



# THE TIMES OF INDIA



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**TODAY'S EDITION**

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**STUDENT EDITION**

SATURDAY, APRIL 3, 2021



**#GOALS WORK ON SELF IMPROVEMENT**

"All of us do not have equal talent. But, all of us have an equal opportunity to develop our talents."  
**APJ ABDUL KALAM**, former president of India



**CLICK HERE: PAGE 1 AND 2**

**NUTRITION**

## IS THE SALT at FAULT?

Excess salt is never a good idea, more so when you are burning the midnight oil. Control the cravings...

Pallavi.Shankar@timesgroup.com

It's exam time – when studying till late is the norm (for most students). Between revising lessons for class tests and solving complex Maths for competitive test papers, it's typical to reach out for a packet of namkeen or chips to make the slog bearable. Scientists say that 'intense salt cravings' after hard work is hardwired in the human DNA since prehistoric times because salt back then was not easily available, and people used to reward themselves with it after a victory. This 'reward angle' continues till date, but if you indulge too much in salty rewards, it's surely not healthy for your body and mind. According to



Eating is a learned habit and can be changed if you work towards it

Avoid processed snacks and fast foods a night before exam as it can lead to fatigue in the morning. Eat freshly cooked simple food on pre-exam nights

such as onion powder, ginger powder, tamarind powder, oregano flakes, lemon, raw mango, coriander gives a zing to your food in a healthy way," advises Samaddar. Drizzle your salads with vinegar instead of salt as vinegar has a naturally salty taste.



**5 HEALTHY SNACKS**  
● Fruit salad ● Cucumber/carrot sticks served with curd dip, hummus ● Nuts like almonds, walnuts, raisins and cashewnuts ● Makhana and peanuts (unsalted) ● Banana pancakes

Pics: iStock

## 10 quotes for MOTIVATION

**GET STARTED**  
"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."  
**MARIA ROBINSON**, US politician

**KEEP GOING**  
"Success is not final, failure is not fatal; it is the courage to continue that counts."  
**WINSTON CHURCHILL**, statesman

**WORK HARD**  
"I find that the harder I work, the more luck I seem to have."  
**THOMAS JEFFERSON**, statesman

**TRY AND TRY AGAIN**  
"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced."  
**VINCENT VAN GOGH**, painter

**FIGHT FAILURE**  
"Many of life's failures are people who did not realise how close they were to success when they gave up."  
**Thomas Edison**, inventor

so on. Condiments are high in sodium and skipping these will reduce excessive consumption of salt that sits sneakily in these tasty sauces. Stick to home-made chutneys.

**MANAGE YOUR CRAVINGS**  
Do you reach out for that pack of potato chips when bored or fatigued? Identify your triggers and apply portion control to your emotional eating. It's understandable that you cannot give up on your fave crunchy salty foods when stressed, but limit how much you eat.

**DITCH THE SALT-SHAKER**  
"This is one of the best ways to control overuse of salt in your daily meals," says Samaddar. Replace the salt shaker with a couple of herb shakers. The salt used in cooking is more than enough for our daily sodium intake.

**SKIP CONDIMENTS**  
While eating outside or when you order from takeaways, skip condiments such as mustard, ketchup, mayo, soy sauce and

**SPICE IT UP**  
Use herbs and spices instead of salt to add flavour to your food. "Incorporating herbs and spices

## How to set up a study space?

**BE COMFORTABLE**  
Your study space should be comfortable but not so comfortable that you fall asleep. Studying in bed is not a good option. The desk should come up to between your waist and ribcage when you sit at it. And the chair should fit the height of the desk. Make sure your are able to rest your feet on the floor while sitting.



good idea. Natural light is great but make sure you are not staring out of the window.

**MIND THE LIGHT**  
A poorly lit study space can make you feel sleepy and strain your eyes too. If you use the computer, make sure the screen light is comfortable (you can get an anti-blue light specs). A small desk lamp to light your study area is a

**WHY A DEDICATED STUDY AREA?**  
An area dedicated for study makes you more focused, there are less chances of others disturbing you and it's a mental trigger to start preparing

**STOCK UP YOUR DESK**  
All the study materials you need should be at hand. Keep traditional school supplies (pens, paper, books) in a designated area on your desk or in a desk drawer. Also, make sure your charger is nearby.

**BE ORGANISED**  
Your desk top – be it your laptop or desk – should be tidy and efficient. Make sure every item you need to study has its own place and everything is labelled, especially computer files and prints. A wall calendar is a must.

**GET A CLOCK**  
Studying is all about time manage-

**TIPS TO SPRUCE UP YOUR STUDY SPACE**  
■ Clear the desk. Make sure there's less clutter in the room too  
■ A good study space must have shelves for storing books  
■ Stock on stationery supplies from pens, printer ink to paper  
■ Use a wall colour that stimulates your child's mind. Psychological research has shown that secondary school students tend to study best when surrounded by cool shades of green, blue and violet. White or beige has a calming effect red can make you more alert  
■ Use a pinboard to attach your child's timetable and study plan and other memos  
■ Add houseplants to improve the air quality

**CANCEL THE NOISE**  
Noise from your neighbour, traffic or television can be a distraction, so make sure your study area has few of these sounds. Add your noise to make your space more productive, basically music that helps you concentrate.

**STUDY ONLY**  
A study space should be used only for studying. Don't sit there to relax or do anything like watching or chat with your friends. This is important because this space physically represents your dedication and focus.



**BUILD ROUTINE**  
"Success is the sum of small efforts, repeated day in and day out."  
**ROBERT COLLIER**, author

**HEAD START**  
"You don't have to be great to start, but you have to start to be great."  
**Anonymous**

**BOUNCE BACK**  
"I don't measure a man's success by how high he climbs, but how high he bounces when he hits the bottom."  
**George S Patton**, former army general

**LATEST BUZZWORDS EXPLAINED**

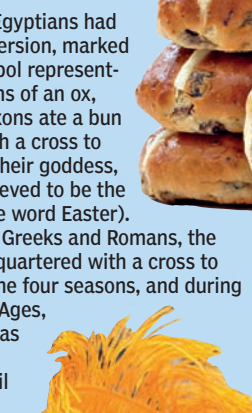
### SEAGANISM

A new trend in the world of nutrition, it means a vegan diet that includes sustainable (using methods which do not harm the environment) fish and seafood. Seaganism has been predicted to be one of the top food trends for 2020. Despite the fact that the term was actually first coined in 2016 by food Writers Amy Cramer and Lisa McComse, it has skyrocketed in popularity over the past year, following the rise of veganism. Those who embrace this eating philosophy follow a strict vegan diet, except they do allow the consumption of seafood. Another key point is that there's a real emphasis on sustainably-sourced products, which means not all kind of fish is included. The vegan diet has become increasingly popular over recent years, particularly for its environmental and ethical appeal, but many people who jumped on the veganism bandwagon have found out that keeping up with protein and omega content isn't as easy as it seems. Many studies highlighted the downsides of a plant-based diet, which lacks in certain vitamins and minerals. As fish and seafoods are known for being great sources of both, vegans are seeing in seaganism the perfect solution to this problem. Searches for "Seaganism" more than doubled in volume on Google since Nov. 2019. Source: fractals.it



## EASTER TRIVIA

- 1. When is Easter?**  
It's the first Sunday after the first full moon that comes right after the Spring equinox.
- 2. What is the Spring Equinox?**  
This marks the astronomical first day of spring in the Northern Hemisphere. The spring equinox falls about March 20 or 21 like this year it was March 20. It occurs when the Sun crosses the equator line, heading north.
- 3. What baked good is a Good Friday tradition in England?**  
Hot cross buns. Archaeologists found early prototypes of hot cross buns in the ruins of Herculaneum, believed to date back to



**4. Which is the world's most famous Easter parade?**  
Easter parade New York on Fifth Avenue street. (Pic right from 2019 parade)

**5. In Switzerland and Germany which animals bring Easter Eggs?**  
A cuckoo and a fox respectively.

**6. Why do some people fast during the 40 days of Lent leading up to Easter?**  
It represents Jesus Christ's sacrifice in wilderness before dying on the cross.

**7. In French tradition, how are Easter eggs believed to be delivered to children?**  
By church bells.

**8. Which other festival in the US trumps**

**9. Which year did the White House Easter Egg Roll tradition start?**  
In 1878. It's said that President Rutherford B Hayes was taking a walk when children approached him asking about a possible Easter egg roll. He loved the idea and it's been a yearly event since then.

**10. What animal is usually associated with Easter? And why?**  
The Easter Bunny. The exact origins of the Easter bunny are clouded in mystery. One theory is that the symbol of the rabbit stems from pagan tradition, specifically the festival of Eostre – a goddess of fertility whose animal symbol was a bunny. According to History.com, the floppy-eared bearer of candy came over with German immigrants. According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." Their children made nests in which this creature could lay its coloured eggs.





# COOL PHRASES YOU MUST KNOW

Photos: Getty Images

Hi folks! We are **HOPPER & CROCKY**. Here are some of the most exciting phrases that will enrich your English vocabulary

## SPLASH OUT

To "splash out" means spending significant amounts of money on a particular item or event.

**EXAMPLE:** Wow – you've really splashed out on this party!

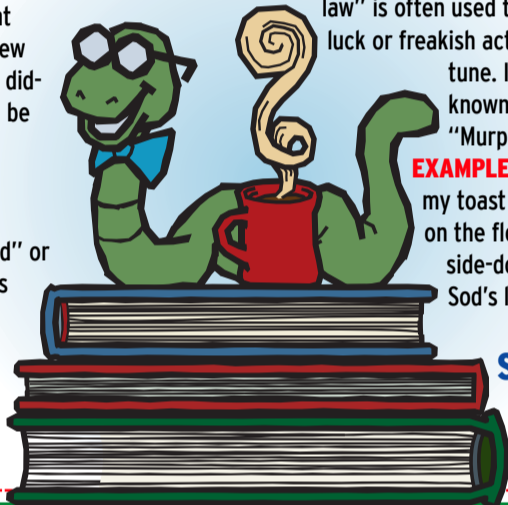
## BLOW YOUR SOCKS OFF

Something which 'blows your socks off' is an astonishingly good thing – to blow someone's socks off is to make a very deep and positive impression.

**EXAMPLE:** That movie really blew my socks off—I didn't expect it to be so good!

## SWOT

Similar to "nerd" or "geek" but less derogatory – someone that takes academic study very seriously



might be described as a "swot."

"Swot" can also be used as a verb. **EXAMPLE:** I haven't seen Tom since he started revising for his exams. He's turned into such a swot! Yeah, he's been swotting like mad for his Spanish exam.

## SOD'S LAW

A British axiom that boils down to the idea that: "If anything can go wrong, then it definitely will go wrong." "Sod's law" is often used to explain bad luck or freakish acts of misfortune. In the US, it is known as "Murphy's law." **EXAMPLE:** Of course my toast had to land on the floor butter-side-down. It's Sod's law.

## SMARTY

Someone that comes across as



scheming or untrustworthy might be described as "smarty." Although the adjective's origins remain largely unknown, early documented uses seem to use the word as synonymous with "smear," further suggesting that someone who is "smarty" is also "slick" or "slippery." **EXAMPLE:** "Don't trust him – he's a smarty geezer."

## SLUMPED

Lacking in energy; usually after a long period of exertion. **EXAMPLE:** Do we

have to go to the dinner party tonight? I'm slumped.

## SKIVE

"Skiving" is the act of avoiding work or school, often by pretending to be ill. "Skive" is derived from the French "esquiver," meaning "to slink away." **EXAMPLE:** He skived off school so we could all go to the amusement park.

## SKEW-WHIFF

Something that is "skew-whiff" is

askew.

**EXAMPLE:** Is it just me or is that painting a bit skew-whiff?

## SHIRTY

Someone short-tempered or irritated might be described as "shirty." The meaning of this slang has been debated at length. The word "shirt" is derived from the Norse for "short," hence short-tempered. However, other people believe that "shirty" has connotations of being dishevelled. **EXAMPLE:** Don't get shirty with me, mister.

## SHAMBLES

A disorganised mess or chaotic environment might be described as a "shambles."

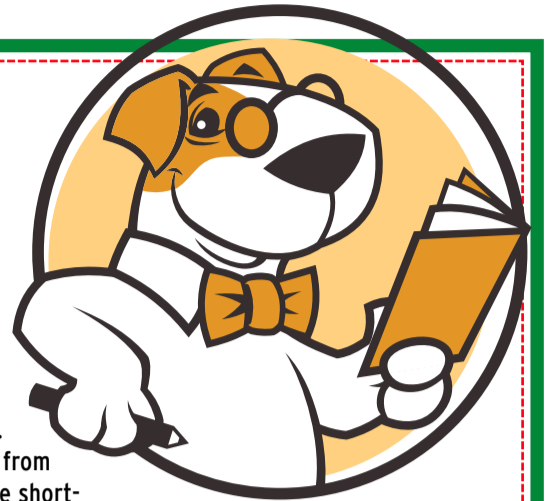
**EXAMPLE:** What's happened here? This is a shambles!

## POPPYCOCK

Something that is nonsense, rubbish, or simply untrue might be described as "poppycock." **EXAMPLE:** What a load of poppycock!

## PEAR-SHAPED

A situation which has quickly evolved into an accident waiting to happen might be described as "gone pear-shaped." The phrase is reportedly old slang from the Royal Air Force and was used to describe awry expeditions and flights. **EXAMPLE:** She was in debt, and when she lost her



job it all went pear-shaped.

## ON IT LIKE A CAR BONNET

This colloquialism might be said by someone that has the situation under control.

**EXAMPLE:** How's the report going, Steve?



Don't you worry, Alan, I'm on it like a car bonnet.

## FULL OF BEANS

Someone that's energetic, lively, or enthusiastic. **EXAMPLE:** You're full of beans this morning!

## BITE THE BULLET

To endure unavoidable painful experience. **EXAMPLE:** At the right time, will bite the bullet and watch!

## Common English words that came from other languages

**ALLIGATOR (SPANISH):** A type of reptile with large teeth and powerful jaws. From Spanish el lagarto, the lizard.

**ANONYMOUS (GREEK):** The word 'anonymous' comes from the Greek word 'anonymos'. Anonymos is defined as something or someone without a name, similar to the English meaning which defines the word as someone who does not reveal their identity.

**BALLET (FRENCH):** This is a form of dance that is popular throughout much of the world.

**CONFETTI (ITALIAN):** Small pieces of coloured paper that are scattered in the air during celebrations. From Italian confetto (candy), from the custom of throwing candy on festive occasions.

**SKIPPER (DUTCH):** This comes from the



Dutch "schipper".

**VIGILANTE (SPANISH):** A member of a self-appointed group who undertake law enforcement in their community.

**KINDERGARTEN (GERMAN):** Refers to a preschool for young children.

**MOSQUITO (SPANISH):** The insect's name means "little fly" in Spanish.

**HOI POLLO (GREEK):** The often-derogatory phrase for common folk is lifted from the ancient Greek words for "the many."

**KARAOKE (JAPANESE):** Karaoke is a form of entertainment in which a machine plays the tunes of songs, and people take it in turns to sing the words. It comes from Japanese kara + oke.

**EXAMPLE:** The union has been fighting a war of nerves with the management over pay.

## WAR OF WORDS

**MEANING:** An argument between two people or groups. **EXAMPLE:** The war of words between the two countries hasn't ceased to for a long time.

## FIGHT AN UPHILL BATTLE

**MEANING:** When you fight an uphill battle, you have to struggle against very unfavourable circumstances. **EXAMPLE:** I'm terrible at maths, so I have a real uphill battle ahead of me if I want to improve my score in Algebra.

## ON THE WARPATH

**MEANING:** Hostile or belligerent mood. **EXAMPLE:** The voters are on the warpath and in this election they will teach the current political dispensation a lesson.



## IDIOMS ON WAR...

### TUG OF WAR

**MEANING:** A struggle for supremacy or control usually involving two antagonists. **EXAMPLE:** There was never a situation of a tug of war between us.

### DOUBLE-EDGED SWORD

**MEANING:** Something that has or can have both favourable and unfavourable consequences. **EXAMPLE:** This much freedom of expression and opinion can be a double-edged sword.

### WAR OF NERVES

**MEANING:** Psychological warfare used to wear down an adversary's resolve through fear tactics.

## WORDS YOU NEED TO USE CORRECTLY

### SIMPLISTIC

Simplistic means "naively or overly simple," not "simple" or "pleasingly simple."

**EXAMPLE:** His simplistic answer suggested he wasn't familiar with the material. / She liked the chair's simple look.

### VERBAL

Verbal means "in linguistic form." It does not mean "oral" or "spoken."

**EXAMPLE:** Visual memories last longer than verbal ones.

### RUNNERS-UP, PASSERS-BY

The meaning is usually correct here, it's the word itself that's wrong—people often incorrectly say "runner-ups" and "passer-bys." The correct plural form of the words "runner-up" and "passer-by" are "runners-up" and "passers-by." (Note: "passerby" and "passersby," without the

hyphen, are also correct spellings.)

Runners-up are people who did not win in a contest, but did well enough to deserve a mention. Passersby (or passers-by) are people who happened to be walking by some place.

**EXAMPLE:** The ten runners-up will receive a book token. **EXAMPLE:** A passerby saw the accident and offered help.

## 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 master the English language. Just shoot us your queries on [toinie175@gmail.com](mailto:toinie175@gmail.com)







# Why Zack Snyder's Justice League is leagues apart

Watch this 4-hour version to get over the disappointment of 'Justice League' released in 2017

The Marvel vs DC fan war heats up every time either a Marvel or DC movie is about to release. But comic book and superhero fans, despite their individual preferences, never really let go of an opportunity to watch a superhero movie on the big screen – be it 'Justice League', 'Batman v Superman', 'Wonder Woman', 'Black Panther', 'Avengers', 'Iron Man' or 'Captain America'...

But when 'Justice League' released, fans all over the world felt let down. 'Justice League', like the 'Avengers', is a story that brings various superheroes of DC world together to fight an evil

that's too big to be fought individually.

### What happened?

It all started with online chatter. There were rumours of Zack Snyder, the director when production started, in possession of a special cut of the movie with him, which he kept to himself when he exited the project.

### Why did he exit?

Snyder, who had previously directed 'Man of Steel' and 'Batman v Superman' in the DC Extended Universe (DCEU), left the project after citing "creative differences with the

studio". Things took a really tragic turn for the director personally too. His daughter died. Snyder finally left the production.

Director Joss Whedon of 'Buffy the Vampire Slayer' and 'Avengers' fame, was brought in to finish 'Justice League', albeit, with disastrous results. The jokes fell flat. The VFX was a complete failure. The story seemed disjointed. And worse, considering that DC didn't have any background story of the superheroes that came together to fight Steppenwolf, no one could identify with Flash and Cyborg, two very powerful superheroes of the DC Universe.

### The fandom effect

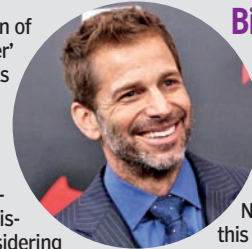
The next three years, fans of the DCEU became relentless even as #SnyderCut started gaining popularity and trended worldwide. Subreddits were constantly dedicated to the release of 'Snyder Cut'. At one point, the movement snowballed into gigantic billboards at the Times Square in New York! Last year, during the lockdown, Warner

Bros finally announced that they were releasing the 'Snyder Cut', and that the director was given full creative freedom and an ambitious budget of \$70 million (₹507 crore) to reshoot his intended cut!

### What critics say about SnyderCut

'The Telegraph's' Robbie Collin said: "In a genre increasingly hidebound by formula, it stands as a monument to exceptionalism that itself feels exceptional." 'Slate's' Karen Han wrote that while "ridiculous and excessive", the reworking "makes me long to return to a multiplex – to see more movies that commit so completely to a vision". 'The Guardian's' Peter Bradshaw also praised the refreshed feel of the new version, with its "new chiaroscuro look, new backstories, new minor characters and a new, disturbing ending".

### Bigger villain, better story



The origin story apart, one of the biggest differences in 'Zack Snyder's Justice League' is the introduction of Darkseid. Now who is he? Let's make this simple. If you think Thanos was one of the biggest villains of Marvel Universe, you know nothing yet. Armed with the Anti-Life Equation, the Dark Lord of Apokolips and father of Orion, Darkseid, seeks to control all sentient life throughout the universe and beyond.

In the known DC Multiverse, his name stands above all when it comes to supreme villainy. Ruling over the hellish world of Apokolips, Darkseid doesn't just mean to conquer planets or subjugate his enemies—he seeks to rob the entire universe of its free will and replace it with his own! His character was added in the SnyderCut.

What are you waiting for? Watch it already.



### FUN FACT

## They are related!

**Steven Spielberg and Jessica Capshaw:** Steven Spielberg, the most successful Hollywood director of all time, is stepfather to Jessica Capshaw, who's appeared on the small screen on 'Grey's Anatomy' and 'The Practice'. Spielberg has been married to Jessica's mom, 'Indiana Jones and the Temple of Doom' actress Kate Capshaw, since 1991.

**Julia Roberts and Emma Roberts:** She is the world's coolest aunt. Superstar Julia Roberts is just that to Emma Roberts, her brother Eric's daughter. Eric Roberts, also an actor who has appeared in movies like 'The Dark Knight', is said to have a rocky relationship with his sister, but Julia and Emma are apparently extremely close. Emma's star continues to ascend with roles in the television series 'American Horror Story' and 'Scream Queens'.

**Jason Momoa and Zoë Kravitz:** This is one genetically gifted family. Jason Momoa, or Aquaman, is Zoë Kravitz's stepdad. Zoë, who last appeared in HBO's smash series 'Big Little Lies', is the daughter of Lisa Bonet, all grown up from her days as Denise Huxtable on 'The Cosby Show'. Zoë's dad is Lisa's former husband, rocker Lenny Kravitz.

## ROLE PLAY

Chances are you've probably seen actor Warwick Davis a lot more than you think



Did you know that English actor Warwick Davis played three different characters over the course of the eight-film Harry Potter films. He started by playing Professor Flitwick in the first Harry Potter movie, 2001's 'Harry Potter and the Sorcerer's Stone'. In that same movie, Davis also appeared as a Goblin Bank Teller in the scene where young Harry followed Hagrid to Gringotts Bank. Later on in the series, Davis played Griphook, a goblin from Gringotts who helps Ron, Hermione and Harry break into Gringotts to steal something very valuable. By the way, Davis has played several characters in the Star Wars universe, including Wald in 'Star Wars: The Phantom Menace', Wicket in 'The Force Awakens', Weeteef Cyubee in 'Rogue One' and Wodbin in 'The Last Jedi'.

'Star Wars' actor Warwick Davis is 51 years old. He's also a presenter, writer and director

### WOMEN OF LITERATURE

## Madame d'Aulnoy

She coined the word 'fairy tale'

**Who was she?** Marie-Catherine Le Jumel de Barneville, the Comtesse d'Aulnoy, was born in 1652. She had a very eventful life before she became an author at 39.

### What did she do?

She coined the word 'fairy-tale'... 'Conte de fées' in 1697-98 with the publication of her first collection of fairy-tales titled 'Les Contes des fées, I-III'. She used the word 'fairy' because most of her tales contain a meddlesome fairy. If you're wondering why so many fairytales have no fairy in them, it's because her very appropriately-used term came to be identified with any fantastical tale with folkloric roots, regardless of whether it had a fairy or not.



### Why doesn't anyone know her?

Despite being a hugely popular writer in 17th and 18th century France, the French female writer's work has rarely appeared outside of anthologies.

### Where can I read her stories?

'The Island of Happiness', a gorgeously illustrated collection of eight of her fairytales was translated and edited by Jack Zipes with drawings by Natalie Frank. The title story, 'The Island of Happiness' is about a man who falls in love with a goddess on an island of happiness but refuses to be content with love alone.

# Reading with the LITTLE ONES

**A LITTLE SPICE IS EXTRA NICE BY SRUTHI VIJAYAN AND ILLUSTRATED BY SANJANA RANJIT**

Little Annie loves cooking up a storm with her grandfather, Appoan, in the kitchen. When they run out of spices, they dash off to Kerala's amazing spice market in Mattancherry to refill their spice box. Not only does Appoan introduce Annie to the flavours, smells and stories of the wonderful world of Indian spices; he also makes her meet the people who are responsible for bringing the spices to our kitchen table. This picture book is a great introduction to the delicious world of food for readers six years and above.

**CLOCK IN THE JUNGLE BY KETKI PANDIT, ILLUSTRATED BY SNEHA UPLEKAR**

Do animals live life according to a clock? Absolutely not. So what do they do in a day? To find the answer, read this illustrated picture book that introduces young readers (6-years-old and above) to the world of wildlife in the Western Ghats. It includes a small quiz at the end that will help children retain the information.

**THE STORY QUILT: REGIONAL CHILDREN'S STORIES FROM INDIA**

Eight children's stories from across India, some that have been translated from Assamese, Gujarati, Kannada, Kashmiri, Konkani, Maithili, Punjabi and Sindhi. The stories are accompanied by illustrations that showcase the popular art styles from each of these regions. The editor, Harshika Udasi, is a well-known journal-

ist who has previously penned many children's books, including 'Friends Behind Walls' and 'Kitu's Very Mad Day', which won the FICCI Best Children's Book Award (English) 2017.

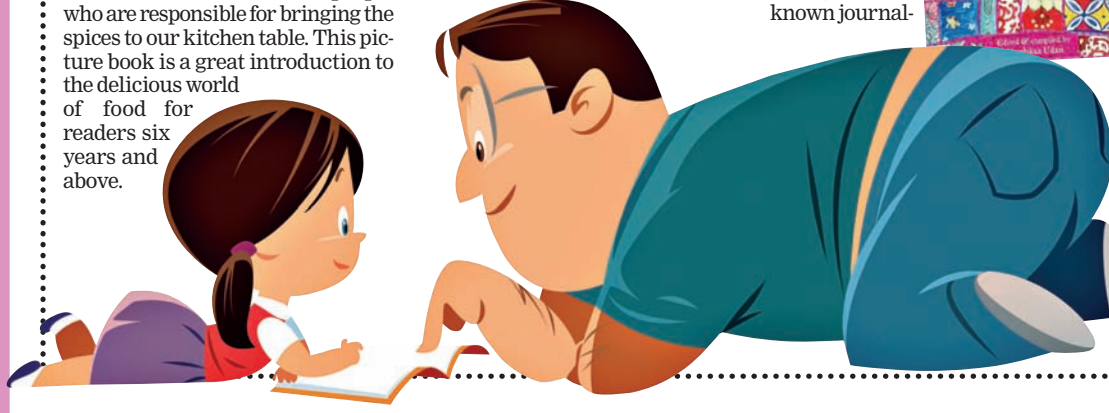
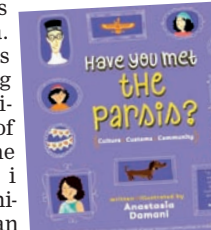
**HAVE YOU MET THE PARSIS? BY ANASTASIA DAMANI**

One of the first books in the 'Have You Met the Parsis?' series, this one directs the spotlight on the culture and lives of one of lesser-known communities of India. Besides tracing the origins of how the Parsi community left Iran and made a home in India, the book introduces Parsi food, festivals, and attire through a family to the readers. The Theatrewalas comprise of Uncle Cyrus and Auntie Jeroo; their three kids, big brother Darius and twin sisters Farah and Freya; and the sixth member of the family, Twiggy Theatrewala, the dachshund. Go for it dikras and dikris!



**PRINCE WITH A PAINTBRUSH: THE STORY OF RAJA RAVI VARMA**

When other children were busy playing hopscotch with friends, seven-year-old Ravi Varma — born on April 29, 1848, in a village in Kerala — was painting on the walls of his house. His love for painting, frowned upon by his elders, was nurtured by his uncle Raja Raja Varma, who took him to the court of the Maharaja of Travancore to study and practise art. Through this children's book, author-poet Shobha Tharoor Srinivasan hopes to inspire young readers to learn about the famed artist, and how he made his entry and mark in the art world.





# YO-YO

**Skillfull or not, there is no way you can avoid a Yo-Yo test if you are playing for the Indian cricket team. Skipper Virat Kohli and coach Ravi Shastri have been adamant that unless a player passes the test, he cannot be part of the national squad**



## So what is all the Yo-Yo hullabaloo about?

The Yo-Yo test was conceptualised by former Danish player and Juventus assistant coach Jens Bangsbo, for footballers. According to some reports, former India coach Anil Kumble was the one who got this test introduced to the Indian cricket team. Here's what it entails:

**1** The test is used to evaluate an individual's aerobic endurance fitness.

**2** The Indian cricket team regularly undergoes a series of fitness tests and the BCCI isn't the only body to rely on the 'Yo-Yo' endurance test. The Australia and England cricket teams too analyse players' fitness using this test.

**3** There are two versions of the test, level one for beginners and level two for advanced. The level two fitness test involves cones placed to mark out two lines, 20 meters apart. The player has to run between the lines and turn when the beep goes off. The pace of the beeps quicken after each minute and if the player does not reach the line in time, he

or she must catch up within two more beeps.

**4** The test is considered 'stopped' if the person fails to catch up with the pace of the beeps. The entire process is software-based and the results are recorded.

**5** The same test, when used for football and hockey players, produce different results and have a higher benchmark as the speed and endurance level involved with the sports differ.

**6** While the BCCI has kept 19.5 as the par score for the players to pass the test, it was reported that Yuvraj Singh could only manage to score 16, which is way below par. Virat Kohli and Manish Pandey aced the test, with a score of 19 and 19.2, according to reports.

## Do our rivals also sit for a Yo-Yo test?

While India has set its score at 16.3, England and New Zealand, according to a 'Mirror' report, have set 19 as their Yo-Yo score. Australia decided to drop it four years ago. For South Africa, it is 18.5, and for the Sri Lankan and Pakistan, it is 17.4.

## 3 players who have beaten Kohli's yo-yo test score

**Manish Pandey**  
 As per a report in PTL, Pandey had scaled Kohli's Yo-Yo test score in 2017. He touched the 19.2 mark while Kohli recorded a score of 19.



**Mayank Dagar**  
 The former India U-19 spinner had shared his Yo-Yo test score in 2018. Dagar had revealed that he touched the mark of 19.3 in the test.



**Karun Nair**  
 While his official Yo-Yo test score is not known, Nair had revealed that he was called as the fittest cricketer by Team India's former trainer Shankar Basu.



## Special mention

**Sardar Singh (Former Hockey captain)**  
 Dropped from the national team due to lack of pace, Sardar Singh worked on fitness and record the touched new heights by recording a yo-yo test score of 21.4. Interestingly, he broke his own record of 21.3 on that occasion.



## Team management has complete freedom to decide over Yo-Yo test

The Yo-Yo Test is here to stay. If you can pass it, well and good. If not, you can take a walk. There is no room for error: The captain is leading from the front.



**Ravi Shastri, India coach**

Every team management should have the freedom to make its own decisions. If Virat Kohli, Ravi Shastri and the trainers feel that's the way, so be it. We don't need to poke our noses all the time. If they demand, the captain of the India team and trainers demand that we need to be at this (fitness) level, so be it. If you want to do it with the senior team, might as well do it when you are young. It makes it a lot easier.



**Sourav Ganguly, former skipper and current BCCI chief**

This Test was very important from fitness point of view. If we talk about global fitness level, our fitness level is still low compared to other teams and we want to take it up, which is a basic requirement. I'm the one who goes to run first and this is the condition that if I fail that I am also not available for selection. It is important to set that culture and it will lead to improvement in overall fitness levels.



**Virat Kohli, India captain**

## Match fitness should be the criteria, not Yo-Yo

If a player is match fit, he should be playing and there should not be any other criteria. Even football legend Diego Maradona wasn't the fastest runner but whenever he had the ball, he was the fastest. Similarly, every cricketer has a different way of responding to fitness drill. A bowler can perhaps clear the Yo-Yo test more easily than a batsman. But this isn't the ultimate test to judge a player. It comes down to your performances on the field and cricketers should be judged only on the basis of their on-field performances.



**Kapil Dev, former India skipper**

Look, I am not against fitness being a criteria... but I find it very absurd that a player is dropped for failing the Yo-Yo test after he has been picked in the squad. This way, you are disturbing the balance of the team; you are playing with the career of a cricketer. Like in Test cricket, where a player is given two innings to prove himself, even in the case of Yo-Yo tests, he should be given two chances. If a player isn't able to clear the test, give him

another crack at it a few hours later, or the next day.

**Sandeep Patil, former India player**

If a sport requires multiple fitness components, how can you chuck someone out on the basis of just one fitness component. There's no guarantee that one can't pick up an injury after clearing a Yo-Yo test. You need to count mobility, flexibility, strength and power too. Secondly, a fast bowler requires explosiveness, power. A spinner needs endurance. A Yo-Yo test measures cardio-vascular endurance.



It's not fair to drop a pacer because of this factor. I need to see various components like power, strength to judge his fitness. A Yo-Yo test is one of the tests to measure a player's fitness. You can't judge a person's fitness on just this test. It's like a batsman keeps practising a cover drive, but doesn't know how to play a sweep shot. If I keep doing bench press, I'll lift more weight in a few weeks' time, but will it help me become a better cricketer? You've to look for cricket-specific tests, like 'run a three,' which we used to do. From what it appears, only Yo-Yo is being considered as a mandatory test.

**Amogh Pandit, former trainer Mumbai team**

## Be careful while using Yo-Yo Test for selection, says inventor Dr Jens Bangsbo

You have to be careful about using this as the sole test for selection. You have to be always careful in using it as a selection criteria in sport like cricket. It's not bad, though, to have a lower level (16.1 is lower spectrum) as everybody needs to have a minimum level of fitness. But whether you should use this for selection criteria is up to the federations but I would say you have to be careful;

as there are other qualities that one seeks in a sportsman.

Since the level (16.1) isn't that high, I can sense that they are expecting a minimum fitness level in their players. You may say that a player can perform well despite not reaching that level but as a team, if it wants a certain minimum fitness level as part of its culture, 16.1 isn't tough.

