► For parents: Are you struggling to communicate with your teenage sons? Try these simple tricks

PAGE 3



► A look at the top performers of India vs Australia T20I series

PAGE 4



STUDENT EDITION

FRIDAY, DECEMBER 11, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

FACTOID



\$11 trillion

The economic losses incurred on the global economy, courtesy Covid-19, according to a latest analysis by experts from the fields of medicine, economics, environment and conservation.

\$5 trillion

GDP the world may lose in 2020. According to experts, the willingness to pay for the lives lost constitutes many additional trillions of dollars. These costs exclude the rising tally of morbidities, deaths from other causes due to disrupted medical systems, and the loss to society of foregone activities due to social distancing.

\$5.9 trillion

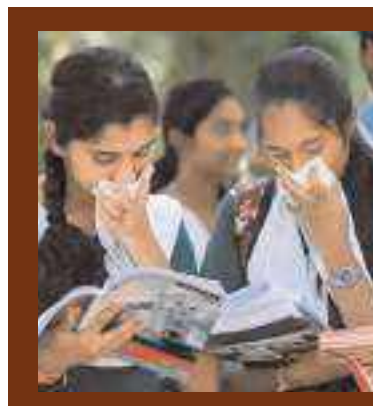
The total losses due to deaths

► The paper, authored by 17 experts and published in 'Science', reads that for a century, two new viruses per year have spilled from their natural hosts into humans, MERS, SARS and H1N1 epidemics, the HIV and Covid-19 pandemics testify to their damage

► Compared to the estimated cost of Covid-19, the paper (Ecology and economics for pandemic prevention) claims that spending \$260 billion to \$270 billion over 10 years would substantially reduce the chances of another pandemic on the scale of the current outbreak. This amounts to just 2% of what the current pandemic is expected to cost the world

NO PLANS TO CANCEL NEET 2021 EXAM: Education minister

Union education minister Ramesh Pokhriyal has ruled out any possibility to cancel NEET 2021. In a live interaction with students, teachers and parents on Twitter, the minister said that the examinations were conducted in 2020 even with the pandemic, and students were happy with the decision taken by the government and the Supreme Court, as a year didn't go waste. "The government has no plan to cancel NEET 2021", he said, adding that all measures would be taken to provide exam dates to students at the earliest. The minister also appreciated the NTA for conducting the NEET-JEE exams, which were even cited by the Election Commission, while announcing the dates for state



“ We are looking into the feasibility of holding JEE exams more than twice, there can be three or maybe four occasions to sit for JEE NISHANK, on JEE ”

elections. 'Nishank' also invited suggestions from students. Thousands of students reached out to the minister, seeking clarity on the CBSE Board, NEET and JEE Main Exam dates for 2021.

ON POSTPONING CBSE BOARD EXAM: The minister pointed out that the schedule for the Board examination is usually set in advance. Without committing the students on delaying the examination, Pokhriyal, however, said that the Board would assess the situation, and decide on the best possible solution, while announcing the date and schedule of the exam

ON PRACTICAL EXAMS: Pokhriyal said that while schools have reopened in 17 states, the attendance continues to be low. Therefore, he said, in case, the situation is not conducive for conducting practical

examinations, the Board may introduce alternatives. He, however, added that since the practical examination is conducted by the schools, it can be conducted by schools, keeping the SOPs in place

ON REDUCING JEE AND NEET 2021 SYLLABUS: The minister said that the discussions are in place, and it is likely that the paper pattern may be tweaked, such as introducing choices, or giving less questions from the portions that have been removed from the syllabus for the competitive examinations

Quote unquote



One of our challenges, 72 years after the Genocide Convention's adoption, is to promptly recognise and act on the warning signs of genocide. We need to remain constantly vigilant of key political, human rights, humanitarian, social and economic developments worldwide to identify early the risks of genocide and other atrocity crimes. Hate speech is one of these warning signs; there is a need to do better in rejecting it in all its forms. This includes ensuring that technology companies and social media platforms play their part. The power of social media in disseminating hate speech and polarising communities cannot be underestimated

Antonio Guterres, secretary general, UN, on the need to detect warning signs of genocide

ENTERTAINMENT

ALFRED MOLINA RETURNING AS DR OCTOPUS IN 'SPIDER-MAN 3'

Veteran actor Alfred Molina is set to reprise his role as the antagonist Doctor Octopus in 'Spider-Man 3', with Tom Holland in the title role. According to sources, Molina has joined the cast as Otto Octavius, a path-breaking scientist-turned-eight-limbed villain, who challenged Tobey Maguire's Spider-Man in Sam Raimi's 'Spider-Man 2', which was released as the 2004 sequel to the director's 2002 movie. Benedict Cumberbatch will also reprise his Doctor Strange role.



► 'Spider-Man 3' will see Holland return in the lead along with director Jon Watts, who helmed 'Spider-Man: Homecoming' and 'Spider-Man: Far From Home'

► Sony Pictures is slated to release the film on December 17, 2021

MAN SPELLS OUT 'MERRY CHRISTMAS' ON LONDON MAP AFTER AN EPIC 127-KM CYCLING TRIP

Anthony Hoyte, a 52-year-old cyclist, used an exercise-tracking app to write 'Merry Christmas' on the streets of London, after an epic 127 km trip. He completed the wording after nine hours of cycling on a Saturday. Interestingly, this isn't the only map tracking note that he has created in recent times. He had previously drawn Frosty, The Snowman, a reindeer, and elephants, while cycling through different routes.



BUZZ

► This year, many marathon runners, trekkers and pilots have drawn or spelled out many incredible things on city maps with the help of GPS tracking devices ► In March, a pilot from Austria delivered the most-noticeable social distancing mes-

sage by spelling out the words 'stay home' with his flight path ► Similarly, when the Black Lives Matter movement was at its peak, a pilot drew the shape of a raised fist on the map of Canada using a flight-path to honour George Floyd

GPS art is the technique of creating patterns, symbols, and designs on a digital map by physically travelling to different locations that come under the same map. It is also used to raise awareness on topics of interest

GOOGLE'S 'LOOK TO SPEAK' FEATURE LETS USERS PICK PHRASES WITH EYES

Google has launched a new smartphone app that aims to make communicating easier for people with speech and motor difficulties. Look to Speak uses people's eyes to select phrases from their phone and speak it out loud.

HOW IT WORKS

► Users can simply look left, right or up to navigate and select phrases from a customisable list. The feature uses a device's front-facing camera to detect where the user is looking ► The phrases are for basic communication, and include words, such as hello, thank you, great and ok ► It also has questions, so people can ask the other person's name, how they are, and what's going on



CORONAVIRUS VACCINE: WHO WILL BE THE FIRST TO RECEIVE IT IN INDIA?

Pharma giant Pfizer has sought approval from the Drugs Controller General of India for the 'emergency use' authorisation of its coronavirus vaccine. According to the health ministry, once the vaccines are rolled out, which is expected to happen early next year, it will be distributed among the public as per the National Expert Group on Vaccine Administration (NEGVAC) panel's prioritisation of the population groups.



► The distribution of Covid vaccine will start with the healthcare providers and workers, followed by frontline workers, including police and Armed Forces, civil, defence and disaster management volunteers and municipal workers. Besides, persons above 50 years, and those less than 50 years with comorbidities, will also be prioritised in the race for the vaccine ► The younger population might have to wait for their turn to arrive, and continue taking precautionary measures

In terms of storage and distribution, in India, there are 85,634 equipment for storage of vaccines at about 28,947 cold chain points. The current cold chain is capable of storing a Covid-19 vaccine required for the first three crore— health care and frontline workers

IN RECORD BOOKS

Vidya Bharti is the largest alumni association of the world

Vidya Bharti, the largest voluntary educational institution in the world, found a mention in the recent edition of 'Mann ki Baat', when PM Narendra Modi, in the November 29 episode, applauded the association on becoming the largest alumni association in the world. More than 3.56 lakhs ex-students are registered on the portal.

A highly-acclaimed organisation, Vidya Bharti, provides quality education to around 34,47,856 students. According to Shree Ram Aravkar, general secretary, Vidya Bharti, thousands of Vidya Bharti alumni are working in various walks of life providing their services to the society, adding that the institute's ex-students are placed in top most govt depts, judiciary and other corporate sectors, and are reflecting the values in their work and behaviour, which they learned from the school. Case in point was the dedication showed by the alumni, who swung into action, during the lockdown, by helping the downtrodden, distributing masks, sanitizers, soaps, medicines, food packets, etc, in different cities across the country

ALIENS EXIST: FORMER ISRAELI SPACE CHIEF

In an unprecedented claim, Israel's former space security chief has said that aliens are real and US President Donald Trump knows about it, stressing that they're keeping their existence a secret as "humanity is not ready for them". Haim Eshed, 87, in an interview to Israel's Yediot Aharonot newspaper, spoke extensively about the extraterrestrial life, and also elaborated about "an agreement" between the US government and a "Galactic Federation" of aliens. Eshed, who headed Israel's space security programme for nearly three decades, further claimed that there's a "Galactic Federation" of aliens, and their cooperation with the US includes a secret underground base on Mars.

► Netizens, who have spent the past few weeks browsing through photos of shiny monolith popping up in different parts of the world, were equally intrigued by the revelation. Spooky memes soon took over Twitter, and many felt that the alien presence on the Earth could be the perfect farewell to the year 2020



DO ALIENS EXIST? WHAT'S YOUR TAKE?

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

India 9th among top 20 most-spammed countries in 2020



Despite a reduction in the amount of spam calls received, India still made it into the top 10 most-spammed countries in 2020, a new Truecaller report said.

- 1 In the first three months of the lockdown in India, calls to emergency services spiked by 148 per cent
- 2 Only three years ago, India ranked as the most-spammed country in the world. This year, the country is at the ninth spot on the list of 20 most-affected countries, topped by Brazil and followed by the US
- 3 Globally this year, Truecaller helped its users block and identify 31.3 billion spam calls, which is an increase of 18 per cent compared to last year

EXPERIMENTAL CONCEPTS

HOW MUCH AIR DO YOUR LUNGS HOLD?

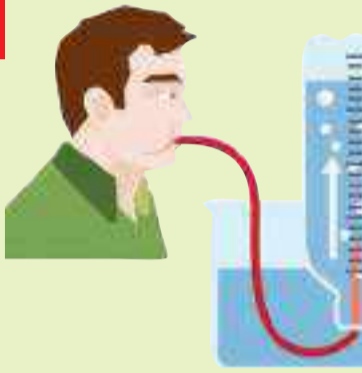
YOU WILL NEED:

- A plastic bottle with a lid, a bendy straw, a bowl of water

- 1. Fill the bottle with water and put the lid on. Hold it upside down in the bowl and take off the lid. 2. Push the straw into the neck of the bottle. Breathe in deeply and then blow gently into the straw until your lungs are empty

LEARNING OUTCOME:

All the air you breathe out will be trapped at the top of the bottle. This is how much air your lungs can hold.



MAKING CO2

You can make carbon dioxide gas and blow up a balloon with it.

YOU WILL NEED:

- A narrow-necked jar, some bicarbonate of soda, some vinegar, a balloon, a teaspoon

- 1. Fill a quarter of the jar with vinegar. Put the soda into the balloon, using the teaspoon. 2. Stretch the neck of the balloon over the top of the jar. Don't let any soda spill into the jar. 3. Quickly lift the balloon up to tip all of the soda into the jar. The vinegar will react with the soda making bubbles.

LEARNING OUTCOME:

When the vinegar and soda react, they produce carbon dioxide gas which fills the balloon, blowing it up a little.

FUN FACT

Jupiter's gravity is more than twice as strong as Earth's. If you could visit Jupiter, you wouldn't be able to move because its gravity is so strong. One of Jupiter's moon, 'Io,' is quite small and its gravity is much weaker than the Earth's. You could jump many times higher on Io than you can on Earth.



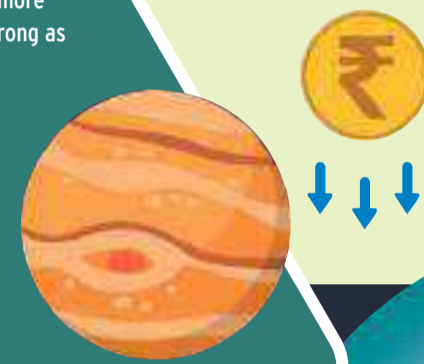
TESTING GRAVITY

Gravity pulls objects at the same speed, even if they have different weights. Try testing this yourself.

YOU WILL NEED:

- Tissue paper, a coin, two identical boxes (such as small food pots with lids)

- 1. Carefully tear a piece of tissue paper the same size as the coin. Obviously, it will be lighter than the coin. 2. Drop the paper and the coin from the same height. The paper falls more slowly because air gets in its way (resistance). 3. Now put the coin in one box and the paper in the other. Put the lids on and drop both boxes together. 4. The boxes have the same air resistance and land at the same time, even though they are different weights.



7 TIPS TO STRATEGISE YOUR STUDY PATTERN. IT IS THAT TIME OF THE ACADEMIC YEAR WHEN YOU NEED TO STREAMLINE A FEW SCHEDULES TO GET INTO THE EXAM/ASSESSMENT MODE.

GET ORGANISED

A cluttered study makes a cluttered mind, so ensure you have a clean table, comfortable chair and enough light. Keep all the distractions like phone and other gadgets away. Some students like complete silence and some like soft music in the background, know what works for you.



DO NOT GET CRITICAL OF YOURSELF

Your self talk is very important. If you are going to tell yourself statements like you are too slow, you are going to fail, then you will end up feeling very anxious, overwhelmed and demotivated. Instead go for positive affirmations: I am capable of passing with good marks, I am improving each day. Set small realistic goals and as you keep achieving them, your confidence will increase.

EXERCISE WHEN YOU TAKE BREAKS

Instead of checking your messages on social media when you take a break, do some quick jumping jacks to feel energised again. Make sure you go for a small walk or jogging or cycling daily to get some fresh air. This releases a chemical called endorphin in your brain, also known as happy hormones which will ensure you are in better mental health and not getting too stressed.

PREP UP FOR ASSESSMENTS



DO NOT COMPARE YOURSELF WITH OTHERS

Each person is unique and has his or her own set of strengths and weaknesses. Comparing with others may make you feel less of yourself and you will put more pressure on yourself which might be counterproductive. Instead, look at what your strengths are and work on them to be the best version of yourself.

EAT RIGHT, GET PLENTY OF WATER AND ENOUGH SLEEP

Remember junk food is going to make you feel sluggish. So, whenever you feel like snacking, eat fruits or dry fruits. Make sure you are hydrated as well as get at least seven hours of sleep as it is imperative for all your cognitive functions like learning, memory, retention, etc.



A TIP FOR PARENTS

Please don't let your stress get to the children. Stay calm and be a support to your child, provide them nutritious food and set realistic expectations.



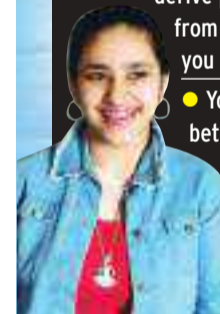
Sumbul Alladin, Counselling Psychologist, Khalid Educational Society, Hyderabad

My study mantra

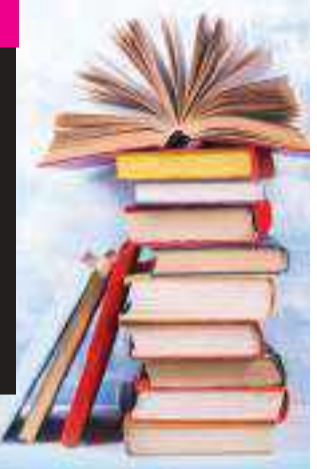
Every student chooses a quiet time of the day when he or she can concentrate on his or her studies. Either it is early in the morning or late at night. I am the latter one. When everyone is off to bed then my mother or I prepare coffee and keep it on the table in a kettle. This is the time when I can concentrate on Maths and Physics. My other subjects are done when I get up in the morning. I am a late riser. After having my breakfast at around 11.00 am, I sit down to study. If I feel bored doing one subject, I take a break, have glasses of water, have a seasonal fruit. I change my subject of study to the one which relaxes me. I first read the chapters, mark the keywords, and if I have any problems my parents help me out as my mother is a teacher and my father guides me in Mathematics, Physics and Hindi. For the rest of the subjects, if I have any query I ask my teachers online. Marking the keywords, noting and learning the important formulas make my work easy. After every chapter I give a test which indicates the errors, then make a timetable for revision of the subjects. I pray to God regularly and have a respectful attitude towards my teachers.

MY MANTRA IN LIFE IS:

- Have confidence in yourself, Have enthusiasm and derive pleasure from every work you do, You can plan better when you are relaxed, The most important is to have a dream and try your best to make it come true, When you feel like quitting think why you started, Last but not the least life is all about kicking the hurdles away with good solutions



Gurkeerat Kaur, IX, La Martiniere Girls College, Lucknow



MY SCHOOL PROJECT

MAGIC BEADS FOR LACTOSE INTOLERANCE

WHAT IS IT?

- Lactose-intolerance is the inability to fully digest the milk-sugar (lactose) in dairy products. The dairy industry uses the enzyme lactase to break down milk sugar into separate units so that it can be consumed even by its lactose-intolerant customers. Our objective was to package this enzyme that would not be absorbed by the milk and can be reused.



SALIENT FEATURES

- Lactose intolerance affects around 65% of adults in the world, as per the US National Library of Medicine. This condition cannot be cured. Companies chemically treat the milk with lactase beads to break down lactose for their consumers and filter out the beads which are then kept for re-use.



MORE FACTS

- Calcium Carbonate reacts with Sodium Alginate to create a jelly-like bead structure called a hydrogel which traps the lactase enzyme. This particular process of creating the 'jelly beads' and trapping the enzyme is called immobilisation.

Aniruddh Nambiar, class VIII-D, D G Khetan International School, Malad, Mumbai



HOW WE WENT ABOUT IT

- First, we combined sodium alginate with lactase and then added little droplets of this mixture to a calcium carbonate solution. This mixture immediately reacted with the calcium carbonate to form little beads containing the lactase. These beads were then packed gently into a funnel with a filter at the bottom. The milk was poured into the funnel so that the enzyme in the beads could react with the milk and break down the lactose. We then tested the milk and observed that it was in a form that was digestible to a lactose-intolerant person.

Mathematics

SUM UP YOUR MATH QUOTIENT

G REVATHY, TEACHER, AIR FORCE SCHOOL, HEBBAL, BENGALURU, HAS SET A FEW QUESTIONS FOR REVISION

- Q1. If A is an invertible matrix of order 3 and |A| = 10, then |A^-1| equals a) 10 b) 1000 c) 1/100 d) 1/10 Q2. A company produces two types of hats. Every hat-A requires twice as much labour time as the second hat-B. If the company produces only B then it can produce a total of 500 hats a day. The market limits daily sale of the hat-A and hat-B to 150 and 250 respectively. The profits on hat-A and B are Rs.8 and Rs.5 respectively. The maximum profit is a) 1200 b) 1250 c) 2250 d) 2450 Q3. Number of terms in the expansion of (1 + 2x + x^2)^20 is a) 20 b) 21 c) 40 d) 41 Q4. If (1-i)^(100) = a + ib, then (a, b) equals a) (1, 0) b) (0, 1)

ANSWERSHEET

- Q1. (d) |A^-1| = 1/|A| = 1/10 Q2. (c) No. of hat-B = x, x = (2x + y) / 2, 250 - x = y, x <= 150; y <= 250; x >= 0; y >= 0; Maximise 8x + 5y, Maximum at (125, 250) = 2250 Q3. (d) (1 + 2x + x^2)^20 = [(1+x)^2]^20 = (1+x)^40, No. of terms = 41 Q4. (a) (1-i)^(100) = (-i)^(100) = 1, a = 1; b = 0; Q5. (b) Centre = (3, 4) and Radius = 4, Equation of circle = (x-3)^2 + (y-4)^2 = 4^2 = x^2 + y^2 - 6x - 8y + 9 = 0 c) (1, 1) d) (-1, 0) Q5. Equation of the circle which touches the x-axis and centre (3, 4) is a) x^2 + y^2 + 6x + 8y + 9 = 0 b) x^2 + y^2 - 6x - 8y + 9 = 0 c) x^2 + y^2 + 6x + 8y + 16 = 0

- d) x^2 + y^2 - 6x - 8y + 16 = 0 Q6. (c) Keeping EN together and considering it as one letter, we have to arrange 5 letters in 5 places in 5! Ways = 120ways Q7. (d) Let y = log f(e^x) dy/dx = e^x f'(e^x) / f(e^x) at x = 0 is 2 = 1/2 Q8. (b) Given dV/dt = dV/dt, 4pi r^2 = I; r = 1/(2*sqrt(pi)) Q9. (a) [x^3 + x^2 + kx]_0^1 = 0; (1 + 1 + k) * 0 = 0, k = -2 Q10. (b) Total four-digit numbers = 4! = 24. Four-digit numbers divisible by 5 = 3! = 6. Required probability = 3!/4! = 1/4 Q11. (b) Total four-digit numbers = 4! = 24. Four-digit numbers divisible by 5 = 3! = 6. Required probability = 3!/4! = 1/4 Q12. (b) Total four-digit numbers = 4! = 24. Four-digit numbers divisible by 5 = 3! = 6. Required probability = 3!/4! = 1/4 Q13. (b) Total four-digit numbers = 4! = 24. Four-digit numbers divisible by 5 = 3! = 6. Required probability = 3!/4! = 1/4 Q14. (b) Total four-digit numbers = 4! = 24. Four-digit numbers divisible by 5 = 3! = 6. Required probability = 3!/4! = 1/4

Handy Parenting Guide

Bond with your teenage son through these simple advices

How many times have parents struggled to communicate with their teenage sons? It's been countless times because, at their age, the recklessness, spontaneity, undisciplined actions are such that parents fail to keep up with them. Teenage boys are said to grow up fast, among the dirt of the playground to the car garages of their parents. Boys have always been handled roughly, because of society's conception of the rough, 'able-to-do anything' superior aura of boys and men. But still, behind the rough exterior, every man and boy also wants to be understood and cared for and so, parents should start interacting with their teenage sons on a deeper level. Here are some tips...



Coming up... Bond with your teenage daughter in our next parenting issue!

WHAT YOU CAN DO?

DON'T HUMILIATE YOUR BOY

1 Your child maybe 5 years old or even 19, that doesn't matter. He is still your kid and it is your responsibility to show them the right path. They may have done something very wrong and so you have to punish them or make them understand the intensity of their mistake, all depending on the situation. Don't belittle them, instead make them understand it nicely, by having a heart-to-heart.

THEY ARE EXPERIENCING MULTIPLE EMOTIONS

2 If they ever feel stupid or dumb because they couldn't do something, let them know that they are growing and developing every day. Teenage boys view the world differently and feel that they have to be superior in every field, to match up with top-notch peers. Among this competition, they may feel let down, betrayed, dumb or stupid, it's alright.



The problems they face

Boys can be really irrational or aggressive sometimes. They fight with other students or just bang the door so loud that it seems almost detrimental to their growing behaviour. However, research shows that teenage boys who are often the most aggressive, have deep feelings of anxiety, resentment, sense of failure and insecurity engraved within them. Boys try very hard to seek comfort from their loved ones but mostly, can't just seem to reciprocate other's feelings. Their sense of pride and manly ego stops them from acting all soft, which is a result of societal values and beliefs. However, there are many ways to deal with such situations in a mature way.



DON'T NAG

3 Nagging can honestly be very irritating and troublesome. You as a parent may constantly nag because you get fed up because of his antics. But, it does no good. Your boy may feel more resentment and irritated, and the sole purpose of nagging just vanishes because they don't listen to you at that time.