**Dr Jens Bangsbo, Yo-Yo test inventor**

Yuvraj was left out of the Indian team in 2017 because he failed to attain the Yo-Yo test passing mark







# THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

▶ Board exams are round the corner. Revise your syllabus by solving mock papers. This week, we bring you maths & chem paper  
**PAGE 2**



▶ A subject can be fun to read, if taught in an interesting way. Our experts tell us how  
**PAGE 3**



▶ Can Chennai SuperKings script a turnaround this IPL?  
**PAGE 4**



STUDENT EDITION

FRIDAY, APRIL 2, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

## ACTION REACTION



"I FEEL TODAY'S GENERATION LACKS CONNECTIVITY WITH OUR CULTURE AND ROOTS"

—Amitabh Bachchan, actor, on Holi songs and Holi becoming irrelevant

The BIG Q

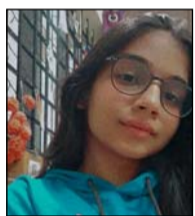
HAVE WE LOST TOUCH WITH OUR ROOTS? HOW CAN WE RECONNECT...

### 1 CONVERSE WITH THE OLDER GENERATION



The problem lies not in the infusion of western elements in our culture, rather it stems from a lack of confidence in our own culture. To reinforce the majesty of our heritage, vernacular languages, rediscovery of local literature and culture clubs must be encouraged. Further, conversing with the older generation at home will nurture and keep the cultural connect intact.

Ashish Singh, class XII, St Augustine's School, Shyamnagar, West Bengal



which not many of us are aware of. We take pride in the pseudo-cultural practices of the West. Students should be given cultural and social education so that the beauty of our culture is passed on to us. Secular epics like the Bhagwad Gita and historical events can be beautifully linked to cultural aspects. This will also create patriotic awareness among all the students.

Samridhi Guha, class X, Litera Valley Zee School, Hosur, Bengaluru

### 2 PARTICIPATE ACTIVELY IN CULTURAL FESTIVALS



We can stay connected to our culture by reading and learning about its different aspects from our elders. Parents, elders and schools should organise trips to places of historical and cultural significance from time to time. Besides, this generation should be encouraged to participate in various cultural events, fests, and other related events to stay connected to their roots.

Devina Singh, class XII, Shikshantar School, Gurgaon



Ours is a land of different cultures and traditions. The best way to make children stay connected with our culture is to raise them by imbuing good moral and ethical values and teaching them about own culture, traditions, festivals and languages. They need to be so strong so that they remain connected to their roots wherever they go in life. Acceptance of every religion and participation in all the cultural events around us can also help children to stay connected to our culture.

Aarush Abhilash, class V, JNS-Giftcity, Gandhinagar

### 3 CULTURAL AND SOCIAL EDUCATION, NEED OF THE HOUR

Our country has a diverse culture,

Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com)

## COMING SOON: JABS FOR THE YOUNG

Pfizer claims its vaccine is 100% effective in teens

Pfizer and BioNTech said, their Covid-19 vaccine was safe and 100 per cent effective in preventive symptomatic cases in adolescents as young as 12...



**KEEP IN MIND:** Though children have been largely spared of severe illness due to Covid-19, the infection can sometimes lead to rare and dangerous complications, such as Multisystem Inflammatory Syndrome (MIS-C) or Kawasaki-type diseases, warn experts

#### THE SIGNIFICANCE

- The data will be submitted to the US Food and Drug Administration (FDA) and the European Medicines Agency (EMA) to seek an emergency use authorisation
- Pfizer is also conducting separate trials on infants as young as six months

#### OTHERS

- Early results from Moderna's trials on adolescents above 12 are also expected soon. It is also testing its vaccine on children as young as six months
- AstraZeneca began testing its vaccine in Britain in children of six years and older.
- Johnson & Johnson is also set to begin similar tests soon

## Education

### Pokhriyal launches 100 comic books created by teachers, students of CBSE schools

Union education minister Ramesh Pokhriyal 'Nishank' has launched over 100 comic books created by teachers and students of CBSE schools, and curated by the NCERT. The comics can be accessed online on DIKSHA web portal ([diksha.gov.in](http://diksha.gov.in)) or via the DIKSHA app on any android smartphone. The comics can also be accessed through a new WhatsApp powered chatbot, which presents an opportunity to expand the scope of digital learning.

The comics are aligned with the topics of National Council of Educational Research and Training (NCERT) textbooks, and have specific storyline and characters, which students and teachers can relate to



### Dwayne Johnson announces 'Black Adam' release date

Hollywood star Dwayne Johnson has finally revealed the release date of his highly-anticipated DC verse movie 'Black Adam'. The film based on the DC comic character of the same name is slated to come out on July 29, 2022. The 'Rampage' star also posted the release date of the upcoming movie on his Instagram handle, along with a video of his voiceover blasting in Times Square. In the caption, he wrote, "A disruptive and unstoppable global force of a message from the man in black himself, BLACK ADAM is coming, July 29, 2022." The news comes after it was recently announced that Pierce Brosnan will be portraying the role of the classic DC sorcerer Dr Fate.

- 'Black Adam' follows the story of the anti-hero of the same name, played by Johnson. The character of Black Adam first appeared in DC Comics in the 1940s as a power-corrrupt villain, and slowly became an anti-hero by the 2000s,
- known for his disregard of rules and conventions
- The movie will also be a spinoff of 2019's 'Shazam!', which is getting a sequel, 'Shazam! The Fury Of The Gods'. Shazam and Black Adam are arch-rivals in the DC Universe



Save The DATE

## No charging of electronic devices on board trains at night: Railways

The Indian Railways has decided to disallow passengers from using mobile charging stations onboard trains between 11 pm and 5 am as a precautionary measure against the spread of fire, senior officials said. This comes after recent incidents of fire reported in some trains.

- Many incidents of minor fires, reported onboard long-distance trains, were caused due to over-charging of electronic devices, officials said
- Recently, a coach of the Dehradun-bound Shatabdi Express caught fire in a suspected case of a short circuit on March 13. Barely six days later, a fire broke out in the engine of a static goods train at the Ranchi station
- The Railways has also announced a slew of initiatives against smoking and carrying

### TAKE IT OR FACE IT



inflammable items, which were apparently also the cause behind some of the recent fires onboard trains

APRIL 2

## WORLD AUTISM AWARENESS DAY

April 2 is observed as the World Autism Awareness Day to raise awareness about people with autistic spectrum disorders, a neurological condition, and accept them with their strengths and challenges.

- According to experts, it is the responsibility of all the educated people in the society to teach their children, how to interact with autistic kids in their school and neighbourhood
- Basic values of being empathetic and compassionate need to be instilled into all the children, as they are the ones, who would soon hold the reins of a generation, they feel
- Experts feel regular kids also need to be taught to appreciate the beauty in 'being different'

**LIGHT IT UP BLUE:** Every year, on April 2, landmarks around the globe light up blue, in honour of the World Autism Awareness Day. JOIN THEM FROM YOUR HOME BY LIGHTING UP YOUR HOME BLUE, AND BY WEARING BLUE!

Despite having some extraordinary strengths, autistics are one of the greatest untapped reservoirs of abilities. Usually labelled as 'disabled', they lack conducive opportunities for them to shine, mostly due to the lack of awareness among the general population. It's time we shed labels and open our minds and hearts to understand autism. Awareness brings acceptance and acceptance leads to inclusion. All they need is an opportunity to feel heard, understood and accepted. Inclusion will follow

DR SONALI KATARIA, autism specialist, founder of a school for autistic children, and mother of an ASD child

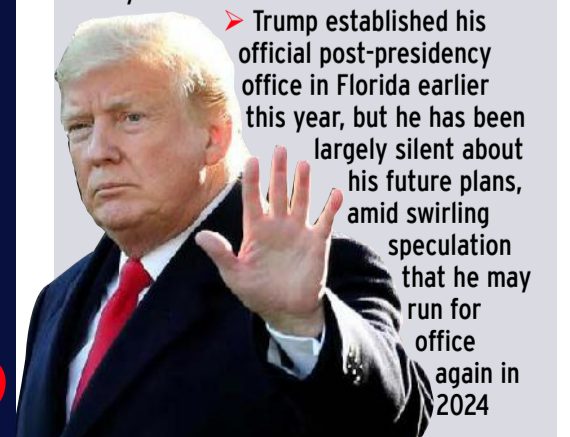


## Trump launches his own website

Former US President Donald Trump and former First Lady Melania Trump has launched an official website [www.45office.com](http://www.45office.com). The website, meant to allow his supporters to request their participation in events, submit letters and ask for personalised greetings, contains a page summarising Trump's time in the White House as well as another page where his supporters can submit comments to the former president.

BUZZ

- ▶ This comes after Trump was banned from the social media platforms Twitter and Facebook, following the deadly insurrection at the US Capitol on January 6 this year
- ▶ Trump established his official post-presidency office in Florida earlier this year, but he has been largely silent about his future plans, amid swirling speculation that he may run for office again in 2024





# FIND THE SUM TOTAL OF YOUR MATH SKILLS



**EXAMS**  
**Rfun**

CLASS: X - 2020-21

SUBJECT:

MATHEMATICS (CBSE)

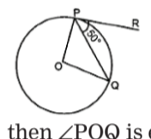
Time Allowed: 3 Hours

Maximum Marks: 80

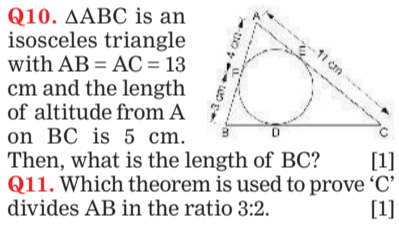
## PART-A (SECTION-I)

Section I has 16 questions of 1 mark each.

- Q1. If  $x=2^3 \times 3^5$ ,  $y=2^2 \times 3^3$ , then find HCF  $(x,y)$  [1]  
 Q2. Find the values of 'k' for which the quadratic polynomial  $kx^2+x+k$  has equal zeros [1]  
 Q3. For what value of k do the equations  $kx-2y=3$  and  $3x+y=5$  represent two lines intersecting at a unique point? [1]  
 Q4. The area of a rectangle gets reduced by 9 square units if its length is reduced by 5 units and the breadth is increased by 3 units. If we increase the length by 3 units and breadth by 2 units, the area is increased by 67 square units. Form linear equations to represent this situation. [1]  
 Q5. For what value of 'p' are  $2p+1$ ,  $13$  and  $5p-3$  in A.P.? [1]  
 Q6. Find the nature of roots of the quadratic equation  $2x^2-\sqrt{5}x+1=0$  [1]  
 Q7. Find the value of k for which the quadratic equation  $kx(x-2)+6=0$  is a perfect square [1]  
 Q8. In the figure PA and PB are tangents to the circle with centre O. If  $\angle APB=60^\circ$ , then  $\angle OAB$  is [1]



- Q9. In figure if O is centre of a circle, PQ is a chord and the tangent PR at P makes an angle of  $50^\circ$  with PQ, then  $\angle POQ$  is equal to [1]



- Q10.  $\triangle ABC$  is an isosceles triangle with  $AB=AC=13$  cm and the length of altitude from A on BC is 5 cm. Then, what is the length of BC? [1]  
 Q11. Which theorem is used to prove 'C' divides AB in the ratio 3:2. [1]



- Q12. If  $4 \tan A = 3$ , then find  $\frac{4 \sin A - \cos A}{4 \sin A + \cos A}$  [1]  
 Q13. If  $\sin \theta - \cos \theta = 0$  then the value of  $\sin^4 \theta + \cos^4 \theta$  [1]  
 Q14. The length of the minute hand of a clock is 14 cm. Find the area swept by the minute hand from 10:10 am to 10:25 am. [1]  
 Q15. Find the maximum volume of a cone that can be carved out of a solid hemisphere of radius 2.1 cm. [1]  
 Q16. Two different dice are rolled to-

PAPER SET BY DEPARTMENT OF MATHEMATICS, ASSISI VIDYANIKETAN PUBLIC SCHOOL, KAKKANAD, ERNAKULAM



gether. Find the probability of getting the sum of numbers on two dice to be 5. [1]

## SECTION-II

Case study based questions are compulsory. Attempt any four sub parts of each question. Each subpart carries 1 mark

- Q17. An eagle's picture is drawn on a Cartesian plane. Observe the picture carefully and answer the following questions [4]



- i) The co-ordinates of wing A and wing D are \_\_\_\_\_ respectively  
 (a) (-3,4) and (-4,3) (b) (-3,4) and (0,4)  
 (c) (-3,4) and (4,0) (d) (4,-3) and (0,4)  
 ii) The co-ordinates of beak B and leg C are \_\_\_\_\_ respectively  
 (a) (-4,3) and (-1,-4) (b) (-2,-4) and (-4,3)  
 (c) (-4,-2) and (-4,-2)  
 (d) (-4,-3) and (-2,-4)  
 iii) The distance between wing A and Wing D is \_\_\_\_\_  
 (a)  $\sqrt{2}$  (b) 3 (c)  $\sqrt{65}$  (d) none of these  
 iv) What is the distance of beak B from the origin  
 (a)  $\sqrt{5}$  (b) 5 (c)  $4\sqrt{2}$  (d) None of these  
 v) What is the midpoint of leg C and wing D?  
 (a) (0,0) (b) (-1,1)  
 (c) (-3,2) (d) None of these

- Q18. A survey was conducted by a group of students as part of their environment awareness programme, in which they collected the following data regarding the number of plants from families in a flat complex near their school. [4]

Number of plants	0-10	10-20	20-30	30-40	40-50
Number of flats	9	13	15	10	14

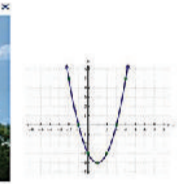
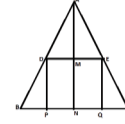
- i) What is the lower limit of Modal Class?  
 (a) 20 (b) 30 (c) 15 (d) none of these  
 ii) Find the Modal number of plants.  
 (a) 23.75 (b) 26.25 (c) 33.75 (d) 3.84  
 iii) Find the median class.  
 (a) 10-20 (b) 20-30 (c) 30-40 (d) 40-50  
 iv) How many families have less than 40 plants?  
 (a) 36 (b) 46 (c) 15 (d) none of these  
 v) From how many families have children collected the data?  
 (a) 50 (b) 46 (c) 60 (d) none of these  
 Q19. An A-frame house is a building with a tall, triangular roof that resembles the capital letter "A." Typically, an A-frame is a two-storied or three-storied house. [4]

- A-frame houses are among the simplest homes to design, engineer, and build. Its design has similar triangles and rectangles.



In triangle ABC, if  $DE \parallel BC$  and AN is the median answer the following questions

- i) If  $AD=4$  cm,  $BD=6$  cm and  $AM=2.4$  cm then find AN  
 (a) 3.6 cm (b) 7 cm  
 (c) 3.4 cm (d) none of these  
 ii) If  $AD=3$  cm,  $AB=9$  cm and  $BC=6$  cm, then  $DE=?$   
 (a) 4 cm (b) 3 cm (c) 1 cm (d) 2 cm  
 iii) If  $\angle BAC=60^\circ$  and  $\angle ADE=50^\circ$ , then  $\angle C=?$   
 (a)  $70^\circ$  (b)  $75^\circ$  (c)  $85^\circ$  (d)  $40^\circ$   
 iv)  $\triangle ABC \sim \triangle ADE$  and the perimeters of  $\triangle ABC$  and  $\triangle ADE$  are 30 cm and 18 cm respectively. If  $DE=6$  cm then  $BC=?$   
 (a) 9 cm (b) 10 cm (c) 3.6 cm (d) 12 cm  
 v) If  $AD:BD$  is 2:3 find the ratio of  $AM:AN$   
 (a) 2:3 (b) 4:9 (c) 3:2 (d) 2:5  
 Q20. We find these kind of structures in buildings and bridges. If it is drawn in a Cartesian plane it is called parabola. [4]



Observe the parabola and answer the following questions

- i) Parabola is the graphical representation of  
 a) linear polynomial b) quadratic polynomial c) cubic polynomial d) bi-quadratic polynomial  
 ii) How many zeroes does the polynomial representing this curve have?  
 (a) 1 (b) 0 (c) 3 (d) 2  
 iii) What are the zeroes of the polynomial given in the graph?  
 (a) 0, -3 (b) -1, 3 (c) -3, -1 (d) 1, -3  
 iv) The polynomial formed using the zeroes of the above parabola is  
 (a)  $x^2-2x-3$  (b)  $x^2+2x-3$   
 (c)  $3x^2-2x+3$  (d) none of these  
 v) What is the maximum number of zeroes a Quadratic polynomial can have  
 (a) 1 (b) Infinite (c) 3 (d) 2

## PART-B (SECTION-III)

- All questions are compulsory. In case of internal choices, attempt any one.  
 Q21. In a school there are two sections - section A and section B of class X. There are 32 students in section A and 36 in section B. Determine the minimum number of books required for their class library so that they can be distributed equally among students of section A and section B. [2]  
 Q22. Find the coordinates of the points

- of trisection of the line segment joining the points A(2,-2) and B(-7,4) [2]  
 Q23. If one zero of the quadratic polynomial  $f(x)=5x^2+13x+k$  is reciprocal of the other, find the value of 'k' [2]  
 Q24. Draw a pair of tangents to a circle of radius 5 cm which are inclined to each other at an angle of  $60^\circ$   
 Q25.  $\sqrt{3} \tan 2x = \cos 60^\circ + \sin 45^\circ \cos 45^\circ$ , find x [2]  
 Q26. A quadrilateral ABCD is drawn to circumscribe a circle. [2]  
 Prove that  $AB+CD=AD+BC$

## SECTION-IV

- Q27. Prove  $\sqrt{2} + \sqrt{3}$  is irrational. [3]  
 Q28. Find the value of k for which the roots of the quadratic equation  $3(k-12)x^2+2(k-12)x+2=0$  are real and equal [3]  
 Q29. In the below figure, ABC is a quadrant of a circle of radius 14 cm and a semi-circle is drawn with BC as diameter. Find the area of the shaded region. [3]  
 Q30. The perpendicular from A on side BC of a  $\triangle ABC$  intersects BC at D such that  $DB=3$  CD. Prove that  $2AB^2=2AC^2+BC^2$  [3]  
 Q31. Find the median height of 60 students from the following data: [3]

Height (in cm)	120-125	125-130	130-135	135-140	140-145	145-150	150-155
No. of students	2	8	12	20	8		

- Q32. The mean of the following distribution is 25.2. Find the missing frequency 'x'. [3]

Classes	Frequency
0-10	x
10-20	10
20-30	11
30-40	8
40-50	5

- Q33. From a point on a bridge across a river, the angles of depression of the banks on opposite sides of the river are  $30^\circ$  and  $45^\circ$ , respectively. If the bridge is at a height of 3m from the banks, find the width of the river. ( $\sqrt{3}=1.732$ ) [3]  
 Q34. The angle of elevation of Jet plane from a point A on the ground is  $60^\circ$ . After a flight of 30 seconds, the angle of elevation changes to  $30^\circ$ . If the jet plane is flying at constant height of  $3600\sqrt{3}$  m, find the speed of the jet plane in km/hr. [5]  
 Q35. Water in a canal, 6 m wide and 1.5 m deep, is flowing with a speed of 10 km/h. How much area will it irrigate in 30 minutes, if 8 cm of standing water is needed? [5]  
 Q36. 8 men and 12 boys can finish a piece of work in 10 days while 6 men and 8 boys can finish in 14 days. Find the time taken by one man alone and that by one boy alone to finish the work. [5]

## SECTION-V

# Get charged to shine in chemistry

SAMPLE PAPER SET BY SUNITHA PAI, ST JOSEPH'S BOYS' HIGH SCHOOL, BENGALURU

**EXAMS**  
**Rfun**  
MOCK PAPER  
SUBJECT:  
CHEMISTRY (ICSE)  
CLASS IX  
MARKS: 80 TIME: 3 hr

## GENERAL INSTRUCTIONS

- Answer all questions from Section I (40 marks)
- Answer any four questions from Section II. (40 marks)

## SECTION-I

- Q1. a) Choose the correct word from the choice in bracket. [5]  
 1) In double decomposition reaction between two compounds to give salt and water, there is an exchange of ----- (molecules, radicals)  
 2) A chemical reaction which proceeds with absorption of light energy is called a ----- (photochemical reaction, electrochemical reaction)  
 3) Water soluble salts which absorb moisture from the atmosphere and dissolve in the absorbed moisture are called ----- (efflorescent salts, deliquescent salts)  
 4) A covalent molecule of chlorine (at.no.17) contains ----- electrons in the outer most shell of each of the chlorine atom which are not involved in sharing. (one, three, six)  
 5) Gram atomic mass is also considered as-gram ----- (atom, ion, molecule)  
 b) Name the element with reference to the elements of the first three periods of the periodic table. [5]  
 1) An alkaline earth metal in period 3.  
 2) The noble gas having electronic configuration 2,8,8.  
 3) An alkali metal of period 3 which darts on the surface of cold water.  
 4) A nonmetal in period two which

- is trivalent.  
 5) A metalloid in period 2.  
 c) Answer the following [5]  
 1) State the law which relates between the pressure of a gas and the volume occupied by it.  
 2) At a pressure of 152cm of Hg, a gas 'X' has a volume of 50 cc. At what pressure will the volume be 30 cc, temperature remaining constant throughout.  
 3) The volume of a gas 'A' will double, if the temperature of the gas 'A' increased from  $100^\circ\text{C}$  to  $200^\circ\text{C}$ . State whether the statement is true or false.  
 d) Give reasons for the following: [5]  
 1) The physical properties of isotopes of hydrogen are different, why?  
 2) Noble gases do not take part in chemical reactions, why?  
 3) An atom is electrically neutral, why?  
 4) The electronic configuration of potassium is 2,8,8,1 not 2,8,9. why?  
 5) For calculating the percentage composition of a compound, its molecular weight must be known, why?  
 e) Give balanced equations for the following conversions. [5]  
 1) Zinc to sodium zincate.  
 2) Aluminium to aluminium sulphate.  
 3) Calcium to calcium hydroxide  
 4) Iron to ferric tetroxide.  
 5) Potassium hydroxide to potassium plumbite.  
 f) Name or state the following. [5]  
 1) The subatomic particle which carries a unit negative charge and has negligible mass.  
 2) The residue left on dehydration of glucose by concentrated sulphuric acid.

- 3) A hygroscopic liquid which acts as a drying and a dehydrating agent.  
 4) A decahydrate salt containing sodium.  
 5) The temperature scale with absolute zero as its starting point.  
 g) Identify the types of reaction A to E, by matching them with the reactions 1 to 5. [5]  
 A: displacement reaction



- B: thermal dissociation  
 C: photochemical reaction  
 D: double decomposition reaction.  
 E: direct combination reaction.  
 1) Dissolution of sulphur trioxide in water to give sulphurous acid.  
 2) Zinc reacts with copper sulphate to give zinc sulphate and copper.  
 3) Ammonium chloride on heating gives ammonia and hydrogen chloride, which is a reversible reaction.  
 4) Sodium hydroxide reacts with dil. hydrochloric acid to give sodium chloride and water.  
 5) Hydrogen peroxide decomposes to give water and oxygen in presence of light.  
 h) Atomic number of some elements are given below; [5]

- (A-12, B-8, C=5, D-10, E-13, F-6) select  
 1) A bivalent metal  
 2) A trivalent metal  
 3) A bivalent nonmetal  
 4) A trivalent nonmetal  
 5) A tetravalent nonmetal.

## SECTION-II

(ANSWER ANY FOUR QUESTIONS)

- Q2. 1) The following questions are based on the lab preparation of hydrogen gas. [5]  
 a) Name the acid used in the preparation of hydrogen.  
 b) Give an equation for the above preparation (reaction).  
 c) Which impurities from the above reaction can be removed, by passage through lead nitrate solution.  
 d) How is hydrogen gas collected?  
 e) What is the function of an. calcium chloride.  
 2) Give reason for the following [2]  
 a) The lower end of the thistle funnel is dipped below the level of the flask.  
 b) Hydrogen is not collected over air, even though it is lighter than air.  
 3) Give balanced equations for the conversion of  
 a) Coke to water gas  
 b) Water gas to hydrogen  
 c) Carbon dioxide to potassium carbonate.  
 Q3. 1) Name the following: [5]  
 a) An efflorescent salt which on exposure to the atmosphere gives an anhydrate.  
 b) The salt whose solubility in water decreases with temperature.  
 c) An anhydrous salt which turns blue on exposure to the atmosphere.  
 d) A covalent molecule containing two single covalent bonds.

- e) A nonmetal which has 6 electrons in its third shell.  
 2) Solve: [5]  
 Give the molecular formula of calcium phosphate and calculate its percentage composition. (Ca=40, P=31, O=16)  
 Q4. 1) Write balanced equations for the following word equations. [3]  
 a) Potassium bromide + chlorine  $\rightarrow$  potassium chloride + bromine.  
 b) Calcium hydroxide + ammonium chloride  $\rightarrow$  calcium chloride + water + ammonia.  
 c) Magnesium + nitrogen  $\rightarrow$  magnesium nitride.  
 2) Draw the atomic orbit diagram for  
 a) The electrovalent bond formed between sodium and chlorine.  
 b) The covalent bond formed between two atoms of chlorine.  
 c) The electrovalent bond formed between calcium and oxygen. (Na=11, Cl=17, Ca=20, O=8)  
 3) Name the elements present in [4]  
 a) Epsom salt b) Washing soda  
 Q5. 1) An atom of magnesium has an atomic number 12, and mass number 24. [4]  
 a) What is its electronic configuration?  
 b) State the number of nucleons in the nucleus of an atom of magnesium.  
 c) Give a reason why the L shell of magnesium has 8 electrons and not 10.  
 d) Give a reason, why magnesium is called a metal.  
 2) Identify the reduced product. [2]  
 a)  $\text{ZnO} + \text{H}_2 \rightarrow \text{Zn} + \text{H}_2\text{O}$   
 b)  $\text{CuO} + \text{H}_2 \rightarrow \text{H}_2\text{O} + \text{Cu}$   
 3) Differentiate between [4]  
 a) atomic number and mass number.

- b) Ionic bond and covalent bond.  
 Q6. 1) Give one observation: [4]  
 a) Zinc nitrate is strongly heated.  
 b) Copper carbonate is strongly heated.  
 c) Sulphur dioxide is passed through acidified potassium permanganate solution.  
 d) HCl vapours combine with ammonia gas.  
 2) Name the gas [4]  
 a) Which turns nessler's reagent colourless to brown.  
 b) Which turns colourless alkaline pyrogallol brown.  
 c) Which is colourless and turns lime water milky.  
 d) Which rekindles a glowing wooden splinter.  
 3) What colour will be imparted by sodium and potassium ions during flame test.  
 Q7. 1) Answer the following [5]  
 a) State modern periodic law.  
 b) Why group 1 elements are called alkali metals?  
 c) How many elements are present in the third period?  
 d) What are 14 elements that come after Lanthanum called?  
 e) What is the valency of elements present in group 18?  
 2) Differentiate between exothermic and endothermic reactions. [2]  
 3) The formula of nitride of a metal is  $\text{XN}$ . State the formula of its chloride, sulphate and hydroxide. [3]

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





Beginning the journey of learning in an alphabetical order, Times NIE takes you through one concept from each subject every fortnight.



TEACHERS, IF YOU HAVE A CONCEPT THAT CAN CHANGE A CLASSROOM, SHARE IT ON

toinie175@gmail.com WITH YOUR PHOTOGRAPH

# CLASSROOMS TO EXPERIENCE ZONES

## LANGUAGE



### DESCRIPTION

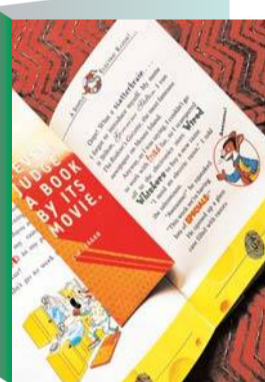
By Kartik Bajoria  
Jaipur-based  
Communication Skills  
Educator & Writer



Description, by itself, is a simple word that most of us are familiar with. When we portray something or someone in detail, it is considered a description. However, it assumes a much deeper significance when seen through the lens of creative writing.

Ever wondered why creative writing is called so? One of the facets of creative writing is writing through 'suggestion'. What do I mean by that? I mean rather than spoon-feeding the reader the emotion that the character is feeling (and the resulting emotion the reader is supposed to feel), use 'descriptions' of the surrounding space and elements to communicate/convey the mood or emotion. For instance, rather than simply stating Rahul felt nervous during the exam, a descriptive sentence such as: Rahul's feet twitched furiously in his shoes and his hands rolled the pencil frantically, as beads of sweat formed on his forehead while he sat waiting for the exam paper to be handed over to him. Now this sentence does not directly state that Rahul is nervous, rather through describing the situation, creates the mood and emotion.

The use of language that astutely observes and recounts the 'atmosphere' of the situation can create a visually sumptuous piece of writing that brings alive the scene much more vividly than merely mentioning the emotion directly.



## MATHS

### DECIMALS

By Sandeep Srivastava  
Educator since 20 yrs, he  
specialises in making Maths  
easy and fun



Outcomes of counting and measurement are expressed through numbers. Numbers express the magnitude/quantity of something, or some physical characteristics (height, density, speed, etc). Numbers are essentially symbols of a special kind – help us uniquely symbolise counting. D is for Decimal numbers (a kind of numbers) because we use them in education and business.

### DIGITS, NUMERALS, AND NUMBERS

The 10 mathematical symbols 0, 1, ... 9 are the digits (like the alphabets of languages). Using digits we make numerals (7, 35, 879, ...), and numbers (7 pens, 35 children, ₹87, ...). Numbers have two kind of information - magnitude (e.g., 7), and unit (pen). Interestingly, lack of 'numbers' in school math is one big reason of poor quality math education. '7 + 3 = 10' in school math because 7 and 3 are numerals; as numbers, the sum is rarely 10 (e.g., 7 years + 3 months' has nothing 10 about it)!

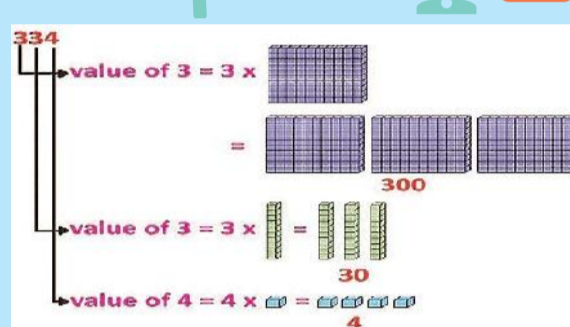
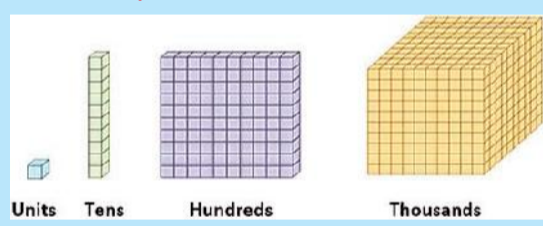
A confusion: Decimal numbers need not have '.' in them, e.g., 34 is as decimal as 34.3.

Why we use decimal (0 - 9) digits number system? It's the easiest one to write numbers (189076 and 289176 are different only by 100000 and 100) and apply operations on them (briefly discussed later).

Other number systems we use: We all use different kinds of number; e.g., binary for computers, dozen, 60 (1 minute = 60 seconds).

Making of Numbers (using packets of quantities): The (positional) decimal numbers we use are made of distinct kind of packets of quantity – ones, tens, hundreds, thousands, etc. and there can only be up to 9 packets of each kind in a number. And each position/place in a number is a unique-sized packet as determined by its place, e.g., the first 3 from left in 334 is made of 100s (3 of them), and the next 3 is made of 10s (3 of them).

### PICTORIALLY,



EVERY NUMBER CAN BE WRITTEN IN ONLY ONE WAY.

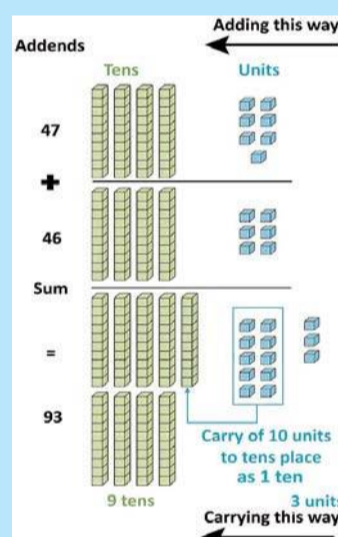


The maximum number with 4 packets is 9999, and ₹1234 has 1 note/packet of ₹1000, 2 of ₹100, 3 of ₹10 and 4 of ₹1.

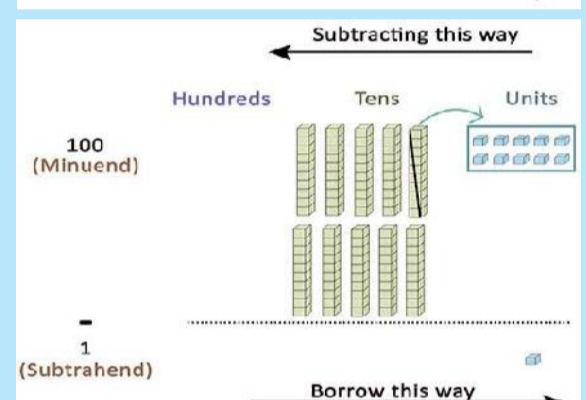
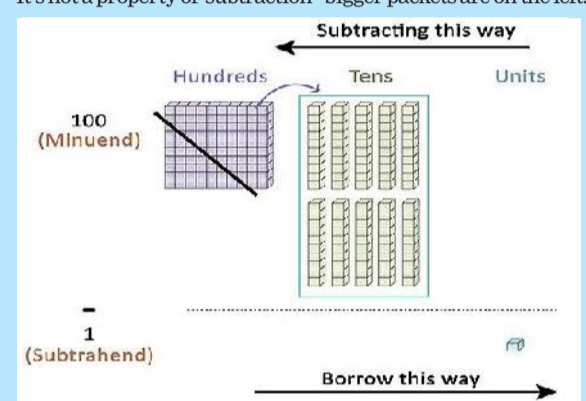
The idea of 10: Understanding 10 is critical to be confident with numbers – 10 is '1 ten and 0 units'. 19 is '1 ten and 9 units', 100 is '10 tens and 0 units', 10006 is '1000 ten and 6 units'. And we have special names for 10 tens (hundred), 100 tens (thousands), etc.