STORIES OF BRILLIANT MEN

4 There's no abundance of brilliant men in your society. Many had changed the world before, with their ideologies and actions. There are stories and examples of great men that also, once went through many difficulties. Giving your boy their own hero can be a positive inclination towards following great examples and implicating similar behaviour.



INVITE HIS FRIENDS HOME

5 What are teenage boys without their friends? This age is socially interactive for them as they meet many new people and form bonds with them. Some may break, but others can also stay for a lifetime. It's natural that your boy would want to hang out with his friends more. Restricting your kid's playtime can be negative. Be warm with his friends, so that your child will be more comfortable with you.

LOVE THEM FOR WHO THEY ARE

6 Every teen boy always wants to be loved and cared for. He may feel vulnerable and may be forced to believe certain standards. We have to understand and love our sons. Listening to them quietly and sharing advice can be one of the most relieving moments for them. After all, they are waiting to be loved and comforted too!

How puberty can affect them

Puberty and adolescence can bring a number of changes to a boy's mind and body that reflects through his behaviour. Most teens, especially boys love exploring the world around them; whether going bicycling at midnight or sneaking away from the house to go at a part. Their actions are uncontrollable. Harmless fun is alright, but it becomes scary for parents to think if their child is going beyond their control or dangerous activities.

When it comes to parenting, most parents try their level best to nurture their children. During this process, some might even go overboard with it. This can make the child irritable and might also make him hide things from you. Are you guilty of it? Read on...

OVER-PARENTING

Are you guilty of it?



steps into his teenage years. Hormones play their role and you might also notice a behavioural difference in your kid. Short temper, irritation and answering back might become an everyday affair. In such a situation, if you overburden your child with your own set of rules and regulations, you might add fuel to his already burning hormones. Though rules are necessary for kids during their growing up years, it is all about how you implement them. Observe your own behaviour and check whether you are interfering too much into your teen's life. Avoid directing, ordering or making his life choices. A teenage kid really is old enough to know the consequences of his actions and will face the brunt himself, if something goes wrong.

Teens need privacy

Give your teen the much needed privacy, while ensuring that he/she is safe and secure. Form a set of rules but make sure they aren't too harsh. Make home rules clear to your kid and let him know that he needs to follow it for his own good. Once you become your teen's best friend, you will notice that you aren't over-parenting.

Excerpts

In an article published in Sciencedaily.com, University of Arizona researchers say over-parenting is when you apply what we call developmentally inappropriate parenting or guidance structure for the child.

The lockdown had its own set of pros and cons. While it confined us in the four walls of our homes and restricted us from socialising, it also brought us closer to our families. While many people discovered their hidden talents, some also developed new hobbies to keep themselves entertained. Children also learned how to do some of the most basic household tasks, as they helped while most of our maids were away. This only brings us to the fact that most older kids and

How to know if you are over-parenting?

Your parenting goes through a massive shift when your child



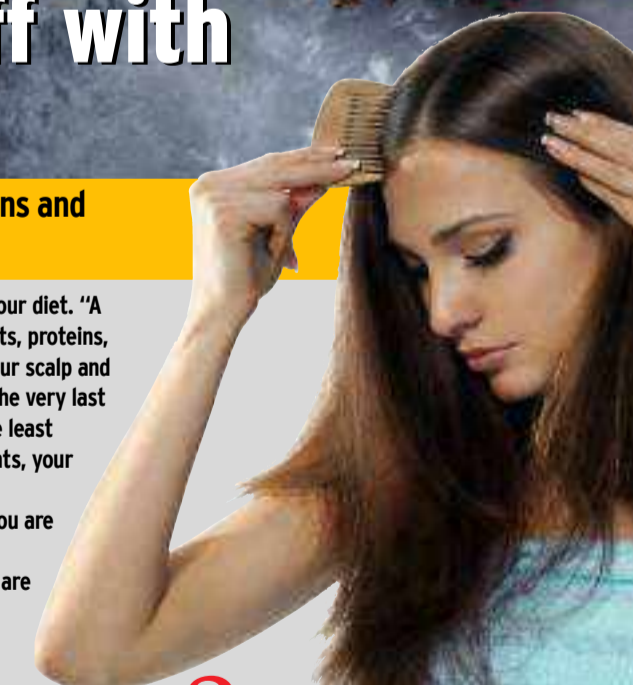
WELLNESS

Battle dandruff with balanced diet

A balanced diet, carbs, fats, fibre, vitamins and minerals, is the key to healthy hair

The key to treating an itchy, flaky scalp could lie in your diet. "A balanced diet, comprising carbohydrates, healthy fats, proteins, fibre, vitamins and minerals, is the best thing for your scalp and hair," says trichologist Stephanie Sey. "The hair is the very last system in your body to receive nutrients as it is one of the least essential, so if your body is not receiving adequate nutrients, your hair will likely be affected."

Also, don't let hair-washing fall by the wayside while you are working/schooling from home. This will allow a build-up of bacteria, which is likely to make the problem worse. If you are still suffering from dandruff, try using a dedicated anti-dandruff shampoo.



QUIZ TIME (MIXED BAG)



- 0.1) Which is the tallest church in the world?
A. Our lady of Peace Basilica
B. Cologne Cathedral
C. Ulm Minster
- 0.2) The type of cloud in which tornadoes form is:
A. Cumulonimbus B. Nimbus
C. Rain D. Cloud
- 0.3) Which country is

- known as the Land of Cakes?
A. Sweden B. Scotland
C. Switzerland
- 0.4) If Gaia is the personification of the Earth in ancient Greek mythology, who personifies the sky?
A. Chaos B. Uranus C. Athena
- 0.5) In which archaeological site do we find the

- Dhamek and Dharmarajika stupa?
A. Sanchi
B. Sarnath
C. Sathdhara
D. Amravati

ANSWERS

- 1. C) Ulm Minster
2. A) Cumulonimbus
3. B) Scotland.
4. B) Uranus 5. B) Sarnath

KNOWLEDGE BANK

Hoatzin

The hoatzin is a species of tropical bird found in South America. The bird makes its home in swamps, forests, and mangroves of the Amazon and the Orinoco basins. It is also known as skunk bird, stinkbird or Canje pheasant. The hoatzin is an herbivore that eats leaves and fruit, and has an unusual digestive system with an enlarged crop used for fermentation of food, which give off a foul odour, and hence the name 'stinkbird'.

BIRDS



TOP PERFORMERS OF T20I SERIES

Virat Kohli-led Team India secured a historic T20I series win over hosts Australia by a 2-1 margin. Here's a quick look at the most impactful players

HARDIK PANDYA

Ditching the all-rounder's role by becoming the new finisher of the Men In Blue, Hardik Pandya was one of the most impactful players in the twin limited-overs series. Pandya's batting pyrotechnics paved the way for India to finish ahead of the mighty Aussies in the T20I format. Pandya's spectacular performances with the willow in T20Is also raised hopes of the star batsman getting an extension for the Test series. After winning the 2nd T20I for India almost singlehandedly, Pandya came close to rescue India in the series finale. For his batting blitzkrieg, the middle-order batsman was also named the Man of the Series in the T20Is.



MATTHEW WADE

The Australian southpaw earned the tag of the 'Accidental skipper' when Aaron Finch picked up a hip injury ahead of the 2nd T20I. Since Steve Smith is expected to go through 'the process' in order to lead Australia again, Wade was roped in as the leader of the Australian side. Accepting the challenge during these testing times, Wade played a captain's knock in his first game as the leader of the hosts. After scoring a sublime 32-ball 58, Wade top-scored (80) for Australia in the third T20I to help Finch and Co. outclass India at Sydney on Tuesday. The Aussie southpaw also finished the T20I series as the top scorer with 145 runs.



THANGARASU NATARAJAN

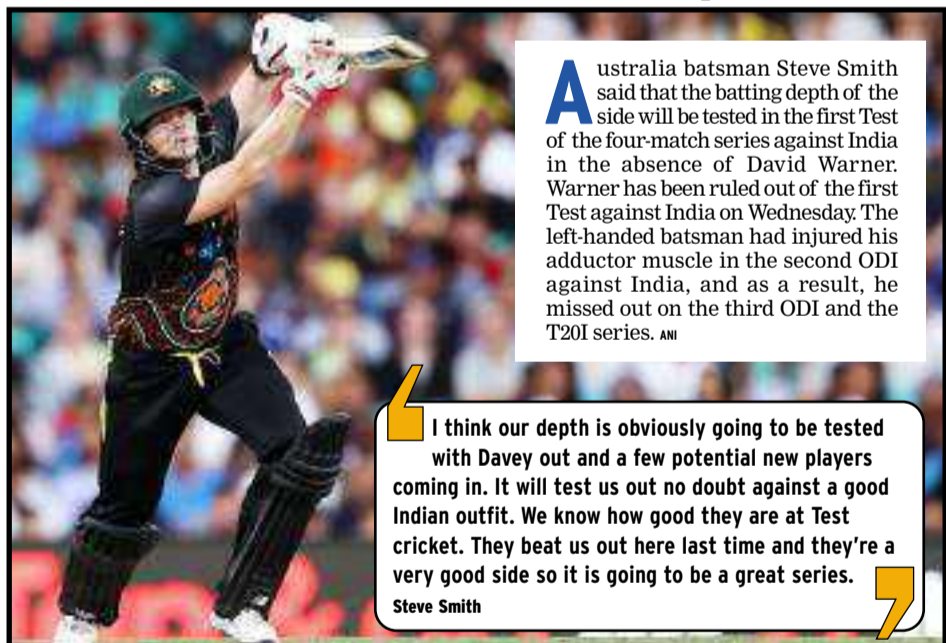
There is no denying that Thangarasu Natarajan has been a revelation for the Indian side in the limited-overs format. Known for his pinpoint accuracy and impressive death bowling spells, Natarajan ran rings around the Australian batsmen and recorded a memorable debut for Team India in the 1st T20I. The Indian debutant leaked 30 runs and bagged 3 wickets in the first T20I. Dubbed as the 'Yorker Specialist', Natarajan bowled another economical spell (2-20) to set up India's thrilling win in the 2nd T20I. The speed merchant emerged as the leading wicket-taker in the T20I series with six wickets.

VIRAT KOHLI

Kohli was a star turnout for the 2007 World Champions in the three-match series. After showcasing a rare batting failure in the series opener, Kohli found his mojo in the penultimate clash against the Finch-less side. He played a crucial knock of 40 off 24 balls to complement India's stunning final-over win in the 2nd T20I. Known for being the go-to-man for India, Kohli tormented the Australian bowling attack in the third T20I and came close to notching up his maiden century in the shortest format. Though his 85-run knock went in vain, the Indian skipper scripted history, becoming the 2nd Indian to score 3,000 international runs on Australian soil.



Our batting depth will be tested in Warner's absence, says Smith



Australia batsman Steve Smith said that the batting depth of the side will be tested in the first Test of the four-match series against India in the absence of David Warner. Warner has been ruled out of the first Test against India on Wednesday. The left-handed batsman had injured his adductor muscle in the second ODI against India, and as a result, he missed out on the third ODI and the T20I series. ANI

I think our depth is obviously going to be tested with Davey out and a few potential new players coming in. It will test us out no doubt against a good Indian outfit. We know how good they are at Test cricket. They beat us out here last time and they're a very good side so it is going to be a great series.

Steve Smith

India have to improve fielding if they are looking to win T20 WC



Mohammad Kaif

Real Madrid qualify for last 16 of UEFA Champions League



Karim Benzema sent Real Madrid through to the last 16 of the Champions League alongside their rivals Atletico, while Neymar scored a hat-trick as Paris Saint-Germain beat Istanbul Basaksehir in a match that had been delayed for 24 hours over a racism row. Real are Europe's most decorated club with 13 European Cups but they needed to beat Borussia Muenchengladbach in Madrid to be sure of making it through the group stage of the Champions League for a 24th straight year.

TEST YOUR KNOWLEDGE

Q1: Who beat Dominic Thiem to win his eighth Australian Open Singles title and his 17th Grand Slam this year?

- a) Roger Federer b) Rafael Nadal
c) Novak Djokovic d) Andy Murray

Q2: UDRS was used in an One Day International for the first time in year 2011 in a match between _____.

- a) India and England b) England and Australia
c) India and Pakistan d) Australia and South Africa

Q3: Which weightlifter is the first woman from India to win a medal at the Olympics?

- a) Karnam Malleshwari b) Shiny Abraham
c) Sakshi Malik d) Kunjarani Devi

Q4: Against which country did MS Dhoni make his Test captaincy debut?

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

Q5: Which Austrian Tennis player won the US Open 2020 Men's Title?

- a) Hugo Gaston b) Stefanos Tsitsipas
c) Alexander Zverev d) Dominic Thiem

Q6: In which year was para-athlete Deepa Malik awarded the Rajiv Gandhi Khel Ratna Award?

- a) 2019 b) 2018 c) 2017 d) 2016



Deepa Malik

Q7: Which of the following player was the Flagbearer at Rio 2016 opening ceremony for the Indian Contingent?

- a) Abhinav Bindra b) Divij Sharan
c) Bajrang Punia d) Sushil Kumar

Q8: Which country won the ICC Cup 2020?

- a) Pakistan b) India
c) South Africa d) Bangladesh

Q9: In which country will the 2022 Winter Olympic Games be held?

- a) China b) South Korea c) India
d) Japan

Q10: In which country is the headquarters of the International Olympic Committee

situated?

- a) Australia b) Switzerland
c) the United States of America
d) England

Q11: In which state is the world's largest cricket stadium situated?

- a) Gujarat b) Chandigarh c) Delhi
d) Maharashtra

Q12: Which of the following clubs won the FIFA Club World Cup 2019?

- a) Manchester United b) Liverpool
c) Barcelona d) Real Madrid

ANSWERS: 1 c) Novak Djokovic 2 b) England and Australia 3 a) Karnam Malleshwari 4 b) South Africa 5 d) Dominic Thiem 6 a) 2019 7 a) Abhinav Bindra 8 d) Bangladesh 9 a) China 10 b) Switzerland 11 a) Gujarat 12 b) Liverpool



THE TIMES OF INDIA

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TODAY'S EDITION

➤ For teachers: Strategies that will help in keeping online classroom fatigue at bay
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➤ Students reveal their weekend plans
➤ What are you reviewing this week?
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➤ 3 talking points from Juventus' thumping win over Barca in the Champions League
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STUDENT EDITION
THURSDAY, DECEMBER 10, 2020

WEB EDITION

CLICK HERE: PAGE 1 AND 2

FORBES' MOST-POWERFUL WOMEN LIST

Sitharaman is world's 41st most-powerful woman

Union finance minister Nirmala Sitharaman is among the Forbes' ranking of 100 most-powerful women in the world. FM Sitharaman, 61, is ranked 41st. In May 2019, Sitharaman was appointed as the finance minister, and is also the minister for corporate affairs. She is India's first full-time female finance minister.



- Other Indians on the list include HCL CEO and executive director Roshni Nadar Malhotra (55th) and Biocon founder Kiran Mazumdar-Shaw (68th)
- As the CEO of HCL Corporation, Nadar is responsible for all strategic decisions for the \$ 8.9 billion technology company
- Mazumdar-Shaw is the founder of the country's largest bio-pharmaceutical company

German chancellor **Angela Merkel** grabbed the No 1 slot for the 10th consecutive year, with European Central Bank head **Christine Lagarde** taking the second spot for the second year in a row. US vice president-elect **Kamala Harris** made it to the list for the first time—ranked at No. 3.



Mount Everest GETS A NEW HEIGHT!

The World's highest peak got a bit higher on Tuesday, as China and Nepal finally agreed on a precise elevation for Mount Everest after years of debate. The agreed height of 8,848.86 metres was 86 centimetres higher than the measurement previously recognised by Nepal, and more than four metres above China's official figure (8,844.43m). The revised height of Mt Everest puts an end to the decades-long dispute between the two neighbours on the height of the world's tallest mountain that straddles their shared border. For 65 years, the consensus height had been 8,848 metres.

This discrepancy was due to China measuring the rock base on the summit and not — as with the new reading — the covering of snow and ice on the peak

THE DISPUTE

- The exact height of Mt Everest had been contested ever since a group of British surveyors in India declared the height of Peak XV, as it was initially called, to be 8,778 metres in 1847
- The Nepal government decided to measure the exact height of the mountain, as some geologists suggested that there might have been some changes due to various reasons, including the devastating earthquake of 2015



PEAK DIPLOMACY

The measurement was significant, as China and Nepal settled their border dispute in 1961 with the boundary line passing through the summit of Mt Everest. The peak of Mt Everest played a significant role in the settlement of the boundary between Nepal and China, after Beijing gave up its claims over the whole mountain as part of its territory after it took control of Tibet in 1950. The dispute was finally settled in 1961 after the intervention of the ruling Communist Party of China founder Mao Zedong, who suggested that the boundary line should pass through the summit of

the Mt Everest, which was agreed by Nepal. The latest survey puts both the countries on the same page about its height, as Beijing seeks to firm up its strategic ties with Nepal, with huge investments in infrastructure projects, while enhancing its political influence over the Himalayan country

Mt Everest stands on the border between China and Nepal; the mountaineers climb it from both sides. It is known as Sagarmatha in Nepal, while in China, it is called as Mt Qomolangma, the Tibetan name for the world's highest peak



Kerala girl wins the Raman Young Science Innovator Award

Nishika Shah, a class III student of The Choice School, Tripunithura, Ernakulam, is the winner of the Raman Young Science Innovator Award 20-21 in the junior category that was held recently. She won for her project, 'chromatography with different colours, types, liquids and papers'. Nishika won a cash prize of ₹ 20,000 and a citation.



YOUNG ACHIEVER

FACTOID

\$150 BILLION

The economic loss caused by California's wildfires in 2018, claims a study. It is about 0.7 per cent of US GDP that year. Researchers found that direct capital impact accounted for \$27.7 billion, while \$32.2 billion came from the health effects of air pollution. They added that disruption of economic supply chains indirectly caused \$88.6 billion in losses

CBSE BOARD EXAMS 2021 AS PER USUAL SCHEDULE?

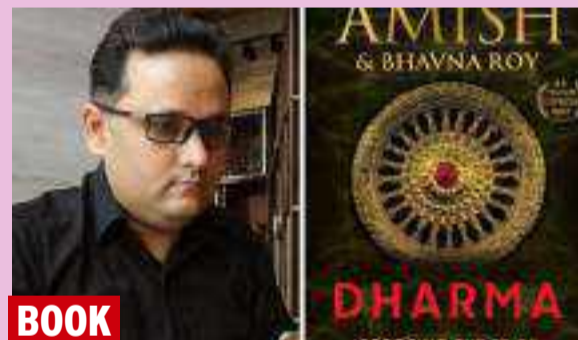
If reports are to go by, the CBSE Board exams for class X and XII are likely to be conducted as per the usual schedule of February and March. CBSE's controller of examination, Sanyam Bhardwaj, in an interview, was quoted as saying that the Board had no plans to delay the CBSE Board Exams 2021. He has, however, stated that the Board is open to consider all options and employ the 'best-suited strategy'.



EDUCATION

- As for the dates of the exam, he said, "There are no plans to delay the exams, and it will be held in February-March as usual. We are hopeful that the states will soon reopen schools and students will get time to prepare for the exams," he added
- With regard to the practical examinations, which form an integral component of the class X and XII CBSE result, Bhardwaj said that the schools may be given more time to conduct the same, while following the social distancing norms

Amish Tripathi's second non-fiction book, 'Dharma', to release on December 28



BOOK

The second non-fiction book by the best-selling author Amish will be released on December 28, publishing house Westland has announced. The book, titled, 'Dharma: Decoding the Epics for A Meaningful Life', offers practical, philosophical lessons drawn from ancient Hindu epics. It is co-authored by Amish's sister Bhavana Roy.

- Written in the form of conversations between characters set in modern-day India, the book offers different practical philosophical lessons from great Hindu epics like 'The Mahabharata', and Amish's bestselling fiction books, 'The Shiva Trilogy' and 'Ram Chandra series'
- According to Westland, the book aims to reach all those "intelligent minds" looking for deep pragmatic philosophies presented in a "reader-friendly manner"

Desi female comic superhero fights a new enemy, Covid-19

ANIMATION

A popular Indian comic superhero, who usually fights rapists and traffickers, deploys her powers against a new enemy — coronavirus — in the latest digital book and film that was released recently. Priya, a rape survivor, who flies around on a tigress, has been spreading the message of gender equality by helping other women and girls get justice since 2014 in 'Priya's Shakti' (Priya's Strength) comics.

In 'Priya's Mask', India's first female superhero befriends a little girl, Meena, to show her the sacrifices made by the health workers, like her mother, and to spread compassion and battle Covid-19 myths, such as young people not being at risk



WhatsApp rolls out new feature to notify users about in-app updates

TECH BUZZ

Instant messaging application WhatsApp has rolled out a new handy feature that will allow WhatsApp to make in-app announcements around new updates. Called 'in-app notifications', it will be used to make new announcements on WhatsApp.

Currently, WhatsApp makes all the new announcements through its blog. However, soon, users would be able to directly get these on the app. This feature will not be used by WhatsApp for advertising purposes

BOWIE COIN LAUNCHES STARMAN INTO SPACE



The Royal Mint has launched a commemorative coin celebrating the career of David Bowie. The Mint, based in Llantrisant, sent the coin to an altitude of 35,656m, as it revealed the third edition of its Music Legends series. The one-ounce silver proof coin journeyed for 45 minutes on the Earth's orbit before descending safely.

- The commemorative coin — which includes the late singer's lightning bolt motif — is being offered as a prize by the Royal Mint as part of its "music legends" collection
- The singer follows Queen and Elton John in being honoured with a coin
- There are a number of versions, ranging in price from £13 for a £5 coin to £72,195 for a £1,000 denomination coin

Big B, 'Bigg Boss', 'Dil Bechara' MOST TWEETED IN 2020



Amitabh Bachchan and the Sushant Singh Rajput-starrer 'Dil Bechara' ruled the virtual world of Twitter in 2020 among Bollywood topics, while Bigg Boss was the hottest subject from the small screen. According to #ThisHappened2020 Twitter report, Amitabh Bachchan, Vijay and late Hollywood star Chadwick Boseman had the top entertainment tweets of 2020 in India. Sushant's last film, 'Dil Bechara' led Hindi film conversations, with 'Mirzapur 2' and 'Bigg Boss' emerging as the most talked-about web and television shows of 2020.



- Popular Spanish show 'Money Heist' was the most-talked about international web series of 2020, while the most-retweeted tweet in Indian entertainment was Vijay's selfie with his fans in February
- In July, Big B took to Twitter to share that he has contracted the novel coronavirus, and that has become the most-liked and quoted tweet of the year
- 'Black Panther' star Boseman died in August after a four-year battle with colon cancer at the age of 43. The tweet sharing the news of his demise was the most-retweeted, liked and quoted tweet in India, in the area of global entertainment
- While 'Dil Bechara' was the most-talked about Hindi film of the year, Bigg Boss garnered attention among the audience as the most talked-about Hindi TV show of the year. Web series 'Tanhaji: The Unsung Warrior', the Taapsee Pannu-starrer 'Thappad' and 'Gunjan Saxena' featuring Janhvi Kapoor too were a big favourite among the entertainment seekers
- Among the Bollywood topics, 'Dil Bechara' was followed by the Deepika Padukone-starrer 'Chhapaak', Ajay Devgn's 'Tanhaji: The Unsung Warrior', the Taapsee Pannu-starrer 'Thappad' and 'Gunjan Saxena' featuring Janhvi Kapoor



TEACHER'S CORNER

Class Zoom Fatigue!

Tips to prevent online school burnout



What Can You Do to Help Students?

With online learning likely to continue for an unknown amount of time, it's worth checking in with your students to see how they're feeling, and exploring ways to cut back on the number of live video meetings during the school day.

Ask for Feedback

Check-in with your student to see how they're feeling about their schedule. It's been months since many schools went remote, so the novelty (and hopefully some of the panic) will have worn off. It's a good time to reach out and ask if they're feeling okay, if they have the tools they need, and whether there is anything they think your school could do better right now.

Prioritise!

Only schedule meetings for the most impor-

tant situations. Before you schedule a live call, consider whether there is another effective way to share information without disrupting everyone's day. Would a quick recorded video be a better option? Or could you deliver your thoughts in an email, instant message, or an interactive poll?

Keep Live Class Meetings Short

Especially while learning from home, it's easy to get off topic during your class time and take longer than necessary. Try to stick within a certain time limit for meetings, and be mindful of everyone else's schedules. If you want to keep talking or explaining things, you can always jump on a private call with a student afterward.

Let's face it. We are kind of getting sick of Zoom, or Teams, or whatever other videoconferencing tools we are using. It's exhausting. Being in front of a computer all day long is tiring. We are in the spotlight all the time, all of the sudden. Zoom classroom fatigue is real and more common than we can imagine. In this article, we go through simple strategies that will help you and your students fight online classroom fatigue. Here is what some experts have to say...



Record a Video

Need to introduce a class topic, or explain directions for a student project? Instead of sending an email, record a video! That way you can address your class face-to-face, but they can watch it on their own time. For quick announcements, just record with your webcam and screen recorder. With content creation tools like Screencast-O-Matic, you can record your screen, webcam, or both at the same time. You can also draw on your screen and add text, highlights, or images to help get your message across. The other advantage to recording your videos is that your class can save, share, and rewatch them as needed, saving you the trouble of repeating yourself later.

Try Less Disruptive Communication Tools

Live video meetings will continue to be impor-

WHY 'ZOOM FATIGUE' HAPPENS

It's never easy to stay focused on live video calls. To understand your students, let's check out why this happens.

1 Distractions - It can be hard to focus on live video meetings with distractions going on in the background. From siblings, pets, or parents, there are a number of things to distract a student at home.

2 Physical Tiredness - It can be exhausting watching live video calls all day. Even though they aren't moving, they may feel physically tired or act 'zoned' out during live meetings.

3 Numerous Meetings - A student's schedule can get hectic, especially those in high school. If a student has a number of classes with different teachers, then it's likely they attend several live meetings in a day.

Keep Students Engaged

Students may be overwhelmed by the multiple video calls they are attending every day. With this in mind, it's best to check in with them and see how they're doing. Ask them what they would like you to do to keep them engaged. Understanding is the key: Not all homes and families are alike. Keep parents updated and make sure they understand all the tools you are implementing in your virtual classroom. It may be best to give students a break so they can learn on their own time. You'll still get everything done, and your students will thank you for it.

Funniest books for you to read

WE FOUND A HAT

by Jon Klassen

Jon Klassen is the Tig Notaro of hat-based humour. His deadpan game is so strong, SO strong, and he's brought his deceptively dead-on timing to a trilogy of just ridiculously funny picture books. The simple premises are conveyed by the titles — 'I Want My Hat Back', 'This Is Not My Hat', and (finally) 'We Found A Hat' — but Klassen's knack with visual humour make them all pure comedy gold.



PRESIDENT TAFT IS STUCK IN THE BATH

by Mac Barnett, illustrated by Chris Van Dusen

William H Taft is every child's favourite US President. Or, at least, he becomes their favourite president once they hear the urban legend that, because he was so hefty, Taft actually once got stuck in a White House bathtub. Barnett and Van Dusen turn Taft's woes into a laugh-out-loud comic caper with the whole government doing their best (and failing) to get the poor president unstuck.



17 THINGS I'M NOT ALLOWED TO DO ANYMORE

by Jenny Offill, illustrated by Nancy Carpenter

You will adore this book and it will make you very, VERY nervous. A young girl has begrudgingly created an illustrated list of 17 things that she's never allowed to do again. 17 things that will have you wondering "WAIT, she actually did that stuff?!" The scenarios are so wicked, funny, and filled with brilliantly sadistic kid logic that you'll find yourself laughing way too hard and find yourself wondering, "Maybe I should do it too!"



INTERRUPTING CHICKEN

by David Ezra Stein

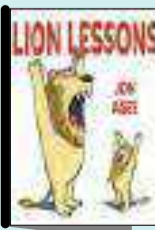
This book, all about bedtime reading, might actually be too funny to read at bedtime. A little chicken wants her daddy to read her a bedtime story, but she can't stand to watch her beloved fairy tale characters make mistakes. So she interrupts and interrupts — all in an attempt to rewrite her favourite stories. Stein's book shows kids that being an active participant in storytelling can be both exciting and very, very funny.



LION LESSONS

by Jon Agee

It's common knowledge that there are seven steps to becoming a lion. (You didn't know? Where have you been?) When a rather sheepish boy decides to train with a Lion Expert — that is, a



lion — he's put through his paces: Looking Fierce, Prowling Around, Roaring, Blowing Out That Luxurious Mane, and the like. You will love earning your own stripes with the ultimate knowledge that Looking Out for Your Friends is the bravest step of all.

5 ways to experiment with long cardigan trend

It's officially sweater weather and the one cosy sweater that is making a comeback this winter is the long cardigan. Don't believe us? As per Google Trends, 'long cardigan' is one of the most searched keywords on the internet! The long sweater is all about comfort and can be styled in numerous ways. Here are five styles...

With matching trousers

A movie night at home with family? A long cardigan paired with matching knit trousers will keep you snug and also stylish at the same time.

cardigan. To elongate your figure, style it with flared or boot-cut style of jeans.

Add a pop of colour

Wearing a monochrome outfit? Give your one-shade outfit a touch of colour with a colourful and pretty cardigan.

Keep it classic with jeans

Love your jeans and blouse combination? Layer it up with a stylish long

Wear it as a dress

If you have a button-down cardigan, then you can style it as a dress and even layer it over a matching-length dress. Button it up and style with thigh-high boots to make a statement.

Belt it up

If you're not a fan of flowy silhouette, add shape to the silhouette with a statement belt. Wear it over a top or a dress and cinch with a belt.



We give you a peek into what 2020 had in store for us across all fields! Watch this logo unit to follow our exclusive wrap up

Elon became richie-rich

Elon Musk is now the second-richest person in the world, at least on paper, but he has a long way to go in catching up to the newly-displaced Bill Gates in impact. The Tesla and SpaceX mogul's wealth edged past the Microsoft founder's at just under \$128 billion, according to Bloomberg, thanks to the surge in Tesla's market capitalization to \$500 billion — still far below Microsoft's \$1.6 trillion but equivalent to a dizzying 133 times next year's forecast.



KNOWLEDGE BANK (BOOKS)

Q.1) Large Hadron Collider (LHC) is associated with which of the following organisations?

A. CERN B. ISRO
C. NASA D. JAXA

Q.2) Who is the author of the book 'Tiger Woman'?

A. Sirsho Bandopadhyay
B. Joy Goswami
C. Shahabuddin Nagari

D. Alokaranjan Dasgupta

Q.3) Who has been appointed as the new UNDP Goodwill Ambassador?

A. Kal Penn B. Alpina Singh
C. Padma Lakshmi D. Mira Nair

ANSWERS

1. A) CERN (European Organization for Nuclear Research) 2. A) Sirsho Bandopadhyay 3. C) Padma Lakshmi



RONALDO OUTSHINES MESSI

Barca paid 'penalty' for Messi's no-show as Ronaldo won the battle of GOATS in Champions League

The Bianconeri (The Black and Whites) avenged their previous mauling at the hands of Barcelona by thrashing Ronald Koeman's men 3-0 to dethrone Barcelona from the top spot of Champions League's Group G. While Barcelona paid the 'penalty' for Messi's no-show, former Real Madrid superstar Ronaldo turned Barcelona's fortress Camp Nou into his hunting ground yet again by netting two goals for the Turin giants. Having said that, let's discuss the three talking points from Juventus' epoch-making win over Barca in the Champions League.

1 CR7 REIGNITES STELLAR RIVALRY WITH STUNNING BRACE

At last, the decade-old rivalry between the two behemoths was reignited with the mouth-watering clash between Juventus and FC Barcelona. Messi and Ronaldo were all smiles moments before the kickoff when they greeted each other with utter-most respect. After ninety minutes plus additional time, it was Ronaldo who had the last laugh as the charismatic Juventus striker scored twice in the high-voltage clash. Nicknamed CR7, the Portugal captain scored the opener in the 13th minute and the Juventus forward netted his second goal through another penalty in the 52nd minute.

2 ONLY ONE GOAT IN CHAMPIONS LEAGUE

Interestingly, Ronaldo never managed to score a goal in all of his previous meetings with Messi-led Barcelona in the Champions League. The infallible sniper made amends in his sixth meeting by scoring not one but two goals to end his dubious run against Barcelona in the Champions League. For the record, this was Ronaldo's only second win against the Messi-starrer Barcelona in Europe's elite competition at club level. The five-time Champions League winner also extended his record-goal tally to a whopping 134 with the twin strikes against Barcelona. The second-highest scorer in the history of Champions League and four-time winner Messi is still stuck on 128 goals.

3 THE LAST DANCE: WHAT'S NEXT FOR BARCA AND MESSI?

Since both Messi and Ronaldo are embracing the twilight phase of their respective iconic careers, many pundits and followers of the beautiful game believe that the Barcelona-Juventus meeting can turn out to be the Last Dance between the two flagbearers of world football in the modern era. For a troubled Barcelona side, the ongoing season can also be Messi's swansong as far as the never-ending transfer saga of the Argentine talisman is concerned. Messi is heavily tipped to join either Pep Guardiola's Manchester City or Neymar-starrer Paris Saint Germain (PSG) at season end. Barcelona are also struggling in La Liga in the ongoing season of Spanish top flight. The Messi-led side is placed ninth in the La Liga standings after 10 matches. Messi and Co. will next play Levante on Sunday.

I never saw him (Messi) as a rival. He always tried the best for his team and I tried the best for mine. I always got on well with him. I am sure he will say the same if you ask him.

We were not good enough, they over-ran us in the first half, we lacked everything. A lack of attitude, desire, wanting to run, defending, attacking, everything was bad.
Antoine Griezmann, forward Barcelona



Cristiano Ronaldo



Lionel Messi

Virat Kohli hints at Natarajan's inclusion in India's T20 WC squad

Natarajan made his ODI debut in the third and final game of the three-match series and returned with two wickets to help India end the series on a winning note. In the T20I series, Natarajan played all three games in the absence of Jasprit Bumrah and delivered the goods with the ball. He picked up six wickets in three games and finished as the highest wicket-taker in the series. Indian captain Virat Kohli is heavily impressed with his ability to stay calm under pressure and execute his skills well at crucial junctures.

Natarajan, special mention for him. In the absence of Bumrah and Shami he delivered under pressure. He looks composed, is very hard-working and very humble too. I wish him all the best. A left-arm bowler is always an asset on the field and if he can be consistent it will be a great thing for us heading into the World Cup next year.

Virat Kohli, India captain

Glenn Maxwell is more serious about his golf than cricket in IPL

Virender Sehwag

Important for batsmen to be able to ball: Suresh Raina

India were without a sixth bowling option as they lost to Australia in the third T20I at the Sydney Cricket Ground, and Suresh Raina feels the visitors are in dire need of part-time bowlers.

It is very important for any captain that a batsman chips in with 4-5 overs and just slows the proceedings before your best bowler is back in the attack. Sachin paaji bowled, Viru bhai took a lot of wickets. Yuvi paaji helped us win the World Cup with the momentum.

Suresh Raina, former Indian all-rounder

TEST YOUR KNOWLEDGE

Q1: Which player has the record of highest individual score of 175 not out in IPL?

- a) KL Rahul b) AB de Villiers
c) Chris Gayle d) Brendon McCullum

Q2: Who became the first Indian gold medalist in weightlifting at the 2018 Youth Olympics?

- a) Pardeep Singh b) Deepak Lather
c) Vikas Thakur d) Jeremy Lalrinnunga

Q3: Which Indian athlete scripted history in 2019 at the World Universiade in Naples

with the first Indian gold in the 100m event?

- a) PT Usha b) Dutee Chand
c) Hima Das d) Anju Bobby George

Q4: Which bowler has the record of most Hat Tricks in IPL?

- a) Yuvraj Singh b) Amit Mishra
c) Makhaya Ntini d) Ajit Chandila

Q5: Who at 18 years, 345 days became the youngest women's Olympic slalom champion of all time, at Sochi 2014?

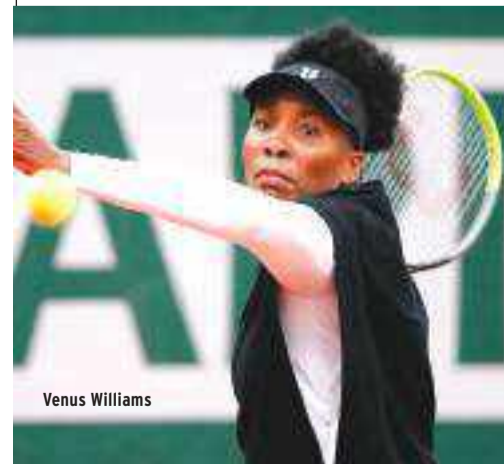
- a) Mikaela Shiffrin b) Wendy Holdener
c) Federica Brignone d) Tina Maze

Q6: Which of the following players holds the record for most wickets in IPL?

- a) Lasith Malinga b) Piyush Chawla
c) Amit Mishra d) Dwayne Bravo

Q7: In which year did Venus Williams win her first Olympic medal?

- a) 2000 b) 2001 c) 2002 d) 2003



Venus Williams

Q8: Who is the all time top scorer in UEFA Champions League?

- a) Cristiano Ronaldo b) Lionel Messi
c) Raúl González d) Robert Lewandowski

Q9: Who was the first English football player to win league titles in four countries: England, Spain, the United States and France?

- a) Frank Lampard b) Wayne Rooney
c) Gareth Bale d) David Beckham

Q10: How many Olympic medals has American athlete Carl Lewis won in total?

- a) Five b) Eight c) Ten d) Twelve

Q11: Who holds the record of most penalties scored in UEFA Champions League?

- a) Cristiano Ronaldo b) Lionel Messi
c) Ruud van Nistelrooy d) Robert Lewandowski

Q12: Who scored a "perfect 10" on the uneven bars at the 1976 Montreal Olympic Games?

- a) Mary Lou Retton b) Nadia Comaneci
c) Olga Korbut d) Nellie Kim

Q13: Her tally of four Olympic medals, three of which are gold, are records for archery since its reinstatement in 1972. Who is she?

- a) Lillies Handayani b) Yun Mi-jin
c) Kim Soo-nyung d) Natalia Valeeva

Q14: At the 2012 Olympics, who defeated Federer in the final for the gold medal?

- a) Rafael Nadal b) Dominic Thiem
c) Novak Djokovic d) Andy Murray

ANSWERS: 1- c) Chris Gayle 2- d) Jeremy Lalrinnunga 3- b) Dutee Chand 4- b) Amit Mishra 5- a) Mikaela Shiffrin 6- a) Lasith Malinga 7- a) 2000 8- a) Cristiano Ronaldo 9- d) David Beckham 10- c) Ten 11- a) Cristiano Ronaldo 12- b) Nadia Comaneci 13- c) Kim Soo-nyung 14- d) Andy Murray



THE TIMES OF INDIA

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Photo: Getty Images

TODAY'S EDITION

▶ Did you know a small 'Thank You' has the power to make a huge difference?
PAGE 2



▶ Students share their travel diary
▶ Reliving school experiences can be fun
PAGE 3



▶ Can Pandya replace MSD as India's finisher?
▶ Take our sports quiz
PAGE 4

STUDENT EDITION
WEDNESDAY, DECEMBER 9, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

KOHLI BECOMES FIRST CAPTAIN TO WIN T20 SERIES IN ALL SENA COUNTRIES

Indian captain Virat Kohli has added yet another feather to his glorious career by becoming the first Indian captain to win a T20 International series in all the SENA (South Africa, England, New Zealand, Australia) countries. India achieved this record, after clinching the T20 series against Australia on Sunday.

IN RECORD BOOKS

- Under Virat Kohli, India won T20 series in South Africa and England in 2018. Earlier this year, India registered a 5-0 clean sweep against New Zealand in New Zealand
- The win in the ongoing series in Australia helped Indian skipper to complete the quartet
- Kohli has also become the first Indian captain and the second overall after Faf du Plessis to lead a team to series win in all 3 formats in Australia. Kohli helped India to a historic Test series win in 2018-19, after which Team India registered an ODI series win as well



MS Dhoni had led India to wins in South Africa and Australia, but series victories had eluded him as skipper in England and New Zealand



GOLDILOCKS ECONOMY

X-PLAINED

Photo: Getty Images

WHAT: According to Morgan Stanley, the Asian economies of India, China, Singapore and Indonesia are set to rebound from the devastating effects of Covid-19 pandemic, entering a 'Goldilocks' phase in 2021. A Goldilocks economy is characterised by low unemployment, low inflation, low interest rates and a steady GDP growth between 2 and 3 per cent. Since the inflation and growth levels are ideal, they neither cause overheating nor recession.

WHO COINED IT?

David Shulman, a senior economist used it for the first time for an article in 1992 called 'The Goldilocks Economy: Keeping the Bears at Bay'.

Named after the famous children's story, 'Goldilocks and the Three Bears', in which the girl ate the porridge made by the bear that was neither too hot nor too cold, the Goldilocks economy is one that is 'just right' like the porridge



1 One of the features of Goldilocks economy is **low unemployment rate**. The unemployment rate essentially defines the number of people in an economy, who are willing to work but are unable to find gainful employment. India's unemployment rate rose to an unprecedented high in April this year following a nationwide lockdown. After unlocking started, it has shown some recovery.

(MPC) of the RBI has slashed the interest rates on several occasions with the hope of boosting private spending and credit growth.

3 As far as the GDP goes, a Goldilocks phase is typically witnessed when an economy is recovering from a slump. As a key metric indicating the health of an economy, the GDP is a broad measure outlining the total value of all finished goods and services produced in a country. Steady GDP growth between two and three per cent is usually associated with a Goldilocks phase. Despite entering into a technical recession, experts expect Indian economy to bounce back.

4 Maintaining a Goldilocks phase usually means **employing fiscal or monetary policy measures**. A government could opt to reduce taxes on businesses or increase its own expenditure on infrastructure projects, such as roads and bridges. India is on that path.

2 Another key characteristic of the Goldilocks phase is **low inflation**. The rate of inflation dictates the purchasing power of the rupee in an economy. When the inflation rate is low, the prices of goods and services don't rise too steeply or too quickly. Over the last few months, the Monetary Policy Committee



VIEWPOINT

MASK VIOLATORS IN GWALIOR TO WRITE ESSAY ON COVID-19 AS PUNISHMENT

In an interesting move, authorities in Gwalior, MP, have come up with a novel idea to punish those who violate the norms by not wearing masks—they will now have to write an essay on Covid-19. The local administration in Gwalior has said that the violators will be put in open jails, where they will have to write an essay on Covid-19. Gwalior district magistrate Kaushlendra Vikram Singh said, the authorities have launched the 'Roko-Toko' campaign to stop the spread of corona.



At least 20 people have been sent to the open prison at the Capt Roop Singh stadium, and have been made to write an essay

Q Is it a good move?

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

MEET TABIN REYAZ, THE TEEN STORY TELLER

Thirteen-year-old Tabin Reyaz has become a sensation for his unique art of storytelling in South Kashmir's Anantnag district. Tabin, son of Reyaz Ahmed Bhat, a resident of Has-



YOUNG ACHIEVER

san-Noor village in Anantnag and a student of class VII, aspires to become a motivational writer. He passionately writes short stories on the challenges and experiences faced by him in his day-to-day life. He also writes articles and other kinds of motivational features as well. His book is all set to be completed in the next few months.

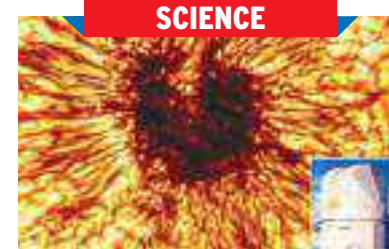
"I want to become a writer and make my country and Kashmir proud. I feel it is the duty of parents to change and transform their children from an early age, so that they can become responsible citizens in the future. I am sure my short stories can help teachers, parents as well as students in their daily lives"
— TABIN REYAZ

World's largest solar telescope releases its first image of 10,000-mile-wide sunspot

The world's largest solar telescope has captured its first image of a sunspot. The US National Science Foundation's Daniel K Inouye Solar Telescope, located in Hawaii, achieved a spatial resolution of about 2.5 times higher than ever before; the telescope is still in its final phases of completion.

▶ The image shows the dark centre of the sunspot, which burns at 7,500 degrees Fahrenheit, despite being cooler than the surrounding area

▶ The entire sunspot measures about 10,000 miles across – large enough for the entire Earth to comfortably fit inside. The image highlights the streaky appearance of hot and cold gases sprawling out from the darker centre
▶ The spot in the centre is a result of sculpting by a convergence of intense magnetic fields and hot gases boiling up from below
▶ The concentration of magnetic fields in this dark region suppresses heat within the sun from reaching the surface



SCIENCE

ALL ABOUT SUNSPOTS

▶ Sunspots are a visual of the sun's activity; the more they are on the surface, the more active the massive star is
▶ Sunspots are associated with solar flares and coronal mass ejections, causing space weather events that impact the Earth, including affecting power grids, air travel, GPS navigation, etc

Spotlight

BOB DYLAN SELLS HIS SONGWRITING CATALOGUE

The Universal Music Publishing Group has signed a landmark deal to purchase Bob Dylan's entire songwriting catalogue – including his world-changing classics like 'Blowin' in the Wind,' 'The Times They Are A-Changin'' and 'Like a Rolling Stone' – in what may be the biggest acquisition ever-of the music publishing rights of a single songwriter.

▶ The deal, which covers Dylan's entire career—from his earliest tunes to his latest album, 'Rough and Rowdy Ways,' was struck directly with Dylan, 79, who has controlled the vast majority of his own songwriting copyrights

OLYMPICS: SURFING AND BREAKDANCING AMONG FOUR SPORTS TO WIN PARIS 2024 SPOT

Breakdancing, surfing, skateboarding and sports climbing has won a spot in the 2024 Paris Olympics, IOC President Thomas Bach said. The Paris 2024 organising committee had last year proposed the four sports for inclusion and was waiting on a final review by the IOC's Executive Board.

▶ Paris Games organisers have said that they want to deliver a programme that is in keeping with the times, and attract a new and younger audience
▶ Under the new IOC rules first introduced for the Tokyo Games, Olympic host cities can hand-pick sports and propose for their inclusion, if they are popular in that country, and add to the Games' appeal.

As the protests by the farmers, who have been protesting against the new farm laws continue, we take a look at some powerful social movements in the last decade that impacted the government and the people at large...

SHAHEEN BAGH PROTESTS, 2019

The Shaheen Bagh protest was a sit-in peaceful protest, led by women that began in response to the passage of the Citizenship (Amendment) Act (CAA) in both the Houses of Parliament on December 11, 2019, and the ensuing police intervention against students at Jamia Millia Islamia, who were opposing the Amendment.

CASTE PROTESTS, 2018

In early April 2018, thousands of people belonging to the Scheduled Castes and Scheduled Tribes (SC/ST) protested across India against an order of the Supreme Court on the Atrocities Act. The protests turned violent across several states in India, as the protesters blocked trains, damaged property, and clashed with police and other civilians. As many as 10 people died and hundreds were injured.