The idea of 0: 0 is a digit, a quantity (e.g., 7 apples - 7 apples = 0 apples, not 0), certainly 0 is NOT 'nothing', and a place holder for missing 'packets of quantities', e.g., twenty thousand and nine (20009) can't be written unless 0 is used to show 0 thousands, 0 hundreds, 0 tens).

Implication of numbers as packets Carry: It is a property of numbers – sum can't have more than 9 packets at a position.



Borrow It's not a property of subtraction - bigger packets are on the left.



Division: Trailing zeroes are assumed - e.g., in 436 / 6 we divide 43 / 6 in step 1, not 430 / 6.

Multiplication: Trailing zeroes are ignored in multiplication - e.g., we only multiply 2 and 7, not 200 and 70 in 234 x 78 = (200 + 30 + 4) x (70 + 8) = ...

If you have queries for Professor Srivastava, write to us on toinie175@gmail.com

TIP #1: Good debt might sound like an oxymoron but it's not.

Good debt helps increase a person's net worth – especially in the eyes of the banks that lend money. Of course, it's important to note that debt can only be good if it's paid back – and on time. Examples of good debt can include: a home mortgage, a car loan, student loans for college, and borrowing money to start a business. TIP #2: Bad debt is made by spending money on goods and services that don't necessarily increase your net worth or value. It can also be characterised by someone spending outside of his or her means. Eg: Purchasing a plasma TV, expensive clothing, technology gadgets, and luxury vacations. While these things are nice-to-have, they don't necessarily increase your net worth. In fact, they drain your bank account. TIP #3: Don't use a credit card to purchase items if you can't pay the bill in full and on time. The credit card is the easiest way to get into bad debt – and fast. TIP #4: It's important for children to know that just because you have a big line of credit (a large sum of money to spend) doesn't mean you need to spend it all at once. Remember the kid in the candy store eating too much and falling sick?

## GEOGRAPHY

### DRIFT ICE

Drift ice, also called brash ice, is sea ice that is not attached to the shoreline or any other fixed object. Unlike fast ice, which is "fastened" to a fixed object, drift ice is carried along by winds and sea currents, hence its name. When drift ice is driven together into a large single mass, it is called pack ice.



WORLD'S FURTHEST SOUTHERN DRIFT ICE HOKKAIDO IN JAPAN is the world's furthest-southern area where drift ice (Ryuhyo) reaches the seashore. From early February, drift ice floes start arriving on the Hokkaido shores of the Sea of Okhotsk – gradually nearing Monbetsu and Abashiri, moving around the Shiretoko Peninsula, and eventually reaching the shore of Rausu. Ice Floes can be viewed from inland, but if you want a closer look, it's best to take a cruise tour.

DRIFT BOTTLE PROJECT BY STUDENTS: Starting from the first students' expedition on the Ice Arctic in 2001, children have been participating in ocean research in many ways, but none as hands-on as the annual bottle drop.

### ANNUAL BOTTLE DROP:

Glass bottles stuffed with GPS coordinates, contact information, and a personalised note, are



DID YOU KNOW? Ice floes exiting the Arctic make a one-way trip into warmer waters, where they are joined by much thicker icebergs that break off the Greenland ice sheet.



sealed with wax and pitched off the back deck, where they drift with the ocean currents, sometimes turning up on distant shores, such as Ireland, the UK, Spain or Iceland.

WHO INTRODUCED IT? This project was brought to 'Students on Ice' through Eddy Carmack, a world-renowned oceanographer based at the Institute of Ocean Sciences in Sidney, British Columbia, who joined the first Arctic expedition and second Antarctic expedition in 2001.

### HOW DOES THE EXPERIMENT HELP?

- These bottles are a powerful and inexpensive way to study ocean surface currents through citizen science.
- After collecting and plotting data for the retrieved bottles, analysis has further confirmed that the Gulf Stream moves debris towards Europe.
- This knowledge is quite interesting when considering the possibility of oil spills at current or proposed drilling platforms on Canada's East Coast, or the Eastern Arctic, and where currents would take the oil.

## ECONOMICS

### DEBT

HERE ARE 4 TIPS TO GUIDE YOUR DISCUSSION ON THE PROS CONS OF DEBT:

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# CAN CSK SCRIPT A TURNAROUND?

The return of Suresh Raina could boost the batting department but spin-reliant Chennai Super Kings will have to adapt to conditions which may assist pacers as they seek to improve upon their nightmarish show of last season



Suresh Raina

**T**hree-time champions CSK had a flop show last season, avoiding the wooden spoon thanks to a few victories at the back-end of the league phase as they failed to make the play-offs for the first time in the tournament's history. Here is a look at what works and what doesn't for the Mahendra Singh Dhoni-led team, which opens its campaign by taking on Delhi Capitals in Mumbai on April 10.

## STRENGTHS

- CSK have oodles of experience, which will stand them in good stead in crucial situations. The inspirational leadership of Dhoni is another advantage for the team. The return of Raina will strengthen the batting unit, which faltered far too often in last year's IPL in the UAE.
- A batting line-up of Raina, along with Faf du Plessis, Dhoni, Ambati Rayudu, Ravindra Jadeja, Sam Curran, new recruit Moeen Ali and fast improving Ruturaj Gaikwad could prove a handful for rival bowling attacks and big scores could set the platform for the bowlers to do their job.
- With the likes of Lungi Ngidi, Shardul Thakur, Curran, Deepak Chahar in the line-up, CSK have a decent bowling unit to test the best of batsmen in opposition ranks.

## WEAKNESSES

- A team comprising ageing stars proved CSK's undoing last season and they have stuck pretty much to the core squad. In the fast-paced world of T20s, senior stars could prove to be a handicap.
- With some of the CSK players, including Dhoni, Raina, Rayudu and Tahir having retired from international cricket and not playing domestic games, lack of match time could hurt the team. That apart, the captain's waning finishing powers has not helped the team's cause.
- The decision of Australian pace ace Josh Hazlewood to pull out of the IPL to give himself rest ahead of the hectic international season ahead will be a blow for CSK.

## CHENNAI SUPER KINGS SQUAD

Mahendra Singh Dhoni (Captain), Suresh Raina, Ambati Rayudu, KM Asif, Deepak Chahar, Dwayne Bravo, Faf du Plessis, Imran Tahir, N Jagadeesan, Karn Sharma, Lungi Ngidi, Mitchell Santner, Ravindra Jadeja, Ruturaj Gaikwad, Shardul Thakur, Sam Curran, R Sai Kishore, Moeen Ali, K Gowtham, Cheteshwar Pujara, Harishankar Reddy, Bhagath Varma, C Hari Nishanth.

- Also, Ravindra Jadeja is returning from a long injury break and how soon he gets back to his best will have to be seen. Veteran Trinidad all-rounder Dwayne Bravo's diminishing returns, apart from his injury problems would worry CSK.
- With this year's IPL matches to be played at neutral venues, CSK, which rely so much on spin, will have to alter their strategy, especially in Mumbai where the wickets may also have something for pacers.
- The spin bowling department has experienced and skilful operators but the think-tank needs to get the combination right. Imran Tahir spent most of last season on the bench and others like Piyush Chawla and Karn Sharma were ineffective.

## OPPORTUNITIES

- After a forgettable 2020 season where they finished seventh, things can only go north for Dhoni and his men. Known to be slow starters, the Super Kings would need to be at their best from the beginning to make an impact and also get the combination right.

## THREATS

- Poor batting let down CSK last season in the UAE and if they don't rework their tactics, it could hamper their chances yet again.
- The pace bowlers will need to step up big time if the three-time champions are to put up a good show, else it would be another tough season for Dhoni & Co.

## 3 INDIAN YOUNGSTERS TO LOOK OUT FOR IN IPL

The IPL has been a breeding ground for talented youngsters with an ability to weave magic. We believe Devdutt Padikkal of RCB, Ravi Bishnoi of PBKS and Krishnappa Gowtham of CSK can have a stellar IPL 2021

### RAVI BISHNOI (PBKS)

Wily leg-spinner Ravi Bishnoi of the Punjab Kings (PBKS) will be a force to reckon with when it comes to the bowling department in the IPL. He had impressed everyone with his bowling antics in the Under-19 World Cup of 2020 and ended up as the highest wicket-taker of that tournament, with 17 scalps. He carried his rich vein of form in the IPL too and picked up 12 wickets at an economy of 7.37. Bishnoi has time and again bamboozled the batsman with his clever variations and will play a huge role for the Punjab franchise. Playing under the stewardship of Wasim Jaffer, Anil Kumble and KL Rahul will augur well for the youngster from Rajasthan.

### KRISHNAPPA GOWTHAM (CSK)

All-rounders are a rare breed as compared to other departments in cricket and thus a lot of importance and value is associated with an all-rounder. A hard-hitting and buccaneering all-rounder who can chip in with timely wickets is a blessing for any team. Chennai Super Kings (CSK) broke the bank to secure all-rounder, Krishnappa Gowtham at the 2021 auction. They bought him for a humongous ₹9.25 crore. The right arm off-break bowler has notched up 13 wickets in IPL since 2018 and amassed 186 runs. He is widely known for his power-hitting in the lower order and if reposed with a little faith by MS Dhoni, Gowtham can score runs higher up the order too. With a dearth of power-hitting spin all-rounders in the Indian team and with Yuzvendra Chahal and Kuldeep Yadav's form blowing hot and cold, an Indian team call-up might be in the reckoning for Krishnappa Gowtham.

### DEVDUIT PADIKKAL (RCB)

Devidutt Padikkal can unarguably be labelled as a prodigy and has been hogging the limelight with his stupendous performances. He has been a run-machine in the domestic circuit of India and had finished as the leading run-scorer of the Vijay Hazare Trophy and the Syed Mushtaq Ali Trophy in the last season. He was in top-notch form in this year's Vijay Hazare Trophy too and notched up 737 runs. He also struck 4 consecutive centuries in the tournament. In the IPL too, he showcased his outstanding skills as a batsman and rightfully bagged the "Emerging Player award". He plundered 473 runs and was an indispensable part of the Royal Challengers Bangalore (RCB) squad. His form will be of utmost importance to RCB if they are to fight for the elusive silverware.

## QUIZ TIME!

**Q1:** Pierre-Emerick Aubameyang, Sadio Mane and \_\_\_\_\_ shared the Premier League Golden Boot in 2018-19?

- a) Mohamed Salah  b) Thierry Henry   
 c) Jamie Vardy  d) Harry Kane

**Q2:** Which cricketer is the only Test cricketer to be a part of 100 Test match wins?

- a) Viv Richards  b) Mark Boucher   
 c) Ricky Ponting  d) Sachin Tendulkar

**Q3:** Which present England cricket international was born in Christchurch, New Zealand, before moving to England at the age of 12?

- a) Eoin Morgan  b) Ben Stokes   
 c) Jonny Bairstow  d) Jack Leach

**Q4:** Who was the first judo Olympic medal, in the 2008 Olympics?

- a) Kayla Harrison  b) Lynn Roethke   
 c) Ronda Rousey  d) Marti Malloy

**Q5:** Who captained the English team to a five nil defeat in the 2013/14 Ashes series?

- a) Alastair Cook  b) Kevin Pieterse

- c) Joe Root  d) Andrew Strauss

**Q6:** Robert Lewandowski is the top scorer in the Champions League 2019-20 season. How many goals has he made?

- a) 15  b) 14  c) 12  d) 16



Robert Lewandowski

**Q7:** Which player scored the Premier League's fastest hat-trick in the Premier League?

- a) Sadio Mané  b) Nicolas Anelka   
 c) Kevin Campbell  d) Les Ferdinand

**Q8:** Who won the Italian Open Women's Tennis Singles title, 2019?

- a) Karolina Pliskova  b) Johanna Konta   
 c) Naomi Osaka  d) Serena Williams

**Q9:** Who was the first Indian woman to win the World Rapid Chess Championship?

- a) Koneru Humpy  b) Judit Polger   
 c) Tania Sachdev  d) Harika Dronavalli

**Q10:** Which badminton player has won a record five World Championships in men's singles?

- a) Lin Dan  b) Chen Jin   
 c) Kento Momota  d) Peter Gade

**Q11:** How many Grand Slam titles has Roger Federer won so far?

- a) 10  b) 20  c) 30  d) 15

**ANSWERS:** 1 a) Mohamed Salah  
 2 c) Ricky Ponting 3 b) Ben Stokes  
 4 c) Ronda Rousey 5 a) Alastair Cook  
 6 a) 15 7 a) Sadio Mané 8 a) Karolina Pliskova  
 9 a) Koneru Humpy 10 a) Lin Dan 11 b) 20





# THE TIMES OF INDIA

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TODAY'S EDITION

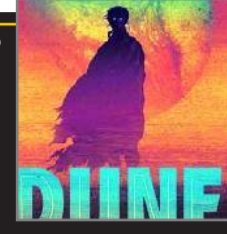
➤ For parents: Check out the ways to promote body positivity among your kids

PAGE 2



➤ Bracing for a long weekend? Know it from your friends  
➤ What are you reviewing this week?

PAGE 3



➤ IPL 2021: SWOT analysis of five-time champions Mumbai Indians

PAGE 4



STUDENT EDITION

THURSDAY, APRIL 1, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

## FACTOID

\$1.7 TRILLION



The projected economic damage from climate change per year by 2025, according to a research by New York University's Institute for Policy Integrity. It may increase to about \$30 trillion annually by 2075, if the current warming trend continues, the research warns.

- According to economists, the most-severe impacts will be felt in the developing countries due to factors, such as higher dependence on agriculture and vulnerability to extreme heat
- The costs would be felt worldwide due to spillover effects, such as the disruption of trade routes and supply chains, and refugee crises caused by climate impacts
- More important, climate change would increase inequality within countries, widening the gap between the poorest and the richest



## Life-sized £24,000 bronze statue of Greta Thunberg unveiled at Winchester University

A life-size statue of environmental activist Greta Thunberg has been unveiled at the Winchester University, despite being branded a 'vanity project' by the critics. It is believed to be the first life-sized depiction of the Swedish activist since she gained international attention by starting a school climate strike in 2018. The sculpture, titled 'Make a Difference', is created by artist Christine Charlesworth. The University of Winchester, which aims to be carbon neutral by 2025, declared a climate and ecological emergency in 2019, and has eliminated all unnecessary single-use plastic across its campus.

## Heart of Asia-Istanbul Process

**WHAT:** Battling for a "genuine 'double peace'" in Afghanistan, external affairs minister S Jaishankar, who's currently in Dushanbe, Tajikistan, attending the Heart of Asia-Istanbul Process (HOA-IP) said, India would support any move that led to "a comprehensive and permanent ceasefire" in the war-torn country.

**THE NAME:** It was launched as a regional initiative in 2011 "to promote regional security, economic and political cooperation centered on Afghanistan through dialogue and confidence building measures". Since the first conference, which was jointly inaugurated by the Presidents of Afghanistan and Turkey, was held in Istanbul, it came to be known as the Istanbul Process.

### INDIA'S ROLE

India is one of the 15 countries that participate in the HOA-IP, and is also the Co-Lead Trade, Commerce & Investment Opportunities Confidence Building measures (CBM). CBMs are one of the three-stated focus areas of the HOA-IP – the other two being political consultation and cooperation with regional organisations



## Quote unquote

Both the Indian vaccines, Covaxin and Covishield, against Covid-19, are safe and effective. Even if someone contracts the infection after inoculation, it minimises the chances of their hospitalisation. I urge my fellow citizens not to believe on the information that is being circulated in the WhatsApp university. Besides, I appeal to all that even after taking the second dose, follow Covid-appropriate behaviour for at least two weeks

Dr Harsh Vardhan, Union health minister

## FB steps up efforts to curb hate speech in India

Facebook is taking several measures, including reducing distribution of content deemed to be hate speech, as part of its efforts to curb spread of misinformation during elections in four Indian states.

- Facebook will also temporarily reduce the distribution of content from accounts that have recently and repeatedly violated the company's policies, the social media giant said in a blogpost on Tuesday.
- Facebook pointed out that under its existing Community Standards, it removes certain slurs that it determines to be hate speech.

### TECHAWAY



## Prioritising period education will ensure more girls stay in school: Bhumi Pednekar

Prioritising period education and protection is the key to ensure that more and more girls continue to stay in school, says actress Bhumi Pednekar. The actress has been actively participating in the nationwide movement #KeepGirlsInSchool campaign by Whisper, in collaboration with the UNESCO. The campaign aims to help keep 90 lakh girls in school, and was mobilised to raise awareness and impact young girls.

“Having closely worked with Whisper and UNESCO for their #KeepGirlsInSchool movement, I have personally seen how confident young girls are, once they understand periods and how to manage them”

Celeb talk

## BTS star Jungkook's solo hit 'Euphoria' sells over 500k units in US



MUSIC

South Korean boy band BTS member Jeon Jungkook's single 'Euphoria', which released in 2018, has sold over 500,000 units in the US, making it the first solo song by a Korean musician to do so. Not surprisingly, the band's fanbase, also known as the Army, is celebrating the achievement, and multiple hashtags, including GoldenEuphoria500K and congratulations Jungkook have been trending on Twitter since the news came out.

- With this record, it is now the first BTS solo song to be eligible for RIAA Gold Certification in the US
- In the United States, the Recording Industry Association of America (RIAA) awards certification is based on the number of albums and singles sold through retail and other ancillary markets



## PAIN INTO BEAUTY

## Argentine sculptor TURNS PANDEMIC WASTE INTO ART!

Marcelo Toledo, who has made jewellery for the musical 'Evita' on Broadway and unique pieces for Barack Obama and Madonna, and known for creating sculptures and jewellery out of metal, is now working with a new material: waste masks and syringes from the Covid-19 pandemic to create an exhibition exploring the painful impact of the virus. For his new exhibition, the 'Museum of the After', Toledo is collecting recycled coronavirus waste sent by hospitals, laboratories and random people. It includes old vaccines and medical parts, and newspaper clippings about the pandemic.

■ The artworks, which will go on show from Sept in a public space in Buenos Aires, will be made from the disposable materials or garbage that people send the artist, many of them sealed inside the vacuum-packed bags. In the exhibition, there will be a real ship that symbolically crosses a "storm" and recycling islands to raise awareness about the importance of caring for the environment



April Fools' Day, celebrated on April 1 each year, has been celebrated for several centuries by different cultures, though its exact origins remain a mystery...

## THIS DAY April 1

**1** Some historians speculate that the April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1

**2** People, who were slow to get the news or failed to recognise that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1, became the butt of jokes and hoaxes and were called "April fools." The pranks included having paper fish placed on their backs and being referred to as "poisson d'avril"

(April fish), said to symbolise a young, easily-caught fish and a gullible person

**3** Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates, and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth

**4** In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV stations and websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences



# 5 ways to promote body positivity in your kids

Her body is BEAUTIFUL—  
strong, kind and wise.

The fight against body image issues has been going on for a long time now. While many have broken the shackles of stereotypical beauty standards, there are some who are still struggling to eradicate the same and are victims of heightened anxiety and even depression. While much of the social conditioning begins at home and with toddlers, it is of utmost importance that we start educating our kids about positive body awareness and confidence at an early age—may be even before they start going to school. That said, here are five ways you can promote body positivity in your kids.



## 1. Start early

One of the most important things to remember is to start early. Most parents believe that their kids are too young to understand the intricacies of body image. But truth be told, young children and preschoolers are innocent souls who are easily influenced by the things they see around them.

## 2. Educate them about their body

So, instead of waiting for the right moment, expose them to ideas and surroundings that are diverse and teach them how all bodies are beautiful and that health is the most important before everything else.

If you're wondering where to start from, then begin by teaching them about their body. Name the different parts of their bodies for them and help them identify each one of them—hands, legs, toes, eyes, ears and so on. As they are a little older, you can also name the body parts and ask them to locate it for you. Besides you can also tell them the functions of each body part and how each of them help them perform different activities. This way they start appreciating their bodies.

### POSITIVE PARENTING

primary concern for everyone rather than one's weight. That said, children should not be scoffed at about their weight, instead they should be encouraged to maintain a fit body that includes a healthy diet and some physical activity. As we start judging kids on the basis of their weight, they grow up prioritising looking lean and slim rather than focusing on growing healthier.

## 4. Teach them to respect all shapes and sizes

The most important lesson you can teach your kid is to respect all shapes and sizes. Body positivity is all about self-love and confidence, which is only possible if we learn to acknowledge different bodies and appearances. From a young age,

children should be exposed to a friendly environment, where no one is judged for how they look. To facilitate that, clear their misconceptions about the unrealistic beauty standards celebrated in the society. Do not tell them otherwise, but help them see how everyone is wonderful in their own ways.

## 5. Be a positive role model

As a parent, what you can do is be a good role model. Until and unless, you believe in yourself and are positive about how you look, your child will fail to appreciate the same. Therefore, be confident and also display it in your actions and words in front of your kids. **TNN**



### DISABILITY ALERT

# Dyscalculia:

## How to know if your child suffers from it?

Dyscalculia is a learning disability that impairs an individual's ability to understand and process numerical information in a typical way. Common symptoms of dyscalculia include difficulty in calculation, fact, number sense and mathematical reasoning. It also includes difficulty in linking numbers and symbols to amounts and directions, making sense of money or telling time



### SYMPTOMS OF DYSCALCULIA?

The problem with maths can vary depending on what is causing it and what is the age of your child. Here are some symptoms to look out for at different levels of schooling to identify if your child has dyscalculia.

### Pre-school

- ▶ May find it hard to learn to count by 10s, up to 100.
- ▶ Can have trouble counting each object in a group.
- ▶ Difficulty in understanding that a number can be used to describe any group with the same amount. For example, not knowing that 5 can be used for a group of 5 fingers, 5 bananas, 5 dogs, etc.
- ▶ Difficulty in writing and recognising numbers up to 20.
- ▶ Skipping numbers in counting.
- ▶ Inability to recognise patterns and sort items by size, shape or colour.

### Primary school

- ▶ Difficulty in counting 2s, 5s and 10s.
- ▶ Unable to do basic mathematical calculations mentally.
- ▶ Difficulty in recognising basic mathematical signs such as plus and minus.
- ▶ Difficulty in understanding the concept of more than or less.
- ▶ Struggles in remembering basic maths facts like  $10+10=20$ .
- ▶ Does not make the connection between related math fact or fact families like  $5+5=10$ , so  $10-5=5$ .
- ▶ Has trouble recognising numerals.
- ▶ Does not understand left and right.
- ▶ Avoids playing games that involve strategies like checkers or sudoku.

### High school

- ▶ Struggles in using math in real life, for example doubling the recipe for making it for more people.
- ▶ Trouble in understanding maps and charts.
- ▶ Hesitant in doing activities that require a good sense of speed and distance like running or learning to drive.



### HOW TO DIAGNOSE DYSCALCULIA

Begin by talking with your child's teacher. She will tell you how good (or not) your child is doing in maths. Every child with dyscalculia has different strengths and weaknesses, a competent professional will recognise this. Common tests for dyscalculia include:

- Counting numbers.
- One of the best tests you can do is ask your child to count backwards.
- Drawing shapes.
- Visual-spatial skills play a huge role in math. Copying or drawing shapes from memory is a good way to measure a child's challenges in this area.

### TALK TO YOUR CHILD'S TEACHER

Your child's teacher can be the best person to share what she has observed in the class. You can discuss with the teacher the number of skills your child should learn by the end of school. This can tell you what your child needs help with and how far behind he is.

### CONSULT A SPECIALIST

Educational psychologists are trained to give specific tests that look at how children learn and think. The test can help pinpoint exactly what your child needs help with. **TNN**

### HEALTH BYTES

## Up your fibre content with these food groups

From reducing cholesterol to promoting healthy weight and controlling blood pressure, fibre has multiple health benefits. There are many vegetables, fruits, legumes that are a great source of fibre—check the list and make sure you include these in your daily diet



### Leafy greens and colourful veggies

Vegetables that are rich in dietary fibre include spinach, carrots, lettuce, beets, mushrooms, pumpkin, turnips, asparagus, etc. Broccoli, sweet potatoes, artichokes and squashes also have a high amount of dietary fibre.

### Legumes and nuts

Legumes including black beans, kidney beans, lentils, chickpeas, lima beans, and split peas are said to be rich in fibre. Nuts high in fibre include pistachios, pecans, almonds, and sunflower seeds. Nuts are a great alternative to unhealthy snacks, so pop some nuts now and then, when you want to snack on some.



### Juicy fruits

Fruits like apples, pears, peaches, prunes, bananas, berries, oranges, avocados and figs are rich in fibre. You can consume these fruits in multiple ways, from smoothies to juices and salad.

### Healthy grains

Brown rice, popcorn, bran muffins, oatmeal, whole-grain bread, whole-wheat pasta, cereals like shredded wheat, puffed wheat, grape nuts, bran, etc. are loaded with fibre. Use these grains to create delicious dishes on a daily basis. **TNN**



### QUIZ TIME (HISTORY)

**Q.1) The first ruler of the Pala dynasty was...**

- A. Gopala  
B. Dharmapala  
C. Bhaskaravarman  
D. None of the above

**Q.2) The first to establish regular trade with India were the...**

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

**Q.3) The Indian Navy Act was passed in...**

- A. 1921  
B. 1925  
C. 1927  
D. 1930

**Q.4) The first president of the Republic of India was...**

- A. V V Giri  
B. Zakir Hussain  
C. Dr S Radhakrishnan  
D. Dr Rajendra Prasad

**Q.5) Indus Valley houses were made of...**

- A. Bamboo B. Wood  
C. Bricks D. Stone

### ANSWERS

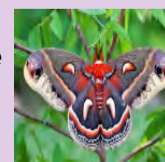
1. A) Gopala 2. B) Portuguese 3. C) 1927 4. D) Dr Rajendra Prasad 5. C) Bricks

### KNOWLEDGE BANK

#### BUTTERFLY

### The Cecropia Moth

The Cecropia Moth (*hyalophora cecropia*) is North America's largest native moth. It is a member of the Saturniidae family or giant silk moths. Females have a wingspan of five to seven inches (160 mm) or more. These moths can be found all across North America and a majority of Canadian provinces. Like other members of the giant silk moth family, they lack functional mouth parts and a digestive system. Due to this they can survive for approximately two weeks.







## EDUBITION

### on Happiness organised at RIS

Rangoli International School organised Edubition 2020-21 on Happiness. The objective of this event was to unlock the key to happiness and to know the true sense of happiness. The Chief Guest of this event was Prahar Anjaria, who is the founder promoter, and chairman of RANGOLI group of institutes. The event started with teachers performing "Nukkad Natak-Khushiyo ka Abhas". One of the teachers Krishna Shekhawat presented the Happiness Index of India. RISM Principal- Manjula Sachin inspired students to live life with positivity and happiness. The Chief Guest Prahar Anjaria shared his thoughts on happiness and motivated all the students. He mentioned that education is about nurturing strengths, growth, and learning from life with a happy attitude. The event continued with performances based on different themes like Expression of happiness, Happiness in Ancient



times, Introduction to happiness, Happiness Café, Yoga to boost happiness, Hasya Samelan, and the kindness of Happiness was organised. Students actively participated in all activities with



great enthusiasm and spirit. Even during this pandemic students, parents and teachers didn't give up on their happiness. The Edubition on happiness has left all viewers with great positivity and a smile. Rangoli International School has ignited the lamp of happiness and tried to spread this among the community through this live Virtual Edubition.

## Student makes the school proud

Karen Christian, a class IX student of Mount Carmel School, Ahmedabad, has been selected for the Gujarat Sub Junior Women team for the 11th Hockey India Sub Junior Women National Championship. The event is underway at Simdega in Jharkhand from March 10 and will continue till March 18. Karen is trained by Michael Paul.



## Kabirians participate in declamation competition



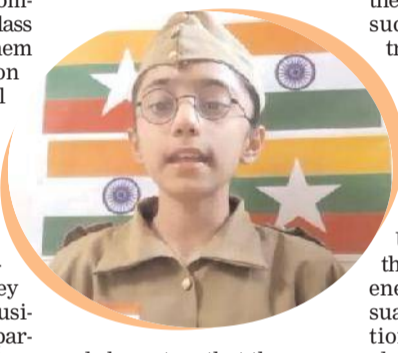
St. Kabir School Drive-In (New) had organized Inter-house Declamation Competition for the students of class VI to IX in order to help them to develop communication skills and promote critical thinking among the students. The dynamic participants mesmerized the audience with their vibrant oratory skills. They were made to present their views on diverse topics within the given time limit. They displayed confidence, enthusiasm, and awareness while participating in the competition. The competition was judged on



the parameters like voice modulation, expressions, diction, and characters that they were portraying. A lot of efforts were



put in by the participants, parents as well as teachers to make the competition interesting and successful. The participants tried to outshine the others to the best of their abilities. There was cutthroat competition among all four houses. Finally, Topaz house won the competition while Sapphire house was adjudged the Runner Up. The judges appreciated the efforts put in by the young, energetic, eloquent, and persuasive orators. The competition was treasured and applauded by everyone present at the event.



and characters that they were portraying. A lot of efforts were

## WEEKEND PLAN PERFECT PLANNING AND PERFECT EXECUTION

The idea of a fun weekend differs from person to person. The weekend is fun for me, it is all about spending quality time with family and friends. The weekend started with attending special online classes, completing all the pending homework, and preparing for the weekly test to be held on Monday. This Saturday we had no special plan to go out, so we enjoy delicious food with music and dance followed by exciting indoor games at home. Unlike weekdays, Sunday is a day when I can be lazy in my bed. However, this weekend, I got up



early and then played cricket with my Father which is not less than a treat. This was followed by a special Sunday breakfast, it was special as my mother had prepared yummy pasta. It was so sumptuous that I forgot about my meal. Post lunch, I played with my friends and watched my favourite show 'Tarak Metha ka Oolta Chashma'. I had a fun-filled weekend, which indeed rejuvenated for the coming week. PALASH MULTANI, Class V, SGVP International School

## A Green Crusade at JNS

Ecotopia is a project initiated by the four schools of NarseeMonjee Educational Trust, including Jannabai Narsee International School Mumbai, JannabaiNarsee School Mumbai, Chatrabhuj Narsee School Mumbai, and Jannabai Narsee School GIFT City. It aims to combat climate change among other environmental issues by establishing school cultures of sustainability and collaboratively working towards different sub environmental initiatives. At JannabaiNarsee School GIFT City, the activities are planned on a monthly basis vis-à-vis a theme chosen under the motto of Reduce, Reuse, and Recycle. The theme for the month of February was 'Go Green', demonstrated through Bottle Gardening and Drip Irrigation. The pupils showcased their artistic side by catapulting old and discarded plastic bottles into a veritable artifact, by using



them to grow anything from indoor plants to vibrant blooms. They were also familiarised with the technique of Drip Irrigation using plastic bottles. Not only does it save time but also a lot of water as it rules out the possibility of a loss of water through evaporation and runoff. Motivated by the enthusiastic partici-

ation of the children, it was decided that the teaching community too should be familiarised with the concept. Accordingly, a Teachers' Enrichment Programme was conducted by Anousha Agarwal of Class XI, and the interest that it generated could be ascertained by the volley of questions directed towards the panelists! Initiatives like these are an effective way of combating the menace posed by plastic while contributing to a greener and cleaner world. DRASHYA KALOLA, Class IX

## BOOK: BOOK THAT EXHIBITS UNITY AND BRAVERY

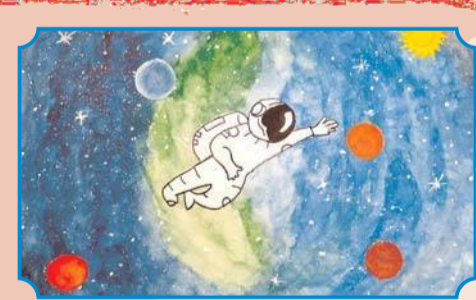
'The Secret Seven' collection 1 is an interesting and adventurous book wherein the group of seven friends meet secretly for their adventurous activities. Every time they meet to solve the mystery, they need to call out the password decided to access the meeting. The book is authored by Enid Blyton, one of the most popular authors for children. This book is a collection of 3 different stories - The Secret Seven, Secret Seven Adventure, and Well done, secret seven. It has an excellent vocabulary and is a good example of unity, bravery, and friendship. It gives children learning how to work jointly and



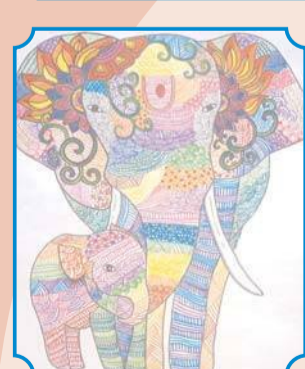
collaborate on a task. My most favourite character in the seven friends is Janet. She is a very witty and caring person who always arranges food for the meeting and gives valuable suggestions to solve the mystery. Another most loving character is the Scamper, the golden spaniel who is enthusiastic and energetically participates in mystery solving. The stories will keep you glued to the seat and nail-biting with its twist and turns till the last moment. I recommend this book to children aged 8-14 years. I will rate this book 4.5 stars due to its lack of enough pictures. Pictures keep you involved and live the moment. ANANYA SHAH, Class V, Udgam School For Children



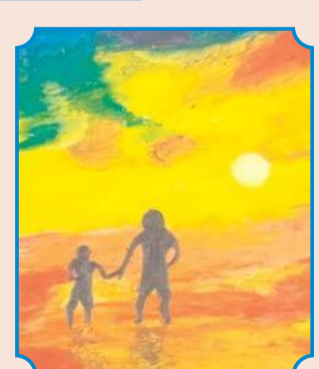
## Painters' Gallery



Dhruv Parikh, Class V, Sheth C N English Medium School



Ananya Pisharody, Class VI, Siddharth's Miracles School



Jaival Trivedi, Class IV, Zyudus School Of Excellence

## BLACK

Dark-defined by black and definition of it, Is black a colour, or the absence of it? Evil-expressed by black, and expression of it, Is black the ultimate end, or the opposite of it? Is black your life's representation, Or just how you perceive your existence? Is it the positivity of solace and uniformity, Or the negativity of dullness and uniformity? Is black the surface of you, or the deepest of you? Is it the secrets we share, or the ones we don't? Black is nothing but perception Somewhere for mourning, somewhere for celebration. It's the night none of us can escape, And the rare ones don't want to. It's just like your life- Always and forever how you see it.