SABARIMALA PROTEST, 2018

Violent protests paralysed Kerala, after two women made history by entering a prominent Hindu temple following the Supreme Court five-judge bench judgment, which ruled that keeping women out of the Sabarimala shrine in Kerala was discriminatory, and allowed women of

menstruating age to enter the shrine. The protesting mobs pelted stones and threw crude bombs at law enforcement authorities, escalating violence in the region. The 13th-century shrine, which sits high atop a hill in the Periyar Tiger Reserve, is dedicated to the deity Ayyappa.



When CITIZEN-LED SOCIAL MOVEMENTS SHOOK INDIA

PRO-JALLIKATTU PROTESTS, 2017

Protests in Tamil Nadu shook the nation, following a SC ban on the traditional bull-taming sport Jallikattu, after years of complaints about animal cruelty by PETA. The ban was not accepted by the people, as according to them, the sport is central to their cultural identity. The protests turned violent when police tried to evict the protesters. On January 23, 2017, the Tamil Nadu govt legalised Jallikattu and passed a bill to amend the PCA (Prevention of Cruelty to Animals Act) 1960 Act.

FTII AGITATION, 2015

Students of the Film and Television Institute of India (FTII), the country's premier film education centre went on an indefinite strike, protesting the appointment of television actor-turned-politician Gajendra Chauhan as the chairman of the institute by the information & broadcasting ministry. After more than 150 days of agitation, the students discontinued their protest.

NIRBHAYA MOVEMENT, 2012

The 2012 Delhi gang rape incident saw one of the angriest reactions from people across the country. After the incident, thousands came out on streets to protest. The movement also created a stir on social media. The government at the Centre and various states were forced to announce several steps to ensure the safety of women.

ANTI CORRUPTION MOVEMENT, 2011

The anti-corruption movement was a series of demonstrations and protests across India that began in 2011, and was intended to establish stringent legislation and enforcement against perceived endemic political corruption. The movement gained momentum from April 5, 2011, when anti-corruption activist Anna Hazare began a hunger strike at the Jantar Mantar monument in New Delhi.

THE POWER OF THANKFULNESS

PAUSE:

A simple first step to being more thankful is to pause during your day and ask yourself these two questions:
➤ What are 3 things I can be thankful for in my life today?

➤ Who are 3 people I can be thankful to have in my life and why?
➤ If you don't come up with 3 people and 3 things each day then that is OK. One thing or person is great too.

EXPRESS

Don't stop at just coming up with people for whom you are grateful to have in your life. Take a few seconds to tell them about it. This will make their lives happier. And as their faces light up with a smile you'll feel

happier too. Now, that gratitude could just be a small sentence. But it can have a big impact on someone's day, week or even life.



LOOK AT YOU

It is not only things that are important. Or other people. **You are important and valuable too. So appreciate that.**

Ask yourself: What are 3 things I can be thankful for about myself? You can simply be thankful for your good sense of humour. Or the help you give your friends and family by being a good listener from time to time.

BE THANKFUL

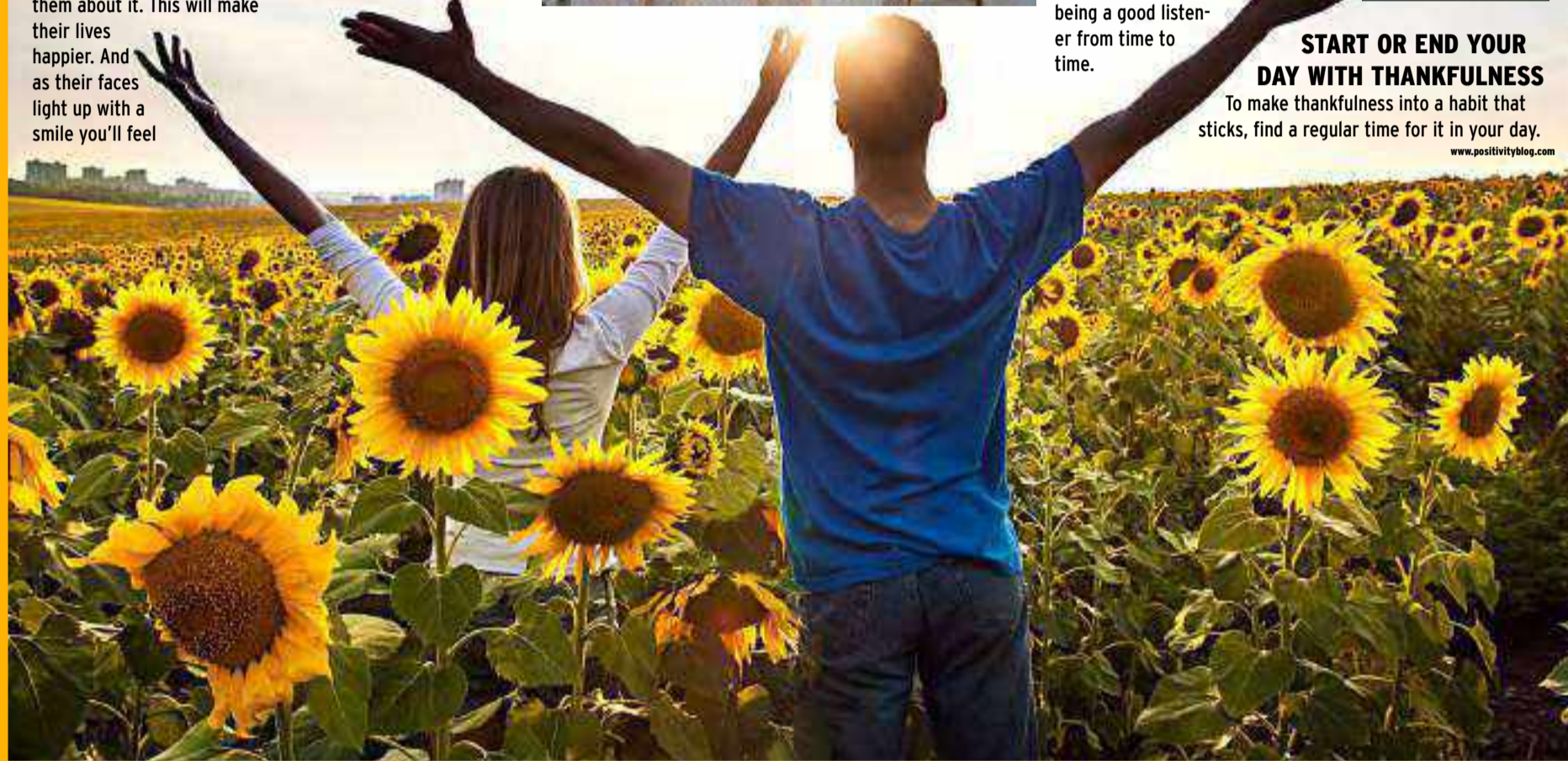
The things we get very used to having can become things we take for granted. But they are not things everyone in the world has access to. A few such things that I like to reflect upon and feel very thankful for having are:

- A roof over my head and a warm home.
- Plenty of drinkable water.
- That I don't have to go hungry.

START OR END YOUR DAY WITH THANKFULNESS

To make thankfulness into a habit that sticks, find a regular time for it in your day.

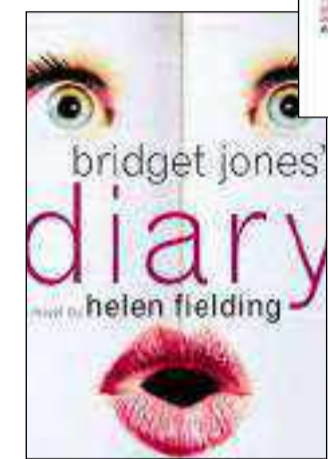
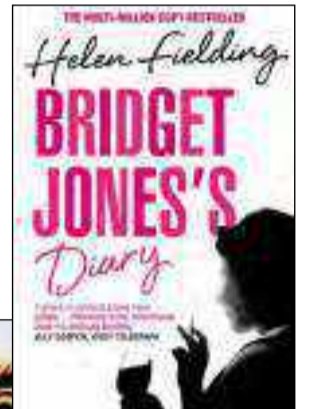
www.positivitylog.com



COMING SOON

'Bridget Jones's Diary' to mark 25th anniversary in 2021

Helen Fielding's international bestseller 'Bridget Jones's Diary' will mark 25 years in 2021. And in honour of the 25th anniversary, Picador will release a new edition of the hugely popular book which was also adapted



into a three-part movie starring Renée Zellweger, Colin Firth and Hugh Grant.

"Picador will release 'Bridget Jones's Diary' in February 2021, a new edition of the novel with more than 100 pages of extra material from author Helen Fielding," reads a recent report by The Bookseller.

THE BOOK'S BLURB READS

This special bumper anniversary compendium also features an introduction and commentary from Helen Fielding, and over 100 pages of rare material taken from 25 years of her writing, including:

- Extracts from Helen's early journalism
- A selection of the original Independent newspaper columns
- Bridget Jones interviews Colin Firth
- Later columns on #MeToo, Brexit, and Bridget's lockdown life
- A selection of hilarious restaurant reviews featuring the real life inspirations for Jude, Shazzer, Auntie Una, Mum and Daniel Cleaver.

Calling it a Year!

We give you a peek into what 2020 had in store for us across all fields! Watch this logo unit to follow our exclusive wrap up

Zoom went boom!

Zoom Video Communications Inc has had a monster year in almost every way. The video-conferencing upstart got a huge boost in the spring amid Covid-induced lockdowns, and it's still a must-have for many as the resurgent pandemic reinforces stay-at-home habits and remote-work trends. Sales and profit have consistently beat estimates every quarter, and the company keeps raising its guidance. The latest numbers continued the trend. Zoom recently reported fiscal third-quarter financial results that beat the Wall Street consensus, including a more than fourfold rise in sales from a year earlier, and it raised forecasts again.



Homemade hot chocolate makes you smarter, claims a new study

Some people are born smart, while others acquire this trait by following a healthy routine. Reading, trying a new activity, learning a new language, exercising - all these things contribute to nourishing your mind. What if we told you that there is a simpler way to get smarter? Yes, you read it right. The scientists have found that sipping a specific beverage can help you learn new concepts or solve problems faster. Read more here...



How is this beverage helpful?

In a new study carried out by the researchers at the University of Birmingham, researchers explored the effects of flavonoids found in cocoa (hot chocolate) on the brain functioning of younger and healthy adults. The study was carried out on 18 males between the age of 18 and 40. Each participant underwent a procedure challenging the brain's blood circulation, in which they had to breathe 5 per cent carbon dioxide.

What researchers found out?

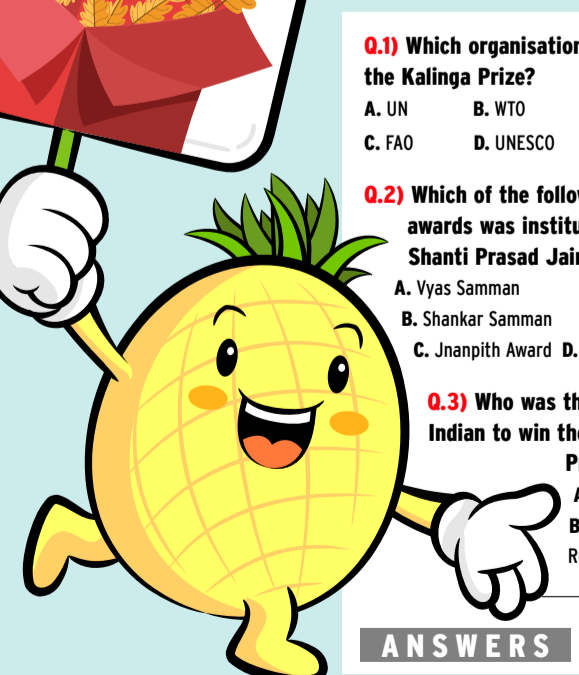
In the end, it was found that people who drank the beverage made with flavanol-rich natural cocoa had the highest levels of blood oxygenation in response to hypercapnia. The level of blood oxygenation was up to three times higher than those who drank the processed, alkalized cocoa beverage. Eventually, the participants also completed the complex cognitive tasks 11 per cent faster on average.



Other sources of flavanols

From this study, it can be clearly said that flavanol can help to improve the cognitive functioning of the brain. But cocoa is not the only food that are rich in flavanols. Others include apples, berries, grapes, and green tea that contains flavanols.

Activities BOX



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Which organisation awards the Kalinga Prize?
A. UN B. WTO
C. FAO D. UNESCO

Q.2) Which of the following awards was instituted by Shanti Prasad Jain?
A. Vyas Samman
B. Shankar Samman
C. Jnanpith Award D. Kabir Award

Q.3) Who was the first Indian to win the Booker Prize?
A. Kiran Desai
B. Salman Rushdie

C. VS Naipaul
D. Jhumpa Lahiri

Q.4) Who won the first Gandhi Peace Prize?
A. AT Aryaratne B. Julius Nyerere
C. Nelson Mandela D. None of these

Q.5) Who established the Nobel Prize?
A. Swedish chemist Alfred Nobel
B. Ross Markham
C. George Noble
D. Duncan Noble



ANSWERS 1. D) UNESCO, 2. C) Jnanpith award, 3. B) Salman Rushdie, 4. B) Julius Nyerere 5. A) Swedish chemist Alfred Nobel

KNOWLEDGE BANK

FAUNA

Quokka

The quokka or setonix brachyurus is the only member of the genus setonix. Resembling a small kangaroo, the size of a domestic cat, it is nocturnal and herbivorous. It is 40 to 54 cm long, weighing around 2.5 to 5 kg and has a life span of 10 years. It can climb small trees and shrubs. The quokka does not fear humans and can approach people. It is said to have the reputation of being the happiest animal on earth.



EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinle175@gmail.com



CHECK YOUR APTITUDE

1) Jack and Jill take part in 100 m race. Jack runs at 6kmph. Jack gives Jill a start of 8 m and still beats her by 8 seconds. The speed of Jill is:
A. 6.14 kmph B. 15.2 kmph
C. 5 kmph D. 4.86 kmph

2) Two years ago Robert's age was 6 times of Sam's age. Six years after the ratio between the ages of Robert and Sam becomes 10 : 3. What is Robert's present age?
A. 34 B. 44 C. 42 D. 38

3) Ziva walks a certain

distance and rides the car back taking a total time of 33 minutes. She could walk both sides in 45 minutes. How long would it take her to ride both ways?
A. 19 mins B. 20 mins
C. 21 mins D. 22 mins

ANSWER: 1. 4.86
2. 44 3. 21 mins

Awakening the Learner Within A Teacher



In keeping with the AKDN spirit of life-long learning, Amita Mithani, the Head Teacher at Aga Khan Preschool, Botad, has learned to use technology at the age of 57. She has transcended the physical barriers and reached out to every child despite the prevalent challenging circumstances.

During the pandemic, teachers in remote regions were forced to adopt a new style of teaching. Aga Khan Education Service, India (AKESI) treaded through uncharted territory, and along with its teachers, devised a plan to ensure learning continuity for its preschoolers, across different regions of the country.

Amita Mithani felt underequipped for the challenge that lay ahead. Her thirty years of service did not offer any solace in the situation that gradually unfolded. She increasingly felt



the need to learn and upskill her technology know-how. Applications like Zoom unnerved her, as it became a staple in education jargon. Mithani recalled, "When I was asked to download the Zoom app, I had many questions about remote learning. My daughter-in-law helped me. Witnessing this was my first step towards technological literacy and my digital journey". She

further added, "The numerous challenges with remote learning serve as a gateway for learning; because when you believe in your ability to learn, everything becomes possible".

Mithani set out to befriend the World Wide Web. During this period, Microsoft Outlook, Zoom, and other applications have become less daunting and more of a second nature for her. She actively uses these applications to enhance her lesson quality. She now feels that the pandemic has been a blessing in disguise, as it challenged her to adopt a style of teaching that she never dreamt of, and empowered her with the skills and knowledge to thrive in the 21st century. This experience reminded and reinforced her belief in the quote of His Highness, the Aga Khan IV: "The most important thing we can learn - in a world of perpetual change - is the ability to go on learning."

Star student makes school proud

Student of class II at Siddharth's Miracles School, Sai Saswat Das at the age of seven has made his school and family proud. Among his achievements, Sai Saswat has received many coveted awards. On the 5th August 2020, he received 'Young Achievers Award' from India Book of Records for making a maximum number of paintings ever made by a kid.

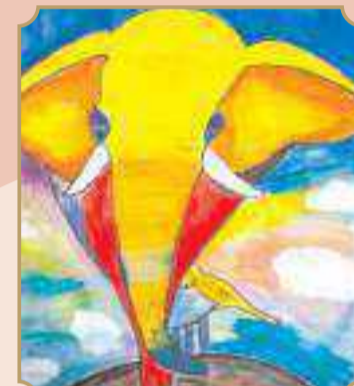
In the same month on 15th August, 2020 he bagged 'Exclusive Talent Award 2020', for being a multi-talented boy. From the 'Exclusive World Record'. Yet again, he registered in his name another coveted award from the 'Exclusive Honour Award' for doing a lot of activities like painting, public speaking, writing poems, reciting slokas, playing piano, etc. and also performed at many events. He continued his saga



of achievements by getting an award on September 23, from 'Kings Book of World Record' for making a record of maximum painting ever made by a kid. Sai Saswat's Principal Geetha Satish Pisharody is the main source of his continuous inspiration and motivation besides his grandparents, teachers, and parents. During the pandemic time, he has drawn beautiful paintings, penned many poems, and also published in newspapers and magazines. He is an eloquent speaker, little pianist, he can chant Sanskrit slokas fluently and can deliver long speeches. He started chanting slokas at the age of 1.6 years and public speaking at the age of 3 and performed at many events. He is best not only in co-curricular activities but also a brilliant child.

Painters' Gallery

Hirva Gandhi, Class V, Siddharth's Miracles School



Jaival Trivedi, Class IV, Zydsu School Of Excellence



Aakanksha Khot, Class VIII, Kendriya Vidhyalaya



Pavit Bhambhani, Class I, Udgam School For Children



Yashvi Raval, Class IV, St Kabir School



Aanshuman Chhangani, Class I, SGVP Int'l School

A trip with patriotic and religious flavour!



Traveling has an important role in an individual's life. We meet various people see many new things and experiences. We come to know about various cultures and beliefs. On the whole, it helps us to see the world from a new perspective. During the Diwali vacations last year, I went to Amritsar, Punjab with my parents. It was one of my dream destinations.

We had planned a short trip; therefore, we went to the three main attractions of Amritsar-The Golden Temple, the Jallianwala Bagh, and the Attari Border.

We went to The Golden Temple twice once at night and the other time in the morning to get a perfect view of the glorious temple.



TRAVEL DIARY

Relaxation in the lap of nature!!

Travel is a welcome break from the monotony of life and our stay at a resort recently helped me rejuvenate myself.

All the way long when we were going to the resort, I was pleased by the environment surrounding us. And after reaching the resort, I was surprised by its wonderful and magnificent greenery and architecture. The big pools, paths, cottages, and gardens, everything was so soothing.

After entering through those amazing green grasses and gardens we reached our room. The room was beautiful. It was a cloudy day so I

decided to have a dip in the warm water of the pool. Then after having a dip, we went to the terrace, it was an awesome experience as the dam



was overflowing and beautiful animals around. It had a soft touch of nature. And on another side, there was a pond full of lilies.

Then on the return way, we went to the Jallianwala Bagh. I was amazed to see the bullet marks. In the evening we went, the show there was mind-blowing. Except for one incident, the whole trip was fantastic. During the show at the Attari border,

due to a huge crowd in front of me, I could see nothing. To have a proper view, I had to stand clinging to a lamppost. After the show, it very difficult for me to stand still. It was a very memorable trip. I will never forget it and I wish if I can go to Amritsar again.

SHREYAS DE, Student, Maharaja Agrasen Vidyalaya



It felt as if I am in heaven. The beauty of nature and water played a magical effect on me. It was the best time of my life as we also played

table tennis, cards watched tribal dances and most important of all we had a jungle safari. During the safari, we saw 6 lions with many deer and birds. We also visited the sanctuary and explored different animals. I will never forget my trip as it made me a happier person, built my confidence, and provided me with lots of new experiences and

memories. It also provided an opportunity to spend time with my family. KRRIKA ZALAVADIA, Class VII, Saint Paul's School, Rajkot

ODE TO THE PEN

NATURE

Hey you! take up the pledge,
To save nature till your life's edge!
What's a landscape,
A place you should appreciate!
Save water,
As it's the earth's daughter!
Or the earth will hide it angrily,
And we will cry in agony!
Judiciously use natural resources,
Or we'll have to bear huge losses!
"SAVE ME!", says nature,
"Because I am in danger!"

So, hey you! Take up the pledge,
To save nature till the life's edge!
AASHI GANDHI, Class VI, Udgam School, Ahmedabad

GO AWAY CORONA

Corona Corona go away
Why don't you let us play?
We want to go to parties and to school
But why do you continue to rule?
We are forced to stay at home

When we want to go out and roam
Why do you always keep me bored?
Why can't anyone kill this Corona?
O, Lord!!
Why do you keep spreading each day?
Even when we don't like it this way
This is what I don't like about you
And, I simply want to kill you
Go! Go away forever
Don't show me your face again ever
ANSHI CHOPRA, Class III, Euro School

My school helped me grow!

Being a student at Ryan International School is indeed a matter of pride. Being a student of grade VII, I have been exposed to so much for my growth. My school not only focuses on academics, but equal importance is given to sports too. Being an excellent speaker, I have taken part in many literary competitions which have brought me a lot of awards with brilliant recognition.

When I was in grade I took part in a painting competition and stood second and he received a silver medal and was my first achievement. Then there were a series of activities



that instilled confidence in my personality. These include annual day participation, skating competition, debate competition. All thanks to my school for giving

me opportunities to grow and bloom. This is not enough, my school gave me friends that are my life and make each moment in school so special. I feel that this is just the beginning, there are many things that need to be discovered in school and the fun behind that moment. As growing up we realize that school is not simply for studies but it is fun as well.

DHRUVIN PRAJAPATI, Class VII, Ryan Int'l School, Surat

School is our second home!

The Annual Session 2020-21 is about to get over. Sadly, most of it is spent home due to lockdowns. This year made me understand the importance of school even more.

I always loved going to school every day, but this year has made me adore it even more. I miss things like meeting friends, greeting teachers, and giving surprises to them on their special days. I miss even those things I did not enjoy like the interchanging of periods and the

scolding of teachers. I miss those boring uniforms and those amazing P.E periods; rocking annual days, fear of exams, and remarkable marks. I miss my school picnics, with friends and teachers. On some school days, we have pot lunch in which we shared our food with others. I got to taste so many dishes. I always looked forward to such days.

A school is a place where we learn and have fun; it is a place where our personality develops holistically; we not only learned

academics but also how to make new friends. Our teachers/mentors instill the values of life.

In short, our school grows us and prepares us to face all aspects of life. It is rightly said that school is our second home. It is here that we feel the love and care that our teachers and friends bestow upon us. The most beautiful part of a school is that it gives us everything without any expectations of returns.

MANASVINI SHAH, Class V, Udgam School



CAN PANDYA BECOME A RELIABLE FINISHER?

All-rounder Hardik Pandya has been on a roll ever since he returned to competitive cricket with the IPL 2020 edition. While he stood tall and played crucial roles in Rohit Sharma-led Mumbai Indians' (MI) successful title-defence, he has been on a song with the willow as a handy No. 6 and finisher in India's ongoing tour of Australia. The big question: Can Pandya replace MSD as India's finisher?