TWINKLE MADKE, Class XII, Podar International School



# MI SWOT ANALYSIS



MI skipper Rohit Sharma

**Five-time champions Mumbai Indians eye encore but some spin worries in the way**

**A** batting line-up dotted with power-hitters coupled with a solid pack of death bowlers make five-time champions Mumbai Indians a formidable unit in the upcoming IPL. But the absence of quality spinners could hurt them in pursuit of a hat-trick of title wins. Here is a look at what works and what doesn't for the outfit led by Rohit Sharma, which opens its campaign by taking on Royal Challengers Bangalore in Chennai on April 9.

### STRENGTHS

After lifting the trophy in 2019, Mumbai once again won in 2020 when the lucrative league was shifted to UAE due to the COVID-19 pandemic. The win was built on the team's strength, their core has remained the same over the years and this is one of the biggest reasons for the side's dominant run.

MI's batting is their biggest strength. They possess a solid opening duo in skipper Rohit Sharma and South African Quinton De Kock. They also have an option in Australian hard-hitting batsman Chris Lynn.

The ever-improving Suryakumar Yadav, young Ishan Kishan, both of whom starred on their India debuts, the all-rounder Pandya brothers Hardik and Krunal and West Indian Kieron Pollard, make for a very strong middle-order.

On the fast bowling front, MI possess the finest in Jasprit Bumrah, and the India pacer would be raring to go once again after a break from the game. Last season's new addition to the team, New Zealand's Trent Boult proved his worth in the last season by taking wickets in the powerplay, including in the big final. Add Australia's Nathan Coulter-Nile to the mix and it becomes a superb pace attack.

### MUMBAI INDIANS SQUAD

Rohit Sharma (Captain), Adam Milne, Aditya Tare, Anmolpreet Singh, Anukul Roy, Arjun Tendulkar, Chris Lynn, Dhawal Kulkarni, Hardik Pandya, Ishan Kishan (wicket-keeper), James Neesham, Jasprit Bumrah, Jayant Yadav, Kieron Pollard, Krunal Pandya, Marco Jansen, Mohsin Khan, Nathan Coulter-Nile, Piyush Chawla, Quinton De Kock (wicket-keeper), Rahul Chahar, Saurabh Tiwary, Suryakumar Yadav, Trent Boult, Yuvraj Singh, Mahela Jayawardene (Head Coach).

### WEAKNESSES

Their problems could lie in the spin department, which is a bit light, especially on Chennai's Chepauk track. Lack of a wicket-taking spinner could hurt Mumbai Indians' prospects.

With Lasith Malinga bidding adieu to franchise cricket, MI have been left to fill up a huge void. Left-arm spinner Krunal, who was taken to the cleaners by the visiting England side in the ODI series, is more of a restrictive option but there is Rahul Chahar, one of the finds of the IPL. Off-spinner Jayant Yadav played only two matches in the last season and it remains to be seen how many games he will get this time around.

Mumbai have roped in experienced leg-spinner Piyush Chawla, but if the team persists with Krunal and Chahar, he could end up warming the benches. Chawla, for the record, has 156 wickets in the IPL, the third highest for any bowler in the league's history. Mumbai have a strong A side but don't have enough replacements for each slot and have relatively young players as their bench strength.

### OPPORTUNITY

Given that all of the Mumbai middle-order batters are big-hitters, this could give the side an advantage, especially while chasing big totals at Chennai and Bengaluru.

### THREAT

Pollard will have to contribute with the ball too, and play the role of fifth or sixth bowler, depending on the playing XI that is fielded.

Pollard, who has been with Mumbai Indians for a considerable amount of time, is their second highest run-scorer (3,023 runs) after Rohit Sharma (5,230 runs) and has grabbed 60 wickets. He has also smashed 198 sixes and is the second highest for his franchise after Rohit, who has hit 213 sixes. The opponents could fancy their chances but MI definitely have the team to go for a sixth title and third on the row.

## 3 CLUBS AGUERO CAN JOIN AFTER 10 YRS AT ETIHAD



**Manchester City legend Sergio Aguero will leave Etihad at the end of the ongoing Premier League season. Here's a look at the three clubs that can sign Sergio Aguero from Manchester City**

"Aguerooooo... I swear, you'll never see anything like this ever again!" how Martin Tyler's iconic commentary had encapsulated one of the most dramatic goals scored in the history of the beautiful game. Sergio Aguero will always be remembered for his mind-numbing last-minute winner against Queens Park Rangers (QPR) during the 2011-2012 season, which laid the foundation of a new era for Manchester City in the English Premier League (EPL). One of

the greatest players to play in the celebrated Premier League, Aguero kickstarted the renaissance of Manchester City across all competitions, especially the English top flight. After serving the noisy neighbours of Manchester United for a decade, the Argentine striker is set to part ways with the Citizens at the end of the season 2020-21. There is no denying that the legend of Kun Aguero will be etched into the memories of every Manchester City and Premier League fanatic.

### 1) BARCELONA



Even though Aguero has struggled with injuries before reaching the twilight phase of his iconic club career, the Argentine striker can still attract household names after leaving Manchester City this summer. Since Aguero will leave Etihad for free, La Liga giants FC Barcelona have a decent chance to land Lionel Messi's international teammate at Camp Nou. Currently fixing their economic crisis, the Catalan giants are unlikely to splurge on exciting young talents in the coming transfer window. In order to make sure Messi stays at Camp Nou, Barca can have a free hand at going after Aguero next season.

### 2) JUVENTUS



The 32-year-old is likely to turn a year wiser when the ace striker pens a lucrative contract with his next club. In a competitive league where age is just a number, Aguero can simply pursue his dream of winning the prestigious UEFA Champions League with Cristiano Ronaldo-starrer Juventus next season. It should be noted that Alvaro Morata is on loan at Juventus and the Old Lady only have a 45m option to cut a permanent deal with Atletico Madrid for the Spanish striker. Thus, an Aguero deal can be materialised by the Serie A holders even before the transfer window reopens.

### 3) ATLETICO MADRID



A move to Paris Saint Germain (PSG) lacks conviction since the Ligue 1 giants are already blessed with Kylian Mbappe and Mauro Icardi in their star-studded squad. With La Liga giants Real Madrid unlikely to make a move for Aguero, the Argentine forward can make a sensational return to Atletico Madrid. Aguero signed for Manchester City from Atletico Madrid in 2011. Atletico had earlier confirmed the termination of Diego Costa. The capture of Luis Suarez from Barcelona in a bargain deal has already paid Rojiblanco's rich dividends. Diego Simeone can easily make room for his countryman if Juventus renew the loan of Morata next season.

## QUIZ TIME!

**Q1:** Who, in 2001, became the first person in the world to score more than 9000 points in the decathlon?

- a) Sergey Bubka  b) Zhang Li   
c) Roman Sebrle  d) Bruce Jenner

**Q2:** Which athlete scored first position in the London Marathon held on October 4, 2020?

- a) Eliud Kipchoge  b) Shura Kitata   
c) Vincent Kipchumba  d) Sisay Lemma

**Q3:** Which team was Lewis Hamilton racing for when he won the first F1 world championship title?

a) McLaren  b) Mercedes   
c) Red Bull  d) Ferrari

**Q4:** Who is the first and currently the only batsman to score double hundreds in four consecutive test series?

- a) Virat Kohli  b) Rohit Sharma   
c) A.B. de Villiers  d) Brian Lara

**Q5:** Who was the only overseas player to score a century in IPL 2020?

- a) David Warner  b) Faf du Plessis   
c) Jonny Bairstow  d) Ben Stokes

**Q6:** In which year did Cristiano Ronaldo help Portugal win the European Championship?

- a) 2016  b) 2012  c) 2020  d) 1998



Photo: AP

**Q7:** Name the first American woman to win a gold medal in free wrestling at the Olympic Games.

- a) Helen Maroulis  b) Tricia Saunders   
c) Stephany Lee D.  d) Kristie Davis

**Q8:** Name the athlete who recently booked her ticket for the Tokyo Olympic Games with a discus throw of 65.06 metres.

- a) Seema Punia  b) Kamalpreet Kaur   
c) Navjyot Dillon  d) Harwant Kaur

**Q9:** In which Olympic games did boxer Vijender Singh win a bronze medal?

- a) 2012 London  b) 2004 Athens   
c) 2000 Sydney  d) 2008 Beijing

**Q10:** Which player holds the record of most wickets, 15, in an ODI series between India and Pakistan?

- a) Sourav Ganguly  b) Naved Ul Hasan   
c) Anil Kumble  d) Ashish Nehra

**Q11:** How many runs has David Warner made in ODIs?

- a) 5303  b) 5505  c) 5404  d) 5455

- ANSWERS:** 1 c) Roman Sebrle 2 b) Shura Kitata  
3 a) McLaren 4 a) Virat Kohli 5 d) Ben Stokes  
6 a) 2016 7 a) Helen Maroulis  
8 b) Kamalpreet Kaur 9 d) 2008 Beijing  
10 a) Sourav Ganguly 11 d) 5455





# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ Digital divide is getting wider, says Times NIE survey  
➤ Check out the benefits of anti-inflammatory foods  
**PAGE 2**



➤ Hear it from your peers on their travel plans  
➤ Students pen their school experience  
**PAGE 3**



➤ Explained: IPL 2021- new rules for umpiring, teams and players  
**PAGE 4**



**STUDENT EDITION**

WEDNESDAY, MARCH 31, 2021



**WEB EDITION**

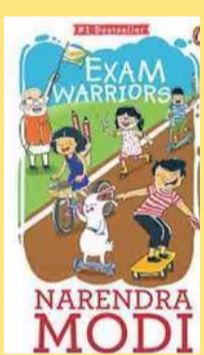
**CLICK HERE: PAGE 1 AND 2**

## Spotlight

### PM ANNOUNCES UPDATED EDITION OF 'EXAM WARRIORS'

Prime Minister Narendra Modi has announced the updated edition of 'Exam Warriors', saying that the fresh edition is enriched with valuable inputs from students, parents and teachers. He also said that substantive new parts have been added in the new edition of 'Exam Warriors', which would especially interest the parents and teachers. "Let us all help our youngsters, as they appear for their examinations!" Prime Minister Modi said in a series of tweets. "How to make exam preparation fun? Is there anything interesting we can do sitting at home while preparing? There is a solution to this...an all new Exam Warriors module on the NaMo App," he said.

Modi will interact with students, parents, and teachers during 'Pariksha Pe Charcha 2021', regarding the upcoming Board exams, and share tips on how to deal with academic stress. The dates of the event will be announced soon



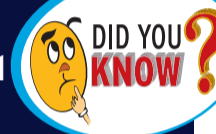
## Covid-19 waste is killing animals around the world!



The masks and gloves used by people to stop the spread of Covid-19 are now proving to be a threat to wildlife, a report has found. According to researchers, animals are eating the plastic waste, as a disposed glove was found inside a penguin's stomach recently. Similarly, a bird was noticed entangled in a face mask (see pic). Pets, especially dogs, are at risk from the PPE-related plastic waste, they warn.

**JOIN CovidLitter;** a website that is urging people to note any sightings of animals affected by Covid waste, to create awareness on this new 'ticking plastic time bomb'

146 tons of bio-medical waste is generated per day in India due to diagnostic activities and treatment of Covid-19 patients, the ministry of environment informed Parliament recently



**SAVE THE DATE**

### 'NOMADLAND' TO RELEASE IN INDIA ON APRIL 2

Director Chloe Zhao's multiple Oscar-nominated film 'Nomadland', is all set to release in India on April 2. The film features Academy award-winner Frances McDormand as a woman, who leaves home to travel around the American West, after losing her job.

- The Searchlight Pictures' film has garnered six nominations at the Oscars, including the best picture, best actress and the best director nod for Zhao
- The film is also nominated in seven categories at the BAFTA and won the best picture and best director at the Golden Globes Award 2021

## NOTE TO FUTURE SPACE TRAVELLERS: PREPARE FOR A SHRINKING HEART

In space, your heart gets smaller, claims a new study. Scientists have reported that the largest chamber of the heart of Scott Kelly, who spent nearly a year on the International Space Station (ISS) in 2015 and 2016, shrank in mass by more than one-quarter by the time he returned to the Earth. According to scientists, without the pull of gravity, the heart does not have to pump as hard, and like any other muscle, it loses some fitness from less strenuous use. For Kelly, the shrinkage occurred even though he exercised almost every day on the space station, a regimen that has proved effective at limiting the brittling of bone and loss of muscle overall.

The new discovery just adds to the litany of transformations that the human body undergoes without the steady downward pull of gravity. Astronauts also tend to have swelled heads, squashed eyeballs, shrivelled legs and bones that become more brittle

### A MATTER OF CONCERN?

A smaller heart could be a concern for future missions to Mars, feel scientists. They say, problems could arise, if astronauts get injured or fall sick and are unable to exercise, or if the exercise equipment breaks. With weaker hearts, they could become light-headed and faint, when stepping foot on the Red planet after months of weightless travel, they add



## IN THE NOBEL RACE Myanmar civil disobedience movement nominated for Nobel Peace Prize



The civil disobedience movement that has sprung up in Myanmar since the military coup, has been nominated for the 2022 Nobel Peace Prize, a Norwegian academic said.

- Kristian Stokke, professor of sociology at the University of Oslo, said the movement represents an exemplary peaceful response to the power grab by Myanmar's army on February 1
- "This pro-democracy movement, if successful, can have consequences outside Myanmar, and inspire other non-violent pro-democracy movements elsewhere, especially, at a time when democracy is under pressure from the authoritarian forces," he added
- According to the Assistance Association of Political Prisoners (AAPP), a local monitoring group, 320 people have been killed and nearly 3,000 arrested since the coup that ousted Aung San Suu Kyi, a recipient of the prestigious award in 1991
- The 2021 peace prize winner will be announced on October 8. The World Food Programme (WFP) won last year

## New edition of 'Lord of the Rings' to feature drawings, illustrations by Tolkien

An upcoming edition of JRR Tolkien's 'The Lord of the Rings' trilogy will include paintings, drawings and other illustrations by the British author for the first time since it was published in the mid-1950s. Houghton Mifflin Harcourt Books & Media have announced that the new version will come out on Oct 19 this year.



'The Lord of the Rings' books, which include 'The Fellowship of the Ring', 'The Two Towers' and 'The Return of the King', are among the best-selling fantasy novels in history. They were adapted into a blockbuster trilogy of films by director Peter Jackson

**BOOK**

## KIIT, KISS to be first in the country to introduce chess in school curriculum

KIIT and KISS in Odisha will be the first-ever educational institutions in the country to introduce chess in the school curriculum. "This programme will be managed by the International Chess Federation, while KIIT and KISS will provide the required infrastructure. FIDE and AICF will extend all sorts of co-operation," said official sources



### Education

- The All India Chess Federation (AICF) in association with the All Odisha Chess Association (AOCA) has decided to introduce this in the school curriculum
- According to the policy of the International Chess Federations' (FIDE), chess should be included in the school level study curriculum
- Chess is a part of school curriculum in different countries across the world

## Parts of India to see deadly heatwaves in coming decades: Study



Limiting warming to 1.5 degrees Celsius will likely reduce the impact of deadly heatwaves by half, but the heatwaves will become a commonplace across South Asia, including major crop-producing regions in India, such as West Bengal and UP, says a new study. The findings indicated that these heatwaves will likely become more common in the coming decades, even if global warming is limited to 1.5 degrees Celsius.



In 2015, large parts of India and Pakistan experienced the fifth-deadliest heatwave in the recorded history, which caused about 3,500 heat-related deaths



## Self-love is numero uno: Katrina Kaif

### Celeb talk

Urging every woman to be independent, actress Katrina Kaif says 'self-love is numero uno'. "People will tell us all kinds of things and that is why, self-love is numero uno," she asserts. "Women should know what they are capable of. Sky should be our limit. We should not give anyone any kind of power to bog us down or even under-value ourselves," she adds.

The gap in education, the lack of access to equal opportunities and the deep-rooted belief that women are the weaker sex is a problematic perception. The stereotype that we attach to women should end, and I am glad to see a change taking place as we speak. If you do not have anyone's support, remember that you are self-sufficient. Change should come from within. We need to have a strong sense of self, and not forget that we are made for the greatest things

KATRINA KAIF, ACTRESS

## SPACE New bacterial strains found on ISS may help grow plants in space



Discovery of a novel bacterial strains aboard the International Space Station (ISS) suggests the possibility of astronauts growing their own vegetables while in space, says a new study by researchers.

The new bacterial strains discovered from different locations aboard the ISS flights may help in creating the "fuel" to help plants withstand stressful situations, they add



# 50 per cent say online education led to insurmountable digital divide: Times NIE survey

**EXCERPT:** In a survey done by Times NIE, 50 per cent of the 536 respondents from Hindi speaking states: Rajasthan, Haryana, Uttar Pradesh, Jharkhand, Bihar and Madhya Pradesh think the digital divide is wider than ever and it may lead to serious problems if not addressed immediately

**Deebashree Mohanty**  
Shashi Tharoor, Lok Sabha Member of Parliament, recently said that online learning in its current form is exclusionary and discriminatory. To his claim, the Education Minister, Ramesh Pokhriyal Nishank, shared his concern and said that the Union Government would look into the digital divide in education. "We have started One Class, One Channel to community radio channels initiatives," he said to the House on March 16, 2021.

technology start-up, half of the respondents interviewed felt the current online system of education led to a serious digital divide; while the other half said the issue of a divide cannot be traced back to online learning. Here's a look at the issue of the digital divide and some suggestions by educators pan India.

## The problem

The pandemic has exposed a serious digital divide in the country with a section of students not having access to the internet or even learning aids like computers, laptops, tablets and smartphones.



The burning issue of the digital divide in India has become even more intense in the wake of the pandemic. Some suggestions for the government could be:

- 1) Enhanced global digital collaboration.
- 2) Enhanced local digital co-operation, including initiatives that increase bandwidth and provision of electronic devices.
- 3) Subsidy in internet plans.
- 4) Televising of educational programmes.
- 5) Increase public and private partnerships in digital technology and scale up to connect people and cities.



**SONAL NARANG**, vice-principal, Anand Niketan, Ahmedabad

## MANY USEFUL SUGGESTIONS



According to a survey by the National Statistics Office, only 24% of households in India had access to internet, with the number dropping to 12% when considering households with students. This has caused the attendance to significantly reduce during COVID times and measures like subsidised Internet plans/waiving off internet charges should happen. Another option could be televising educational programmes for students with easier accessibility to TV.

**SHAILAJA CHANDAR**, eminent educationist

The digital divide can be addressed if citizens work towards equity in education. Enhanced collaborative activities through community centres equipped with public digital libraries and resources can really help in reducing the digital gap.

**MANJULA RAMAN**, CEO, Academics & Innovation, Royale Concorde International, Bengaluru



Part from community radio channels initiatives, the government should adopt appropriate policy intervention for the expansion of digital infrastructure and services. The government can encourage cost-effective solutions such as the use of satellite



lite devices, drones and the like that are appropriate for rural areas. The government should also narrow down the gender gap in internet usage.

**RADHAMANI C**, Senior section in-charge, Blooming Buds Bethania Sr Sec School, Thrissur

The Indian Government should take the necessary steps to provide affordable and robust broadband internet services to the rural education sector. Most of the online educational content is given in the English language, which may cause hin-



drance in the teaching-learning process in rural areas. The learning content should be made available to students in all regional languages for better results in the education sector. Even dependence on home-based internet connectivity should be reduced.

**MEENAKSHI YADAV**, SUPERVISOR, Zebur School For Children, Ahmedabad



To reduce the digital divide, government needs to ensure that every family has a smart device, gets a low-cost internet facility and a strong bandwidth. Apart from that, regular training needs to be given to faculty on digital content and pedagogy to engage students in different languages. Different companies must be encouraged to provide such facilities to students and faculty.

**BRATATI BHATTACHARYYA**, Secretary General, Shikshayatan Foundation, Kolkata

The government should adopt a two-pronged approach - empower the students to access digital content and reduce complete dependence on online teaching. It would help to strengthen the rural and semi-urban sectors with infrastructure (electricity and stable bandwidth). Gadgets should be made available at subsidised cost and most importantly, teachers should be trained to balance between asynchronous and synchronous teaching modules.

**ANUPAMA RAMACHANDRA**, Principal, DPS Electronic City, Bengaluru

The digital divide is primarily the issue when it comes to delivering on the education front especially in this pandemic situation. Indian villages do not get adequate electricity supply, many are disconnected from the world wide web and more of such technological hindrances have kept the digital divide in India between the urban and rural students intact. Government will have to tackle this issue on a war footing and actually hand out devices and resolve connectivity issues in real time at the grassroots level if they want to do something truly worthwhile for rural students.

**SOBHA NAIR**, Sr Coordinator, Guardian High School and Jr College, Mumbai



## TO CONCLUDE

If the government continues online education with necessary supportive measures, the prevailing disparity in the virtual world could be resolved and the widening educational inequalities among learners can be bridged.

Survey credit: prashnam.ai

## STAY HEALTHY

# Have these anti-inflammatory foods

There are many ways to manage inflammation in the body and one of the easiest is by adding anti-inflammatory foods to your diet. These foods are rich in omega-3 fatty acids, lean protein, healthy fats, and spices. Check them out...

### Berries

All kinds of berries: strawberries, blueberries, raspberries or blackberries, have anti-inflammatory properties. Berries are packed with antioxidants called anthocyanins. These compounds have anti-inflammatory effects that may help your body produce natural killer cells (NK cells) and keep you safe from lifestyle diseases.



### Cruciferous veggies

Broccoli, cabbage, cauliflower, and kale, all belong to the mustard family (Brassicaceae). Commonly known as cruciferous vegetables, these green vegetables are loaded with great nutrients like folate, vitamin K, and fibre. Besides, they also contain antioxidants that may have anti-inflammatory effects on the body. Research has shown that eating cruciferous vegetables can reduce the risk of heart disease.



### Green tea

The famous tea that is known for its antioxidant and anti-inflammatory properties is a great addition to the list. It is one of the healthiest beverages you can have to protect yourself from heart disease, cancer, obesity and other conditions. Green tea gets its goodness from a substance called catechins; drink it up.



### Tomatoes

Eating healthy does not have to be expensive. Sometimes even common foods present in your pantry can help in protecting you from diseases, provided you eat them the right way. Tomatoes are commonly used to prepare curries in Indian households, but only a few people know how nutritious it is. The red fruit is rich in vitamin C, potassium, and lycopene, which has an antioxidant with powerful anti-inflammatory properties. Lycopene is more effective on your body when cooked; add it to bakes, curries.

### Olive oil and coconut oil

Healthy sources of fat like olive oil and coconut oil also possess some anti-inflammatory properties. You can add both of them to your diet depending on the kind of dish you are preparing. Both oils have great health benefits and are good for the gut, heart, skin and hair. Olive oil is



even linked with reducing the risk of heart disease, brain cancer, and other serious health conditions. On the other hand, adding coconut oil to the diet may reduce markers of oxidative stress and inflammation. Have both and stay healthy.

## DIY LIFE

# Homemade green tea & aloe vera shampoo



If you love sipping green tea and have aloe vera plants in your garden, you have stellar ingredients to make your own shampoo at home. A shampoo that will be completely organic and sulphate free. Here's the DIY recipe:

- Keep the used green tea bags in 200ml of water and boil for 25 minutes.
- Remove the mixture from the stove and let it cool down.

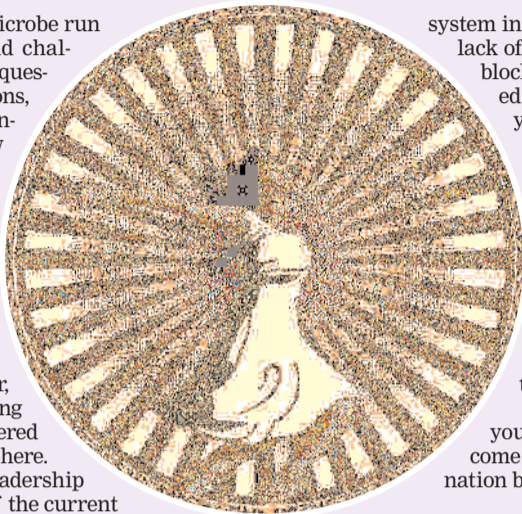
- Once cooled, add another 200ml of liquid soap, some aloe vera gel and one tablespoon of olive oil.
- If you want to give it a fragrance, you can even add a few drops of essential oil like lavender, ylang-ylang or rose.

- When washing your hair with green tea shampoo, you won't need to use a conditioner, as the mixture is chemical-free. Just rinse it through your hair and wash off with cool water. TNN



## EMPOWERING YOUNG WOMEN TO EMERGE AS LEADERS

The year 2020 witnessed a microbe run amok across the globe and challenged us to look inwards to question the basis of all institutions, personal and political. Countries such as New Zealand, Taiwan, and Germany, with women leaders at the helm, have fared significantly better on all parameters of pandemic management, inspiring countless people, including myself. As an educational leader, I have always strongly believed that young girls in our country need to be empowered to play an equal role in the political sphere. To enable young girls to assume leadership roles, requires a complete overhaul of the current



system in which prevailing cultural attitudes and lack of societal support have been major roadblocks. A critical change that must be effected at the grassroots level is to ensure that young girls are raised in spaces which do not impose regressive and restrictive gender roles upon them. Further, educational institutions can play a major role by providing a platform to girls to freely express their views and engage with the democratic process. To this end, we must suitably modify the curriculum to include positive female role models, such as Indira Gandhi, Marie Curie, and Malala Yousufzai, to ensure that education is inclusive in every sense of the word. So today, let us pledge to equip our young girls with the necessary tools to become trailblazers and play an active role in the nation building process.

ANUPAMA SINGH, Principal, JNS

## Women's day celebrated at St Kabir



8th March, considered International Women's Day brings many things for women – a cause for celebration, and a time to be honoured, loved and admired. To honour womanhood, St. Kabir School, Naranpura celebrated International Women's Day. The event was conducted in the presence of the Principal Rashmi Trivedi, all the supervisors, teachers, and the admin staff.

On the occasion, St. Kabir School planned a fun session of interesting games with the teachers. A session of dumb charades was conducted followed by a round of Tambola. Teachers participated with enthusiasm and had a great time. So let's make International Women's Day our day and do what we can to truly make a positive difference for women.

## Young Master Chefs

As students are missing school, so to bring some joy to these fun-deprived summer days, virtual Master Chef Activity was conducted by St. Kabir School, Navrangpura for the students of the primary section recently. The event witnessed the children making some flavoured cuisines like nutritious bhel, sandwiches, fruit chat, sprouted and rainbow layered salad.

Children spoke about the dish they prepared and explained the nutritional values of different food items and how they help the body to maintain the immune system. They presented their yummy dishes along with some cooking tips. Discussion about healthy food habits and how to stop wastage of food was also shared in the Interactive online session. The aim of this fun-filled activity was to motivate children to make healthy food choices.



## Coconut milk bath to cool off

It's getting warmer as you read this – and top on the mind are sunscreen, aloe gels and exotic skin packs to battle the harsh weather. But there's another natural way to cool the skin down that's effective and inexpensive – a coconut milk bath, made with simple coconut water and its milk. It leaves the skin feeling revitalised, softer and glowing. After a long week, this will be just the thing to melt away stress and bust fatigue.



### DIY BATH RECIPE

This bath recipe is doable and great for overall wellness. To prepare the coconut milk bath: add coconut milk and some honey in a bowl. Honey is a natural moisturiser. Add a few drops of lavender or rose oil to this blend. Mix and add it to the bucket/bathtub and you're set. You can also add half a cup of oatmeal to your bath.

## A PERFECT MEMORABLE TRIP!

Zoom... I sat in a plane and as the plane gained height the city of Ahmedabad looked like toys and dollhouses! That was indeed a comfortable flight. We reached Chandigarh Airport, and from there took a taxi to Shimla. After reaching there, we rested in our hotel. After that, we were on our way to Kufri to enjoy the snow. I threw snowballs on my little brother Kahan and my parents too!



Then we went to Manali where our cottage was in the lap of nature with an amazing view. On our way to Hampta pass, we saw benches covered with snow. We even visited Shakti Peetha

including Jwala Devi, Naina Devi, Kangra Devi. At Jwala devi, there is a mountain that is emitting fire continuously. In this temple, there is the tongue of goddess Parvati. While, Naina devi temple houses the eyes of goddess Parvati and Kangra Devi Temple has Maa Parvati's Left Breast.

I even enjoyed river rafting and paragliding during the trip. AAROHI TRIVEDI, Class IV, Udgam School For Children



## International Day of Education celebrated

To celebrate the International Day of Education, the Aga Khan Preschools (AKPs) recently organized a week-long competition for its staff and parents around the theme 'Importance of Early Childhood Development (ECD)' and 'Learning is Power'. Various events like poster making, story writing, and a mobile photography competition were held. The competitions were met with enthusiasm and received an overwhelming response. The panel of judges chose winners based on originality of content, creativity, context, presentation, and language. One of the panel members, Narendra Chudasama said, "The story writing entries we received was amazing." Another panelist, Malika Awadia added, "It was a beautiful experience to read the stories that parents wrote for their children. And the creativity with which posters were created for the theme, was inspiring to say the least".

Memuna Khalifa, the winner of the mobile photography competition and a grandparent of a student who at-



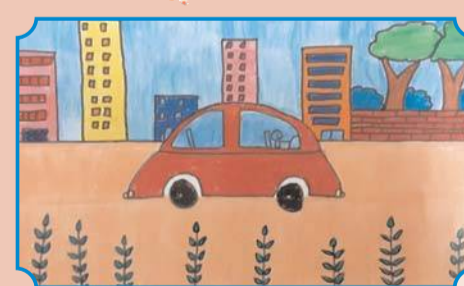
tends AKP, Kera remarked, "Such events encourage us to engage with our children in different activities. I had planned every detail of the picture." At the AKPs it is common practice to encourage parents to borrow books and read to their children.

Another participant, Hiral Himani (AKP, Botad) said, "Thank you for conducting an event of this nature. It helps



strengthen the school's ties with the parents." The AKPs have consistently endeavoured to go beyond the confines of conventional schooling and engage with the community, to create a lasting impact in the areas that it serves.

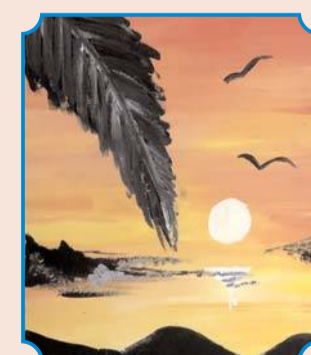
## Painters' Gallery



Anika Ranjan, Class III, Essar International School, Hazira, Surat



Jenil Dalki, Class IV, Zydus School For Excellence



Parneet Kaur, Class IX, DAV International School

## LITTLE BLACK CAMERA

One such thing, greedy to win, Is time that waits for nobody. It wants to finish its race, So can't stay young for eternity. But there's this thing that isn't lame, Succeeds to take you down the lane. Of memories that you might forget, That are stored in a pretty gadget. Little black camera can stop time, Its great lens gives time a little rest. Capture a moment, either day or night, On a piece of paper or the screen itself. The little black camera brings a smile, On pretty faces glowing brightly. When memories hit your heart so dear, There are chances you'd fall into tears. So now concluded-time wouldn't stop If the little black camera didn't exist Thanks to science who greatly brought Awesome inventions giving us bliss.

JERUSHA THOMAS, Essar International School

## Give us, our school life back !!!

My School life is full of memories because in school we learn many things, like to make new friends, to share, to adjust and learn, play games in the playground like football, tennis, cricket, volleyball, etc, going to the library, in assembly doing prayer, yoga, speech, music. In this way, Learning becomes fun and we enjoy it. The most memorable days are like annual function, picnic, farewell, sports, etc. We really love these occasions. All these make us happy and active.

Coronavirus has brought in a sea change in our life. The schools are closed, we cannot

go outside to enjoy our vacations. All are facing difficulties in Corona but we are facing a lot as we do not go out to play, we cannot meet one another. Most of us are now addicted to mobile and TV. Doing nothing makes the students dumb and useless. A big loss for us is that our studies are disturbed as we cannot concentrate. We are very much tired of this life. We do not need only studies but also need our friends, playing outside, visiting amusement parks, etc. We need some diversion.

Just like a plant does not need, only water but it also needs sunlight, carbon dioxide for its proper growth. Same for stu-

dents, along with studies we also need many other things for overall development.

A humble request to parents whatever sensible things that your children want to do let them do. Now slowly schools are starting and we are extremely happy to meet our friends, our teachers and we all are ready to start fresh and lead an energetic life. We (Students) are the real Warriors in corona time. And of course how we can forget our dedicated teachers who have really emerged as superheroes in this difficult time and providing Online education.

MAHI TEVAR, Class VII, HBK School





# 5 NEW RULES IN IPL 2021



Shreyas Iyer, who dislocated his shoulder in the first ODI against England, is set to miss the first half of the IPL where he is the captain of the Delhi Capitals

The Board of Control for Cricket in India (BCCI) has made a few changes in the rule-book for the upcoming Indian Premier League (IPL) 2021 season

## Minimum Over Rate

One of the biggest changes made in the rules is the length of the match, which now would see the 20th over also concluding in the 90-minute deadline. "As a measure to control the match timings, the 20th over in each innings is now included in 90 minutes, earlier the 20th over was to start on or before the 90th minute."

"The minimum over rate to be achieved in IPL matches shall be 14.11 overs per hour (ignoring the time taken by time-outs). In uninterrupted matches, this means that the 20th over should finish within 90 minutes (being 85 minutes of playing time plus 5 minutes of time-out) of the start of the innings. For delayed or interrupted matches, where an innings is scheduled to be less than 20 overs, the maximum time of 90 minutes shall be reduced by 4 minutes 15 seconds for every over by which the innings is reduced."