PANDYA WILL BE MORE VALUABLE THAN KOHLI, ROHIT, BUMRAH IN WHITE-BALL CRICKET

Hardik Pandya is fast becoming India's most valuable player in white-ball cricket. He is going to be more valuable than Kohli, Rohit or Bumrah. If India has to win the World T20, Hardik Pandya could be the one to play the biggest role in that. India has not won the last few limited-overs World Cups. Our top-order has always been good: Rohit Sharma scored five centuries in one World Cup and Virat Kohli always scores runs.



But why don't we win the matches in the end? Earlier there was (MS) Dhoni who used to be left alone. Now with Dhoni having left, there is no one. If you have to win the next World Cup, there is no way you can win it with just Rohit, Rahul and Kohli in the top three. It will not work with that, you need finishing because that is India's problem in T20 or ODI cricket. We bowl well but have a problem in the finishing with the batting. The strong finishers are not present, it is a different skill which cannot be taught.

The rise of Hardik Pandya that we have seen, the way he has grown as a player from the first IPL till now, it seems that he owns the place. In ODI cricket, if there is a collapse batting first then he takes his time, if you send him at the end, he just smashes the sixes.

If you talk about the second T20, in the recent past you would have felt that it is only possible if Dhoni is there but otherwise there is no chance. But this time when Hardik was batting, we were also feeling and he was also feeling that there is no tension and that he will manage.

Aakash Chopra, Indian opener-turned-commentator

PANDYA IS AS GOOD A FINISHER AS MS DHONI, YUVRAJ SINGH

There are very few players like Hardik Pandya, there was Yuvraj Singh and MS Dhoni earlier and there is Glenn Maxwell now, they are capable of chasing any total or any target. Even if you need 20-25 runs in the last over, these players make you believe that they can score it. Pandya has played these kinds of innings in the IPL, and when you come into international cricket on the back of good innings in the IPL, then your confidence is very high.



Gautam Gambhir, former India opener

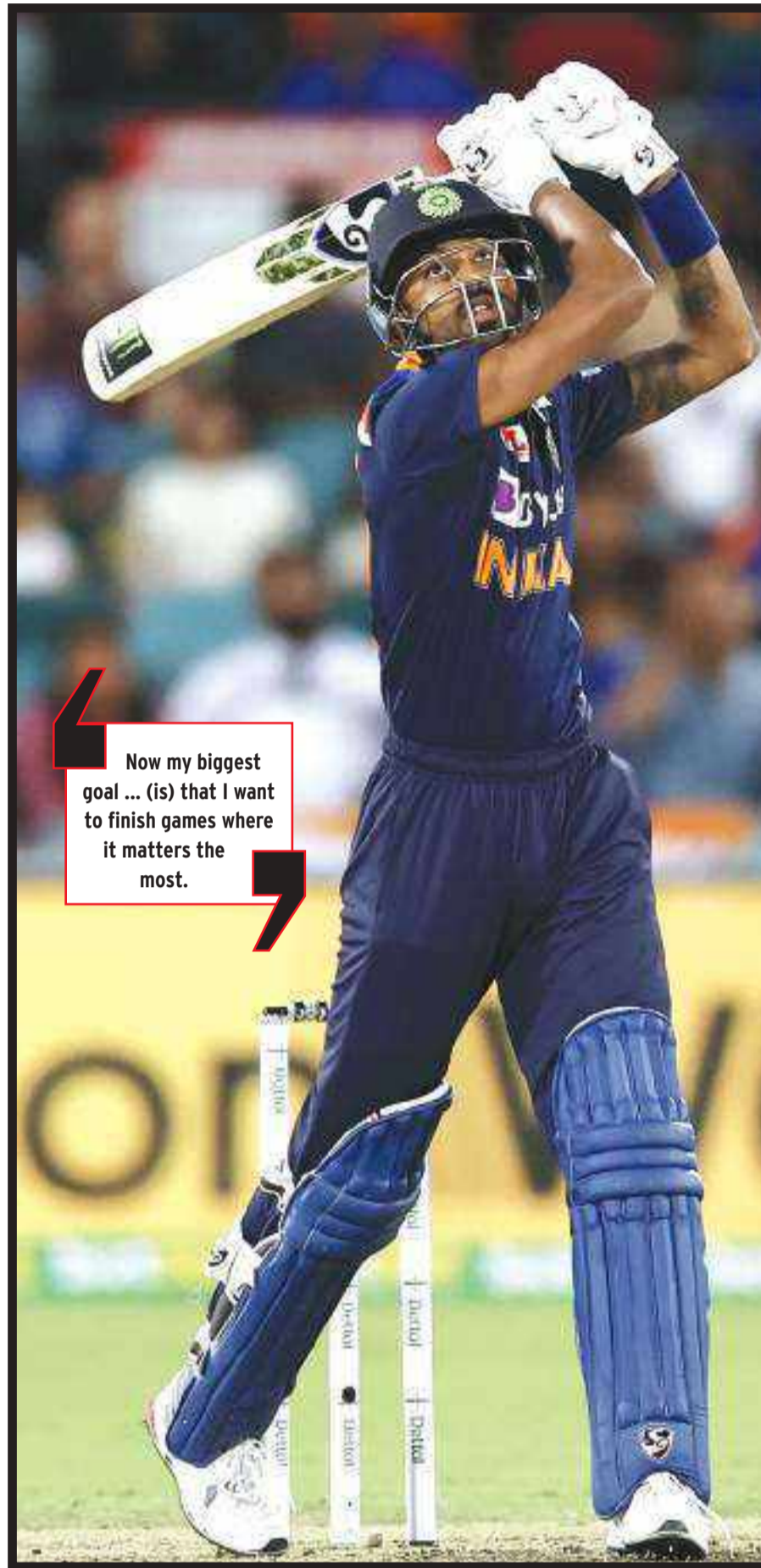
PANDYA HAS EVOLVED INTO A RELIABLE LATE-ORDER BATSMAN

Pandya played a lead role in Mumbai Indians' title-winning run and has evolved into a reliable late-order batsman, effortlessly slipping into the role of a thunderous finisher. He seems to have emphatically settled the debate of who next, now that MS Dhoni has retired from the international level. For all their top-order riches, India's talent pool doesn't have too many that can provide impetus at the death. Against that backdrop, Pandya's composure and consistency must come as a great relief to the thinktank.

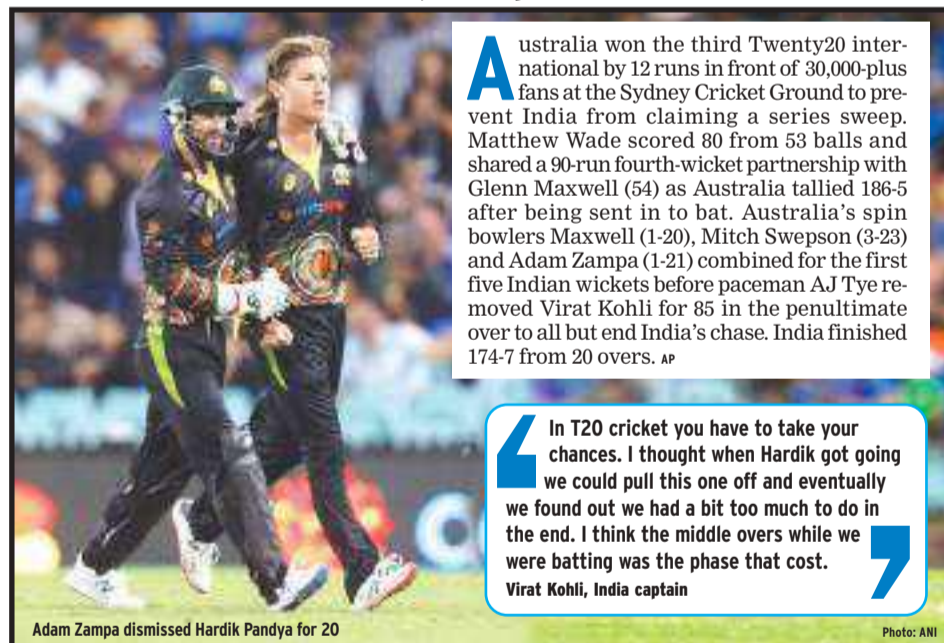


VVS Laxman, former Indian batsman

Now my biggest goal ... (is) that I want to finish games where it matters the most.



Australia wins 3rd T20 to prevent India sweeping the series



Australia won the third Twenty20 international by 12 runs in front of 30,000-plus fans at the Sydney Cricket Ground to prevent India from claiming a series sweep. Matthew Wade scored 80 from 53 balls and shared a 90-run fourth-wicket partnership with Glenn Maxwell (54) as Australia tallied 186-5 after being sent in to bat. Australia's spin bowlers Maxwell (1-20), Mitch Swepson (3-23) and Adam Zampa (1-21) combined for the first five Indian wickets before paceman AJ Tye removed Virat Kohli for 85 in the penultimate over to all but end India's chase. India finished 174-7 from 20 overs. AP

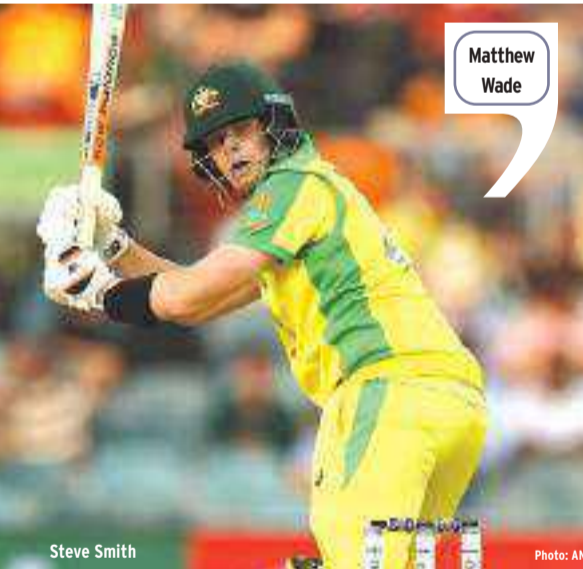
In T20 cricket you have to take your chances. I thought when Hardik got going we could pull this one off and eventually we found out we had a bit too much to do in the end. I think the middle overs while we were batting was the phase that cost.

Virat Kohli, India captain

Adam Zampa dismissed Hardik Pandya for 20

Photo: ANI

Steve Smith will do a great job if he gets captaincy again



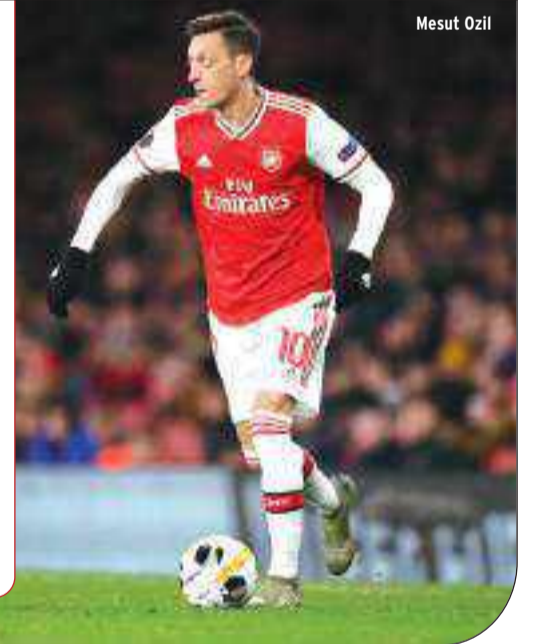
Steve Smith

Matthew Wade

Photo: ANI

Ljungberg: Arsenal struggling without Mesut Ozil's creativity

Former Arsenal midfielder Freddie Ljungberg has questioned the club's decision to freeze out Mesut Ozil from their Premier League squad and says there are few better players at opening up defences than the German playmaker. Ozil has not played for Arsenal since March and was not named in the squad lists for the Premier League and the Europa League, effectively sidelining the 32-year-old until January when the club can submit a new list. Without a recognised playmaker in the squad, Arsenal have looked listless in attack, scoring only 10 goals in 11 league matches.



Mesut Ozil

Photo: PTI

TEST YOUR KNOWLEDGE

Q1: Which Kenyan long-distance runner won bronze at the 2004 Athens Olympics and silver at Beijing 2008?

- a) Mo Farah b) Eliud Kipchoge
c) Kenenisa Bekele d) Joshua Cheptegei

Q2: At which Olympics did Michael Phelps win eight golds, breaking world records in seven of them?

- a) Sydney 2000 b) Rio 2016
c) Beijing 2008 d) London 2012

Q3: Who is the first Indian badminton player to clinch

an Olympic medal. She won the bronze at the London 2012 Games.

- a) Jwala Gutta b) Ashwini Ponappa
c) PV Sindhu d) Saina Nehwal

Q4: Which Indian tennis player has been a six-time grand slam champion, a former world no. 1 in doubles and a three-time Olympian?

- a) Sania Mirza b) Karman Thandi
c) Ankita Raina d) Rutuja Bhosale

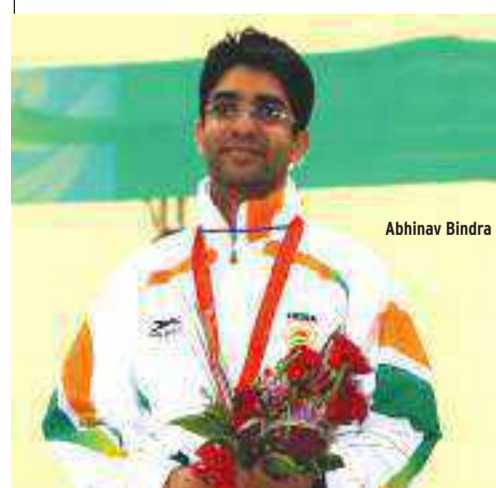
Q5: In which year did Vinesh Phogat win a gold in the

Commonwealth Games, her first major international title?

- a) 2011 b) 2012 c) 2013 d) 2014

Q6: Abhinav Bindra is India's first individual gold medallist at the Olympics. In which year did he win it?

- a) 2007 b) 2008 c) 2009 d) 2010



Abhinav Bindra

Q7: How many Olympic medals Pritchard won?

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

Q8: At the 2008 Beijing Olympics, he became the first Indian boxer to win a medal. Who is he?

- a) Vikas Krishan Yadav b) Vijender Singh
c) Shiv Thapa d) Amit Panghal

Q9: At which Olympics did the Indian hockey team have to settle for silver after losing to Pakistan?

- a) Amsterdam 1928 b) London 1948
c) Rome 1960 d) Melbourne 1956

Q10: During which Olympics did Karnam Malleswari clinch a bronze in weightlifting, the

first woman from India to do so?

- a) Sydney 2000 b) Rio 2016
c) Beijing 2008 d) London 2012

Q11: At the 2012 London Olympics, which Indian wrestler defeated North Korea's Ri Jong Myong in just 1:02 minutes to win bronze?

- a) Satyawart Kadian b) Yogeshwar Dutt
c) Sushil Kumar d) Bajrang Punia

Q12: Whose birthday is also celebrated as National Sports Day in India?

- a) Ashok Kumar b) Roop Singh
c) Dhanraj Pillay d) Dhyan Chand

ANSWERS: 1 b) Eliud Kipchoge 2 c) Beijing 2008 3 d) Saina Nehwal 4 a) Sania Mirza 5 d) 2014 6 b) 2008 7 d) Two 8 b) Vijender Singh 9 c) Rome 1960 10 a) Sydney 2000 11 b) Yogeshwar Dutt 12 d) Dhyan Chand



THE TIMES OF INDIA

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TODAY'S EDITION

As the world gears up for a vaccine against Covid-19, know everything about vaccines and how they work

PAGE 2



Six tips on how to create your digital fandom...

PAGE 3



3 takeaways from India's T20I series win over Australia

PAGE 4



STUDENT EDITION

TUESDAY, DECEMBER 8, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE EXAMS: ONLINE PRE-BOARDS FROM DEC THIRD WEEK

THE NEW NORMAL: AI, MIRRORS AND PARENTS AS INVIGILATORS

With an eye on CBSE Board exams for class X and XII, schools are gearing up to conduct pre-board examinations online after the second week of December. Several schools have developed their own Artificial Intelligence(AI)-based platforms for these tests.

On December 3, CBSE had announced that the Board exams scheduled for next year will be conducted offline. However, with the possibility of conducting pre-boards online, schools are trying to ensure that no unfair means are adopted by students while taking the test

HOW SCHOOLS ARE PREPARING FOR ONLINE PRE-BOARDS

1 Most schools have decided to conduct the tests online

2 Guardians of students have been assigned as invigilators

3 Some schools have taken a step forward and asked students to keep a mirror behind them so that the camera captures various angles

4 Students have also been told to use two devices for

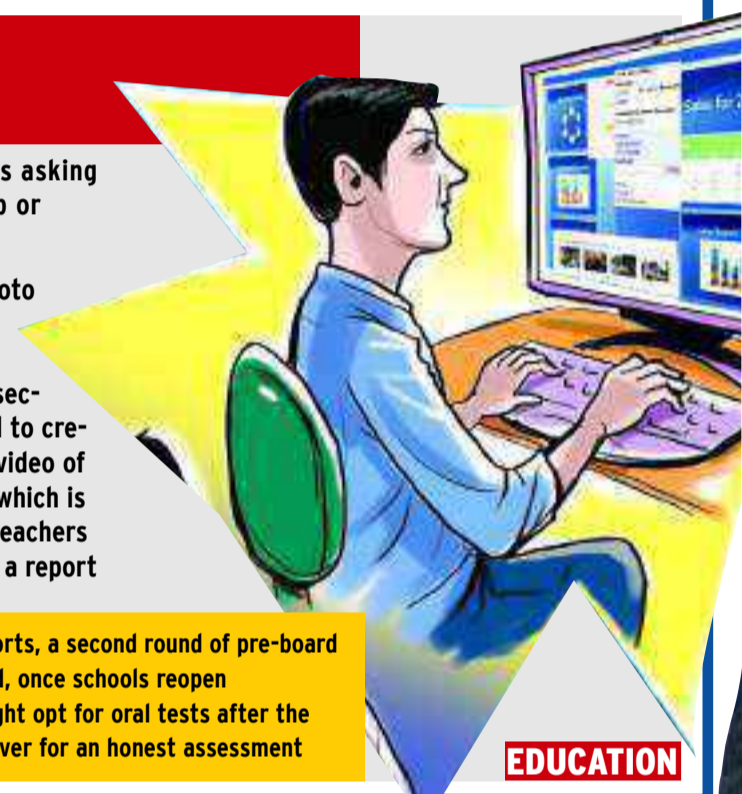
writing the test— one to assess the question paper and the other to use as a monitoring camera

5 Interestingly, some schools are employing AI-based platforms for smoother monitoring and assistance of students. The software will take photos every few seconds and create time-lapse videos of each examinee to be shared with the teachers. It will help

identify students asking for external help or looking away

6 Multiple photo grabs of students taken every few seconds are stitched to create a time lapse video of every examinee, which is shared with the teachers for proctoring as a report

According to reports, a second round of pre-board might be conducted, once schools reopen
Some schools might opt for oral tests after the virtual exams are over for an honest assessment



EDUCATION

Quote unquote

As humans, after a while, even the best thing becomes boring. In any event of life, boredom is a human quality. The only way to fight it is reinvention to do something. There's an old saying, 'If you do something very well with your right hand, then you should try it with your left hand as well'. So, get out of your comfort zone and muscle memory to find new muscle memories, find something new through that process

AR RAHMAN, music composer



What will the new Parliament BUILDING BE LIKE

The new Parliament building, whose foundation stone will be laid by PM Narendra Modi on December 10, is likely to be ready by 2022. Lok Sabha speaker Om Birla has said. Spread over 64,500 square metres, the new building is being built at an estimated cost of ₹71 crore, and will be earthquake resistant. According to the Lok Sabha speaker, in the new building, the Lok Sabha chamber will have a seating capacity for 888 members, while Rajya Sabha will have 384 seats. This has been done keeping in mind the future increase in the number of members for the two Houses. At present, the Lok Sabha has a sanctioned strength of 543 members and the Rajya Sabha 245. There will be a basement, ground, first

WHAT HAPPENS TO THE EXISTING PARLIAMENT HOUSE?

The existing Parliament building will be conserved, as it is an archeological asset of the country. The existing building is a massive circular edifice, with 560 feet in diameter. The foundation stone of the existing Parliament House was laid on February 12, 1921; the construction took six years, and cost ₹ 83 lakh at that time. It was inaugurated by the then governor-general of India, Lord Irwin, on January 18, 1927

and second floor in the new building, and its height will be same as the old building, so that both are in symmetry. The office of all MPs in the new building will be equipped with the latest digital interfaces as a step towards creating 'paperless offices'. The new building will also have a grand Constitution Hall to showcase India's democratic heritage, a lounge for members of Parliament, a library, multiple committee rooms, etc.



'Wonder Woman 1984' to hit the cinema screen in India on December 24

Wonder Woman 1984 starring Hollywood actress Gal Gadot as the titular DC superhero is slated to be released in Indian theatres on December 24, studio Warner Bros Pictures (India) has announced. Directed by Patty Jenkins, the film will release in the country in English, Hindi, Tamil and Telugu.



NEWS IN BRIEF

- The highly-anticipated follow-up to the 2017 DC superhero blockbuster, 'Wonder Woman 1984' will see Gadot reprise her role as the Amazonian warrior Diana Prince/ Wonder Woman and Jenkins return at the helm
- The sequel follows Wonder Woman facing two all-new foes: Max Lord, played by 'Narcos' star Pedro Pascal, and The Cheetah, essayed by Kristen Wiig, known for 'Bridesmaids'
- Jenkins said the upcoming film follows the 'superhero' cast on an epic journey

ENTERTAINMENT

TECH BUZZ

Samsung may launch foldable phones in 2021



Samsung is reportedly planning to launch three kinds of foldable smartphone models next year. According to OLED research firm UBI Research, these will likely be called Galaxy Z Flip 2, Galaxy Z Fold 3 and a new Galaxy Z Fold Lite. All three models will use ultra-thin glass as cover windows.

Jehan Daruvala creates history, becomes first Indian to win F2 race

Promising Indian racer Jehan Daruvala created history when he became the first Indian to win a Formula 2 race during the Sakhir Grand Prix on Sunday. A thrilling battle against F2 champion Mick Schumacher and Daniel Ticktum saw the 22-year-old Indian emerge on top in the support race of the season-ending Formula 1 Grand Prix. Jehan, driving for Rayo Racing, had a good launch from second on the grid, and was up alongside pole sitter Daniel Ticktum.

Motorsport is pretty big in India. We obviously have a lot of people, so I have a big fan base back home, and my goal at the end of the day is to make myself and my country proud

JEHAN DARUVALA



FACTOID \$512K

Price of the Jerseys worn by retired NBA legend Michael Jordan, former US President Barack Obama and ex-NFL quarterback Colin Kaepernick that were sold at an auction recently. The 1984 "signing day" number 23 jersey of former Chicago Bulls icon Jordan, who guided the club to six NBA crowns in the 1990s, went for \$320,000. The 1984 "signing day" number 23 jersey of former Chicago Bulls icon Jordan, who guided the club to six NBA crowns in the 1990s, went for \$320,000. It set a record sale price for any jersey worn by the five-time NBA Most-Valuable Player and 14-time NBA All-Star playmaker



The previous record payout for a Jordan jersey was set last July 18 for \$288,000, for one worn in the 1998 Eastern Conference finals against Indiana

The health of Australia's Great Barrier Reef, the world's most-extensive and spectacular coral reef ecosystem, is in a critical state and deteriorating, as climate change warms up the waters in which it lies, an international conservation group said.

The World Heritage-listed site off Australia's northeastern coast has lost more than half its coral in the past three decades. Coral-bleaching in 2016, 2017 and 2020 has further damaged its health and affected its animal, bird and marine population, the International Union for Conservation of Nature said. Such bleaching occurs when hotter water destroys the algae, which the coral feeds on, causing it to turn white



Great Barrier Reef status lowered to CRITICAL & DETERIORATING

ENVIRONMENT

Progress towards safeguarding the reef under a long-term sustainability plan through to 2050 has been slow and it has not been possible to stop its deterioration, it said. The turtle population – including loggerhead, hawksbill and northern green as well as the scalloped hammerhead shark, many seabird population and possibly some dolphin species are on the decline

NEWS IN CLUES

WHICH COUNTRY HOSTS THE PERMANENT SECRETARIAT OF THE SAARC?

CLUE 1: It boasts a female President, Bidhya Devi Bhandari, the first woman to hold the office in the country

CLUE 2: Sandeep Lamichhane became the first cricketer from the country to play in the IPL

CLUE 3: It also boasts the only national flag in the world that doesn't have four sides

ANSWER: NEPAL. The Himalayan nation is unlikely to back down on the Kalapani dispute, as its foreign ministry has listed the publication of its new map, among the high-lights of Nepal's foreign policy this year. Nepal maintains that territories to the east of Kali river, belonged to Nepal, according to Article 5 of the Treaty of Sugauli

HOW VACCINES WORK

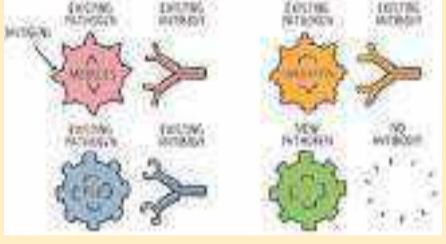
Germs are all around us, both in our environment and bodies. When a person is susceptible and they encounter a harmful organism, it can lead to diseases. The body has many ways of defending itself against pathogens (disease-causing organisms). When a pathogen infects the body, our body's defences—the immune system—are triggered and the pathogen is attacked and destroyed.

BODY'S RESPONSE

■ A pathogen is a bacterium, virus, parasite or fungus that can cause disease. ■ The sub-part of a pathogen that causes the formation of antibodies is called an antigen. ■ The antibodies produced in response to the pathogen's antigen are an important part of the immune system. ■ You can consider antibodies as the sol-

diers in your body's defense system. ■ Each antibody, or soldier, in our system is trained to recognise one specific antigen. ■ Once the antibodies are produced, they work to destroy the pathogen and stop the disease. ■ Once the body produces antibodies in its primary response to an antigen, it also creates antibody-producing memory cells.

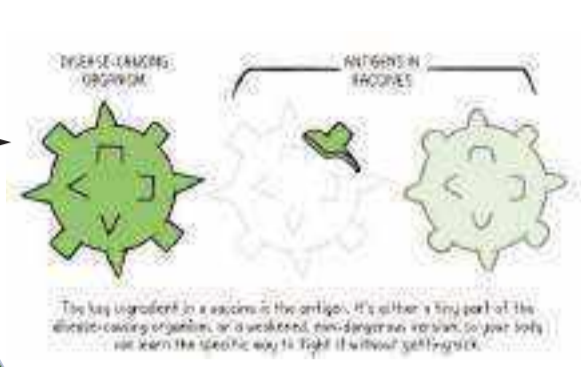
■ This means that if the person is exposed to the dangerous pathogen in the future, the immune system will respond immediately.



HOW VACCINES HELP

■ Vaccines contain weakened or inactive parts of a particular organism (antigen) that triggers an immune response within the body. ■ Newer vaccines contain the blueprint for producing antigens rather than the antigen itself.

■ Regardless of whether the vaccine is made up of the antigen itself or the blueprint so that the body will produce the antigen, this weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.



HERD IMMUNITY

When someone is vaccinated, they are very likely to be protected against the targeted disease. But not everyone can be vaccinated. People with underlying health conditions that weaken their immune systems (such as cancer or HIV) or who have severe allergies to some vaccine components may not be able to get vaccinated. These people can still be protected if they live in and amongst others who are vaccinated. When a lot of people in a community are vaccinated, the pathogen has a hard time circulating as most of the people it encounters are immune.

HOW IT PROTECTS

■ The more people are vaccinated, less likely are those who are unable to be protected by vaccines to face a risk of pathogens. This is called herd immunity. ■ Some vaccines require multiple doses, given weeks or months apart. This is sometimes needed to allow for the production of long-lived antibodies and development of memory cells. In this way, the body is trained to fight the specific pathogen.

READY FOR A SCIENCE SHOT?

With the world hailing the Moderna vaccine that claims to be 94.5% effective on Covid patients, and Pfizer's jab claiming to be 90% effective, a look at how vaccines protect us from diseases...

What are the ingredients in a vaccine?

Vaccines contain tiny fragments of the disease-causing organism or the blueprints for making the tiny fragments. They also contain ingredients to keep the vaccine safe and effective.

ANTIGEN

All vaccines contain an active component (the antigen), which generates an immune response, or the blueprint for making the antigen. The antigen may be a small part of the disease-causing organism, or the whole in a weakened or inactive form.

PRESERVATIVES

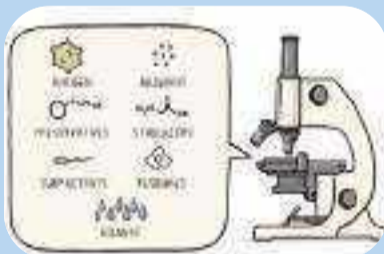
Preservatives prevent the vaccine from becoming contaminated once the vial has been opened, if it will be used for vaccinating more than one person. Not used for single dose vials.

STABILIZERS

Stabilizers prevent chemical reactions from occurring within the vaccine and keep the components from sticking to the vial.

SURFACTANTS

Surfactants keep all the ingredients in the



vaccine blended together. They prevent settling and clumping of elements.

RESIDUALS

Residuals are substances used during manufacturing or production of vaccines that are not active ingredients in the completed vaccine.

DILUENT

A diluent is a liquid used to dilute a vaccine, mostly sterile water.

ADJUVANT

An adjuvant improves the immune response to the vaccine, sometimes by keeping the vaccine at the injection site for a little longer or by stimulating local immune cells.

HOW ARE VACCINES DEVELOPED?

Most vaccines have been in use for decades, with millions of people receiving them safely every year. As with all medicines, every vaccine must go through extensive and rigorous testing to ensure it is safe before it can be introduced in a country's vaccine programme. Each vaccine under development must first undergo screenings and evaluations to determine which antigen should be used to invoke an immune response. This preclinical phase is done without testing on humans. An experimental vaccine is first tested in animals to evaluate its safety and potential to prevent disease. If the vaccine triggers an immune response, it is then tested in human clinical trials in three phases.

PHASE 1

The vaccine is given to a small number of volunteers to assess its safety, confirm it generates an immune response, and determine the right dosage. Generally, vaccines are tested in young, healthy adult volunteers.

PHASE 2

The vaccine is then given to several hundred volunteers to further assess its safety and ability to generate an immune response. Participants in this phase have the same characteristics (such as age, sex) as the people for whom the vaccine is intended. There are usually multiple trials in this phase to evaluate various age groups and different formulations of the vaccine. A group that did not get



the vaccine is usually included in phase as a comparator group to determine whether the changes in the vaccinated group are attributed to the vaccine, or have happened by chance.

PHASE 3

The vaccine is next given to thousands of volunteers - and compared to a similar group of people who didn't get the vaccine, but received a comparator

product - to determine if the vaccine is effective on a much larger group of people. Phase three trials are conducted across multiple countries and sites within a country to assure the findings of the vaccine performance apply to many different populations.

When the results of trials are available, policies for vaccine are determined to optimise their impact.

Vaccine Race Among Nations

scientists, business, and global health organizations to speed up the pandemic response. When a safe and effective vaccine is found, it will facilitate the equitable access and distribution of these vaccines to protect people in all countries.

WHAT IS COVAX?

COVAX, the vaccines pillar of the Access to COVID-19 Tools (ACT) Accelerator, is co-led by the Coalition for Epidemic Preparedness Innovations (CEPI), Gavi, the Vaccine Alliance, and the World Health Organization (WHO) - working in partnership with developed and

developing country vaccine manufacturers. It is the only global initiative that is working with governments and manufacturers to ensure COVID-19 vaccines are available worldwide.

- Inovio, USA (Phase I/II)
- Moderna, USA (Phase III)
- CureVac, Germany (Phase I)
- Institut Pasteur/ Merck/ Thémis, France/ US /Austria
- AstraZeneca/University of Oxford, UK and Northern Ireland
- Univ of Hong Kong, China
- Novavax, US (Phase I/II)
- Clover Biopharmaceuticals, China (Phase I)
- University of Queensland, Australia (Phase I)



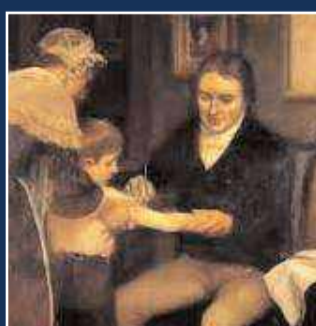
MODERNA, PFIZER EFFECTIVE

■ Drugmaker Moderna announced its vaccine was 94.5% effective, joining Pfizer as a front-runner in the global race to contain Covid19. ■ Both companies plan to apply within weeks to the FDA for emergency authorisation to begin vaccinating the public. ■ Officials said others are also undergoing trials including efforts in Australia, Britain, China, India and Russia. ■ The FDA has said that coronavirus vaccines should be at least 50% effective to be approved. ■ Moderna said it would have 20 million doses ready by the end of 2020; Pfizer said it would have about 50 million by then. ■ Both vaccines require two shots.



There are currently more than 100 COVID-19 vaccine candidates under development, with a number of these in the human trial phase. The World Health Organization is working in collaboration with

DID YOU KNOW? Edward Jenner is known to be the founder of vaccinology in the West in 1796, after he inoculated a 13 year-old-boy with vaccinia virus (cowpox), and demonstrated immunity to smallpox. In 1798, the first smallpox vaccine was developed.



6 tips to become a celeb YouTuber

pallavi.shankar@timesgroup.com

Did you know that every minute, there are over 300 hours of video uploaded on YouTube? The mind blowing numbers don't stop there. YouTube has over 1.9 billion monthly active subscribers! It is an indication of how much work you need to put in to get yourself and your channel to stand out of the millions of others. Here are a few tips that could help you to break into the scene...

CHOOSE A GENRE AND STICK TO IT

1 Zero down on a topic or subject of your choice - be it food, fashion, beauty, music - and make sure you are loyal to it as it is only a specific subject that will get you loyal followers. Be clear what exactly you want to do and then create your account. Generic content won't get you anywhere. For example, if you go to genre is street food, then that is what you should stick to. If you choose luxury dining as your subject and switch over to travel after a few months then it is unlikely to work.



2 **BE VERY CONSISTENT WITH CONSENT**
Now this is the crucial part as consistency is the master key for success. Upload two videos at certain days and time every week. The timing is important and it creates anticipation in people who are following you. Create a structure, for instance, choose Wednesday 6 pm and Sunday 10 am, for uploading fresh videos. Keep your content ready and don't delay uploading.

3 **POSITIVITY AND PATIENCE ARE NON NEGOTIABLE**
Keep moving even if you don't get much traffic on your account or channel initially. It takes time to reach the top. Most importantly, ignore trolls and the negativity generated by them. There could be some nasty comments from people on social media who may be using abusive language; don't let them deter you; just focus on making quality content. Overall, be positive in life and also never troll people who you consider as competition.



6 **BE ORIGINAL**
Never ever copy content from other YouTubers. Your work should be original because firstly, you will not be respected if you copy others, and secondly, your content will not look fresh. You can learn a lot by watching other people's videos but never copy them. All successful YouTubers also do the same - they don't copy or plagiarise content.

4 **WORK ON THE QUALITY OF YOUR CONTENT**
Read up about your chosen topic and watch documentaries and videos on it to increase your knowledge about it. This way the quality of your content will be top notch. Hard work is important to reach somewhere in the online world because the competition here is stiff.

5 **FOLLOW PEOPLE YOU ADMIRE IN YOUR CHOSEN GENRE**
Do follow social media accounts and YouTube channels of people you admire. Don't copy their ideas though. Just see what they are doing - it will give you perspective and awareness about what's happening in your chosen field online.



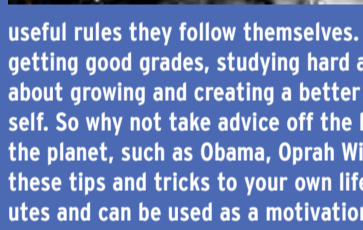
Top YouTube channels every student should watch

Motivation2Study

If you think that you know how to be motivated properly, you'll find yourself wondering about how wrong you were. Motivation2Study is an incredible channel, which will inspire you to do better, be faster and stronger. Their series "Study Motivation" are a compilation of successful peoples' speeches, put together in an inspiring way, and that you, as a student, should listen to.



EVAN'S 10 RULES

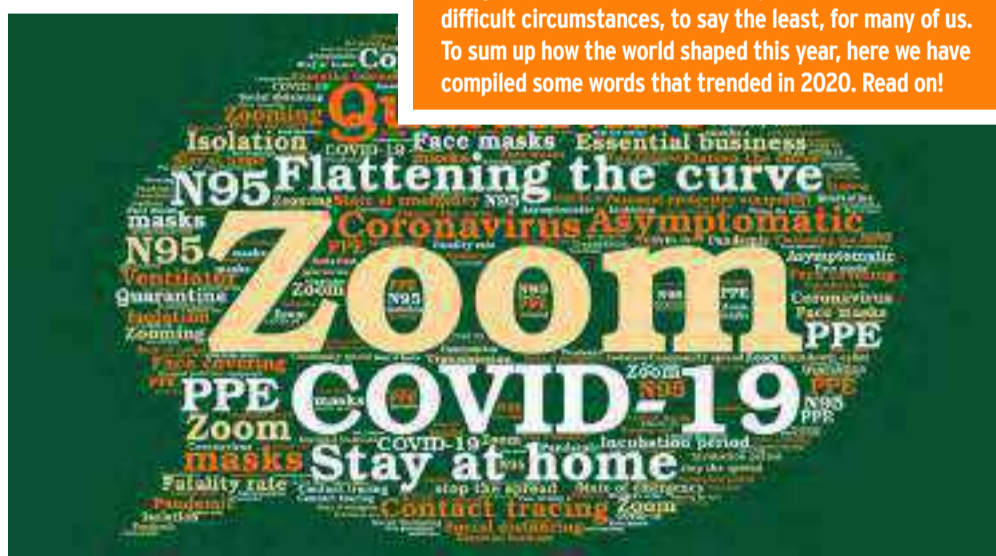


Evan Carmichael

Evan Carmichael's YouTube channel is mostly known for its series: "[Someone successful]'s Top Ten Rules", in which he analyses the speeches, presentations and talks of famous and successful people around the world to find out which useful rules they follow themselves. Being a student is not only about getting good grades, studying hard and being sleep-deprived, it is also about growing and creating a better and more inspired version of oneself. So why not take advice off the best and most successful people on the planet, such as Obama, Oprah Winfrey and Steve Jobs, and apply these tips and tricks to your own life? His videos range from 10-60 minutes and can be used as a motivational way to start your day.

Words that trended in 2020

Words that people search for on the internet not only reveal about what's happening around us in the world, but they also reflect what matters the most to people. The year 2020 has been full of unprecedented and difficult circumstances, to say the least, for many of us. To sum up how the world shaped this year, here we have compiled some words that trended in 2020. Read on!



PANDEMIC

The year 2020 has been an unprecedented one. Interestingly, the word 'Pandemic' is chosen as the Word of the Year by both Merriam-Webster Dictionary and Dictionary.com! Pandemic was also one of the two short-listed words of the year for 2020 by Cambridge Dictionary. It's noted that the World Health Organisation declared COVID-19 to be a pandemic officially on March 11, 2020, and since then the word has not only been in trend but has also become a part of our daily lives.

Donald Trump's impeachment began in January 2020 and so, the word 'Impeachment' also trended in January this year.

ACQUITTAL

The word 'Acquittal' peaked in February 2020 "at the conclusion of Donald Trump's impeachment trial", according to Oxford Dictionary.

COVID 19

In April, according to the Oxford Dictionary, the word 'COVID-19' was one of the top searched words of 2020. An abbreviation of Coronavirus, this was a completely new word which soon became common in usage.

REOPENING

With some countries curbing their lockdown and reopening by the mid of the year, the word 'Reopening' trended in May 2020 as per Oxford Dictionary.

CANCEL CULTURE

In July 2020, Oxford Dictionary notes, the word cancel culture trended. It is defined as "the culture of boycotting and withdrawing support from public figures whose words and actions are considered socially unacceptable."

BIPOC

In July 2020, BIPOC "an abbreviation of black, indigenous, and other people of colour", also trended as per the Oxford Dictionary.

BUSHFIRE

Instead of giving just one word of the year for 2020, the Oxford Dictionary shared a bunch of words "which reached their peak frequency of usage" during various months in 2020. 'Bushfire' was one such word for January 2020 because of the Australian bushfire season.

IMPEACHMENT

The trial for US President



We give you a peek into what 2020 had in store for us across all fields! Watch this logo unit to follow our exclusive wrap up

Repurpose your floral decorations

If you use floral decorations at home, don't throw them away just yet. Here's what you can do to repurpose the floral decorations to generate less waste.

Make your own organic rangoli

If you have used marigold or rose flowers, dry the petals thoroughly. Once dried, add a pinch of turmeric powder to this to avoid insects or pests. Store in an airtight jar and use it as organic rangoli.

Grow your own marigold

Flowers such as marigolds are a mine of seeds. Dry the flowers and pull out the petals gently. You will find seeds at the end of the petals. Separate them and use them to grow your own marigold plants at home.

Go the composting way

Instead of throwing away all the flowers, add them to your composting bin and let it turn into manure. If you do not have a composting bin at home, put the flowers in a pot and mix it with a little mud. The flowers will decompose naturally.



Make skincare products with flowers

Petals of flowers like jasmine, roses and calendula can be used in your skincare regime. Boil rose petals in water for four minutes. Pour the solution in a bottle and use as a face mist or as a face toner. Similarly, jasmine petals can be dried and mixed with face scrubs and masks to achieve radiant skin.

Make your own potpourri

Another good way of using up the flowers and flower buds is by making your own potpourri. Dry the flowers that you wish to keep in your potpourri bowl. Once dried, mix them gently, add a few drops of essential oil, and place it in the corner of your room.

WHERE IN 'VENICE'?

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

Complete each statement with the name of a place that is mentioned in Shakespeare's 'The Merchant of Venice'. Choose correctly from the four options.

1. Nerissa recalls Bassanio accompanying the Marquis of -
A. Mantua B. Marino C. Modena D. Montferrat
2. Monsieur Le Bon, who lacks originality,



- is from -
A. Austria B. France C. Portugal D. Spain
- Duke of -
A. Saxony B. Hamburg C. Bavaria D. Thuringia
3. Portia's German suitor is related to the
 4. Balthazar is sent to Doctor Bellario, in -

- A. Verona B. Padua C. Florence D. Bologna

5. Shylock once bought a diamond in -
A. Dresden B. Hanover C. Frankfurt D. Munich
6. Tubal brings news that Antonio's argosy was wrecked, returning from -
A. England B. Indies C. Mexico D. Tripolis

Answers:
1) D. Montferrat 1) B. France 3) A. Saxony 4) B. Padua 5) C. Frankfurt 6) D. Tripolis

KNOWLEDGE BANK (FUN FACTS)



Moon

The Moon is the Earth's only natural satellite. A natural satellite is a space body that orbits a planet, a planet like object or an asteroid. It is the fifth largest moon in the Solar System. After the Sun, the Moon is the second brightest regularly visible celestial object in the Earth's sky. The average distance from the Moon to the Earth is 384403 km. The Moon orbits the Earth every 27.3 days.



3 TALKING POINTS

As Virat Kohli and Co. took an unassailable lead in the ongoing T20I rubber against Australia on Sunday, here are the three talking points from Team India's historic series win over the hosts

1 HARDIK'S BLITZKRIEGS

Embracing the finisher's role in the limited-overs format for India, Pandya played a pivotal role to make sure the visitors avenge their One Day International (ODI) series defeat by clinching the bilateral T20I series. Pandya failed to cash in on his start (16 off 15) in the first T20I before the premier batsman made amends in the 2nd T20I at Sydney. The 27-year-old pummelled the potent bowling attack of the Aussies into submission and guided India to a convincing win in the penultimate clash. The swashbuckling batsman played a marauding 42-run knock off 22 balls to receive the Man of the Match honour for his batting heroics in the 2nd T20I.

2 NATARAJAN'S RISE

"Special mention to Natarajan as well. I thought he should be the Man of the Match, because the bowlers struggled here and he had a really good game," Pandya said after India's win over Australia on Sunday. Such has been the impact of pace ace Natarajan, who is enjoying his purple patch in white-ball cricket for India after making his international debut in the ODI series of the tour Down Under. Dubbed as the 'Yorker Specialist', Natarajan bowled a dream spell (3/30) on his T20I debut to help India take a healthy lead in the series opener. The 'Chinnappampatti Express' then returned with economical figures to restrict the hosts from crossing the 200-run mark in the high-scoring thriller on Sunday. Natarajan is also the leading wicket-taker (5) in the ongoing T20I series between India and Australia.

3 CONCUSSION SUBSTITUTE AND INJURIES

There is no denying that the three-match series will be remembered for the controversial concussion substitution made by India in the first T20I at the Manuka Oval in Canberra. Almost the entire Australian contingent questioned whether Chahal was a 'like for like' concussion substitute for an injured Ravindra Jadeja. The Indian southpaw was hit by a Mitchell Starc bouncer, which paved the way for Chahal to make a memorable appearance as a concussion substitute. The three-match opera between India and Australia was also marred by injuries. While India were already without star batsman Rohit Sharma, Jadeja was also ruled out of the remaining two matches of the series with a concussion. Australia, who kickstarted the T20Is without southpaw David Warner, suffered a massive setback when limited overs skipper Aaron Finch picked up a hip injury while fielding for the Aussies in the 1st T20I. On compassionate grounds, Australian speed merchant Mitchell Starc opted to pull out of the T20I series due to a family illness.

INDIA'S WINNING STREAK

Kohli's brigade has not only clinched the ongoing T20I series but India also extended its longest winning streak to 10 matches in the shortest format of the gentlemen's game. Only Australia (12), Afghanistan (11), and Papua New Guinea (11) have a better record than India when it comes to playing the most number of matches without a single defeat in the T20I format.