## Soft Signal

The next big change came in the form of soft-signal. It was the dismissal of Suryakumar Yadav in the T20I series that created a huge uproar over the validity of soft-signals in cases where the on-field umpires don't even have a clear view of the acts. In IPL, hence, the soft-signal will have no bearing on the decision that the third umpire is to give.

"Should both on-field umpires require assistance from the third umpire to make a decision, the bowler's end umpire shall firstly take a decision on-field after consulting with the striker's end umpire, before consulting by two-way radio with the third umpire. Such consultation shall be initiated by the bowler's end umpire to the third umpire by making the shape of a TV screen with his/her hands. The third umpire shall determine whether the batsman has been caught, whether the de-

## YES TO UMPIRE'S CALL

Despite questions over the validity of umpire's call in DRS reviews, the BCCI has stuck with it for IPL Season 14. There were suggestions that the decision should be out if any part of the ball is hitting the stumps but the Indian board has decided to persist with the current system, at least for the upcoming season.

Umpire's Call is the concept within the DRS under which the on-field decision of the bowler's end umpire shall stand, which shall apply under the specific circumstances where the ball-tracking technology indicates a marginal decision in respect of either the Impact Zone or the Wicket Zone.

livery was a bump ball, or if the batsman will fully obstructed the field. In case of a fair catch, the third umpire will use all the technological support available to him/her. The third umpire shall communicate his/her decision."

## Short-run

In case of the short run, the third umpire will now check the short run and can overturn the decision made by the on-field umpires. This short-run point became a huge point of debate last year after the match between Kings XI Punjab (now Punjab Kings) and Delhi Capitals (DC). The Preity Zinta-co-owned franchise also made an official complaint after her team ended up on the losing side.

## No-ball

As per the updated guidelines, now the third umpire can overrule the no-ball decision made by the on-field umpire.

## Super-Over

There is another updated clause in the playing conditions and according to it, in an interrupted match, subsequent super overs can be played till an hour's time from the actual finished time of the tied matches (Clause 16.3.1).

# ENGLAND SERIES GAINS

All-rounders Shardul and Washington, Surya and Kishan

The shining stars once again shone brightly but a few who have made real statements include Mumbai's Shardul Thakur, who, in the coming days, could be the all-rounder Indian team requires on foreign shores with his incisive swing bowling and powerful batting built around decent technique. People waited for Suryakumar Yadav's debut and the player, perhaps, waited even more. When it happened, the Almighty conjured to help the Mumbai maverick write the most brilliant prologue of what would be a "lovely book to read" in the coming days. A player like Ravindra Jadeja wasn't missed as Axar Patel, in his first series, looked like a veteran of 50 Tests, who was ready to play havoc with the minds of English batsmen. He bowled straight undercutters and they played for turn. The result was 27 wickets in three Test matches as he matched the magician Ravichandran Ashwin, strike for strike.

## Options galore for Team India

India's T20 team has options in all departments with Rahul, Rohit and now skipper Kohli as openers. If Shreyas Iyer gets fit in time, he and Surya will be slogging it out and so will be Kishan, who is good but comes in the pecking order after Pant. In bowling, Bumrah, Bhuvneshwar and Shardul are fixed entities for the time being and Deepak Chahar, who had a six-wicket match haul before the COVID-19, is no longer a certainty as T Natarajan, with his yorkers, comes into the picture along with Prasad Krishna's searing pace.

## FOUR GOALS ACCOMPLISHED BY INDIA

**1** The all-format assignment against England saw India accomplish a few specific goals. Firstly, ensuring a spot in the World Test Championship final was non-negotiable and despite the blip in the Chepauk opener, India were ruthless in their approach, cooking the English goose with Ravichandran Ashwin and Axar Patel.

**2** The second goal was to check out the core group of players who will be travelling to England to play six Test matches, including the WTC final against New Zealand, followed by five Tests against the home team.

**3** During the five matches in the shortest format, the third aspect was exploring various combinations before the T20 World Cup in October.

**4** The fourth and final point in the check-list was to try out extra options during the ODI series. It goes without saying that the Indian team management were able to tick all the boxes and as Ian Chappell pointed out, this team has the ability to match the great West Indies side of the 1970s or the Australians in the 90s to mid 2000.

## QUIZ TIME!

**Q1:** Tokyo was scheduled to host the Olympics once before but the Games had to be cancelled. In which year was this?  
a) 1940  b) 1916  c) 1944  d) 1968

**Q2:** Cricket has been an Olympic sport only once. In which year was it played?  
a) 1932  b) 1964  c) 1900  d) 1980

**Q3:** Five new sports are being included in the Tokyo

Olympics: surfing, sport climbing, skateboarding, baseball & \_\_\_\_\_  
a) Karate  b) Polo   
c) Bowling  d) Darts

**Q4:** Who won the Italian Open Women's Tennis Singles title, 2019?  
a) Karolina Pliskova  b) Johanna Konta   
c) Naomi Osaka  d) Serena Williams

**Q5:** Which team has been ranked top in the recently released Test rankings by ICC?  
a) England  b) Australia   
c) India  d) Pakistan

**Q6:** High jumper Tejaswin Shankar broke the national record in his first attempt at another discipline, at DeLoss Dodds Invitational, Kansas City. Which discipline was it?



a) Long Jump  b) Heptathlon   
c) Discus Throw  d) Sprint

**Q7:** Who recently became the highest goal scorer in football history with 770 goals?  
a) Cristiano Ronaldo  b) Lionel Messi   
c) Romario D  d) Joseph Bickan

**Q8:** Which batswoman has scored the fastest fifty in T20 Internationals?  
a) Nida Dar  b) Smriti Mandhana   
c) Alyssa Healy  d) Sophie Devine

**Q9:** Susi Susanti, Joko Suprianto and Hendrawan

all won singles titles at the Badminton World Championships representing which country?

a) Thailand  b) Malaysia   
c) Philippines  d) Indonesia

**Q10:** Who bagged the FIFA Award?  
a) Neymar  b) Lionel Messi   
c) Cristiano Ronaldo  d) Luka Modric

**ANSWERS:** 1 a) 1940 2 c) 1900 3 a) Karate  
4 a) Karolina Pliskova 5 c) India  
6 b) Heptathlon 7 a) Cristiano Ronaldo  
8 d) Sophie Devine 9 d) Indonesia  
10 b) Lionel Messi





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TODAY'S EDITION

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STUDENT EDITION

SATURDAY, MARCH 27, 2021



NUTRITION

## Chew Away EXAM STRESS

Pics: iStock

Supriya.Sharma2@timesgroup.com

The stress levels that are playing havoc on your appetite and food cravings can be cured by food itself. What you eat and where you eat it has a lot to contribute to your worries.

- 1 Antioxidants, vitamins and minerals in the diet help in stress relief. So, whole grains, fruits and vegetables of all colours along with nuts top this list. Eating brightly coloured fruit and vegetables can keep you fit and healthy in both mind and body.
- 2 Foods rich in Vitamin B like whole grains & cereals, beans, nuts, pork, poultry and milk help in normal functioning of the nervous system and production of serotonin which is a stress relaxant.
- 3 Foods rich in vitamin C like citrus fruits — oranges, lemon, mausami, amla, guava, green leafy vegetables, cabbage, tomatoes and melon — also help in the reduction of free radicals produced during stress. All these foods are also high in fiber that cleanse and detoxify the body.
- 4 Milk and milk products like fresh yogurt and cottage cheese are helpful in stress reduction by neutralising the acids in the stomach.
- 5 Green tea, ginger, hot water and hot milk are well-known relaxants for the body.

- 6 Good hydration is essential for mind and body and we need to take plenty of fluids every day. But all drinks are not equal, so if you need to increase your liquid intake, watch your caffeine levels coming from coffee, tea and cold drinks. Fresh lime, coconut water, vegetable clear soups and butter milk are helpful.
- 7 Eating together with people and family who are communicative and sharing, helps in reducing stress.
- 8 Lastly, it is good to eat in a relaxed sitting arrangement and to eat slowly with proper chewing of food, rather than gulping it down.



The writer is an engineer and runs a blog - Gratisoul.com  
— Source: TNN

RETHINK

Karishma Verma

Since boards are almost here, there is a wave of stress amongst students of class 10 and 12, and their respective families as well. The pressure created by our society gets subconsciously instilled in the kids and they get so scared before even attempting to give their best because they think that these boards are like a 'career changer' for them and can make or break their future.

But let me tell you, these boards will not define your true personality. Irrespective of your results, you're still a good person who is worthy of everything good that you'll be experiencing soon in your lives. So, don't let the results of your boards affect you mentally or emotionally. It's just another exam.

So, here are some tips to remain a bit stress-free during your exam time!

### TALK ABOUT HOW YOU FEEL

Either talk to an elder person who has gone through this 'boards phase' and ask them how they remained calm throughout this period or talk to your friends about what they are doing to remain stress-free. When people who have gone through this phase or who are going through it currently share their personal experiences, it feels comforting and we feel that we are in this together.

### MUSIC OR NATURE THERAPY

Whenever you feel stressed not

## HOW TO COPE WITH BOARD EXAM FEAR?

only during your exams but at any point in your life, try listening to some relaxing music or take a walk outdoors. Music and nature together can be instantly calming for your mind, body and soul. Just try it out next time and you'll know what I really want to convey!!

### MEDITATE FOR INNER-PEACE

Usually, when our external climate is all tensed and makes us

High test anxiety has come to be associated with falling grades, low self-esteem, and high dropout rates as a result of an intense fear of failure. In a study conducted by Sunita Manchanda, consultant paediatrician, Max Hospital, Gurgaon, Swati Bhavne, Executive Director of Association of Adolescent and Child Care in India (AACCI), Mumbai and Amita Puri, Amity University, Haryana, it was found that 20% of test anxious students drop out before graduating due to the fear of failing an exam

### MAJOR CAUSES OF EXAM STRESS

**Parental expectations**  
There is a mismatch between what parents expect and the child's ability to perform well. Parents often set unrealistic benchmarks for their children based on their past academic experience or hold comparison with siblings.

**Competition with peer groups**  
Students often feel stressed when preparing for exams due to pressure from school and comparison with peer group and good performers. This can lead to unhealthy competition and insecurity. Self-induced pressure comes from the kind of lifestyle that students desire to create for themselves.

**Financial status**  
Finances can have a bearing on the students as they create insecurity and further pressurise them to produce the desired result.  
Expert: Dr Soumya Mudgal, psychiatrist, Max Hospital

### As a parent, you know your child is stressed if he/she shows...

- Loss of appetite or overeating
- Sleep loss
- Signs of irritability
- Signs of self-doubt like constantly criticising himself

### What can you do?

- Don't shut them out
- Encourage good habits and minimise expectations
- Build on their interests
- Ensure they're eating and sleeping well
- Don't judge them on their failure instead use it to motivate them

stressed out, we should fact-check our inner climate AKA our mind. Because it's our mind that gets affected first and sends all those emotional, stressed up signals to the heart which makes us question our own worth. So, in situations like these, the first thing that you should do is take a deep breath and just focus on your breath rather than focusing on 100 different problems that cloud your judgement.

After deep breathing, start meditating by playing an 'Om mantra' in the background for faster results.

The writer is an engineer and runs a blog - Gratisoul.com  
— Source: TNN

SELF-CARE

## COLOUR ME GOOD

Even as we get ready for a socially distanced Holi, ace aesthetic physician Dr Jamuna Pai shares her tips for haircare and skincare for Holi

### On Holi

- Apply a good amount of oil/conditioner on your hair. Make a small bun. You can cover your hair with a dupatta/bandana.
- To protect your body from colour, wear clothes that cover most body parts. Apply oil liberally all over your body prior to exposure to the colours. Use almond or coconut oil as they are thick in texture.
- Use sunscreen generously on all exposed areas.
- Apply an oil-free moisturising cream on the face.
- People with normal or combination skin can apply a waterproof sunscreen on their face along with a drop of baby oil mixed in it.
- Apply a coat of paint applied on your nails before Holi.

### After Holi

- Remove the colours as soon as possible, whilst still wet.
- If colours do not come off, rub warm olive oil and lemon juice generously over skin, leave for an hour and bathe again. Do not use kerosene, petrol or spirit to remove stains. Do not rub harshly.
- People with sensitive skin can use a cleansing milk.
- For the body, use a gentle body wash with a loofah. After bath apply moisturiser. You can treat yourself to a manicure and pedicure the following day.
- Rinse the hair with plenty of water to remove the excess colour. Follow it up with mild shampoo. Avoid using very hot water.
- Apply a soothing hair mask on towel dried hair for 10 minutes. Rinse it off with cold water and rub in hair serum on the shafts.
- In case of any minor rash apply Lacto calamine lotion to soothe the skin.

### A WEEK AFTER

- Get a facial done to hydrate and moisturise the skin.
- Use natural hair masks once a week. Aloe vera gel, curd or olive oil with an egg can be used for the same. You can go for a hair spa too.



WORLD THEATRE DAY SPECIAL

## ALL THE WORLD'S A STAGE

On World Theatre Day, here are five greats of Indian theatre scene reflecting on doing theatre in India



**OM PURI**  
An acclaimed actor, he was a student at National School of Drama  
"We need our theatre to become national. Only Marathi and Bengali ones are sustaining and doing well and to some extent Karnataka and Gujarat too. But compared to foreign countries, our theatre lacks stage craft. We have acting and direction potential but need to work on stage skills. Theatre is like Sanskrit, it is a mother plant. Radio, cinema are its children."  
In *deccanchronicle.com*, 2015

**GIRISH KARNAD**  
Known for his work towards building Kannada theatre scene  
"The future of urban theatre in India — has been uprooted by television, cinema, cable TV and satellites — do not dampen his effervescence for it. In fact, the new technologies should enlarge the arena of theatre. We may have less theatre today but there is much more drama going on around us!"  
In *Indiatoday.in*, 2013

**NASEERUDDIN SHAH**  
Inarguably the finest actor in India, he still runs his theatre company to keep in touch with the craft  
"I never quit working in the theatre even at a time when I was shooting for several (terrible) movies simultaneously. That was a time when I thought I was condemned to



TRAVEL

## Stargazing stopovers

Springtime brings clear blue skies in the day and starry nights. The best time to try some stargazing...

**Jaisalmer, Rajasthan**  
One exhilarating destination when it comes to stargazing camping. Armed with telescopes and guided professional astronomers, travelers are lapping up mid-desert astronomy vacations here. Just carry some hot chocolate in a thermos and something for late night snacking. Make sure you take warm clothes when camping out to stargaze. Even on a balmy summer evening, with clear skies above, stargazing can get chilly all year round.

**TIP:** Newbie stargazers are often tempted to stock up on high-tech tools. (yet). Start with binoculars

**Ladakh**  
Chumathang enroute to Hanle, one of the highest observatories in the world, in Ladakh has cloudless skies and very little pollution. This makes it perfect for star gazing. Just light up your tent with a torch and set the camera rolling on a tripod. Another great place to study the nocturnal sky in Ladakh are the camps near the Pangong Lake, known to offer spotless



**Majkhali, Uttarakhand**  
A rather unknown place in Uttarakhand is Majkhali near Ranikhet overlooking the Himalayas. With stars above the horizon and little twinkling village lights below, it is a perfect spot for stargazers. Connect with stunning views of absolute seclusion and capture stunning views of the pine, deodars and the Milky Way on the Ranikhet Golf Course. You could also travel to Sitakhet for even more astounding views of the Himalayas.

QUIZ



1. Western theatre as we know it originated in which Ancient Greek City?  
Answer: Athens
2. What did the Ancient Greeks do rather than clap their hands to applaud performances?  
A: Stamp their feet
3. Of all the Shakespeare comedies, which is the only one to be set in the UK?  
A: The Merry Wives of Windsor
4. What is the longest-running show on Broadway?  
A: The Phantom of the Opera
5. When was the Indian People's Theatre Association established?  
A: 1943
6. In which country would you find the most-visited theatre in the world?  
A: The Theater des Westens, Germany
7. Where is the largest indoor theatre in the world?  
A: Philippines
8. Which caves are the most ancient evidence of theatre in India?  
A: The Sitabenga Cave and Jogimara Cave of Raigarh Hill, Madhya Pradesh
9. In which country was theatre outlawed for 18 years during the 17th century?  
A: England
10. Which is the most famous and ancient book of drama in India?  
A: Natyashastra of Bharata Muni Lord Brahma  
Source: Various websites

**WHY:** World Theatre Day  
**WHEN:** March 27  
**WHY:** World Theatre Day was initiated in 1961 by the International Theatre Institute (ITI). It is celebrated annually by ITI Centres and the international theatre community. The goals of the day are:  
■ To promote theatre in all its forms across the world  
■ To make people aware of the value of theatre in all its forms  
■ To enable theatre communities to promote their work on a broad scale  
■ To enjoy theatre in all its forms for its own sake  
■ To share the joy for theatre with others  
■ To make people aware of the value of theatre in all its forms

### EBRAHIM ALKAZI

**Father of Indian theatre**  
"The greater part of the theatre movement in the West has been started by amateurs. A large number of great directors including Stanislavsky started as amateurs. The amateur theatre has certain advantages. It has enthusiasm. It has a certain daring. It has its freshness of outlook, its own intellectual integrity and, therefore, it need not sell its soul to the devil."  
In *Mainstream*, 2016

### SAFDAR HASHMI

**Founder of street theatre tradition in India**  
"The issue is not where the play is performed (and street theatre is only a mode of ensuring that art is available to the people), but the principal issue is the 'definite and unresolvable contradiction between the bourgeois individualist view of art and the people's collectivist view of art.'"  
In *The Enchanted Arch*, 1983

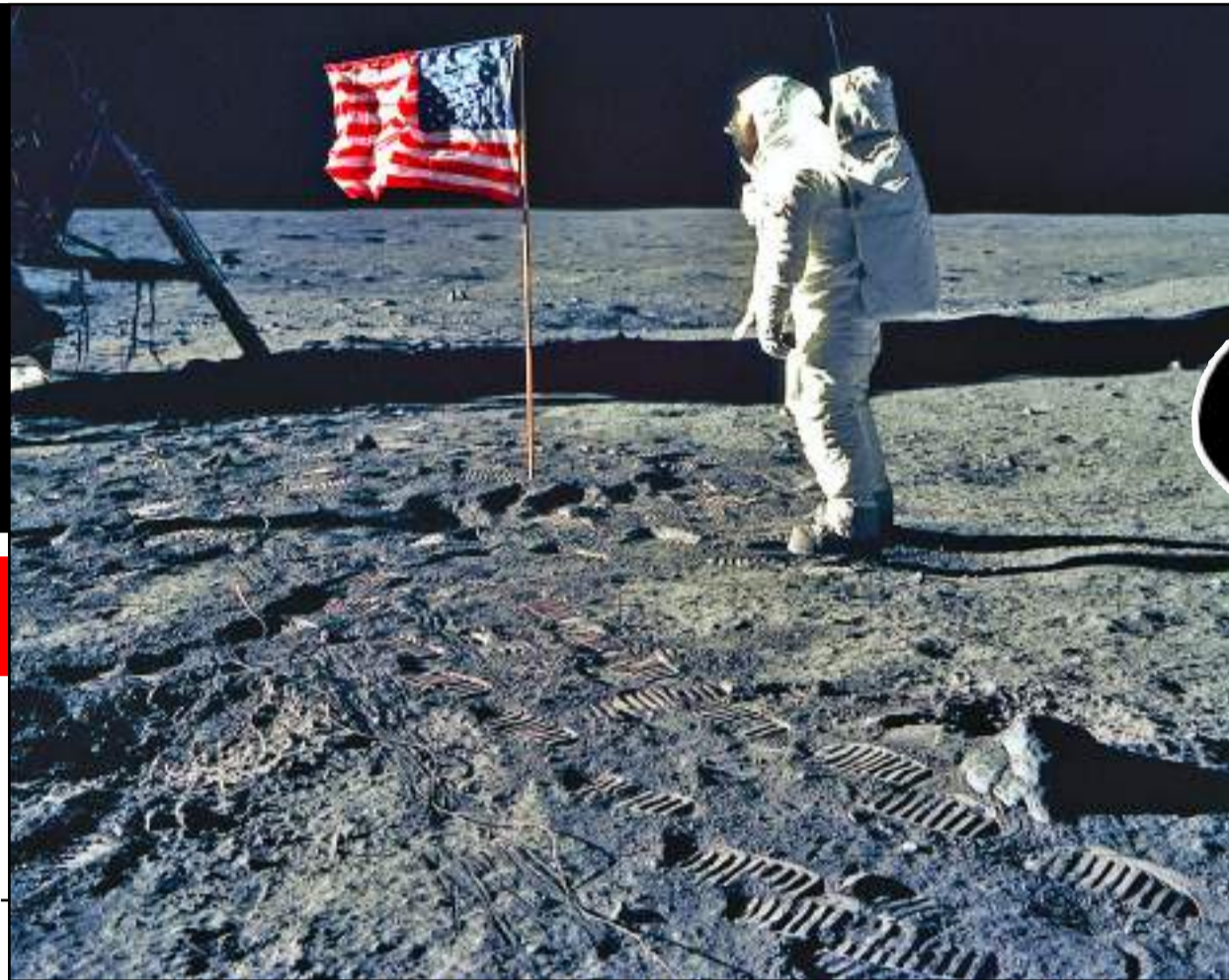




# WHAT ARE THE CONSPIRACY THEORIES OVER THE VERACITY OF THE MOON LANDINGS?

HEY FOLKS! I AM **EXPLORIA**.  
 HAVE YOU WONDERED HOW FOOD MANUFACTURERS CALCULATE THE CALORIE COUNT OF PACKAGED FOODS? READ ON...

It has been more than 50 years since American astronauts Neil Armstrong and Buzz Aldrin became the first humans to set foot on the Moon. But ever since that first 'giant leap for mankind', many have questioned the veracity of the 1969 Apollo 11 mission. Critics say the whole episode was a set-up by the US government to beat the Soviet Union (now Russia) in the space race. Sceptics believe that the fake lunar landings were shot in a secret film set. Some even suggested that Stanley Kubrick, director of the 1968 sci-fi movie '2001: A Space Odyssey', shot the fabricated landings. Any theory, including conspiracy theories, must be based on evidence, and nothing that has been offered as evidence against the moon landings holds water. Moreover, moon landings were independently confirmed by nations all over the world. But surprisingly, a survey in 1999 found out that 6 per cent of Americans believe in the fake landing theory while 5 per cent remained indecisive.



## TOP HOAX THEORIES AND THEIR ANSWERS

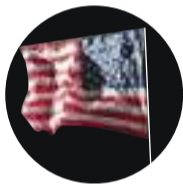
### Q. WHY ARE NO STARS VISIBLE IN THE APOLLO PHOTOS?

The Apollo landings took place during lunar mornings, with the Sun shining brightly. The stars were not bright enough to be captured on camera.



### Q. HOW DOES THE FLAG FLUTTER?

As we know there is no wind on the moon so how can the flag flutter? Experts say, it was fixed with a rod and wires to give it a feeling of blowing in the wind. Also, on the moon, objects don't stop moving as quickly as they do on Earth, so when the astronauts planted the flag, the movement would have easily caused the flag to unfurl.



### Q. WHY DID THE HEAVY LANDING MODULES MAKE NO IMPRESSION ON THE SURFACE, BUT THE ASTRONAUTS' FOOTPRINTS DID?

The layer of dust on the lunar surface is thin, so it was blown away by the blast from the descent engines. This dust resettled when the astronauts came out of the module.



### Q. WHY DIDN'T THE LUNAR MODULE SHOW A FLAME WHEN IT TOOK OFF FROM THE MOON?

The fuel in the rocket of the module contained a combination of hydrazine and dinitrogen tetroxide, which burn with no visible flame.



ILLUSTRATION: ARYA PAMBAJI



## WHAT WILL HAPPEN IF THE AMAZON RAINFOREST IS CUT DOWN?

The Amazon rainforest is the largest tropical rainforest in the world. It covers some 40 per cent of the South American continent and includes parts of eight South American countries. The forest is home to more than two-and-a-half million different species of insect, 40,000-odd varieties of plant, 1,500 bird species and 2,000-odd species of birds. A complete washout of the forest would dramatically alter the ecological balance on Earth. It would increase the amount of carbon dioxide in the air significantly, making it extremely harmful for inhalation. Presently, the forest provides more than 20 per cent of the world's oxygen supply. A complete destruction of the forest would make the soil weak, preventing any kind of afforestation in future. When tropical forests are destroyed, it adversely affects the rainfall in the adjoining areas as well. Scientists believe that if the rapid deforestation continues at the present rate, the rainforest would cease to exist in around 40 years.

## HOW DO FOOD MANUFACTURERS CALCULATE THE CALORIE COUNT OF PACKAGED FOODS?

A calorie can be defined as a unit that is used to measure energy. Specifically, a calorie is the amount of energy, or heat, required to raise the temperature of 1 gram of water by 1 degree Celsius. In earlier days, the number of calories in a given food item directly measured the energy it produced. To calculate the calorie count at that time, the food was placed in a sealed container surrounded by water, which was known as a bomb calorimeter. The food was completely burned and the resulting rise in water temperature

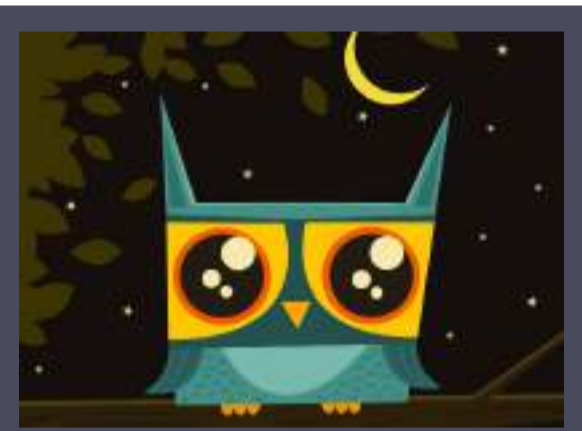
was measured. However, this method is not used any longer. Today, the calorie count put on a packaged food item is calculated by adding up the calories provided by its nutrients: proteins, carbohydrates and fats. This is done by using the Atwater system developed by US chemist Wilbur Olin Atwater more than a century ago. In this system, calories are not determined by burning the foods. During the late 19th century Atwater conducted a series of experiments and concluded that proteins and carbohydrates have about 4

calories per gm, fats have 9 calories per gm, while alcohol has 7 calories per gm. Which implies that an energy bar that has, say, 10 gm of protein, 20 gm of carbohydrate and 9 gm of fat will have 201 calories. Manufacturers use this simple formula to calculate the calorie count in food items today. However, experts now want modifications in Atwater's system as it does not take into consideration preparation and processing techniques that can create a difference in the number of calories we ultimately consume after buying eatables.



## HOW DO MIGRATORY BIRDS FIND THEIR WAY?

Migratory birds take the same route year after year during their annual migration. How? Are they gifted with great memory? Or is it just a coincidence? Although the navigational skill of migratory birds is yet to be fully understood, experts underline a few reasons which could help them find their way. According to scientists, most birds are born with migration routes genetically encoded in their brains. Their minds are able to track the changing ratio of daylight to darkness during winter, which pushes them to migrate. Once they start their journey, they use the movement of the sun and stars to guide them. Some birds have magnetite-based receptors above their nostrils, that assists them in tracking the magnetic field – it is strongest at the poles and weakens as one goes towards the equator. Since birds migrate in a north-south direction, the difference in the strength of the magnetic field helps them to move in the right direction. Birds also use the landscape to locate their way. Interestingly, scientists claim that the sense of smell aids certain birds, especially seabirds, to find their path. For others, the sense of hearing too works. Certain birds learn about migratory routes from their parents!



## HOW LONG CAN YOU FOREGO SLEEP?

Sleeping is as fundamental for our body as breathing. Adequate sleep leads to proper metabolism, immunity as well as healing. We have heard stories about soldiers who would go without sleep for a couple of nights or people with sleep disorders who are not able to sleep for 3 or 4 days at a stretch. We also have been privy to research subjects about going without sleep for 8 to 10 days in carefully monitored conditions. However, the most authentic case of an individual going without sleep for a considerable point of time belongs to Andy Gardner, reader in biology. He holds the record for voluntarily going without sleep for the maximum time. During the 1960s, when he was a high school student at a school in California, he did not sleep for 264 hours – 11 days at a stretch – while working on a science project. At the end of his 'awake' period, he began facing problems with his eyesight, speech and memory. He also began to hallucinate. However, these problems gradually started disappearing once he had sufficient sleep. But, there is still no conclusive scientific evidence to point out how long a human can stay awake. Even the Guinness Book of Records has stopped keeping track of this feat recognising the grave health risks that can be triggered by sleep deprivation. Did you know there are people who just cannot sleep? They are afflicted with an extremely rare genetic disease known as Fatal Familial Insomnia (FFI). When an individual having FFI goes without rest for several days, he starts sleepwalking and shows involuntary muscle movement which we sometimes notice during sleeping. Gradually, he loses weight, his memory starts collapsing and eventually he may even die.



## WHICH PLACE IN THE WORLD IS FREE FROM NATURAL DISASTERS?

The biggest problem with predicting the safest place in the world is the uncertainty of what will happen. There are places that have not been hit by natural disasters (tsunamis, hurricanes, tornadoes, earthquakes, volcanic eruptions, floods etc) but what about the plague of blight (a plant disease) that climate change could bring? Earth is always in a state of transition, so a place which looks fairly safe now, might not remain so in the near or distant future. But from time to time various reputed organisations have come up with a list of countries that are least prone to natural disasters. A report compiled by the United Nations University Institute for Environment and Human Security ranked Qatar as the safest country in the world in terms of its exposure to natural disasters. Qatar is followed by Malta, Barbados, Saudi Arabia and Bahrain. The report further said that the severity of a natural disaster also depends on the demography of the region. A moderate earthquake will cause more damage in a densely populated region of a developing country compared to a region in the developed world.



## CAN A BLACK HOLE FORM NEAR OUR SOLAR SYSTEM? WHAT WILL BE THE EFFECT?

In the movie 'Interstellar', a black hole that appeared mysteriously near Saturn transported the astronauts to a distant galaxy with potential habitable planets. So what are the chances of such event occurring in real life? The answer is one in a trillion. However, even if we were to consider the situation hypothetically our argument needs to be based on numerous assumptions. For instance, how close would the black hole be from our solar system? What would be its size? Where would it come from? According to scientists, there might be three types of black holes – stellar, supermassive, and miniature black holes – depending on their mass. A supermassive black hole can have a mass equivalent to billions of suns. So what happens if a supermassive black hole gets close to our solar system? The result will be disastrous. The gravitational pull of the black hole will throw all planets out of their orbit. The pull could also tear apart our planet, triggering massive earthquakes and volcanoes. On the other hand, a miniature black hole could change the tides and alter Earth's seasons and temperatures dramatically.

## WHO INVENTED PAPER?

Ancient alternatives to modern paper included Egyptian papyrus (the plant after which paper is named), Babylonian clay tablets, and Indian palm leaves. However, paper closer to our modern type was invented in China in about AD 705 by a scholar called Ts'ai Lun. Legend has it that, one day, he watched a wasp making its nest by chewing up pieces of bamboo, mixing them with its own saliva and working the resultant ball into a flat sheet with its feet and using the sheet to build a wall in its nest. He copied the wasp, making a paste of bamboo and water and spreading the flat sheet to dry in the sun. Knowledge of his work spread slowly – to the Arabs in the 8th century and into Europe in the late 14th century. But it was not until the late 1700s that paper was being produced in long, continuous rolls.





Nitya.Shukla@timesgroup.com

**S**tudying for exams is stressful enough, but don't let your break time entertainment dull your brain. You can choose to move beyond the familiar love stories, fairy tales, slapstick flicks, to watch something that can cause a spark. Most streaming platforms are a treasure trove of content for the consciously-minded global citizen. The following documentary-style shows, movies, deliver content focussed on interesting issues.

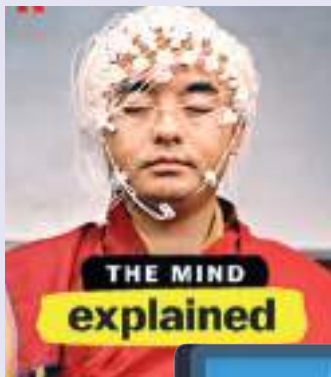
**Dancing with the Birds**

**Length | 51 minutes**  
Insightful, educational, and absolutely hilarious, 'Dancing with the Birds' showcases some of the most colourful birds-of-paradise rarely seen before. The filmmakers introduce us to different types of male birds, who employ a

diverse set of tactics — from a complicated 9-step dance routine, to taking seven years to build an abode, to showing off their best features — all in hopes of attracting a mate. We see not only their successes, but their failures too, all narrated hilariously by English comedian Stephen Fry. That the birds are at once majestic and funny-looking, with glorious plumage in rainbow hues offset by cartoonish beady eyes, adds to the charm.



Entertainment for the  
**CONSCIOUS CITIZEN**



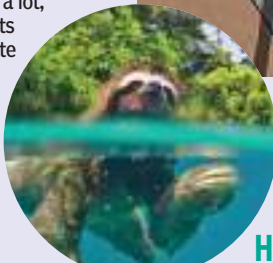
**The Mind, Explained**  
**Length | Five 20-minute episodes**

Narrated by actor Emma Stone, this series is a must-watch for anyone who wants to know how the human mind works. Take a deep dive into how the mind conjures dreams, mindfulness, and even anxiety. Thanks to

modern science we know a lot, and this miniseries, with its bite-sized episodes, is quite an illuminating watch.

**Planet Earth**  
**Length | Eleven 50-minute episodes**

A breathtaking series that'll leave you in wonder at the biodiversity of



**History 101**

One could simply call this show 'Interesting Stuff About Stuff!' It consists of 20-minute mini docu's that takes a medium dive into various topics, including fast food, space race, plastics, oil, robots and much more!

this blue-green orb we live on. This BBC classic has been airing since 2006, and it never gets old!