Australian batsmen are still finding it difficult to read India's new white-ball sensation Thangarasu Natarajan

Kaif wants Pandya to be added to the Indian squad for Aus Tests



Former India batsman Mohammad Kaif on Sunday said that in-form all-rounder Hardik Pandya should stay back in Australia for the upcoming Test series. Taking to Twitter Kaif wrote, "@hardikpandya7, with an average of nearly 90, has emerged as India's go to batsman in white-ball cricket, behind @imVkohli. Time is ripe for Hardik to be added to the Test squad, in this red hot form worth holding him back in Australia." India will play four Tests against Australia after the conclusion of the T20I series. India skipper Virat Kohli will be playing just one of the four Tests before heading home as he has been granted paternity leave by the BCCI. Rohit Sharma's availability for the Test series is also not clear as his fitness will be reassessed on December 11 at the National Cricket Academy. ANI

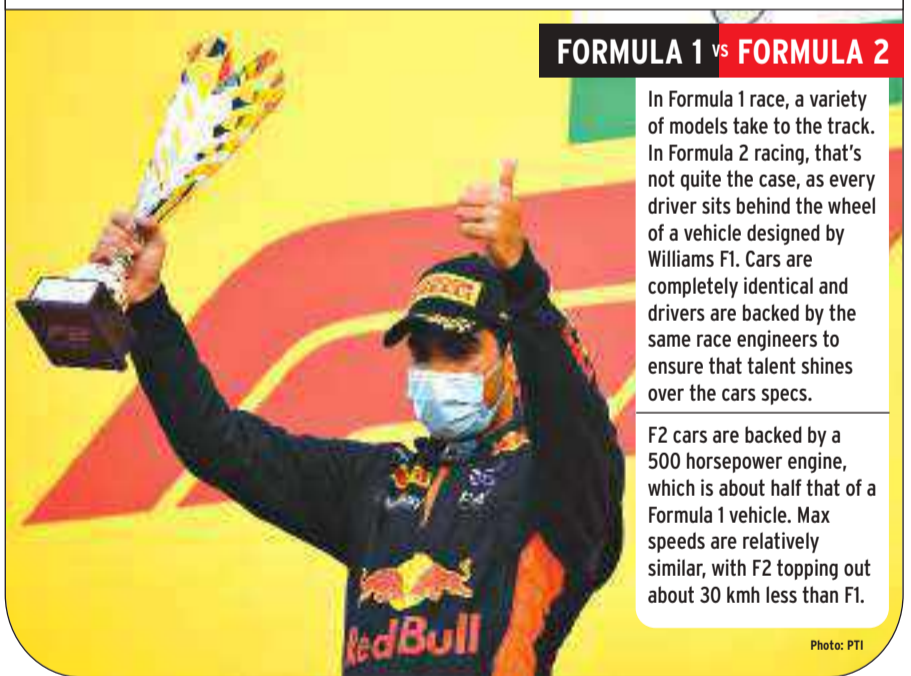
It is a different ball-game, I do not mind if they ask me to stay back for the Test matches, the call lies with the team management, I cannot say much about it.
Hardik Pandya

ICC should look at employing neutral doctor to take concussion call



Mark Waugh

Jehan Daruvala creates history, becomes first Indian to win an F2 race



FORMULA 1 vs FORMULA 2

In Formula 1 race, a variety of models take to the track. In Formula 2 racing, that's not quite the case, as every driver sits behind the wheel of a vehicle designed by Williams F1. Cars are completely identical and drivers are backed by the same race engineers to ensure that talent shines over the cars specs.

F2 cars are backed by a 500 horsepower engine, which is about half that of a Formula 1 vehicle. Max speeds are relatively similar, with F2 topping out about 30 kmh less than F1.

TEST YOUR KNOWLEDGE

Q1: In the year 2009, to which club was Cristiano Ronaldo transferred at world record £80m?

- a) Manchester City b) Real Madrid
c) Juventus d) Manchester United

Q2: In which year did Virat Kohli lead India to its second ICC U-19 World Cup?

- a) 2008 b) 2007 c) 2006 d) 2005

Q3: Ace Against Odds is the 2016 biography of which Indian professional tennis player?

- a) Pranjala Yadlapalli b) Rutuja Bhosale
c) Ankita Raina d) Sania Mirza

Q4: Which Indian batsman equalled Gary Sobers' world record of six sixes in an over in a Ranji Trophy game in January 1985?

- a) Ravi Shastri b) Sunil Gavaskar
c) Kapil Dev d) Sachin Tendulkar

Q5: Which Japanese player did PV Sindhu defeat in order to become world champion in 2019?

- a) Nozomi Okuhara b) Mayu Matsumoto
c) Sayaka Sato d) Akane Yamaguchi

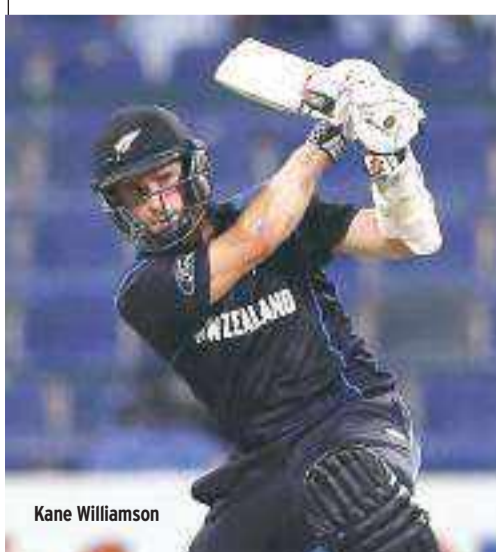
Q6: Which female tennis player has won 73 Career Singles Titles and 23 Career Doubles Titles?

- a) Serena Williams b) Maria Sharapova

- c) Victoria Azarenka d) Naomi Osaka

Q7: In the 2014 Champions League T20, Kane Williamson scored the fastest century in six seasons, with an unbeaten 101 off ___ deliveries.

- a) 55 b) 49 c) 70 d) 80



Kane Williamson

Q8: Where is the summer Olympics of 2028 scheduled to be held?

- a) Delhi b) Los Angeles
c) Tokyo d) Moscow

Q9: Who is the only Indian women's cricket captain to have led the side to two 50-over World Cup finals?

- a) Jhulan Goswami b) Smriti Mandhana
c) Mithali Raj d) Harmanpreet Kaur

Q10: In February 2019, which Indian female cricketer became the top-ranked batter in ODIs after amassing two tons and eight fifties from 15 innings?

- a) Deepti Sharma b) Smriti Mandhana
c) Mithali Raj d) Harmanpreet Kaur

Q11: Gavaskar has a solitary wicket in Tests. Who is

his only victim?

- a) Majid Khan b) Hanif Mohammad
c) Saeed Anwar d) Zaheer Abbas

Q12: In his last innings in Tests in 2007, Sanath Jayasuriya hit 6 fours. Who bowled the over?

- a) Neil Wagner b) James Anderson
c) Pat Cummins d) Stuart Broad

Q13: Who is the current chief national coach for the Indian Badminton team. He also won the All England Open Badminton Championships in 2001?

- a) Syed Modi b) Vimal Kumar
c) Pullela Gopichand d) Prakash Padukone

ANSWERS: 1- b) Real Madrid 2 a) 2008 3- d) Sania Mirza 4- a) Ravi Shastri 5- a) Nozomi Okuhara 6- a) Serena Williams 7- b) 49 8- b) Los Angeles 9 c) Mithali Raj 10- b) Smriti Mandhana 11- d) Zaheer Abbas 12- b) James Anderson 13- c) Pullela Gopichand



THE TIMES OF INDIA

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TODAY'S EDITION

Students and educators share their views on different issues
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Rare skills that could become your newest hobby.
How you can make broccoli (the veggie) interesting
PAGE 3



Is it time to review the concussion rule?
Take our sports quiz
PAGE 4

STUDENT EDITION
MONDAY, DECEMBER 7, 2020

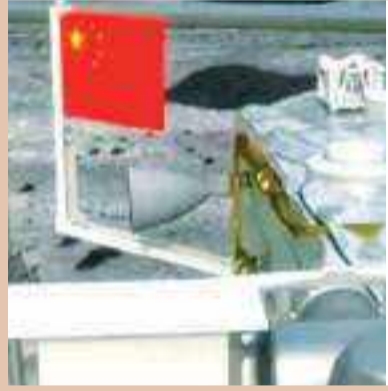


WEB EDITION

CLICK HERE: PAGE 1 AND 2

China unfurls its flag on Moon before return trip to Earth

More than a half-century after the US astronauts first planted the Stars and Stripes on the Moon, China replicated the feat — though unmanned — by unfurling its Red flag on the lunar surface. Chang'e 5's ascent vehicle lifted off on Thursday night with a load of lunar rocks, the first stage of its return to the Earth.



The flag was unfurled with a rod-type structure that is applied in solar panels extending for satellites and other types of spacecraft

THE MISSION

The probe touched down on Tuesday on the Sea of Storms for a mission to collect about 4 pounds of rocks and bring them back to Earth — the first return of samples since a Soviet spacecraft did so in 1976
The lander, which remained on the Moon, drilled about 6 feet into the surface and scooped samples — as well as photographed the area and used ground-penetrating radar to check for minerals and water

Remote-controlled cars to fly to the MOON FOR A RACE!

Yes, you heard it right. In a first, a pair of remote-control race cars will soon be landing on the Moon to race across the lunar surface. They will be driven by high school kids.

According to a report in Daily Mail, Moon Mark, an entertainment and education company, is all set to sponsor the race that will see students compete to design and drive one of the two racers. Once on the Moon, the lander, called the Nova-C, will touchdown the sandy dunes of Oceanus Procellarum, a plain near the western edge of the Moon and now soon-to-be race circuit.

Each car will weigh 2.5kg and the lander to get them to the surface will weigh another 3kg approx



HOW IT WILL WORK

- The winning teams will work with McLaren P1 designer Frank Stephenson to create a vehicle that will race across the low-gravity environment of the Moon
- They will be launched to the Moon on a SpaceX Falcon 9 rocket in October 2021 and descend to the surface inside the first privately-developed lunar lander
- After eight-weeks of qualifying by high-schoolers from around the world, six teams of five members will compete to become the final two that race on the Moon
- The students will compete in a series of qualifying challenges that include unique demands, such as drone and autonomous vehicle racing, e-gaming and a space commercialisation entrepreneurship contest
- Their adventures will be captured, produced and globally-distributed by Moon Mark
- The two racers will deploy on the Moon via the Nova-C lander by Houston-based Intuitive Machines, following a SpaceX Falcon 9 launch in late 2021

FACTOID

That's the amount of global debt, which the world is set to reach by the end of the year, according to S&P Global forecast. It is 265% of the world's annual economic output. The credit ratings giant said it amounted to a 14-

\$200 TRILLION

point rise as a percentage of the world GDP, having been amplified by both the economic plunge caused by Covid, and the extra borrowing that governments, firms and households have had to resort to in the past few months

Quote unquote

Somebody said to me at the beginning of the pandemic, it's almost as though mother nature has sent us to our rooms for bad behaviour to really take a moment and think about what we've done. It certainly reminded me about how interconnected we all are, not just as people but through nature. We take so much from her and we rarely give back. Every single raindrop that falls from the sky relieves the parched ground. What if every one of us was a raindrop? If every single one of us cared? We do because we have to... because at the end of the day nature is our life source

PRINCE HARRY



IN THE NEWS

PRAYAGRAJ STUDENT IS PETA'S 'VOLUNTEER OF THE YEAR'

The People for the Ethical Treatment of Animals (PETA) India has named O.P. Jindal Global University's student Ayan Banerjee as its 2020 'volunteer of the year'.



- According to PETA, Ayan, 18, is a vegan, and he joined PETA India's volunteer ranks two years ago. Since then, he has been working to inform young people about animal rights
- He has visited schools in Mussoorie to give talks to students on the benefits of vegan eating. In collaboration with the Allahabad museum, Ayan also took part in a 200-kilometre run — visiting numerous colleges, distributing leaflets, and spreading the word about vegan eating

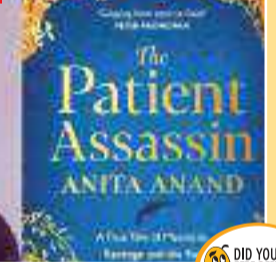
ANITA ANAND'S 'THE PATIENT ASSASSIN', BASED ON JALLIANWALA BAGH MASSACRE, WINS PEN HESSELL-TILTMAN HISTORY PRIZE

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 annually for a non-fiction book of specifically-historical content. The judges described it as a "genuine historical classic"

NEWS IN BRIEF

HONOUR



English PEN (Poets, Playwrights, Editors, Essayists, Novelists), is one of the world's oldest human rights organisations championing the freedom to write and read. It is the founding centre of PEN Int'l, a worldwide writers' association with 145 centres in more than 100 countries

TWITTER EXPANDS HATE SPEECH RULES TO INCLUDE RACE, ETHNICITY

Twitter Inc has expanded its policy barring hateful speech to include "language that dehumanises people on the basis of race, ethnicity and national origin." Civil rights group 'Colour of Change', part of a coalition of advocacy organisations that have been pushing tech companies to reduce hate speech online, called the changes "essential concessions", following years of outside pressure.

Last year, the company had banned speech that dehumanises others, based on religion or caste, and updated the rule in March to add age, disability and disease to the list of protected categories



TECH BUZZ

INDIAN ECONOMY IS GRADUALLY RECOVERING: IMF

India's economy severely affected by the coronavirus pandemic is gradually recovering, the International Monetary Fund said. India's economy recovered faster than expected in the September quarter, as a pick-up in manufacturing helped GDP clock a lower contraction of 7.5 per cent and held out hopes for further improvement on better consumer demand.



ECONOMY

Fiscal, monetary and financial sector measures announced to date provided the much-needed support to the economy, including businesses, agriculture and vulnerable households, IMF chief spokesperson Gerry Rice said in response to a question on the IMF's assessment of India's economy during the coronavirus pandemic

NUMBER-O-LOGY 72 MILLION

Primary school aged children run the risk of pushing into "learning poverty" — unable to read and understand a simple text by age 10, according to the World Bank. School closures as a result of Covid-19 have left most students on the planet out of school — 1.6 billion students at the peak in April 2020, and still almost 700 million students today, according to reports. In responding to the pandemic, education systems have been forced to rapidly implement innovations in remote learning at scale. However, the huge digital divides and inequalities in the quality of parental support and home learning environments is amplifying learning inequality

2020 on course to be one of three WARMEST YEARS ON RECORD

Climate change continued its relentless march in 2020, and is all set to be one of the three warmest years on record...



ENVIRONMENT

- According to the World Meteorological Organisation, 2011-2020 will be the warmest decade on record, with the world getting warmer since 2015
- The most notable warmth was observed across northern Asia, particularly the Siberian Arctic, where temperatures were more than 5 degrees Celsius above average. Siberian heat culminated in late June, when it reached 38 degrees Celsius at Verkhoyansk some time back, provisionally the highest-known temperature anywhere north of the Arctic Circle
- Ocean heat is at record levels; more than 80 per cent of the global ocean experienced a marine heatwave some time in 2020
- Despite the Covid-19 lockdown, atmospheric concentrations of greenhouse gases continued to rise, committing the planet to further warming for many generations to come



The global mean temperature for January to October 2020 was around 1.2 degrees Celsius above the 1850-1900 baseline, used as an approximation of pre-industrial levels

Now, NASA grows RADISH in space

The social media was taken by storm recently when NASA astronaut Kate Rubins shared photographs of the Plant Habitat-02 (PH-02) experiment aboard the International Space Station (ISS), with radish saplings growing on the floating space lab. The multiple researches conducted in the microgravity conditions of the ISS have greatly helped researchers down on the Earth to learn more about space-farming. They have managed to learn how plants would react to different space stimuli, if they can survive under red or blue light.



According to NASA, the radish was chosen as it is a "model plant." Radishes are a great source of nutrition and have relatively short cultivation period. Otherwise, the most-studied plant in microgravity is Arabidopsis, a plant similar to mustard and cabbage; but it's not as widely consumed or filling as radish. The plants growing without

gravity may have difficulty in rooting to the soil. So, the seeds there are sown into "pillows" and fertiliser and water is distributed properly across the growing saplings. The plants have been growing for 27 days now, with little maintenance from the crew. The plants will be harvested by the crew soon and sent to Earth for analysis

THE EDUCATIONIST

We teachers are amazing!

We shall soon complete almost a year of teaching online. What a huge learning curve this Online Teaching has been!!! At first, I was skeptical and apprehensive about what could be accomplished in online classes. I did not know what to expect or how difficult it would be. One important question that remained in my mind was how I would be able to connect with my students as a connection is key to student engagement.



That does not mean, however, that one model is inherently better than the other. Teaching in an online mode does not require any less professionalism, training, or education than teaching in a traditional school. In fact, I would argue that an increased level of diligence, compassion, and understanding is required when teaching online. I would say online teaching is not easier or harder, it is simply different, requiring a different mindset for both teachers and students alike. We are all in this together.

After the initial hesitation and hiccups, we teachers have taken to the virtual school in a positive manner. It is the need of the hour, it is the next best way of teaching after physical classes. In such adverse times, we realized the necessity of working hard to learn the skills that we had not been trained in earlier. Technology has come to the aid of education like never before. Children too have grown accustomed to attending the virtual school. In fact, it is a great relief to parents that 'school' is continuing even during the lockdown. Children have been kept occupied productively in studies and activities. Personally, it is a rewarding moment for me when I see the spontaneous expressions of the little soldiers of my class showcasing their self-esteem with so much of ease. No teaching platform is a barrier between a teacher and her students. And, here, it is like going into each child's home and teaching him or her personally!

At the end of the day, no matter what our teaching platform is, we are still teachers, who will teach the students the best we can and not let the things that are out of our control bother us. And that is why we teachers are so amazing...!

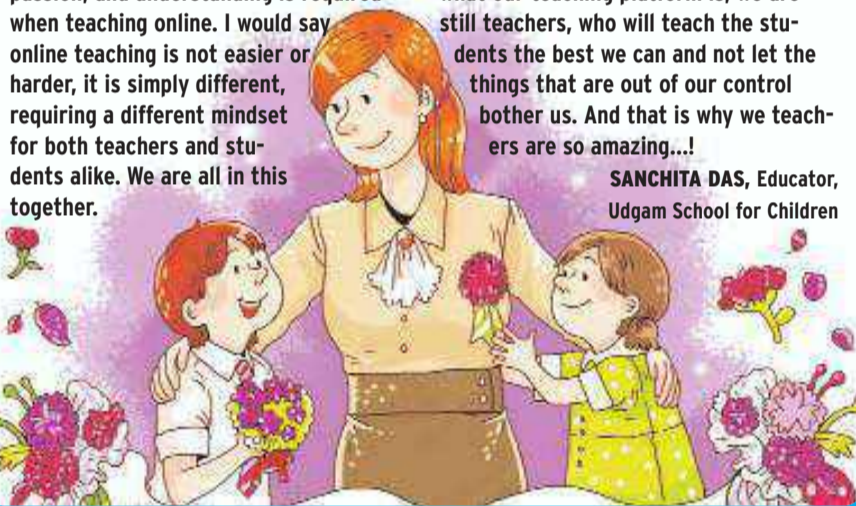
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SANCHITA DAS, Educator, Udgam School for Children



Virtual visit to L D Museum

A virtual educational trip to Lalbahai Dalpathai Museum was organized by St. Kabir School Drive In Old (DIO) recently for the students of class IV and for class V and VII the next day.

The event was conducted live on the zoom app. Priyanka Kundu started explaining about the Indus Valley Civilization by displaying pictures of 'The Great Bath' of Mohenjodaro. Students were highly delighted to watch the period of BC, AD, BCE, and CE in detail. It was a great learning experience as Priyanka took a lot of interest, showed pictures, and shared stories related to Ajanta and Ellora Caves, Dashavatara Temple, stories related to Lord Mahavir and Gautam Buddha while



explaining the religion of Jainism and Buddhism.

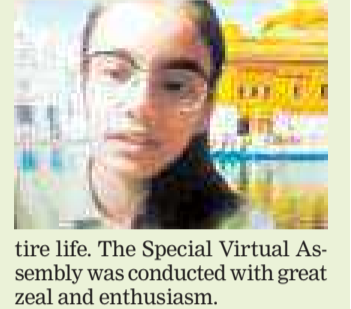
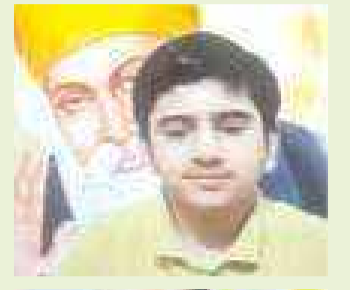
The students were delighted to learn about the Vedas, the Upanishads, the meaning of religion, and about Indian history. Students also learned about the great epic 'Ramcharitmanas' which was composed by the great Indian poet Tulsidas. During Pandemic it was a great initiative taken by the school which was highly cherished by the students as well as the parents.



Kabirians celebrate Gurparab

Guru Nanak Jayanti, also known as Gurpurab and Guru Nanak's Prakash Utsav celebrates the birth anniversary of Guru Nanak Dev Ji. To celebrate this auspicious festival, a special virtual assembly was conducted by students of class VI to IX of St. Kabir School, Navrangpura to mark the 551st birth anniversary of Guru Nanak Dev.

Students shared useful information relating to the life and teachings of Guru Nanak Dev. A beautiful PowerPoint presentation was displayed showcasing Gurunanak ji's life, his preachings, Gurudwaras and the importance of Sewa and Langar in the Sikh religion. Head Mistress Madam explained the students about the importance of this occasion along with the importance of nobility and virtue, spread by Guru Nanak Dev Ji during his entire life. The Special Virtual Assembly was conducted with great zeal and enthusiasm.



LOCKDOWN DIARY

Decoding Happiness Quotient

Are we really happy when we say the 5-letter word or it's for the effect? There are many contradictory attitudes to start with, for instance in India we celebrate more than 100 festivals in a year. Each being celebrated with a big 'HAPPY' message. Looking at the number of Happy days celebrated in India we should be the Happiest Country in the world but according to the UN World Happiness Report India ranks at 140 out of 156 countries. Let's try to decipher why happiness is decreasing? What really makes us happy?



■ **UNDERSTANDING HAPPINESS:** Modern lifestyle has made us mistake pleasure for happiness. Can it really form the base for Happiness? No Happiness is keeping things simple, just like a baby is happy because its life is uncluttered.

■ **REAL PARTICIPATION:** If you are losing an opportunity to celebrate your festival, then you are actually losing a lot. You don't become a GREAT by working on a festival day. Try to understand the kind and level of your participation.

■ **PRIORITY:** What is more important to you? Improving your inner self or showcasing décor. Improving our personality is more important.

■ **PHILANTHROPY:** Sharing is Caring. Empathy is powerful. So be kind to yourself, your family and loved ones, and society at large.

Follow this and feel the surge in your HAPPINESS INDEX.

SMITA GHOSH, Counsellor - Anand Niketan

ODE TO THE PEN

SAVE ME TO SAVE YOURSELF

I am water and supposedly a free gift of nature, I have occupied a major part of the mother earth Even I am an inner component of your beautiful body. However, you have always been taking me for granted And try to threaten my existence in whichever you can.

You make me flow through pipes and gutters profusely.

Your activities snatch away my purity and transform me into poison.

I land on the earth with the noble purpose of keeping the earth's liveliness intact But fail to do so due to your cement and concrete jungles everywhere.

Your milk and petrol tanks don't ever leak because you value every drop of them.

Unlike them, emptying me shamelessly doesn't empty your pocket.

To know my true worth, just live without me for a few days

You'll realize that all of your riches are useless to keep you alive

So my dear, save me to save yourself.

UMESH KUMAR THAKUR, Educator, SNK School, Rajkot

SOMETIMES I REALLY THINK... CAN I

Sometimes I really think can I Live the memories which I left behind in my extraordinary past...

Enjoying all the hustle and bustle that gave me only excruciating scars..

Meeting people and feeling their presence sounds cheerful

This virtual meeting has set us apart and may be made us rueful.

That morning sunshine and that temple bells That drowsy state of your body..

Forcing you to hurry up

To reach before school knell..

That futile chats and rattling schedule Shopping and weekend chill..

This was a glance to past..

But now u have only this reiterated time to kill..

Don't know the solution

Patience is the only key..

Sometimes I really think and want to Be again happy busy and free

KHUSHI GEHANI, Student, Saint Paul's School, Rajkot

Express YOURSELF

Ronav Mishra, Class III, SGVP



Amber Kanodia, Class VI, Essar International School, Surat



Ishita Patil, Class VII, Siddharth's Miracles School



Dhruv Talesara, Class VII, DPS, Gandhinagar



Jaival Trivedi, Class IV, Zydrus School Of Excellence



Druvisha Darji, Class II, St Kabir School



Ansh Goyal, Class VIII, Sheth CN English Medium School



Pavit Bhamhani, Class I, Udgam School for Children



Prasham Shah, Class III, Zebar School For Children

TRANSFORMING A DREAM INTO REALITY!

It was night, around 9 pm and I was trying to sleep, soon I was dreaming and I saw wonderful scenery with greenery all around me, pleasant fragrance of blooming flowers, chirping of birds who were flying here and there, butterflies roaming all around, fresh air to breathe in, I was able to see fresh and clean water with no impurities, there were cycles more than cars on the road, instead of trash there was a very clean road. Then I thought how is it possible, how there is no air, water, and soil pollution? How did we humans improved so much all of a sudden? Then I pinched myself whether am I dreaming? Ouch!, actually, I was. Then I suddenly woke up and I quickly rushed to my window and as usual, I heard the noisy horns of vehicles, trash all around the road, dusty and polluted air, there was no clean water instead of it the water was full of pollution, and all that greenery and flowers had gone. Then I realized how much pollution, we humans are doing. We are destroying our mother earth by polluting it. By doing this all we are destroying our home. I wish my dream to come true as I want to enjoy the real beauty of nature. We can make this dream come true by just planting more trees, recycling things, not throwing trash on road and by using cycles for small distances, etc. So by doing these activities we will be able to save our planet earth.



KAAVISH AGARWAL, Class V, Ryan School, Dumas, Surat



A SOCIETY WHERE EVERYONE IS EQUAL!

My heart feels strong when I remember my most cherished memory. It was the day when my family and I went to the city for some work. My mom and my elder sister went shopping. My father and I went to the vegetable market. Near a store, I saw a physically disabled girl who was selling exam boards. She was urging people, but no one was purchasing. She came to us and asked whether we could buy. I was sad when I looked at the expression on her face. Then my father looked at her and bought a board. I recognized that the girl felt as if she was on top of the world. She was very thankful to us.



I often wonder why do some children don't get an education and proper facilities. Why is there poverty in this country? Why do people waste food? They should donate the excess things they have. Even I donate my clothes and stationery items.

This incident has made me determined to abolish poverty in India. I wish to start an organization that will help the needy people providing them with proper food, good health, and even education for children. All in all, I want them to get all the facilities that every child deserves.

MANVEER KAUR, Class VI, Essar International School, Surat

Rare skills that could become your newest hobby

There are many ways to live curiously, but one of the most fulfilling options might be mastering an obscure skill. Learning how to do something that few people even bother to attempt – whether it's Macramé or Marquetry – offers both knowledge and a sense of accomplishment that can boost your skill set. **TIMES NIE READERS AND TEACHERS** offer the skills that they'd like to learn or have used the lockdown to learn!

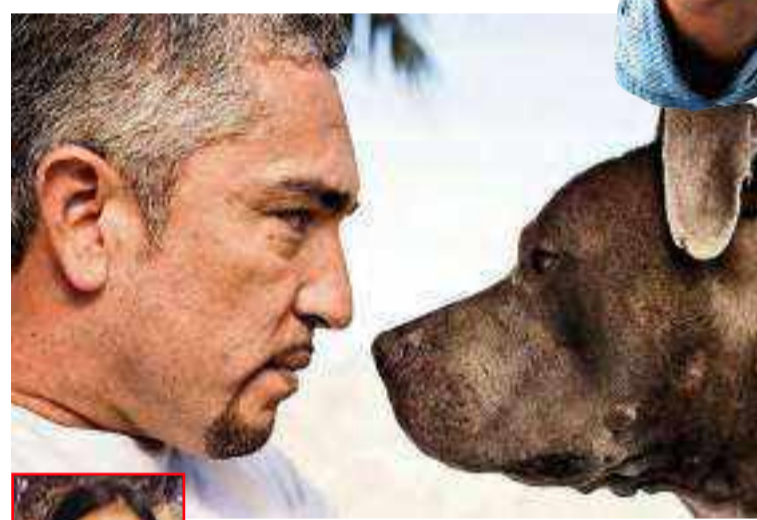
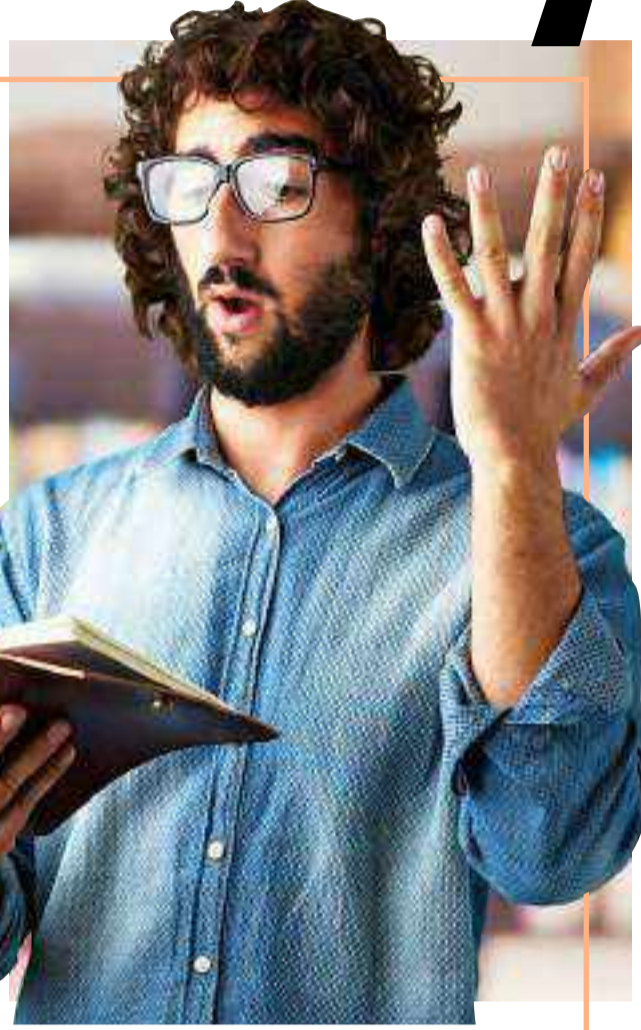
STUDENTS SPEAK



Marquetry
I love art, and when you add on some obscure and new themes to it, it becomes even better. Marquetry is one such art form that I accidentally stumbled upon while surfing the internet. It involves affixing intricate patterns of wood, metal, or organic material to flat surfaces of furniture. It requires delicate handiwork, and this is why marquetry has piqued my interest. I believe that delicate handiwork is something that is appreciated by everyone.
YOSHITA UPADHYAY, class X, Delhi Public School, Secunderabad

Cold reading

I'm trying to learn a skill called 'cold reading.' In simplest terms, it's real-life 'analytics' of a person's inclinations and attitudes. It involves quickly picking up signals, formulating information streams without the person knowing, and employing inductive reasoning to strike at accurate guesses about their personality without us knowing them and they knowing us! This is useful in life and work. How awesome would it be if we knew what someone expected and we delivered that?
ASISH SINGH, class XII, St Augustine's Day School, Barrackpore



Dog whisperer

I would love to learn to be a 'dog whisperer.' I have always loved and lived with dogs. And I would love to be able to talk to them and understand them. If they were hungry or feeling sick, it would help to be able to communicate with them. I enjoy watching anything available online on 'dog whisperers' and then try that on my pet 'Damru.'
NIHARIKA BAKSHI, V-B, Wynberg Allen School, Mussoorie

Conch blowing

A skill I learnt recently was blowing the conch. It may seem simple but requires a precise technique. One must be able to properly control one's breathing. When my grandfather was hospitalised with a lung issue, the doctors gave him an instru-



ment to blow air to strengthen his lungs. The doctor also pointed out that blowing a conch regularly helps strengthen the lungs. Since then I have been fascinated with the idea of learning to blow the conch.
AYUSH SHENOY, class VII, DPS Whitefield, Bengaluru



EDUCATORS



Macramé

I would like to learn the art of Macramé. This art form is fascinating and your creative side is challenged when you see how much you can achieve using different kinds of knots. Various combinations of these knots can result in creating traditional or contemporary designs. The final product gives the effect of a weave or a knit. The knots can be mastered with regular practice and there are quite a few tutorials to help design elegant and stylish pieces. Macramé is so versatile that it can be used to make jewellery, purses, decorative pieces like wall hangings, etc.
SUPRIYA KHANNA, teacher, DPS Whitefield, Bengaluru



Bhangra: Being a social media fan, I have been floored by multiple videos sent by members of a group called Bhangra Empire. The energetic moves by the students of this group have inspired me. I am slowly learning to groove...
USHA RAMASWAMY, Senior School Head, The Shri Ram Universal, Hyderabad



Storytelling

Human beings have passed knowledge from generation to generation through stories. This is the oldest form of teaching. Stories define us, shape us, control us and make us. I have developed this skill of storytelling



during this pandemic. I read mythological stories and narrate them in my own style.
SARITA BIJALWAN, Librarian, The Indian Academy, Nehrugram, Dehradun

Six non-boring ways to eat broccoli

How often are we told, 'Eat more broccoli'. The green cruciferous vegetable is a powerhouse of health benefits – it's a rich source of vitamin C as well as fibre, protein, iron and potassium and makes for a great immune booster. No wonder ex-US President Barack Obama called it his favourite vegetable. If you have been consuming broccoli in just one or two ways, here are some ideas to up your cooking game.



Broccoli pasta
Chop florets of broccoli and add to your wheat pasta. With cream and cheese as well as other sautéed veggies, it makes for a hearty and healthy wintertime treat.



Add it to your pizza
Why not use broccoli as a topping on pizza? Just sauté it in a little olive oil and pepper and add it to the pizza before you bake it.

Yes, you can make muffins too
You are sure to love this. Make savoury broccoli muffins with cheese and serve with a soup of your choice.



Broccoli brownies: Yes, broccoli brownies are a thing! To prepare them, just add the strained puree to your chocolate and sugar and bake it.



Hearty soup
To make this, just blend broccoli and add it to the soup stock with salt and freshly ground pepper. Allow it to simmer and ladle it in a bowl with crusty bread.

QUIZ TIME (MIXED BAG)

Q.1) According to the World Bank, India was the ___ largest economy in 2018.

- A. 3rd B. 8th C. 5th D. 7th

Q.2) Which state government has launched the awareness campaign 'Save Green, Stay Clean'?

- A. West Bengal B. Andhra Pradesh C. Tamil Nadu D. Odisha

Q.3) Who among the following has been honoured with the Entrepreneur of the Year Award 2019?

- A. Vijay Shekhar Sharma B. Mukesh Ambani C. Ruhan Rajput D. Siddhartha Lal



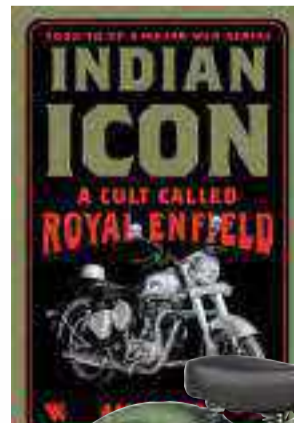
Ruhan Rajput, co-founder and director of Einfolge Technologies Pvt Ltd, was conferred the prestigious Entrepreneur Award 2019

ANSWERS

1. D) 7th 2. A) West Bengal 3. C) Ruhan Rajput

Royal Enfield: Book tells story behind making of Indian biking giant

A new book maps the trail-blazing story of the brand, the company and most of all, the individuals who have made Royal Enfield what it is now – a premium homegrown consumer brand for the global markets. The book, 'Indian Icon: A Cult Called Royal Enfield', is written by journalist Amrit Raj. Besides spilling the beans on the "behind-the-scenes takeover dramas" and the bare-knuckled battle to create the iconic brand, it is also the story of the clash of the old guard with the new, leading to dramatic changes in the business.



"New brands aspire for the kind of devotion that an Enfield enjoys. Its distinctive look and feel, the sound of its engine and the image that it creates of its rider have all contributed to putting the brand on the kind of pedestal

that others could only dream of. The book takes you to the heart of the Royal Enfield story," says Raj. From the beginning of the brand's journey in India (early 1950s), the Enfield bikes have had quite a ride. Initial success and acceptance notwithstanding, by the 1980s, the brand was considered a complete underachiever: Come 1990, Vikram Lal of Eicher took over it and gave it a whole new lease of life. Later, his son Siddhartha brought marketing and product together and catapulted the bike to an iconic status.

Today, Enfield has become a symbol of successful and inspirational business turn-arounds. www.royalenfield.com



IS THERE A NEED TO RELOOK AT THE CONCUSSION RULE?



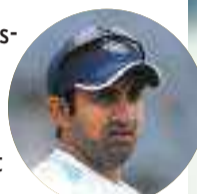
Ravindra Jadeja braved an injury to hit a match-winning 44 vs Australia in 1st T20I

Spinner Yuzvendra Chahal came on as a concussion substitute for injured Ravindra Jadeja in the 1st T20I against Australia, a move that did not go down well with many. The concussion substitution law allows teams to have a like-to-like replacement for a concussed player

IT WAS FAIR TO USE THE CONCUSSION RULE

I understand that Australia must be frustrated, but it could be a delayed concussion as well. If there is a concussion, and there is a concussion rule, why not use it. India used it to the best of their advantage bringing in a wrist spinner. We kept talking about how India may miss a wrist spinner and they did not miss the wrist spinner. He had a huge impact on this game. If there is actually concussion, it is fair on India to use that.

Gautam Gambhir, former India opener



AUS WERE FIRST BENEFICIARIES OF CONCUSSION SUBSTITUTE

When Steve Smith was hit on the head, Labuschagne came out to bat in place of him and made runs. So, Australia also got that advantage. So I think Australia shouldn't complain. They might have



just one contention that Jadeja continued to bat and made runs but when you open your helmet inside the dressing room then you might witness some swelling, you might feel dizziness. There is a possibility.

Virender Sehwag, former Indian cricketer

IT WAS NOT JADEJA'S CALL TO ASK FOR A PHYSIO

I don't think it is Jadeja's call to ask for a physio. It is for the umpires to stop the game and call for a physio. That did not happen perhaps because Jadeja ran for the single and he continued to play. He was fine. And concussion doesn't necessarily mean it has to happen on the field. You can come back to the dressing room and then you may have a headache or dizziness. That's when the doctors will step in and stop. That's what probably happened in this case.

Anil Kumble, former Indian captain



IF YOU CAN'T PLAY THE BOUNCER, YOU DON'T DESERVE A SUBSTITUTE

An Australian match referee (David Boom) had no objection to that. So I don't see why there is so much noise about it. On the business of concussion substitute itself, I don't agree because maybe I'm old-fashioned, I've always believed that if you're not good enough to play the bouncer and you get hit on the helmet then you don't deserve substitutes. But at the moment it is being allowed according to the rules of the game, everything was done according to it and there was no problem with Chahal playing instead of Ravindra Jadeja.

Sunil Gavaskar, former Indian captain



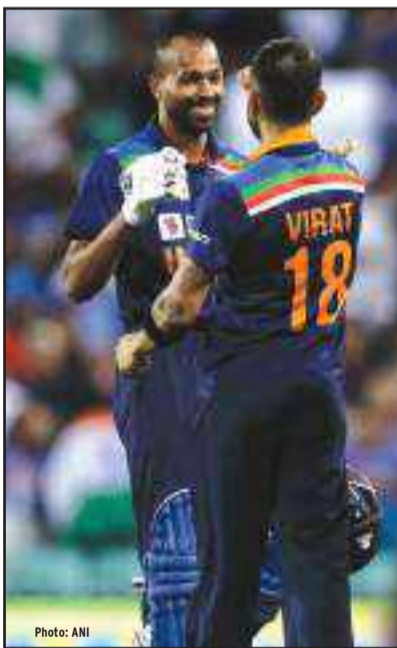
WE ARE MASTERS AT TRYING TO FIND A LOOPHOLE IN RULES

After this, there's going to be a lot of thought given to the concussion substitute, the whole concept purely because we as players – all of us – there are rules made with good intention but we are masters at trying to find a loophole in the rule for our own advantage. Whether India took an advantage, we don't know, but there's something the ICC needs to start looking at, so that one team doesn't get such a massive advantage.

Sanjay Manjrekar, former Indian cricketer



Pandya powers India to thrilling T20 series win over Australia



Hardik Pandya powered India to a gripping second T20 international victory to take the series against Australia in Sydney. Pandya hit an enormous six off debutant Daniel Sams to get the winning runs — and victory by six wickets — with two balls to spare. Shikhar Dhawan earlier hit 52 off 36 balls and Virat Kohli looked threatening before being caught behind for 40, giving Sams a prized wicket. New skipper Matthew Wade and Steve Smith hit half-centuries apiece to carry Australia to 194 for five after batting first. **AP**

The fact that we don't have Rohit and Bumrah, our established white ball players, in and still doing well makes me happy. Everyone has played 14 games at least, recently - so they know what their plans are.

The reason was Hardik coming into the team in 2016 was pure ability. He has raw talent. And now he realises that this is his time, the next 4-5 years, to be that bankable player that can win you games from anywhere.

Virat Kohli, India captain

Barcelona should have sold Lionel Messi

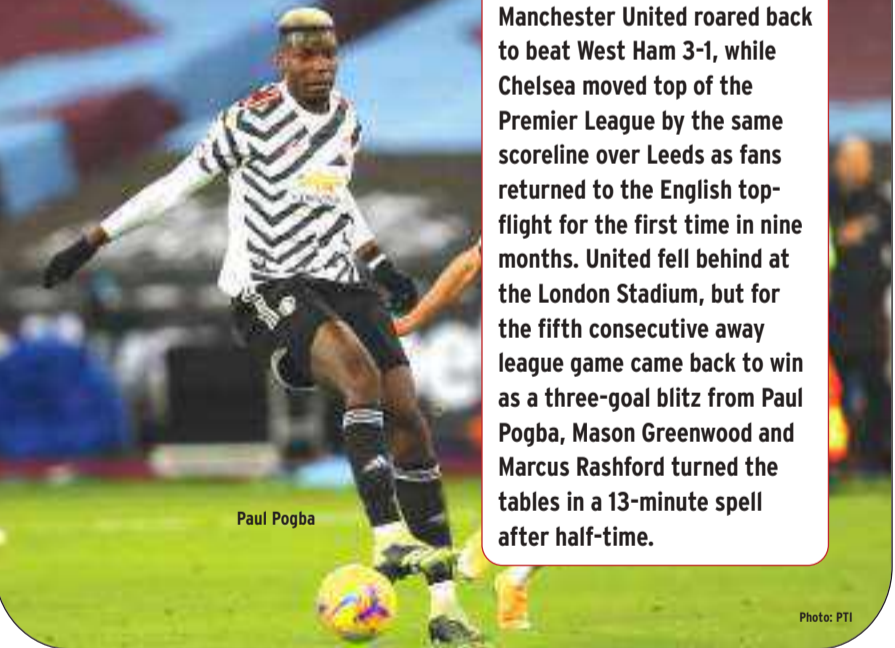


Barcelona's interim president Carlos Tuset feels the club should have sold Lionel Messi during the summer transfers. Messi was linked to a move to Manchester City and sent a letter stating his intention to leave. He later said it was due to being disillusioned with the direction the ex-director was taking the club in.

Barcelona's interim president Carlos Tuset

Photo: ANI

Man U beat West Ham 3-1, Chelsea go top of Premier League



Manchester United roared back to beat West Ham 3-1, while Chelsea moved top of the Premier League by the same scoreline over Leeds as fans returned to the English top-flight for the first time in nine months. United fell behind at the London Stadium, but for the fifth consecutive away league game came back to win as a three-goal blitz from Paul Pogba, Mason Greenwood and Marcus Rashford turned the tables in a 13-minute spell after half-time.

Paul Pogba

Photo: PTI

TEST YOUR KNOWLEDGE

Q1: Which country stood first on the medal tally of Commonwealth Weightlifting Championship held in July 2019 at Apia, Samoa?

- a) South Korea b) China
 c) Australia d) India

Q2: At Rio 2016 Olympics, which Indian female wrestler won the bronze medal, defeating Kyrgyzstan's Aisuluu Tynybekova?

- a) Sakshi Malik b) Vinesh Phogat
 c) Geeta Phogat d) Babita Kumari

Q3: In which year was the first FIVB World Championship in volleyball held?

- a) 1949 b) 1950 c) 1951 d) 1952

Q4: At which Grand Slam tournament is the Musketeers' Trophy awarded to the winner of Men's Singles competition?

- a) Australian Open b) US Open
 c) French Open d) Wimbledon

Q5: Which Indian state does the modern game of polo (horse-back) originate from?

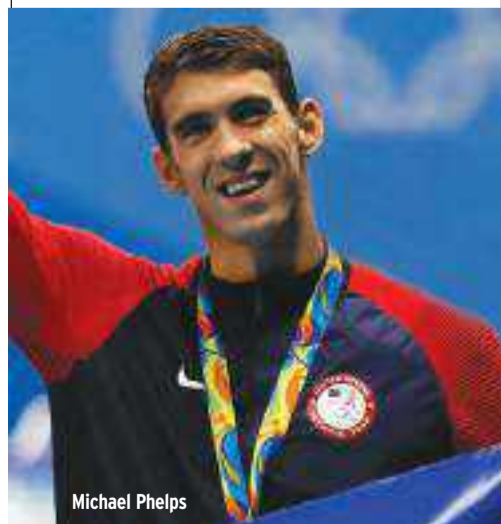
- a) Goa b) Maharashtra
 c) Manipur d) Kerala

Q6: A form of martial arts, which country is associated with?

- a) Japan b) India
 c) Indonesia d) Russia

Q7: How many Olympic medals has Michael Phelps won?

- a) 22 b) 24 c) 26 d) 28



Michael Phelps

Q8: In the 1980 Moscow Olympics, India won a Gold medal in hockey. Who was the captain of the Indian team?

- a) Dhanraj Pillai b) Dhyan Chand
 c) Pargat Singh d) Vasudevan Baskaran

Q9: Who was the first Indian gymnast to make it to the finals in individual vault in her debut Olympic Games?

- a) Aruna Reddy b) Dipa Karmakar
 c) Kalpana Debnath d) Krupal Patel

Q10: Which Indian player won the 2019 World Rapid Chess Championship, defeating China's Lei Tingjie?

- a) Bhakti Kulkarni b) Tania Sachdev
 c) Harika Dronavalli d) Koneru Humpy

Q11: Name the first-ever Indian athlete, nicknamed

'Dhing Express', to win a gold medal at the IAAF World U20 Championships?

- a) Dutee Chand b) Anjali Devi
 c) Hima Das d) M R Poovamma

Q12: Who among the following was the first heavyweight boxer to go undefeated throughout his career?

- a) Frank Bruno b) Gerry Cooney
 c) Rocky Marciano d) Joe Frazier

Q13: Which Japanese figure skater is the first Asian to win an Olympic gold?

- a) Yuzuru Hanyu b) Shoma Uno
 c) Daisuke Takahashi d) Nathan Chen

ANSWERS: 1- d) India 2- a) Sakshi Malik 3- a) 1949 4- c) French Open 5- c) Manipur 6- d) Russia 7- d) 28 8- d) Vasudevan Baskaran 9- b) Dipa Karmakar 10- d) Koneru Humpy 11- c) Hima Das 12- c) Rocky Marciano 13- a) Yuzuru Hanyu