**Inside Bill's Brain**

Bill Gates loves long walks, playing cards, hanging out with Warren Buffet for hamburgers, and reading 10+ books every week. He has also been thinking and working on three complex problems: creating a modern toilet for developing countries, eliminating polio, and harnessing the power of nuclear energy. The former CEO of Microsoft and founder of the Bill and Melinda Gates Foundation, together with his wife, is leaving no stone unturned in his quest. A fascinating insight into the mind and motivations of one of the smartest brains on Earth, no kidding. Learn about how Gates learns and teaches himself continuously. For example, since the '90s, he takes off to a lonely cabin for a week every year for 'thinking week'. You'll know it when you watch it.



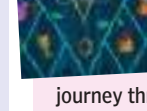
**ADD THIS TO YOUR BOOKSHELF**

**BECOMING: ADAPTED FOR YOUNG READERS**

by Michelle Obama: A memoir of the former first lady of the US.



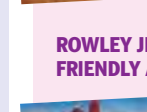
**THE ICKABOG** by J K Rowling: A fearsome monster threatens the kingdom of Cornucopia. (Ages 8 to 18)



**WOW IN THE WORLD** by Mindy Thomas and Guy Raz. Illustrated by Jack Teagle: A journey through the pubescent body. (Ages 8 to 12)



**THE ONE AND ONLY BOB** by Katherine Applegate. Illustrated by Patricia Castelao: In this sequel to 'The One and Only Ivan', Bob sets out on a dangerous journey in search of his long-lost sister. (Ages 8 to 12)



**ROWLEY JEFFERSON'S AWESOME FRIENDLY ADVENTURE**

by Jeff Kinney: Roland and Garg the Barbarian embark on a quest to save Roland's mom from the White Warlock. (Ages 8 to 12)



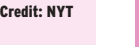
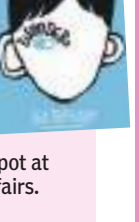
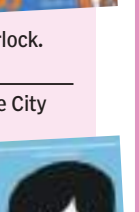
**GOLDEN GATE** by James Ponti: The City Spies head to San Francisco after receiving intel about a mole within their ranks. (Ages 8 to 12)



**WONDER** by R J Palacio: A boy with a facial deformity starts school. (Ages 8 to 12)



**AMARI AND THE NIGHT BROTHERS** by B B Alston: Amari Peters competes for a spot at the Bureau of Supernatural Affairs. (Ages 8 to 12)



**5 powers of the Scarlet Witch**

Marvel's 'WandaVision' showed a glimpse of Wanda Maximoff-turned-Scarlet-Witch's true powers. Here are 5 of them...

**DISTORTING AND CREATING REALITIES**

This started with Scarlet Witch's ability to cast illusions on people. These illusions are so good that the person under the spell would genuinely start thinking as if he or she is in a new reality, like we saw in Marvel's TV series 'WandaVision' recently. This power grows to become something entirely unpredictable. Scarlet Witch can distort reality and alter it for the entire universe!

**COSMIC LEVEL POWERS**

In the comic book, Scarlet Witch is a

mutant born with her powers or she might be someone who was handed her powers by a demon. In the Marvel series, her powers came from a Stark weapon, even though it can be argued that the Maximoffs were born with latent power. Now, she has powers on a cosmic scale, capable of affecting the universe. Her superpower is unlimited.

**CHAOS MAGIC**

There are a lot of theories and stories about how Scarlet Witch



gained her physics-defying powers. For a while, she was regarded as a mutant before a storyline suggested that she got her powers from a higher source. Most of her magical abilities stem from something named Chaos Magic, which is defined as a skill in the Marvel Universe. This magic also has a source, namely a demon named Chthon. He had instilled Chaos Magic in Scarlet Witch, hoping to come back and take over her body.

**TELEPORTATION**

Teleportation comes naturally to Wanda Maximoff. She can teleport just by thinking or remembering a particular place. She can do it individually, or if she wishes, she can take a couple of others with her. This is an area she has mastered to the point where it has been suggested that she can teleport through time itself!

**PHOENIX FORCE RESISTANCE**

Phoenix Force is one of the deadliest cosmic entities in the entire Marvel Universe and it has been the source of some incredibly bad things that have happened on the planet. Phoenix Force roams the universe looking for potential hosts and more often than not, the host has no say in whether he or she would like to bond with this cosmic entity.

— Source: cbr.com

**LET'S TALK ABOUT...**

**The Phantom Tollbooth**

**Why is it in news?**  
Norton Juster, the celebrated children's author who fashioned a world of his own in the classic 'The Phantom Tollbooth' and went on to write such favorites as 'The Dot and the Line' and 'Stark Naked,' passed away recently.

**What's 'The Phantom Tollbooth' about?**  
Published in 1961, 'The Phantom Tollbooth' followed the adventures of young Milo through the Kingdom of Wisdom, a land extending from The Foothills of Confusion to The Valley of Sound.

**What inspired Juster to write it?**  
Juster first thought of the book when he was in his late 20s, working at an architectural firm in New York. He found himself wondering the way a child might about how people relate to the world around them, and eventually turned it into a story. Drawings were provided by his roommate at the time, Jules Feiffer, who would later collaborate with Juster on 'The Odious Ogre,' published in 2010. Eric Carle of 'The Hungry Caterpillar' fame illustrated Juster's 'Otter Nonsense' in 1982.



Turn writing screenplay into a **GAME**



**The Secret Garden (1993)**  
Polish filmmaker Agnieszka Holland adapted one of the most celebrated children's books ever written. The movie maintains the Frances Hodgson Burnett's 1911 book's deliberate pace and dark themes. Holland infused it with a gorgeous Gothic atmosphere adding a few crucial notes of joy and humour. Legendary cinematographer Roger Deakins could translate the visuals expertly.

**Try one chapter. Turn it into a fun game with friends. Here are a few tips...**

Haimanti.Mukherjee@timesgroup.com

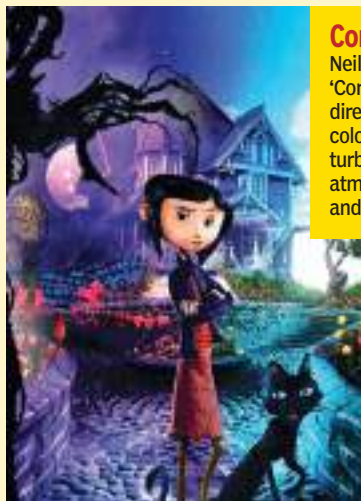
**H**ave you ever wondered what makes a movie adaptation of a book really stand out? There are quite a few reasons, and one rule doesn't apply to all. But there are a few basic points to keep in mind. Let's keep this simple. First, begin with reading a few chapters of your favourite book. 'Harry Potter and the Philosopher's Stone' or 'Little Women,' 'Coraline' or 'The Princess Diaries', and then watch the film. The first thing you'll realise is that the visual medium can cut a para short simply

Pick out the dialogues that made an impact on you, and re-write a chapter like a screenplay. Keep editing till it's about 2-minutes long. Enact it along with your friends to see how it's going. Be open to your friends' ideas and try out different options for the same scene. You'll know when the right chord hits. It comes after a

because the author may devote a whole chapter to describe a setting or a person or a house, but in the audio-visual medium, when you see that setting, person or house, it takes a far shorter time to understand the basics. In a movie, where you can see and hear, you need to use your judgement to know that certain things can be explained just by the picture on the screen with a background score, and right costumes.



**Little Women (2019)**  
Greta Gerwig's innovative, impassioned adaptation is the best cinematic take on Louisa May Alcott's novel, though the 1994 version starring Susan Sarandon, Winona Ryder, Claire Danes and Kirsten Dunst, is also much loved. In the 2019 version, Saoirse Ronan and Florence Pugh fiercely lead the charge as March sisters Jo and Amy. From lush cinematography to a rousing score from Alexandre Desplat, Gerwig emerged as a director to look forward to...



**Coraline (2009)**  
Neil Gaiman's beautifully scary novella 'Coraline,' written in 2002, was written and directed by Henry Selick. He creates a magical, colourful nether-world that's also dark and disturbing. The movie, like the book, lingers in an atmosphere that is creepy, wonderfully strange and full of innumerable feelings.

few trials and errors. Try and play different characters. The lead as well as the side characters. You'll get to know what exactly the characters are missing, as you keep writing a scene or a chapter till it gets to the point of your satisfaction.

Dressing up is the real fun part, writing apart. You get the idea of the character simply by looking at her or him at the first go. Raid your cupboards for a fun dress rehearsal. Keep a pen and paper or your laptop handy to write down everything that you are doing to turn the pages of a book into the movie in your head. Begin with a short story that you read in your childhood. Start making it complex slowly because the fundamentals set in over some time. This will improve your writing and give wings to your power of imagination. Read the book along as you watch their movie adaptations. Make your

characters want something, and remember that action speaks louder than words. Anger, happiness, resentment, betrayal can all be shown just through

**Harry Potter and the Philosopher's Stone (2001)**

Kids of the Harry Potter generation grew up with the landmark novel by JK Rowling just as much they did with the enormously successful film franchise. Though helmed by a collection of directors, featuring two different actors as Dumbledore, the Harry Potter films instantly emerged as essential companion pieces, rousing tales of wizardry that launched Daniel Radcliffe and Emma Watson to stardom.



**Matilda (1996)**  
This Roald Dahl classic's best-known adaptation was Danny De Vito's version starring Mara Wilson in the lead role. The warm, spiritually faithful adaptation wasn't a huge hit when it premiered but it has endured as a significant part of one of the most popular children's franchises out there.

expressions. Try all of them out in front of the mirror, then with your friends.

Bring a bit of your own strengths into the screenplay. If you are a naturally funny person, turn a scene into more fun than it's written in the book. A successful screenplay is always a combination of the screenplay writer and director's strengths, more than the author's. Last but not the least, free your characters from all the clichés that bother you. And remember: most successful screenplays are all about "less is more".  
Box text source: ew.com



# SHOOT 'EM UP

The rifle, pistol and shotgun events make up the shooting programme at Olympics. Here's all you need to know about the sport that has the potential to give India multiple medals



Apurvi Chandela

## INTRODUCED

The 2020 Tokyo Olympics includes 33 sports. Shooting is one of the original sports included in the first modern Games. Shooting was one of nine sports on the programme at the 1896 Games, the first modern Olympics. Women's shooting was first included in the 1984 Games.

## EVENTS

Competition is broken down into rifle, pistol and shotgun disciplines. In the rifle and pistol competitions, athletes shoot stationary targets, while moving targets are used in shotgun events. The rifle and pistol competitions are held on shooting ranges, where marksmen aim at targets at distances of 10, 25 and 50 meters. In the shotgun event, competitors shoot at clay targets propelled at a series of different directions and angles. Shotgun has three separate events: trap, double trap and skeet.

**Trap:** There are three different traps that release the target but the shooter is unaware which one it will come from.

**Double trap:** Two targets are released simultaneously from the same traps.

**Skeet:** Two targets are released from different traps at either end of a semi-circle.

**There are also three shooting positions: kneeling,** where the athlete goes down on one knee and rests the gun on the other knee; **prone,** where the athlete shoots while lying down; and **standing.** Some events include all these positions.

## ESSENCE OF THE SPORT

In 50m rifle 3 Positions events, 40 shots are taken from each of the kneeling, prone and standing positions. These events have a time limit of 2 hours and 45 minutes for the main competition, which decides the eight finalists; who then compete for medals over one hour. It is a supremely rigorous challenge and competitors are said to lose up to two kilograms in weight by the end.

The 25m rapid fire pistol is an event involving successive rapid fire in the standing position over short periods of eight, six and four seconds.

The 25m pistol is an event for women only in which the target is aimed at with one hand from the standing position. The event comprises 60 shots, split evenly between rounds of precision shooting and rapid shooting. This is a test of athletes' ability at both formats.

Clay shooting requires instant judgment and sharp reflexes. Trap is about hitting randomly released clays while moving between five shooting stations arranged in a line. Participants take two shots at each target.

Skeet sees competitors aiming at clays in a range of directions using a total of eight shooting stages. A total of 25 targets are released and, unlike trap, there's one shot per target. The shape of the range and wind direction are among the factors for athletes to consider.

Shooters are judged by their accuracy, with a steady hand and cool demeanor under extreme pressure – both prized qualities.

## EVENT PROGRAMME

50m Rifle 3 Positions	(Men/Women)
10m Air Rifle	(Men/Women)
25m Rapid Fire Pistol	(Men)
25m Pistol	(Women)
10m Air Pistol	(Men/Women)
Trap	(Men/Women)
Skeet	(Men/Women)
10m Air Rifle	Mixed Team
10m Air Pistol	Mixed Team
Trap	Mixed Team

## CLOTHING AND EQUIPMENT

**Jackets / Vests:** Rifle shooters use special non-slippery jackets for better grip. Extra-padding on the inside negates the effects of recoil. Elbow padding is necessary for rifle shooters in the prone position. Some vests have pockets to carry shells, choke tubes, and glasses.

**Blinders:** Shooters use them to block objects from distracting their vision. It helps improve accuracy.

**Eye glasses:** These are needed to shield against target shards, freak ricochets and flecks of hot powder

**Earmuffs:** Earplugs or muffs are necessary to protect eardrums from the repeated sound of the shotgun.

**Shell pouches:** These are a must in the trap and skeet events as players need to carry a box of shells from station to station.

## SHOOTING TERMS

**Firing line:** A line parallel to the targets, from behind which shooters take aim.

**Firing distance:** The distance between firing line and target line.

**Line of site:** An imaginary straight line from the eye, through the sights of a firearm, to the target.

**Target line:** A line along which targets are placed.

**Trajectory:** The path a projectile travels from the muzzle to the point of final impact.

**Velocity:** The speed at which a projectile travels, measured as feet per second or meters per second.

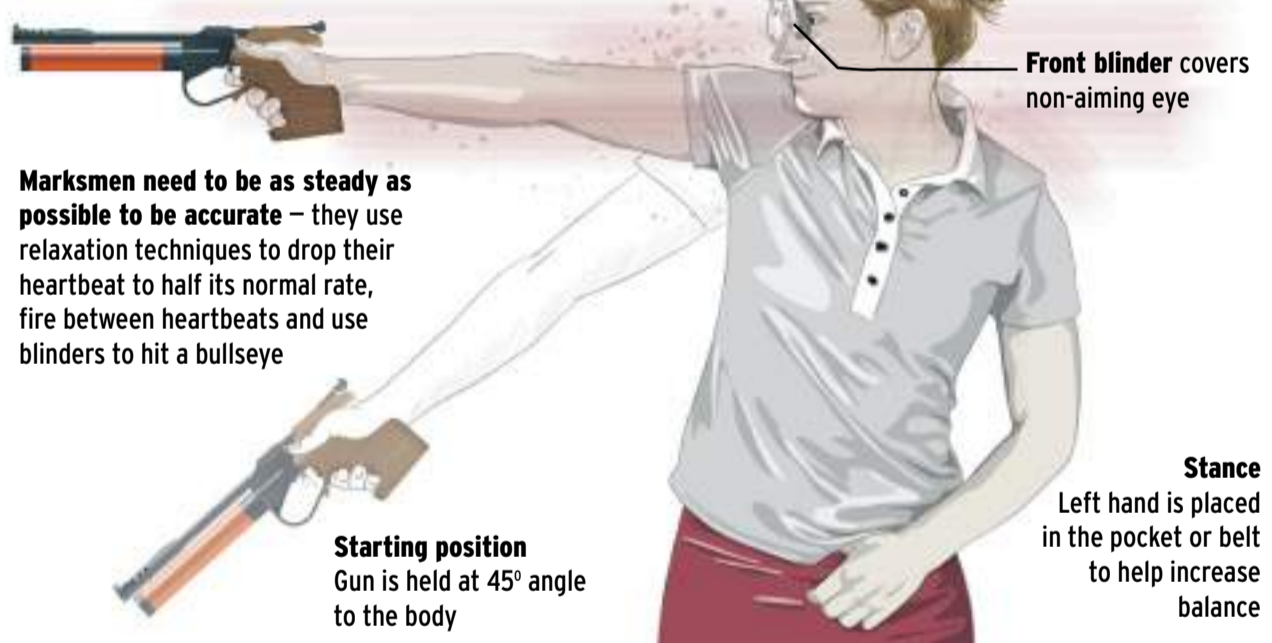
**Misfire:** It occurs when the trigger is pulled but the primer or powder in the cartridge malfunctions, causing the firearm not to discharge.

**Accidental discharge:** Unintentional firing of a rifle or gun.

## WHY DO SOME SHOOTERS WEAR A PATCH OVER ONE EYE?

When their dominant eye is opposite to their dominant hand. It is difficult to make an accurate shot if your dominant eye and hand are not on the same side. Closing one eye while shooting would reduce accuracy so some athletes with their dominant eye and hand on opposite sides use an eye patch.

## PISTOL SHOOTING TECHNIQUE



Marksmen need to be as steady as possible to be accurate – they use relaxation techniques to drop their heartbeat to half its normal rate, fire between heartbeats and use blinders to hit a bullseye



Abhishek Verma

Graphic: REUTERS

## 'Never have India gone to Olympics with such bright chances'

Indian shooting contingent looks stronger going into Tokyo Olympics, feels 2008 gold medallist Abhinav Bindra. He said every Indian shooter is capable of winning medals in 2020 Olympics

### How will shooting fare in Tokyo?

Never have we ever gone to an Olympics with such bright chances. We have 15 athletes and each one of them, who have qualified, is capable of winning a medal. It's a very young team so it's very hard to predict performance. However, they have already shown that they have what it takes to win at the highest level. That is all we can do going into the Games and then it boils down to how we perform on the given day. But of course, going into these Games, a lot of Indian shooting athletes have looked capable of winning medals which I think has never happened before.

### What's the reason for the current crop of high-quality shooters?

I think it's a culmination of work which has happened over a period of time. I don't think such progress can happen because of one poor Olympics. It is a process in which the sport has evolved over the last 10 years and a lot of young people have come through. The process was triggered with the silver we won at Athens 2004, the gold in 2008 and the silver and bronze at London 2012. The government has been supportive and the federation (National Rifle Association of India) has one a good job in promoting a junior program. The results have come over a period of time

and not because of something that happened one or two years ago.

### Who is the favourite to clinch a medal in Tokyo?

All 15 have fantastic chances to win medals. I won't name a particular person as it will be very unfair.

### What is it that has led to shotgun events lagging behind pistol and rifle in the country?

The air pistol and air rifle events allow for mass participation because these are not firearms. You just need

a 10m range which several schools have put up in their campuses. So it's the nature of the sport which allows numbers to come. We have so many people participating in the rifle and pistol events in the nationals and pre-nationals. You won't see shotgun ranges coming up in neighbourhoods and schools or 12-year-old kids suddenly wielding a shotgun just for the fun of it. But with the rifle and pistol events, because it is not a firearm, the accessibility is much better and it is easier to set up. The participation we have in the shotgun events can't even be compared with what we have with the pistol and rifle events.



Photos: TOI





# THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ It's exam preparation time and the best way to conquer your anxiety is by practising sample papers. Check them out  
**PAGE 2**



➤ To eradicate the taboo over menstruation, boys and girls talk on why a biological process shouldn't be made a big deal  
**PAGE 3**



➤ Ind vs Eng, 2nd ODI: Suryakumar Yadav set to make ODI debut as Virat Kohli & Co. look to seal the series  
**PAGE 4**



STUDENT EDITION

FRIDAY, MARCH 26, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

## 5 PRIME NEWS TODAY

### IT'S A GOOD TREND, SAYS MILKA SINGH ON SPORTS FILMS

The season of sports-based movies is here once again and legendary athlete Milkha Singh says the rising trend of films in this genre is a positive development that will inspire youth for years to come. Previously, the iconic sprinter's life story was brought to screen in 2013's 'Bhaag Milkha Bhaag', directed by Rakeysh Omprakash Mehra and starring Farhan Akhtar in the title role. Apart from 'Toofan', this year will see the release of sports movies like 'Saina', '83', 'Jersey', 'Liger' and 'Maidaan'.



### AR RAHMAN'S DEBUT PRODUCTION '99 SONGS' IN CINEMAS IN APRIL

Oscar-winning composer AR Rahman recently introduced Ehan Bhat, the lead actor of '99 Songs', a musical love story that marks the musician's debut as a film producer. Ehan features alongside Edilys Vargas in the musical film, slated to hit theatres on April 16. Talking about Ehan, Rahman said: "Here's Ehan Bhat who comes from Kashmir, a place of great beauty and cultural legacy. He learnt to play the piano at our conservatory for a year and is entering the world of cinema," said Rahman while talking about his debut production venture.



### A VIETNAMESE LEGO HOME!



Hoang Dang, an industrial designer who loves Lego since he was a child, showcases his home in Hanoi, Vietnam that has been recreated with Lego blocks. Reuters

### GERMANY ANNOUNCES STRICT EASTER LOCKDOWN

Germany will enter a strict shutdown for five days during Easter amid surging virus rates. Chancellor Angela Merkel and regional leaders agreed on Tuesday, as criticism mounted over the government's handling of the pandemic. The government has decided to extend existing measures including keeping cultural, leisure and sporting facilities shut up to April 18. Over and above this, Merkel and Germany's 16 state premiers ordered a tougher shutdown between April 1 and 5.



### NO PUBLIC CELEBRATION FOR HOLI IN DELHI & MUMBAI

In view of a persistent rise in COVID-19 cases, the Delhi Disaster Management Authority (DDMA) and the Brihanmumbai Municipal Corporation (BMC) on Tuesday ordered that there will be no public celebrations in Delhi and Mumbai for upcoming festivals such as Holi and Navaratri.



## NIE Students Plead: MASK INDIA!

### Why India should avoid another lockdown....



With 83% cases reported in six states – MAHARASHTRA, PUNJAB, KERALA, KARNATAKA, GUJARAT AND MADHYA PRADESH, multiple states across India have started reintroducing restrictions. Meanwhile, students from across India discuss why it is essential that the country does not go into another lockdown and suggest remedies...

#### Strict measures, so that work goes on

Imposing a lockdown at this point could drastically affect the economy and businesses, which have just begun to recover. But this does not imply that the government should let the situation go out of hand. States should strictly impose restrictions on mass gatherings for ceremonies and celebrations. Consolidation of the Covid regulations is essential too. **Likhith Gowda**, class X, DPS North, B'uru



#### Govt should impose a strict fine on violators

The sudden surge in cities happened because people lowered their guard. Lockdown will be a forceful and last resort, but it is avoidable. People should avoid all public gatherings. Amid the poll season, even political gatherings should be banned. Impose a strict fine on those violating the norms. **Radhika Chopra**, class IX, Father Agnel Multipurpose School, Vashi



#### People should not give Govt a chance to impose lockdown

Govt will be left with no choice but to impose a lockdown if people refuse to follow the WHO guidelines strictly. What's the point of wearing a mask if it is dangling around your neck, instead of covering your face? Having another lockdown would be mandatory if people refuse to adhere to norms. **Amogh Tarun**, class X, Hyderabad Public School, Begumpet, Hyderabad



#### Lockdown will lead to lay-offs, poverty and economic crash

Given the rise in cases, one's first response would be, "Yes, India should go into another lockdown", but it's not that easy. According to statistics, the cases have increased, but the fatality rate is low. Also, the last time India went into lockdown, our economy tanked, and we are still recovering from the losses. **Manas Kapur**, class XI, Shri Venkateshwar Int'l School, Dwarka, New Delhi



#### Lockdown has psychological effects too

We definitely shouldn't go for another lockdown as it comes with many adverse financial and psychological effects. Instead, the focus should be on how can we keep the businesses open and ensure the guidelines are followed. Heavy penalties on those not following the norms. Focus should be on vaccinating everyone. **Rakshit Dubey**, class IX, Zebar School For Children, Ahmedabad



#### Start odd-even system for schools, offices

Lockdown, if imposed, will lead to economic collapse. The Govt should try the odd-even methodology. The functioning of different sectors won't suffer then, and the social distancing will also be implemented with fewer people at one time. Impose heavy fine on violators in order to deter them from being careless. **Manavi Kapoor**, class XII, PML SD Public School, Sec 32, Chandigarh



## KIRAN MAZUMDAR-SHAW ON LIFE & LEADERSHIP...

Kiran Mazumdar-Shaw, a pioneer in the biotech industry, India's richest self-made woman, recipient of the Padma Shri and Padma Bhushan, didn't set out to be an entrepreneur. Rather the chairperson and managing director of the country's largest listed biopharmaceutical firm had her heart set on becoming a brew master, following in her father's footsteps. However, despite a Master's Degree in Malting and Brewing from Melbourne University, Mazumdar-Shaw returned home to rejections, based on her gender. But



#### It's The Journey, Not The Destination

In a 2014 interview to YourStory, Mazumdar-Shaw said the meaning of being an entrepreneur is setting on an unknown path. It is the discoveries along this path that matters, and not the goalpost.

#### Lessons From Mother

She said she inherited the 'very, independent streak' from her mother, Yamini Mazumdar - who runs her own business at the age of 89. Her mother proved it's never too late to start a venture.

that didn't stop a then-25-yr-old Mazumdar - who was considered 'a huge investment risk' - instead, it only made her more determined to prove to the world that a woman could build and run a business that she wanted to.

#### Confidence Is Key

In an interview with Femina.in, Shaw - who was in her 20s when she refused to be brought down by gender stereotypes - said self-belief and a sense of purpose are among the most important characteristics that women need to have in order to achieve whatever they set their minds to. ET

## JEE TOPPER:

### MAKE WEAKNESS YOUR STRENGTH

KAVYA CHOPRA TALKS TO DEEBASHREE MOHANTY ON HOW SHE ACED THE TEST

Kavya Chopra from Delhi Public School, Vasant Kunj, has not only scored a 100 percentile in the Joint Entrance Examination (JEE) Main 2021 but has also become the first-ever female candidate to get 300 out of 300 marks in the engineering entrance exam. Working up her score from the February attempt in which she had got 99.97 percentile, she is now gearing up for the JEE Advanced 2021. Chopra reveals her success tips to Times NIE

There is a lot of talk about women not opting for STEM jobs in India. What is your take?

For encouraging more women in STEM JOBS, we have to inspire them to take up these subjects in the school level. If they start early, maybe they will be encouraged to pursue a career as well. I see that trend emerging in India and hopefully it should be onward and upwards from here.



Congrats on your feat. How does that make you feel? Relieved more than anything else. I am very happy that I scored exceptionally well but I had a fairly decent fall back option (my February score was not that bad). The 300/300 took me by absolute surprise. I guess my hard work finally paid off.

Did your father give you some expert advice before the test? I draw my inspiration from

Tips you'd like to share on how to ace the test  
Concentrate on your weakness, turn it into your strength. This is where coaching institutes will come in handy as they will help you self assess. I am grateful to my coaches and mentors who have advised me at every step. Second, keep yourself stress-free and expectation-free. This will help you focus better. Last, break every little thing into a mini challenge. Work towards breaking those - one by one.

my father. The big thing he taught me was to focus on my weakness and turn that into my strength.

### 'Covid double mutant variant identified in 18 states in India'

A new 'double mutant variant' of the coronavirus has been detected in 18 states in the country in addition to many other strains or variants of concern (VOCs) which have also been found abroad, the Health Ministry said. "Though VOCs and a new double mutant variant have been found in India, these have not been detected in numbers sufficient to either establish a direct relationship or explain the rapid increase in cases in some states," the ministry stated.

### UP BOY INVENTS LED PICHKARI TO MAINTAIN DISTANCE THIS HOLI



To ensure safety during Holi celebrations amid pandemic, a unique anti-corona LED pichkari (water gun) has been created.

Vishal Patel, a student of Ashoka Institute of Technology and Management, from Varanasi has invented it.

This special water gun, equipped with sensors, would sprinkle colour at people without physically touching one another and would caution people as soon as they try to break the social distancing norms. Patel said, the water gun will be placed on the roof in front of one's house. As soon as a person comes near this water gun, its sensors will get activated and would start throwing colour.



# EXTRACT THE RIGHT ANSWERS IN ENGLISH



**EXAMS**  
**Rfun**

CLASS: X - 2020-21

SUBJECT:  
ENGLISH LANGUAGE  
& LITERATURE (CBSE)

Maximum Marks: 70

## PART-A (READING-10 marks)

**Q1 Read the passage given below. [10m]**  
Eleanor Roosevelt speaks to the members of the American Civil Liberties Union, Chicago, IL, March 14, 1940.

1. Now I listened to the broadcast this afternoon with a great deal of interest. I almost forgot what a fight had been made to assure the rights of the working man. I know there was a time when hours were longer and wages lower, but I had forgotten just how long those fights for freedom, to bargain collectively, and to have freedom of assembly, had taken.

2. Sometimes, until some particular thing comes to your notice, you think something has been won for every working man, and then you come across, as I did the other day, a case where someone had taken the law into his own hands and beaten up a labour organizer. I didn't think we did these things anymore but it appears that we do. Therefore, someone must be always on the lookout to see that someone is ready to take up the cudgels to defend those who can't defend themselves. That is the only way we are going to keep this country a law abiding country, where law is looked upon with respect and where it is not considered necessary for anybody to take the law into his own hands. The minute you allow that, then you have acknowledged that you are no longer able to trust in your courts and in your law-enforcing machinery, and civil liberties are not very well off when anything like that happens; so I think that after listening to the broadcast today, I would like to remind you that behind all those who fight for the constitution as it was written, for the rights of the weak and for the preservation of the civil liberties, we have a long line of courageous people, which is something to be proud of and something to hold on to. It's only value lies, however, in the fact that we profit by example and continue the tradition in the future.

3. We must not let those people in back of us down; we must have courage; we must not succumb to fears of any kind; and we must live up to the things that we believe in and see that justice is done to the people under the constitution, whether they belong to the minority groups or not. This country is a united country in which all the people have the same rights as citizens. We are grateful that we can trust in the youth of the nation that they are going on to uphold the real principles of the democracy and put them into action in this country. They are going to make us an even more truly democratic nation.

**Answer the questions given below:**  
1. The passage speaks about  
A. the rights of the working man.  
B. the advocates of law in the court of justice  
C. the elected members of the White House  
D. the oppressor class

2. The relationship between succumb and overcome is the as the relationship between  
A. minority and citizens  
B. fight and struggle  
C. bound and free  
D. conquer and destroy

3. The repetition of the word "fight" is used to support which central theme in Roosevelt's speech?  
A. becoming a US citizen  
B. protecting civil liberties  
C. looking out for foreign countries  
D. ensuring the division between church and state

4. Roosevelt argues that citizens should not take the law into their own hands because  
A. doing so leads to mob violence  
B. enforcing the law is government's job  
C. people should fight with words rather



than violence  
D. people have to defend themselves rather than depend on others

5. In the middle of paragraph 2, Roosevelt implies that "you have acknowledged that you are no longer able to trust your courts and your law-enforcing machinery" when you allow individuals  
A. to speak and assemble freely  
B. to organise as labour unions  
C. to take the law into your own hands  
D. to think that justice will always prevail

6. Read these lines given in the beginning of paragraph 3.  
We must not let those people in back of us down; we must have courage; we must not succumb to fears of any kind; and we must live up to the things that we believe in and see that justice is done...

Roosevelt's use of repetition in phrasing and structure in these lines creates  
A. a hostile tone that increases anger  
B. an objective tone based on facts  
C. a sympathetic tone supported by example  
D. a persuasive tone that builds with intensity

7. Roosevelt's reference to youth at the end of her speech is  
A. an appeal to authority  
B. a reassurance  
C. a summary  
D. an accusation

8. The reader can infer from the speech that Roosevelt believes that the majority of Americans are  
A. intimidated  
B. law-abiding  
C. violent  
D. hardworking

9. Those fights for freedom had taken  
A. a very menial effort and short period of time  
B. a very long period of time and effort  
C. freedom for a period of time  
D. freedom from putting in effort

10. The synonym of the word 'defend' is  
A. shell  
B. shrill  
C. shield  
D. shred

## LITERATURE - 10 marks

**Q2. Read the extracts given below answer the questions that follow.**

[5x1=5m]  
When he finished, he went to the window to buy a stamp which he licked and then affixed to the envelope with a blow of his fist. The moment the letter fell into the mailbox the postmaster went to open it. It said: "God: Of the money that I asked for, only seventy pesos reached me. Send me the rest, since I need it very much. But don't send it to me through the mail because the post office employees are a bunch of crooks. Lencho."

1. "...bunch of crooks." Pick the option that DOES NOT collate with 'bunch of', correctly.  
a) option (i) b) option (ii)  
c) option (iii) d) option (iv)

2. What was the most likely response that

the postmaster expected in Lencho's second letter?  
i) sorrowful ii) gratitude iii) disappointment iv) elation v) shock

a) ii and v b) i and iii  
c) ii and iv d) iii and v

3. Pick the option that lists the option corresponding to 'with a blow of his fist.'



4. Lencho's letter included  
a) details of his job.  
b) description of the post office.  
c) belief of being looted.  
d) List of further goods.

5. Pick the most suitable quote for this extract.  
a) "It is easier to fool people than to convince them that they have been fooled." - Mark Twain

b) "Real knowledge is to know the extent of one's ignorance." - Confucius

c) "You see a person's true colours when you are no longer beneficial to their life." - anonymous

d) "True generosity means accepting ingratitude." - Coco Chanel

**Q3. Read the extracts given below answer the questions that follow.**

[5x1=5m]  
He stepped slowly out to the brink of the ledge, and standing on one leg with the other leg hidden under his wing; he closed one eye, then the other, and pretended to be falling asleep. Still they took no notice of him."

1. What did the young seagull do?  
a) The young seagull wanted to leave the attention of the others. So he pretended to fall asleep on the brink of the ledge.  
b) The young seagull wanted to catch the attention of the others. So he pretended to fall off the brink of the ledge.  
c) The young seagull wanted to catch the station of the others. So he pretended to fall asleep on the brink of the ledge.  
d) The young seagull wanted to catch the attention of the others. So he pretended to fall asleep on the brink of the ledge.

2. What was the seagull afraid of?  
a) The seagulls were afraid to fly.  
b) The seagull was not afraid to fly.  
c) The seagull was afraid to fly.  
d) The seagull was unafraid to fly.

3. Why did he close his eyes one at a time?  
a) She was pretending to fall asleep.

b) He was pretending to fall asleep.  
c) He was pretending to fall down.  
d) He was tending to sleep.

4. What could his brothers and sister do which he was not able to?  
a) They could fly but he was not able to.  
b) They could fly but he was not unable to.  
c) They couldn't fly but he was not able to.  
d) They could fly and he was able to.

5. The synonym of 'brink' is  
a) center b) epicenter  
c) edge d) midpoint

## GRAMMAR - 10 marks

**Q4. Choose the most appropriate option from the ones given in brackets, to complete the following paragraph.** [6x1/2 =3marks]

Make no mistake; jam-packed parties (a) \_\_\_\_\_ (are/is/am/were) contributing to the spread of COVID-19. These types of gatherings are (b) \_\_\_\_\_ (a/an/the/is) primary source of infection. How Many People Will Be At The Gathering?

If the answer is more than 10 people, you should think twice, Dr. Michael Richardson, M.D., a primary care provider with One Medical, tells Bustle. "Safety will largely be influenced (c) \_\_\_\_\_ (in/above/more/on) by the current trend in COVID-19 cases in your community," Richardson adds.

"If cases are on the rise, it may not be time to throw a party and instead (d) \_\_\_\_\_ (followed/follows/follow/following) local public health guidelines." Even if (e) \_\_\_\_\_ (confirms/confirming/conform/confirmed) cases are declining in your community, Richardson recommends asking your doctor whether they think it's safe (f) \_\_\_\_\_ (it/to/if/for) start expanding your social circle.

**Q5. Complete the dialogue by choosing the most appropriate option.** [3m]

Shalini: (i) ..... your Biology notes?  
Rama: That depends on whether (ii) .....

Shalini: Please do check and give me.  
Rama: I think (iii) .....

Shalini: Thank you.  
(i) A. Could you please lend me  
B. Should you please lend me  
C. Are you pleased to  
D. Will you please agree to

(ii) A. I have completed my notes?  
B. I have completed my notes.  
C. I have completed my notes!  
D. I don't have it in my bag.

(iii) A. I can lend you my notes.  
B. I will go for a walk.  
C. I will go to the school.  
D. I will go on a bike ride.

**Q6. Choose the most appropriate option from the ones given below to complete the following passage. Write the answers in your answer sheet against the correct blank number:** [4x1=4m]

(a) He has been playing... .. he came here.  
(b) Sushma was cleaning the house ..... her sister was decorating the lawn.  
(c) It is time to go, let us start.....  
(d) Don't leave ..... I ask you to.

(a) i) since ii) Many iii) Little iv) Much  
(b) i) use ii) uses iii) and iv) used  
(c) i) in ii) off iii) on iv) above  
(d) i) till ii) it iii) more iv) so

## PART-B (WRITING - 2x5=10M)

**Q7. Attempt the following in 100-120 words** [5 m]

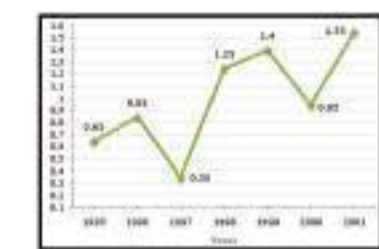
Write a letter to the editor of a newspaper on the impact of not clearing garbage in your locality.

**Q8. Attempt the following in 100-120 words** [5 m]

The following data was published in 'The Economic Times.'

The line graph given below gives the ratio of the amounts of imports by a company to the amount of exports from that company over the period from 1995 to 2001.

**Ratio of Value of Imports to Exports by a Company Over the Years.**



Write a paragraph analyzing the data given.

## LITERATURE - 30 marks

**Q9. Answer ANY TWO questions in about 20-30 words each, from (A) and (B) respectively.** [2x4=8 m]

(A) (any two)

i. Do you think that hunger was a good motivation for the young seagull in his flight?

ii. What does Anne tell about her family in her diary?

iii. Wanda was successful in turning her taunts into triumphs. Justify this statement.

(B) (any two)

i. How did Mrs Pumphrey show her concern for Tricki when he was at the surgery?

ii. Was Hari Singh successful in robbing Anil? Was Anil the only one who was robbed or did Hari also rob himself of something?

iii. The book, 'The Travels of Monarch X' ignited Richard's curiosity in butterflies further. Do you think sometimes, people or things around us can act as catalysts to shape our lives? Explain how.

**Q10. Answer ANY TWO questions in 40-50 words each, from (A) and (B) respectively.** [3x4=12 m]

(A) (any two)

i. Why did Pranjal's father say that Rajvir had done his homework before visiting Assam?

ii. Give examples from the text to show that Valli was a meticulous planner.

iii. Why was the Baker's furnace essential in a traditional Goan village?

(B) (any two)

i. How was Mrs Loisel a mistake of destiny?

ii. In life, people who easily trust others are sometimes made to look foolish. One should not be too trusting. Describe how Oliver Lutkins made a fool of the young lawyer.

iii. The chapter 'Bholi' highlights the discrimination against the girl child. Analyze this statement.

**Q11. Answer the following in 100-120 words.** [5x1=5 m]

"The life of mortals in this world is troubled and brief and combined with pain." State the moral values that Kisa Gotami learnt after the death of her child.

**Q12. Answer the following in 100-120 words.** [5x1=5 m]

Is the poet right when he says that the world will perish in fire as well as in ice? Explain the statement with reference to the poem 'Fire and Ice.'

# ENGINEER ANSWERS IN CORRECT DIMENSION

## GENERAL INSTRUCTIONS

- Attempt all the questions.
- Students must write the answers on regular sketch book pages (275\*347 mm) or A3 size white papers in own handwriting. (Use both the side)
- To keep necessary drawing instruments are required with you.
- In no view of question 2, are hidden edges or lines required.
- All the Dimensions are in millimeters.
- Make suitable assumptions wherever necessary.
- Students should use separate sheets to answer each question, since answer sheets are to be uploaded on the portal question wise so that evaluation be conducted Smoothly.

## PAPER SET BY HARDIK PATEL, EDUCATOR, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

**Q1 Answer the following Multiple Choice questions. Print the correct choice on your drawing sheet.** [1x5=5]

(i) Name of scale is used to measure the foreshortened length of dimensions of any object to draw the isometric projection.

(a) Isometric Scale

(b) True scale

(c) Normal scale

(d) All of the above

(ii) Metric Thread also called.

(a) B.S.W Thread

(b) Triangular Thread

(c) unified thread

(d) None of the above

(iii) The value of major diameter of British standard whitworth (BSW) thread in terms of pitch 'P' is:

(a) 0.88P (b) 0.64P

(c) 0.96P (d) 0.61P

(iv) Bush bearing is useful for...

(a) lighter loads at minimum speed

(b) lighter loads at slow speed

(c) higher loads at slow speed

(d) higher loads at minimum speed

(v) Name of the joint is used to join two rods of square or Rectangular in cross section.

(a) Sleeve and cotter (b) Gib and cotter

(c) Spigot and socket (d) All of above

**EXAMS**  
**Rfun**

## MOCK PAPER

SUBJECT: ENGINEERING GRAPHICS (CBSE)

CLASS: XII MARKS: 70

slab having one of its rectangular face perpendicular to the observer. Side of pentagon = 52 mm, thickness of slab = 36 mm, diameter of cone = 40 mm and height of cone = 60 mm. [12]

**Q3 (i)** Draw to scale 1:1 the Elevation and Plan of a square head bolt when it axis is perpendicular to H.P. Take the diameter of the bolt as 24mm, and length as 110 mm. [8]

(ii) Sketch free hand the Front view and Side view of a collar stud with diameter 20 mm, when its axis is parallel to V.P and H.P. Give standard dimensions. [5]

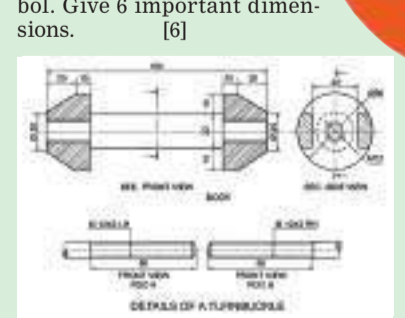
**Q4** The Figure shows details of the parts of a Turnbuckle. Assemble these parts correctly and then draw its following views to scale 1:1, inserting 60

mm threaded portion of each rod inside the body of Turnbuckle.

(a) Front view, lower half in section. [12]

(b) Top view. [10]

(c) Print the title and the scale used. Draw the projection symbol. Give 6 important dimensions. [6]



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



Times NIE Editorial Powered by students

# Why Men Must Learn To Be Humane



By Ali Badami, class XII, SM Choksey High School & Junior College, Pune

There is always a black polythene bag or a newspaper to cover the sanitary pad. A cloak of taboos, misconceptions and myths that surround menstruation is due to the lack of menstrual awareness.

What is to blame for this? It cannot be narrowed down to one specific problem. Gender disparity is one of the key reasons why men lack menstrual awareness. How misogyny is a leading cause of lack of menstrual awareness is a lot to unwrap around.

Young women are usually taught not to speak about their period, or their struggles with menstruation, especially among men. Household politics that portray unequal power relations with the genders end up with the woman's voice not being heard.

The attitude of men regarding menstrual health and awareness ranges from complete disinterest to extreme nausea. A lot of men are disgusted by the idea of a biological and entirely natural phenomena. During a loop, many men fail to realise the discomfort women experience.

So, what is the ideal here? What can be done and undone?

When asked about what men can offer to facilitate menstrual awareness, what I gathered from the menstruating women around me, was sadly, just basic etiquette and conduct. Actions like taking menstruating women seriously, to be aware of the stigma, to be mindful of the shame, bullying and to normalise the purchasing and handling of sanitary items. As men impact menstrual experiences through roles such as a husband, brother, friend, son, etc.,



MENSTRUAL AWARENESS

The attitude of men regarding menstrual health and awareness ranges from complete disinterest to extreme nausea. A lot of men are disgusted by the idea of this biological and entirely natural phenomena. During a loop, many men fail to realise the pain and discomfort women experience. It is necessary for men to be conscious of this natural process and do their part in making it less stigmatised, less tabooed, and normalising conversations around it.

- Ali Badami

It is necessary for them to be conscious of this natural process and do their part in making it less stigmatised, less tabooed, and normalising conversations around it. Primarily, it is essential to talk about menstruation. And for men to listen. Communication creates awareness. Speaking about it and removing misconceptions and false notions about impurity and menstruation is important.

Teachers need to address problems regarding menstruation, gender education and not undermine the struggles of menstruating women around them. Just as charity begins at home, conversations around such topics need to happen at our very homes. As our struggle with societal norms and social stigma continues, we can but hope that men will become more aware and be more empathetic.

## WHAT MEN MUST DO :

- ▶ Take menstruating women seriously
- ▶ Be aware of the stigma, of the shame and the bullying
- ▶ Normalise the purchasing and handling of sanitary items
- ▶ It is essential to talk about menstruation, and for men to listen

# If it were men who menstruated ..

## WHAT STUDENTS SAY

Young boys would have held the process up, as an envious start to manhood..

If it were men who menstruated... It would become a proud masculine event and definitely something to show off and brag about. They would certainly not keep it a secret. In fact, periods would no longer be an embarrassing or shameful thing if it were men who went through it instead of women.

Iliina Srivastav, class X, Harvest International School, Bengaluru



Then there would be many schemes made for men by every government, globally. No religion would treat it as impure or unholy. It could also be that women become the priests and men are prevented from entering sacred spaces!

Wahid Tamboli, class XII, Crescent High School & Junior College, Pune



Humanity is dominated by men, so this issue would be blown out of proportion and men would have tried to gain sympathy. There would have been a lot of debates on how to overcome stress during menstruation. New policies at workplace would come into effect for sure.

Diya Lokesh, class VII, DPS North, Bengaluru



Menstruation is a normal cycle that every female from the adolescence to menopause experiences. It has been considered a taboo topic but now people are more aware about it. If men experienced it, it would never have been a taboo topic in any society and discrimination against menstruating women wouldn't be there.

Naomi Dewicka, class XII, DPS RK Puram



Young boys would have held the process up - as an envious start to manhood. The world would have been largely equal and respectful towards the natural phenomena. And 'men' would tolerate no jibes at their blood-discharges, just as most women anyway don't have the audacity to vilify such biological processes.

Asish Singh, class XII, St Augustine's Day School, Barrackpore

## WHAT TEACHERS SAY

Men would flaunt their ability to procreate. No timid walks to the loo..

Sanitary pads models would be men...flaunting the ability to procreate. No timid walks to the loo. Armed with the sanitary pads showing in the shirt pockets, boys would saunter into the loo. No newspaper wrappings from the medical shops. Pampering mommies and wives attending to their every fuss, every month just as they do when they catch any flu.

Seema Benedict, English teacher, SBOA Public (Sr Sec) School, Ernakulam



If men menstruated, they would have used it to show how they are the superior gender and how women are inferior because they don't. They would've made laws on menstrual health centuries ago. The conversation about menstruation would not be taboo, and thousands of individuals would not have suffered for either lack of proper sanitation.

Pratiksha Chhetri, Teacher, Jaswant Modern School, Dehradun



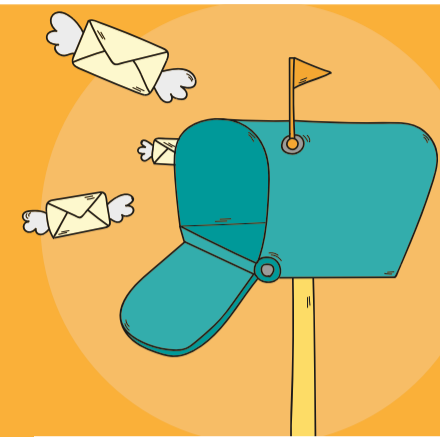
If men also menstruated, they would then understand the pain, the embarrassment and restrictions related to it. It would help them empathise with women around them. They would not look down at the phenomenon with disgust. The very process which ensures conception and brings forth offspring should not be looked at with so much of disdain by men.

Revathi Iyer, Teacher, Holy Angels School, Dombivli



If men had periods, they would talk about the wonder at school. Lessons would be thorough, teachers and textbooks would marvel at the perfect balance of events. There would be free menstrual products in every single bathroom. They would shout with pride; periods would then be normal and acceptable. If men had periods, society would accept cyclical living as a normal and necessary part of life.

Priyadarshini R, teacher, ELGI Matriculation Higher Secondary School



## 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

Give us a challenge everyday

The Covid-19 cases are rising. I would like to see coverage of some facts about the best time and safe ways to go out and buy grocer: on how to wash and clean before storing them, etc. Give us a challenge each day: Cooking Challenge, Gardening Challenge, Drawing Challenge, Dress Up Challenge, Eating Challenge, Vocabulary Challenge [give a letter and learn maximum word meanings of words starting with that letter]. I would like a Wizard's Corner with tongue-twisters, maze, find who's hiding in the picture, etc. A Word Treasure Hunt: A new word/clue to a word could be announced the previous day.. the first five to find it and send it across to the class teacher will get points and the first person to get a certain number of points will win a prize. I would be really happy and excited to see some of these ideas in the paper. But overall, the paper is great!

Thank You, Leanne Liz Lijo, class IV, The Choice School, Tripunithura, Ernakulam

# Big Q

## GROW YOUR FOOD AT HOME



Microgreens are nutritious and wonderful for health. They are rich in flavour and can be used as salads and even as garnish. During the stay at home period, I have been growing microgreens of these plants: fenugreek, mustard, peas, green gram, red cowpea, chickpea and wheat. You can grow vegetable seeds too.

They are easy to grow and can be grown indoors too in corners with enough sunlight. Plant the seeds (it's best to get microgreen seeds) in chemical-free soil and keep it moist by sprinkling water twice a day. They will sprout and grow leaves. Microgreens can be harvested within a fortnight.

Ameena Mehrin Muthalib, class VII, Blooming Buds Senior Secondary School, Marathamcode, Thrissur

## AWAITING 'WOMEN'S EMPOWERMENT'

In today's so-called developed world, one cannot but notice that there is no meaning to the term women's empowerment. As gloomy as the truth maybe, it is true that too many cases of sexual harassment in a still so male-dominated world persists. Women's representation in various fields of human activity is negligible. Only 22 per cent are professionals out of 49.6 per cent of the world population. The common aim of women empowerment, however, is to give more chances and enable women to step out of their homes and leave an impact outside. But, we all know that this is another skipped page in the society. At the end, we would have made them 'others'. What we really want is that the mindset of people in society should be fair and not biased towards women. So that when change happens, acceptance flourishes and women's self-worth is determined and enhanced. Accepting new perspectives on various fields, I believe, could make us 'developed' like never before. It will also pave the way for a fairer world that is unbiased towards women and is more gender neutral. When women are respected, progress takes place and the world is more civilised and happy. Then sexual harassment is not the order of the day, be it at workplace or outside it. Yashraj Bishoyi, Class VIII, The Indian Public School, Cambridge, Erode



# INDIA GEAR UP FOR 'SURYA NAMASKAR'

The immensely talented Suryakumar Yadav is likely to get a chance to showcase his '360 degree' hitting skills when a rampaging Indian team takes on a rather clueless England, aiming to seal off another series victory in the second ODI in Pune on Friday

## Captain Kohli spoilt for choice

Shreyas Iyer's dislocated shoulder has once again brought Yadav in focus and his ODI debut, after a blockbuster T20 first outing, looks imminent after an all-round show by the hosts ensured an easy victory in the first game.

Being spoilt for choices is always a good headache to have for the think-tank and skipper Virat Kohli will be more pleased than anyone else. Kohli has not had Ravindra Jadeja's services for close to three months but neither Axar Patel in Tests, and now Krunal Pandya in the ODIs, have let the team miss their maverick from Rajkot.

Prasidh Krishna, already a household name due to IPL, looked completely at home on his ODI debut, hurrying batsmen for pace in the absence of Jasprit Bumrah and Mohammed Shami.

And come to think of it, once Jadeja and Bumrah are back, a Krunal or Krishna will either cool their heels in the dug-out or even worse, not find a place in the squad, which is a testimony to India's unimaginable depth of talent pool.

## Chahal in, Yadav out: Changes India might make

The biggest positive during the opening game was Shikhar Dhawan's return to form with a match-winning 98. He was under pressure after being benched for a large part of the T20 series. The elegant southpaw will be raring to go again.

Rohit Sharma sustained a blow to his elbow in the first match but is expected to be fit for the second game. It is expected that Pant will play purely as a batsman and Rahul will keep wickets. Chinaman bowler Kuldeep Yadav leaked 68

They (India) are a much better side because they have variety, the players are fitter and more professional... Yeah, I would think so... Don't forget they came from behind most times in Australia and that was excellent. Judging by their performances from that series you can say that this is the best Indian team ever.

CLIVE LLOYD,  
former West Indies captain

runs in nine overs and could be replaced by leg-spinner Yuzvendra Chahal.

The pace trio of Bhuvneshwar Kumar, Prasidh Krishna and ever-improving Shardul Thakur took nine of the 10 wickets and would be keen to rock the England batting line-up again.

## England's middle-order has not clicked

England will look to level the series and stay alive in the contest. They have a lot to ponder on and injuries to skipper Eoin Morgan and batsman Sam Billings in the lung-opener have only added to their woes. Both appear doubtful for the second game.

Bairstow was among runs as he blazed to 94 off 64 balls as was his partner Roy (46). The

two would be looking to put up another fine show and carry forward the aggressive brand of cricket, the cornerstone of the 2019 WC win.

However, their middle order hasn't performed to potential and the likes of all-rounder Ben Stokes, Jos Buttler and Moeen Ali faltered with the bat. If England have to put a big total or chase a score, the trio needs to fire in unison.

Their key spinners Adil Rashid and Moeen Ali haven't been able to trouble Indian batters and both went wicket-less. They will have to step up, along with Tom Curran, who will need to compliment his brother Sam and pace spearhead Mark Wood, who troubled with his speed.

Come Friday, it remains to be seen whether India are able to add "another sweetest victory" or if the visitors will spoil their party.

## 3 PLAYERS WHO CAN REPLACE IYER AS DC CAPTAIN

Shreyas Iyer injured himself while fielding during the 1st ODI between India and England and is all set to miss the remainder of the ODI series and a huge chunk of the IPL 2021 season

### 1) RISHABH PANT

The front-runner to replace Iyer is swashbuckling and hard-hitting wicket-keeper batsman, Rishabh Pant. Delhi Capitals has this knack of heavily investing in youngsters and that was evident when Iyer was made skipper and he retained his position even though there were more experienced and astute leaders in the team. Thus, younger Rishabh Pant has a huge chance of getting roped in as the stand-in-skipper. Pant exhibits great leadership skills and has previously captained his Ranji team too. The 23-year-old is someone who thrives under pressure and an increase in the responsibilities could see him perform even better.



Photo: TOI

### 2) R ASHWIN

Wily and crafty off-spinner Ravichandran Ashwin is one of the smartest cricketers in the cricketing fraternity and has one of the sharpest brains too. He is arguably the perfect replacement for injured Shreyas Iyer and has previously led an IPL team too. He had captained Kings XI Punjab (now known as Punjab Kings) in 2018 and 2019, before being traded to the Capitals. With an economy rate of 7.66, Ashwin spun a web and bamboozled batsmen in the previous edition of IPL.

### 3) STEVE SMITH

Former Australia and Rajasthan Royals skipper Steve Smith has a truckload of experience when it comes to captaincy. He has previously captained the Australian national side and was also named the Rajasthan captain mid-way in 2019. He was the full-time skipper of Rajasthan in 2020 and though the team was languishing at the bottom of the table and ended up finishing last, Smith's prowess as a captain is well known. He is an avid learner of the game and is vastly experienced. With a winning percentage of 59.52 as a captain, Smith is the most successful overseas IPL captain. (among captains who have led their side for more than 5 times)



Photo: AFP

## QUIZ TIME!

**Q1:** Indian shuttler PV Sindhu lost to which player to win a silver in the 2021 Swiss Open women's singles final?

- a) Tai Tzu-ying  b) Carolina Marin   
c) Akane Yamaguchi  d) Nozomi Okuhara

**Q2:** Who is the first Indian to play in 100 international Twenty20 matches?

- a) Rohit Sharma  b) Harmanpreet Kaur   
c) Mitali Raj  d) M S Dhoni

**Q3:** Who is the first player to win ICC T20 World Cup, ICC World Cup and the Champions Trophy as a captain?

- a) M S Dhoni  b) Kumar Sangakkara   
c) Sourav Ganguly  d) Jacques Kallis

**Q4:** Who was honoured with the FIH Player of the Year (Male) award, 2019?

- a) Dilpreet Singh  b) Ajit Pal Singh   
c) Manpreet Singh  d) Mandeep Singh

**Q5:** New Zealand cricketer Sophie Devine holds the record for the fastest century in T20. In how many balls did she score it?

- a) 31  b) 32  c) 36  d) 30

**Q6:** Lewis Hamilton's win at 2020 secured him his seventh F1 championship. Whose record did he equal?

- a) Sebastian Vettel  b) Michael Schumacher   
c) Max Verstappen  d) Kimi Raikkonen



Lewis Hamilton

**Q7:** Which Indian batsman has become the first player in the world to hit 100 sixes in all formats against Australia?

- a) Virat Kohli  b) Rohit Sharma   
c) Shikhar Dhawan  d) Ajinkya Rahane

**Q8:** The Indian Women's Trap Shotgun World Cup 2021. By which team were they defeated?

- a) China  b) France  c) Russia  d) Iran

**Q9:** Who scored the winning goal for Manchester United in their 2-1 Champions League final victory in 1999?

- a) Ole Gunnar Solskjaer  b) David Beckham   
c) Dwight Yorke  d) Teddy Sheringham

**Q10:** Who has become the 2nd Indian fast bowler to play 100 test matches?

- a) R. Ashwin  b) Mohammed Shami   
c) Jasprit Bumrah  d) Ishant Sharma

**Q11:** How many times has Sergio Ramos won the Under-19 European Championship?

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

**ANSWERS:** 1 b) Carolina Marin  
2 b) Harmanpreet Kaur 3 a) M S Dhoni  
4 c) Manpreet Singh 5 c) 36  
6 b) Michael Schumacher 7 b) Rohit Sharma  
8 c) Russia 9 a) Ole Gunnar Solskjaer  
10 d) Ishant Sharma 11 a) One





# THE TIMES OF INDIA

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TODAY'S EDITION

➤ Shattering the walls of male-dominated apparel industry are these power puff girls. Read the journey of MasterG & daughters  
**PAGE 2**



➤ A student from Rajkot plans a rejuvenating schedule that you can try with your family this weekend  
**PAGE 3**



➤ Debutants rise to the occasion once again for India  
**PAGE 4**



STUDENT EDITION

THURSDAY, MARCH 25, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

## 5 PEOPLE IN NEWS TODAY

### INDIA INC BOSSES PITCH SOLUTION FOR 2ND COVID WAVE: JAB FOR ALL

The recent spike in Covid-19 cases in Maharashtra has shown that there is a price to pay for letting down one's guard. With the 'second wave' in sight, the top bosses of India Inc have said that there is only one way to combat the crisis – vaccination for all. From Sajjan Jindal and Anand Mahindra to Vijay Shekhar Sharma, these business leaders have suggested to the government to start vaccinating the youth too. "Jabs must include those aged 20-45 years. They're the real super-spreaders," they said.



### JACK DORSEY'S FIRST TWEET AS NFT SOLD FOR \$2.9 MILLION

Twitter boss Jack Dorsey sold his first tweet as an NFT for just over \$2.9 million dollars recently. The tweet is in the form of a non-fungible token (NFT) – a kind of unique digital asset that has exploded in popularity so far in 2021. Each NFT has its own blockchain-based digital signature, which serves as a public ledger, allowing anyone to verify the asset's authenticity and ownership. The tweet – "just setting up my twttr" – was Dorsey's first tweet, made on March 21, 2006. The NFT was sold via auction on a platform called Valuables, owned by the US firm, Cent.

### VEGAN CLOTHES FROM MUSHROOM LEATHER BY STELLA MCCARTNEY

Stella McCartney has become the first to create clothing from mushroom leather. The 49-year-old fashion designer has teamed up with Bolt Threads to use Mylo, a leathery fabric made from the root system of fungi, for a black top and utilitarian trousers.



### VIN DIESEL'S SON TO DEBUT IN 'FAST & FURIOUS 9'?



Actor-producer Vin Diesel's 10-year-old son, Vincent Sinclair, is set to debut in the upcoming installment of the 'Fast & Furious' film franchise. The ninth installment of the franchise, set for release in June this year, will see Vincent playing the younger version of Vin's character, Dominic Toretto.

### Idris Elba inks multi-book deal to pen children's books with HarperCollins

➤ Hollywood star Idris Elba has signed a deal with publisher HarperCollins to come out with a range of children's books inspired by his daughter, Isan Elba.  
➤ According to 'The Hollywood Reporter', the books are set to be launched in 2022.  
➤ "I feel privileged to have the opportunity to bring stories inspired by my daughter to life with my incredible partner, Robyn Charteris, and the powerhouse team at HarperCollins," Elba recently said in a statement.



"Bitcoin uses more electricity per transaction than any other method known to mankind, and so it's not a great climate thing." – **BILL GATES**

## Bitcoin: How environment will pay the premium price

At a time when companies and investors increasingly say they are focused on climate and sustainability issues, some of them may be about to collide with the reality of another financial trend, one currently worth about \$1 trillion: Bitcoin.

The cryptocurrency has become inescapable, with big companies like Tesla and individual investors alike rushing to stock up on the digital token. But depending on which study you read, the annual carbon emissions from the electricity required to mine Bitcoin and process its transactions are equal to the amount emitted by all of New Zealand or Argentina.

**Bitcoin leads to carbon footprint?**

To put this into perspective, one Bitcoin transaction is the "equivalent to the carbon footprint of 735,121 Visa transactions or 55,280 hours of watching YouTube," according to Digiconomist, which



1 Bitcoin transaction = carbon footprint of 735,121 Visa transactions/55,280 hrs of YouTube

created what it calls a Bitcoin Energy Consumption Index. And as Bitcoin becomes more popular, the more resources its ecosystem consumes.

**How miners play a role**

The miners verify transactions involving the cryptocurrency by using computers to solve increasingly complex mathematical

equations. They earn bitcoins for their work, which means that the more popular the currency becomes, the more competition there is to mine new tokens.

**Contradiction among firms**

Tesla – a company whose entire premise is to help reduce climate change through lower carbon emissions – has invested more than \$1.5 billion of its balance sheet in Bitcoin. How would its Bitcoin holdings affect its sustainability score?

Other firms are also considering whether to add Bitcoin to their balance sheets. Financial firms like Guggenheim Partners have already invested in Bitcoin while Bank of New York Mellon says it will start financing Bitcoin transactions.

**Status symbol or a scarlet letter?**

Will owning bitcoins become a status symbol – or a scarlet letter for a new generation of climate-focused investors? Are they aware of the challenges it poses? The answer is complicated.

Bitcoin supporters say that estimates of its carbon footprint are overstated. And if the computers that mine and help transact bitcoins are attached to an electric grid that uses wind and solar power, then mining and using it will become cleaner over time.

Experts believe that cryptocurrency will eventually be powered completely by clean power, eliminating its carbon footprint and driving adoption of renewables globally. However, its role in altering the environment remains as cryptic as the entity itself.



WHAT IS A BITCOIN?

Bitcoin is the original and most popular cryptocurrency, or digital coin, which started circulating in 2009. It was created by Satoshi Nakamoto, and designed to be free of central financial authorities like governments and central banks. It is "peer-to-peer", meaning it can be transferred directly between online users.

WHY IS IT CONTROVERSIAL?

As there is no central authority governing supply, bitcoin's value depends on people's confidence in it, and has mainly been used for speculation by financial traders rather than real-world commerce.

HOW DO YOU STORE/TRADE?

Bitcoin is held in virtual wallets with unique keys. Transactions are made by sending bitcoin from one wallet to a unique key associated with another wallet in a cryptographic process that is verified by the bitcoin network.

HOW ARE BITCOINS CREATED?

They are generated by 'mining', which involves individuals or groups using computing power to solve complex math equations to build the blockchain and earn rewards in the form of new coins.

## Delhi govt to set up 100 Schools of Excellence

Days after the announcement of the setting up of the Delhi Board of School Education (DBSE), the Delhi Cabinet has paved the way for establishing about 100 schools of specialised excellence in the national capital.

These schools will be choice-based and cover grades 9 to 12, i.e. the last four years in the 5+3+3+4 framework of schooling introduced by the New Education Policy (NEP), 2020.

"The Delhi Government plans to establish 'Schools of Specialised Excellence' that will cater to students who are gifted in various areas of study such as Science, Technology, Engineering and Mathematics (STEM), Performing and Visual Arts, Humanities and high-end 21st-century skills," stated an official release.



Deputy Chief Minister and Education Minister Manish Sisodia said, "We are going to live in an era of specialisation and excellence, our children need an opportunity to be ready for the next generation

challenges. Every child is unique and gifted, we want to ensure that they get the opportunity and the support to achieve higher success in their lives. Schools of Specialised Excellence will provide the right platform for our children to nurture their talent and excel in areas of their specialised interests."

Sisodia said that these schools hold the potential to serve as examples of how providing the correct environment and opportunities to students can catapult them from even the most-marginalised backgrounds to great heights of success in various fields.

These schools will act as hubs of excellence in their respective zones and provide other schools with the inspiration and technical know-how to foster excellence, he added.



## e-Gen Builders

Students from Gaztelueta school in Spain prepare an electric car prior to a race, as part of a project to promote STEM subjects (science, technology, engineering and mathematics), and raise awareness on pollution and climate change in Getxo, Spain. Reuters

## A First: Recycling cocoa fruit waste to replace sugar in chocolate



As confectionery groups scramble to reduce added sugar, chocolate sweetened with cocoa fruit pulp is about to hit supermarket shelves with food giant Nestle ready to launch its 'Incoa' bar. Cocoa fruit pulp, which is normally discarded, is being used to flavour products, reduce sugar and cut food waste, while boosting the income of cocoa farmers who can 'upcycle' their cocoa by selling both the pulp and the beans. That ticks several boxes with health- and environmentally-conscious consumers.

"This is a big launch, we give it to all the customers who want it and don't limit supplies," Alexander von Maillot, Nestle's global head of confectionery, told Reuters this week. The company is launching Incoa, which has no added sugar, in supermarkets in France and the Netherlands, with other European markets to follow.





Pallavi.shankar@timesgroup.com

When women don't get their due in a particular industry, then (usually) a confident woman or a group of women becomes their voice and fights for their rights. Such is the story of MasterG and Daughters – an all-women design and skill development ecosystem for the apparel industry in India. They train girls from underprivileged sections of the society into 'pattern making' through various modules in different cities. Gayatri Jolly, founder and CEO, of this female empowerment company, tells Times NIE how girls are breaking out of inequality to find their ground in this male bastion and how children can learn from these 'work movements' to build an inclusive future for India.

**Q** How did the idea of MasterG and Daughters come to you?

**A** After having some experience in the fashion industry while working with brands like Armani and Diane Von Furstenberg, I wanted to start my own label. During this time, while searching for pattern makers, I realised there were no female masterjis. The normalcy of the fact really surprised and irked me. How come no one was speaking about this gender disparity existing for generations in the apparel industry? I knew we had to do something about it, and the first step was to bring this dire fact to people's attention. And it all began.

**Q** What is a 'pattern maker' and why has it been a male dominated thing for so long?

**A** Pattern makers are skilled technicians who create templates that are used to mass-produce products such as clothing, bags, home goods, etc. They translate blueprints and design models into factory patterns based on a de-

# Paving the way for WOMEN 'MASTERJIS'



## ON SCHOOL KIDS EMPATHISING WITH UNDERPRIVILEGED CHILDREN

"School children should volunteer with NGOs and interact with kids their age from less privileged sections of the society. Schools should make it compulsory for students to complete 'x' hours of volunteering at the NGOs, and they can volunteer to teach underprivileged kids what they were able to learn as a result of having more access to quality education."

signer's sketch of a style. A pattern maker is one who makes the first scratch to initiate the garment making in a factory or manufacturing unit; the person enjoys utmost authority in apparel stores/fashion design houses as decision makers who fashion designers trust and work closely with.

The traditional 'Indian Khandaani Darzi' system has been responsible for producing the most trusted and respected masterjis-cum-pattern makers across genera-



tions. The legacy of the skill and value get passed on only to male children of the family who receive on-the-job-training from their fathers and uncles. Women don't acquire these skills as they are excluded from the process of decision-making.

When it comes to the formal training floor, women are made to sit on sewing machines and do the menial of the whole procedure. Many women have been pushed to live on the margins of the social fabric, such that they cannot imagine themselves being masters or leaders.

**Q** You have filed a petition - to have a minimum 1 female pattern maker per garment factory or fashion house in India. How can children be made aware about such movements for gender parity?

**A** The habit of questioning existing patterns need to be inculcated early in children. Education is not rote learning but problem solving and critical thinking. Problems like gender

and class-based discrimination are as old as our civilisation, and though children today are made aware of the differences, they are not made to see its recurrence in every little aspect of their lives. It needs to enter our vocabulary, in our day-to-day practice to eradicate the normalisation of different cognitive-behavioural understanding and reception based on gender. There are discriminatory systems in place, like the lack of female masterjis, which can tumble down only if coming generations acknowledge and reject it.

**Q** What message would you give to children aspiring to make a career in the fashion industry?

**A** When students join the apparel factory/fashion houses as makers, they realise how the traditional system is broken and has no space for their questioning voices. Often the members of the industry underestimate women's skill, ethics and labour. Many women aspiring to be skilled workers in this industry belong to families where they do not get the chance to apply for a job as the companies and factories lie in the outskirts of their village. The whole infrastructure is such that it does not allow women to mobilise for professional reasons. These problems resurface in our everyday context, but it is important to realise that they have deeper roots in cultural and social networks, which have run unquestioned for generations. The wish from the future generations is to not fall into the trap of considering one gender a liability, given how many women are coerced into leaving their jobs or made to compromise their work to balance their household chores. But to intervene and work towards what remains to be the loose screw in the industry – the gender disparity.



Gayatri Jolly in the middle (in black pants & top) with the girls undergoing training at MasterG & Daughters

## Teaching Resilience During Pandemic

By Saakshi Singla, Child and Family Coach, Counselling Psychology Gender Equality Parenting Advocate, and mother of two fiercely independent and resilient young adults.

So if we are not born with a resilience gene and it is teachable, then what is it that we can do to teach resilience to our children?

Given below are some of the ways I talk about in my coaching and have been using them in my own parenting. My two young adults have learnt to thrive through the ups and downs of their lives and also enjoy the sunshine when it is around and dance in the rain when there is no other choice.



### 1. MODEL RESILIENCE:

Make sure your children don't catch you complaining, blaming the circumstances or giving up on things easily. (mind you, this is the toughest one....as we use a lot of self sabotaging words in our daily life, without sometimes noticing that our children are watching!)

### 2. USE STORYTELLING:

Inspire them with stories of resilience – real stories of people, and from books, movies and other media resources on resilience.

### 3. USE LANGUAGE OF RESILIENCE:



Be careful with the language you use at home. Avoid the phrases that discourage children from being resilient and replace them with the language of resilience.

### 4. INSPIRE THEM WITH LESSONS FROM NATURE:

Make conversations on how resilience helps nature survive. When confronted with life's obstacles, teach your children to be more like nature, and learn to bend like trees bending in a hailstorm, or a seed sprouting in concrete.



### 5. TEACH RESILIENCE SKILLS:

Independence, problem-solving, optimism and social skills. These skills in turn help develop coping skills like emotional flexibility, autonomy, empathy, growth mindset and emotional flexibility in kids. They will help your children to navigate through the hardships of life.

### 6. DON'T BE A FIXER:

Try your best to keep away and not fix all of your children's problems. To let them go through some difficulties, as hardships are learning opportunities. Encouraging resilience is allowing children to attempt solving their own problems without going to rescue them the moment we see them frustrated.

### 7. GRATITUDE JOURNALLING:

Gratitude has the power to transform lives. Counting our blessings and feeling and expressing gratitude, helps our children to see the brighter side of life. Make sure your home is a place where your children learn the art of gratitude journalling.

## Misconceptions about teens' bad behaviour

As a parent, it must be really exhausting for you to deal with your teen. From wanting to understand their source of anger and aggression to repairing the dent caused by the growing differences between the two of you, surely you must be going through a difficult time. However, as difficult as it is for you, it is as challenging for your teenage kid to live through this phase of his or her life. Not only are they trying to adapt to their environment at school and with their friends, they are also fighting their own battles with their changing bodies. There are a lot of things going on in their minds too, which may be hard for parents to fathom. That said, it is important for parents to look beyond the unrealistic expectations you place on your teen and to do away with the myths about your teen's bad attitude. Here are some misconceptions that parents usually have about their teenager's unpleasant behaviour.



### YOU CAN HANDLE YOUR TEEN'S BAD ATTITUDE WITH LOGIC AND REASONING



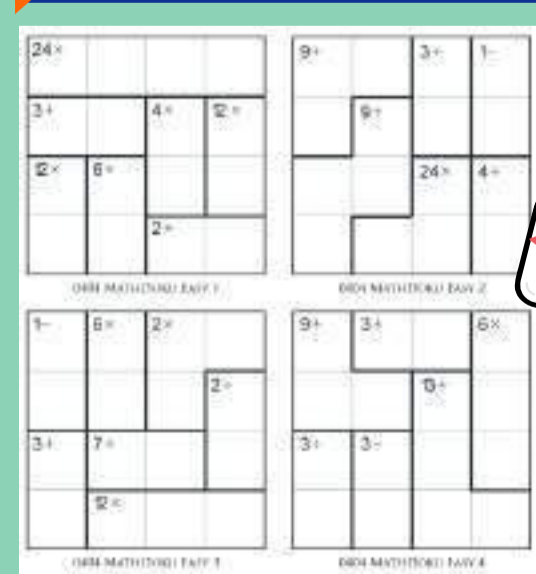
Well, reasoning out with your teen and making them see the bigger picture in times of crisis is surely a positive way to enhance their problem-solving abilities. However, when their mind is troubled and they're going through many changes in their lives, it is less likely that your reasons and your logic will ever convince or persuade them to listen to you, let alone motivating them to change their attitude.

### PUNISHING THEM WILL FIX EVERYTHING

Punishing your teenage kid will only worsen your relationship with your child. While you may be frustrated with them, given that their attitude is the same for a long time now. But punishment isn't the solution. Rather, try talking to them about the repercussions of their bad behaviour on the family.



### MATHDUKO



### TOWN MAP



LABEL the compass rose with N, S, E, W.

Write NORTH, SOUTH, EAST OR WEST to complete each sentence.

- Harriet heads \_\_\_\_\_ to go to school.
- Larry goes \_\_\_\_\_ to go to Harriet's house.
- Kim heads \_\_\_\_\_ to go to the supermarket.
- A police officer would go \_\_\_\_\_ to the supermarket.
- Kids at school head \_\_\_\_\_ to play at the park.
- Harriet's dad is a police officer. He heads \_\_\_\_\_ to work.
- Larry heads \_\_\_\_\_ to go to school.
- Kim heads \_\_\_\_\_ to visit Larry.

### LATITUDE AND LONGITUDE

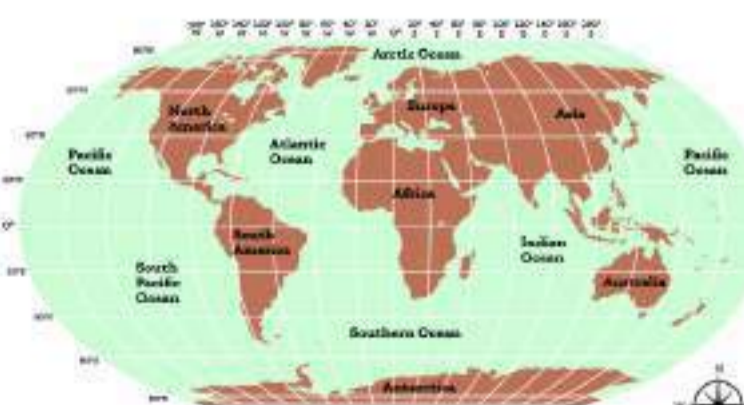
Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Latitude and Longitude

What are latitude and longitude, and how do you use them?

Latitude: lines that run in an east to west direction across the Earth. (Latitude degrees are measured as north and south.)

Longitude: lines that run in a north to south direction across the Earth. (Longitude degrees are measured as east and west.)



Directions: Use the map to answer the questions below.

Example: What continent is at 30° south and 20° east? Africa

- What continent is at 90° north and 20° east?
- What ocean is found at 20° south and 100° east?
- What continent is at 20° south and 130° east?
- What ocean is at 40° south and 160° west?
- What continent is at 40° north and 100° east?



## SGVP participates in the World Education Summit 2021

Traveling on this exhilarating path of learning, teachers, and students of SGVP International School have excelled with their tremendous efforts in knowing and imparting education in its unbeatable manner under the esteemed guidance of Padma Kumar, Principal - SGVP International School.

Padma Kumar recently was invited as a speaker to be a part of the World Education Summit 2021 by ELETS and as experts, she was accompanied by Dr. Subhash Nair, Principal- Shantiniketan Indian School Doha, Dr. Abdul Jaleel Perla, Principal- M P International School Kasaragod and Ashish Bhatnagar, Principal- International School of Seychelles. The sessions were held online and she talked at length about how after NEP 2020 the education is going to change and how we will have to do away with the old traditional way of



learning. She even stressed upon how the assessment process needs to be changed for better learning outcomes.

World Education Summit 2021 was conducted in the month of March. It was organised by a premier technology and media research organisation of Asia and the Middle East. The four-day Summit focused on Innovation in Education through different aspects. They had organised a panel discussion on multiple educational challenges and effective methodology. Padma Kumar efficaciously presented her views on how assessments and evaluation for future classes should be designed and focused on keeping students' views in mind. She is a leader par excellence and an inspiring personality. Her guidance to the teaching faculty during this pandemic has changed the entire scenario from mundane tasks to inspiring as well as enriching virtual sessions.

## DECLINE IN DEC QUARTER BY 8.3% YOY Overseas study plans hit, education loan disbursals dip

Niyati.Parikh@timesgroup.com

With fewer students opting to study abroad and educational institutions allowing students to pay fees in installments, up-takes for education loans in Gujarat declined by 8.3% in the December quarter of 2020-21.

The total outstanding for education loans declined from Rs 3,591 crore to Rs 3,291 crore from the third quarter of 2019-20 to the same period in 2020-21. The information was tabled on Monday in the parliament, citing the State Level Bankers' Committee (SLBC) data.

Bankers have attributed the slowing disbursals to the dipping up-takes for foreign education. "A majority of education loan up-takes in Gujarat are from students who study abroad," said M M Bansal, convener, SLBCGujarat.

"However, due to the pandemic and the suspension of international flights, many have deferred plans of studying abroad by a year. Consequently, the disbursals have slowed significantly."

With education loan disbursals slowing, the non-per-

forming assets (NPAs) have declined from Rs 97 crore in the third quarter of 2019-20 to Rs 47.3 crore in 2020-21.

Bansal said that repayments continued while fresh disbursals declined and as a result, the gross NPA to out-

standing ratio declined too.

Quarter	Outstanding	NPAs	NPAs to outstanding ratio %
Dec-19	3,591	97	2.7
Dec-20	3,291	47.3	1.4

Figures in ₹ cr; Source: SLBC

loans marginally increased from Rs 3,060 crore in the second quarter of 2020-21, up by Rs 231 crore, indicates the SLBC data.

Banking sector sources also said that loan disbursals slowed because many institutes offered the option of paying fees in installments.

Dr Navin Sheth, vicechancellor of Gujarat Technological University (GTU), said: "At least 90% of colleges affiliated to GTU are private." Sheth added: "Most colleges have given the option of paying fees in three to four installments. Moreover, if any student makes a representation before the varsity seeking any such relaxation, we ask the institutes to help them." Even the state government had announced in August 2020 that students pursuing medical, dental, and paramedical courses can pay annual fees in four installments.

The decision was made applicable to students studying in the 515 government, grant-in-aid, and self-financed colleges of the state. Students will have to pay the first installment (25%) of the annual fees in September, followed by three installments in the subsequent three months.



## Student makes the school proud

Rudra Vakil, a class VIII student at The HBK New High School aspires to be a good athlete. When he was in class III, he saw the movie "Bhaag Milka Bhaag", I was truly inspired and since then I am doing a workout for 2 hours daily. I even stay away from junk food.

My school is playing a significant role in enabling me to meet my aspirations. Recently on February 25, in 32nd West Zone Junior Athletics Championship held at Raipur



(Chhattisgarh), six states namely Gujarat, Maharashtra, Rajasthan, Goa, MP and host Chhattisgarh took part. For this event, there was a selection round in Vadodara and



I was selected for long jump to represent the state and finally, I won the bronze medal, in the under-14 category.

## Painters' Gallery



Dhwanil Shah, Class III, Essar International School, Surat



Sanjana Panchdhane, Class VII, St. Xavier's High School, Loyola



Jaival Trivedi, Class IV, Zydus School Of Excellence



Jimit Desai, Class V, Nirman High School



## Rejuvenating activities with family!

Weekends always seem to go quickly, but they're longer than we think. There are 60 hours between that 6:00 pm Friday relief and 6:00 am Monday alarm clock. Even if we sleep for 24 of those hours, that leaves us with 36 waking hours. That's plenty of time for fun, relaxation, and more importantly, recharging our rusted batteries. Fruitful weekends are the ones that leave us refreshed, not exhausted, so such a pleasant time shouldn't be spent very aggressively. This is my weekend plan:

This weekend, after

getting up late and enjoying breakfast, I spent ten minutes reading the newspaper. After doing some exercises, I rushed to my friends' places to play online games. Later, we played cricket and had dinner at the restaurant of our choice.

Sunday is a fun day with dad, who takes out time from his busy schedule to spend quality time with us. The morning started with a morning walk at the park where we listened to birds chirping as we roamed around. In the afternoon, I watched television as we played carrom.

My mum who has green fingers prefers gardening. In the evening, I baked a cake all by myself and it turned out to be really tasty. Post dinner, I read a book and drifted off to sleep.

NITYA HAPANI, Class V, TGES Wadi School, Rajkot



## CHECKING EVERY ROAD



On a never rest mode, Are the police team Working to give us a healthy beam. Standing in the piercing heat Not a rest to their feet. Let's shout out loud They are the pillar, who makes us proud. Everything is clean with a good alignment They work to provide a healthy environment. Thank you to our sanitization staff They stand high in my graph. Let's shout out loud They are the pillar who make us proud They are beautiful, they are smart Staying in my heart, they are a part. Everything I know, they made me learn I will owe them everything I get or earn. These are my Teacher, My idol for a bright future. Let's shout out loud They are the pillar, who makes us proud.

RIDDHIMA THAKUR, Class III, Podar World School, Sherki

## BOOK: EXPLORING THE WORLD OF MAGIC

"The truth" sighed Dumbledore. It is a beautiful and terrible thing and therefore treated with great caution." These lines from 'Harry Potter and the Philosopher's Stone' is part of the most adventurous and interesting book series authored by JK Rowling. They teach us the most important lesson of life. The series of 7 books takes you through the wizardry world of dark arts and defence against dark art. It takes us through the lesson of victory of "Good over Evil". It is a story of an orphan boy 'Harry' who is ignorant about the magical powers he got from his parents.

He eventually excels in the art of wizardry and fights against the lord of dark arts



'Voldemort' to avenge the killing of his parents and set the wizardry world free from dark arts. He has the support of the wittiest and brave friends - Ron and Hermoine and most caring and knowledgeable mentor Dumbledore.

My most favourite character in the entire series is Hermoine Granger. She is very outspoken, witty, and can solve any problems. A unique thing which I like about this book as it has shown a lot of maps, letters, newspaper illustrations, and notes that takes you to a drive-in that world. The book series is irresistible and exciting and keeps you glued throughout. I strongly recommend to all children of 8 years and above to read this book series.

ANANYA SHAH, Class V, Udgam School For Children, Ahmedabad



## MOVIE: SERIES ENABLES YOU TO EXPLORE SPACE DEPTHS

Lost In Space is a science-fiction web series. Currently, it has 2 seasons and the third one will be coming soon which will also be the last one. The first series is interesting with every single aspect, suspicions, mystery, and a bit of humour. It had an absorbing effect on me, and the story was imaginative in every sense.

The story revolves around the adventures of the Robinsons, a pioneering family of space colonists who struggle to survive in the depths of space. The family has 5 members, parents- Maureen and John Robinson and their 3 children- Will, Judy, and Penny. It also has a major supporting character Don West and an evil character Dr. Zachary Smith. The series takes us into the depth of space, and the mysterious, fictional place outside the bound-



aries of planet Earth. They are a group of space colonists who are on their way to a planet near Alpha Centauri. The family falls apart from the resolute in the first season where they struggle to maintain contact as their spaceship lands on a mysterious planet where they find A Robot, which plays an important role in the series, they are about to escape when they again get on an unknown planet. They are finally able to get out of there and reach their destination, but a new mystery awaits them

which will be revealed in the final season. This is overall a thrilling and fascinating thing to watch.

TITHI SHAH, class IX, Udgam School For Children, Ahmedabad





# BIG STAGE, SO WHAT?

India's decision to hand out debuts to two new players once again paid rich dividends with all-rounder Krunal Pandya returning with a half-century and seamer Prasidh Krishna shining with the ball, in the first ODI against England

## Gill, Siraj, Sundar, Saini, Natarajan took Aussies by storm

- ▶ Pandya's blitzkrieg with the willow that caught the English bowlers by surprise at the Maharashtra Cricket Association Stadium came after India saw stellar performances by some other debutants over the past few months. Washington Sundar was handed debut in the fourth and final Test against Australia in Brisbane and he responded with four wickets, besides scoring 62 and 22.
- ▶ The 62 Sundar made in the first innings was part of a match-turning partnership with Shardul Thakur, who was playing only in his second Test, the first after 2018, scoring 67 in the first innings besides snaring seven wickets in the match.
- ▶ T Natarajan, who made his international debut across all formats in Australia, also played his maiden Test in Brisbane and picked up three crucial wickets in the first innings. Earlier on that tour Down Under, India had handed over Test caps to seamer Mohammed Siraj, opener Shubman Gill and pacer Navdeep Saini, all of whom had played limited overs cricket before.
- ▶ Siraj and Gill played key roles in helping India win the Test series. Siraj bowled the most number of overs by an Indian in that series and returned as their highest wicket-taker with 13 scalps. Gill amassed 259 runs at an average of 51.8 with two half-centuries.

## Axar Patel, Kishan & Yadav proved their mettle against England

- ▶ On returning home, India began their Test series against England with a loss. But they brought in debutant Axar Patel in the next Test, and the left arm twerker spun a web around the visitors to pave the way for a 3-1 series victory, picking up 27 wickets in three Tests to spearhead India's remarkable turn around.

Newcomers taking effortlessly to the international stage indicates that the IPL hasn't just enhanced their skillsets, but also their self-belief and temperament, which can't be taught or honed in the nets.

VVS LAXMAN, former Indian batsman

- ▶ The experiments continued in the T20I series against England with Ishan Kishan and Suryakumar Yadav playing their first-ever international matches, although they were already household names because of their exploits in the Indian Premier League, representing Mumbai Indians.

- ▶ Both Yadav and Kishan scored half-centuries in their maiden international knocks, with Yadav scoring 57 off 31 balls in his second T20I (he didn't bat in the first match he played) and Kishan slamming 56 off 32 balls while opening the batting in his debut game.

## Credit to IPL

- ▶ So many debutants making such an early impression in their careers has rarely happened in Indian cricket before. A part of the reason is the confidence and preparation provided by the IPL in handling high-pressure situations against world class players. So, when players are handed India caps, they show no nerve and take on the opposition with confidence.

- ▶ "I think a lot has to do with the IPL. The fact that they share dressing rooms with international players, rub shoulders with the best in the business goes a long way in removing the complex factor," India coach Ravi Shastri had said while talking about the confidence with which both Gill and Siraj had approached the second Test against Australia in Melbourne.



Prasidh Krishna



Krunal Pandya

Photo: GETTY IMAGES

Photo: GETTY IMAGES

# I know how to handle pressure: DHAWAN

India opener Shikhar Dhawan, who hit a match-winning 98 in the first ODI against England after warming the bench for the major part of the T20 series, said international cricket is all about pressure and as an experienced player he knows how to handle it

(In) international cricket, pressure is always there and the thing is as an experienced player, I know how to handle pressure. ...and secondly, as I said, I am experienced player, so I know what shots to play on what certain wickets and we read the wicket nicely and communicate very nicely in the batting unit and that's what we did and that worked for us.

SHIKHAR DHAWAN

Having lost his place in the T20 eleven, Dhawan was under pressure to perform in the opening ODI, with India spoilt for choice in all batting positions. Dhawan, who was benched after the first of the five T20 matches, explained how he kept himself positive. "I was focusing on my process, fitness, skill-work, gym-work and I always stay in a positive mental space. I always try to look at positives from every situation. That's what I was doing. I was confident with my batting. I knew that if I get an opportunity, I'll take it," the elegant left-hander added. Dhawan also said that the wicket at the MCA stadium in Pune was seaming and swinging. "It was seaming and swinging so, it wouldn't have made any sense if you would have gone hard at the start, losing two-three wickets, so our plan was to just stay on the wicket and respect the good deliveries and we knew that we can always cash those runs later on," he signed off.



Photo: PTI

# Ronaldo unaffected by Juventus setbacks: Portugal coach



Criticism of Cristiano Ronaldo's performances for Juventus has had no impact on the forward's morale and he is ready to give 100% for Portugal in their World Cup qualifier against Azerbaijan, head coach Fernando Santos said. Ronaldo came under fire after Juventus were knocked out in the Champions League last 16 earlier this month by 10-man Porto, who progressed on away goals. "When Cristiano is with the national team, he always comes with the same vision, the same passion, the same will, the same joy," Santos said. "He always gives 100% when he comes to the national team. I don't think he has any problem in terms of mentality at the moment."

Photo: AP

## QUIZ TIME!

**Q1:** Who is the only batsman to have scored 3 double centuries in one-day cricket?

- a) Rohit Sharma  b) Chris Gayle   
c) A B de Villiers  d) Martin Guptill

**Q2:** Who was the first Indian woman wrestler to have won an Olympic medal?

- a) Geeta Phogat  b) Sakshi Malik   
c) Babita Kumari  d) Anshu Malik

**Q3:** Who was honoured as the AIFF Men's Footballer of the Year for 2019-20?

- a) Gurpreet Singh Sandhu  b) Sunil Chhetri   
c) Jackichand Singh  d) Sandesh Jhingan

**Q4:** Which Indian athlete recently qualified in men's long jump for the Tokyo Olympics?

- a) Sahil Mahabali  b) Samsheer S E   
c) Lokesh S  d) Murali Sreesankar

**Q5:** Which cricketer won the Premier League (IPL) 2020?

- a) Virat Kohli  b) Rohit Sharma   
c) K L Rahul  d) Kieron Pollard

**Q6:** Who has scored the most Premier League hat-tricks, equalling Alan Shearer's tally?

- a) Luis Suarez  b) Harry Kane   
c) Sergio Aguero  d) Thierry Henry

**Q7:** Lionel Messi set a new club record of 768 appearances

Photo: REUTERS



Lionel Messi

in a Barca shirt. Which former player's record did he overtake?

- a) Ronaldinho  b) Xavi   
c) Andrés Iniesta  d) Samuel Eto'o

**Q8:** Divyansh Singh Panwar has won a medal for India in international competitions. With which sport is he associated?

- a) Shooting  b) Wrestling   
c) Athletics  d) Tennis

**Q9:** Who won the women's singles title at the 2020 All England Badminton Championship?

- a) Akane Yamaguchi  b) Chen Yufei   
c) Tai Tzu-Ying  d) Nozomi Okuhara

**Q10:** Who has become the 1st batsman to score 3000 runs in T20 International Cricket?

- a) Virat Kohli  b) Ben Stokes   
c) K L Rahul  d) Rishabh Pant

**Q11:** Who was the first Indian batsman to achieve 300 runs in an innings in tests?

- a) Sachin Tendulkar  b) Yuvraj Singh   
c) Virender Sehwag  d) Sourav Ganguly

**ANSWERS:** 1 a) Rohit Sharma 2 b) Sakshi Malik  
3 a) Gurpreet Singh Sandhu  
4 d) Murali Sreesankar 5 c) K L Rahul  
6 c) Sergio Aguero 7 b) Xavi 8 a) Shooting  
9 c) Tai Tzu-Ying 10 a) Virat Kohli  
11 c) Virender Sehwag





# THE TIMES OF INDIA

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TODAY'S EDITION

Check out must-know tips to help you detect fake Science news while researching for your projects

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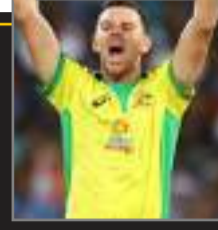
A student from Ahmedabad writes to Times NIE on how she explored North-East India, and relives each moment

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Debate: Umpire call creates confusion, says Kohli. Should it be banned?

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STUDENT EDITION

WEDNESDAY, MARCH 24, 2021



WEB EDITION

TICKER-TAPE



**CHHICHHORE BAGS BEST HINDI FILM AT 67TH NATIONAL FILM AWARDS:**

After late actor Sushant Singh-starrer film 'Chhichhore' bagged 'Best Hindi Film' accolade at the prestigious 67th National Film Awards, actor Varun Sharma who also featured in the film dedicated the award to the late star. 'Chhichhore' is a movie full of nostalgia and plays on the themes of friendship and college life.

**KANGANA BAGS 'BEST ACTRESS' THE FOURTH TIME, THANKS ALL:**

Actress Kangana Ranaut won the National Film Award as 'Best Actress' for the fourth time for her performances in 'Manikarnika' and 'Panga'. Shortly after the announcement, she posted a thank-you video on social media for the cast and crew of both films, saying her win would not be possible without them.



**WORLD TB DAY** is celebrated every year on March 24 annually to commemorate the date when Dr Robert Koch announced his discovery of Mycobacterium tuberculosis, the bacillus that causes TB in 1882.



## 5 PEOPLE IN NEWS TODAY

### CATCH THE RAIN, SAYS PM MODI; EMPHASISES ON SAVING WATER

Prime Minister Narendra Modi on Monday launched 'Jal Shakti Abhiyan: Catch the Rain' campaign for conserving water and stressed that every penny of MGNREGA funds be spent on rain water conservation till the monsoon arrives. Addressing an event at the virtual launch of the campaign on the World Water Day, Modi said it is a matter of concern that majority of rain water in India gets wasted. He said the more the rain water is conserved, the less will be the dependence on groundwater.



### OUTRAGE OVER HEBDO'S JOKE ON PALACE-MEGHAN ROW

French magazine used a front-page cartoon of the Queen kneeling on Meghan Markle's neck. Charlie Hebdo headlined the pic: 'Why Meghan left Buckingham' and a speech bubble from her says: 'I couldn't breathe any more.' The reference to George Floyd's death in the US last year sparked outrage. Dr Halima Begum, a head of anti-racism think tank, tweeted: '#Charlie-Hebdo, this is wrong on every level. It demeans the issues & causes offence, across the board.' Many found it 'bad humour'.



### WHEN TITANS MEET

Tesla chief Elon Musk and former Amazon CEO Jeff Bezos have been feuding publicly for years, but not many know that the two once met for a friendly dinner in 2004. A photograph from the meeting is currently going viral on social media - and it even captured Elon Musk's attention, who reacted to it on Twitter.

### TRUMP ON OWN SOCIAL MEDIA PLATFORM?

Former US president Donald Trump is planning to return to social media by launching his own platform after being suspended from Twitter and Facebook, one of Trump's senior advisors told Fox News. "I do think that we're going to see President Trump returning to social media in probably about two or three months here, with his own platform," said Trump's senior adviser Jason Miller.



### DRIVING DIVERSITY: HAMILTON READY TO CHASE 8TH F1 TITLE

If Lewis Hamilton wins an eighth Formula One title, he will move one ahead of fellow great Michael Schumacher. Hamilton's decision to pen a one-year contract with Mercedes has sparked speculation he may call it quits when the sun sets on the F1 season at the Abu Dhabi GP in December.



China's 31st Antarctic exploration team return to Waigaoqiao dock on April 10, 2015 in Shanghai, China. Icebreaker Xuelong (Snow Dragon) left Shanghai on October 30 in 2014, sailed across Hobart of Australia and finally arrived in Zhongshan Station. File

## China's Polar Ambition: World Sees Red

With the aim to dominate the Arctic and Antarctica regions, China has been pouring investments and aggressively constructing a fleet of polar icebreakers as part of its geopolitical ambitions, according to a report published in 'The National Interest'. Alexander B Gray, a Senior Fellow in National Security Affairs at the American Foreign Policy Council, in an article for the magazine said that although the western countries have taken note of China's designs over the Arctic, however, Beijing's machinations in Antarctica remain little-known.

### WHO DOES ANTARCTICA BELONG TO?

- 1 Antarctica is considered a global commons to be preserved "for peaceful purposes only" under the terms of the 1959 Antarctic Treaty and "any measures of a military nature" are prohibited.
- 2 Both the United States and China are signatories to the treaty and its most important addendum - the 1991 Madrid Protocol, which permanently prohibits extractive mining, protects the unique flora and fauna of the continent.
- 3 The enforcement mechanism of the Antarctic Treaty and its protocols is an inspection system, whereby signatories undertake periodic visits to the stations maintained by 30 countries.

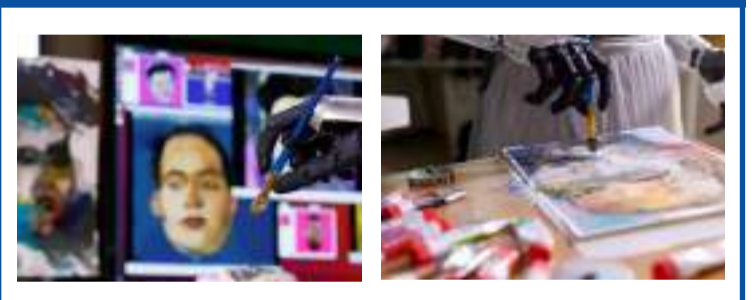
### How is China occupying key spots in Antarctica?

**SCIENTIFIC:** China has five research stations on Antarctica, said Gray, adding, Beijing has used some of its Antarctic bases for satellite stations and high-powered telescopes, both of which have military applications. Despite the warning signs, none of the bases have been inspected since 2015.

**MILITARY:** Gray said China's construction of a permanent Antarctic airfield in 2018, its growing fleet of icebreakers, and an influx of People's Liberation Army personnel at Beijing's research stations are just a few of Beijing's military objectives.

**RARE EARTH:** Also, Chinese experts believe the Madrid Protocol expires in 2048, along with the accompanying ban on mining in the Antarctic. This development has prompted Chinese officials to openly speculate about the Southern Continent as a potential source for rare earth elements.

## AI Sophia's first digital work up for sale



Robot artist Sophia, whose first artwork goes up for auction today, says she draws inspiration for her work from people and is open to future creative partnerships with humans. "I hope the people like my work, and the humans and I can collaborate in new and exciting ways," Sophia said.

A digital artwork by the Hong Kong-based Hanson Robotics humanoid, in the form of a Non-Fungible Token (NFT), is to be auctioned in the first sale of such pieces, created jointly with artificial intelligence (AI).

NFTs, a digital signature saved on blockchain ledgers that allows anyone to verify the ownership and authenticity of items, have become the latest investment craze, with one artwork selling this month for nearly \$70 million.

"The intelligent art" ■ Sophia, who was unveiled in 2016, produced her art in collaboration with Italian digital artist Andrea Bonaceto, known for portraits. ■ Called 'Sophia Instantiation', the digital work is a 12-second MP4 file showing the evolution of Bonaceto's portrait into Sophia's digital painting, and is accompanied by a physical artwork, painted by Sophia on a printout of her self-portrait.

## ARTSPHERE: Know About World Wisdom Map

**WHAT** It is a unique project featuring life lessons and stories of people from each one of the 195 countries in the world. The collation and exhibition of human wisdom is showcased on an artistic and interactive digital world map, which combines visual and wisdom anthropology that people have to offer one another, promoting cross-cultural understanding and creating social impact.



**WHY** According to Project Fuel India and Singapore International Foundation's Arts For Good Projects, this consciousness project further sparks awareness about the heterogeneity of lifestyles, as well as the myriad coping mechanisms that the people employ to make the most of these strange times of COVID-19.

**HOW** It took the team over 11 months to document a story for each country. In collaboration with 10 Southeast Asian artists, 30 original pieces have been created inspired by the life lessons and impact of each of these stories.

**EXAMPLES:** The map has exclusively curated life lessons from deep dive segments of Singapore, transgender women of India, influence from across the world including Nobel laureate Jody Williams, Bollywood actors Abhay Deol, Dia Mirza, popular Latvian musician MaraUpmane-Hoišteine, Madame Sophie Trudeau (wife of Canadian PM Justin Trudeau), amongst others.

## Raising a 'French' toast to Covid chats!

**UK students, French seniors team up for lockdown tete-a-tete to bridge gap between generations and learn French**

Every Monday at 4:30 pm British time - 5:30 pm in France - Elliot Bellman, 20, keeps an unlikely appointment with 97-year-old Jacqueline Tolu. "Comment allez-vous?" (how are you?) he asks Tolu over Skype. Tolu, who lives in a retirement home in Bonneuil-sur-Marne, just outside of Paris, tells him she is doing fine. The pair's weekly chats are breaking



up the monotony and solitude of Covid restrictions imposed on both sides of the Channel. Bellman goes on to tell her the latest news from the Warwick University, in England, where he is studying French, Spanish and Japanese. Tolu, in turn, regales him with memories of the 14 years she spent in Africa. Since the inception of the 'Share

Ami' programme last year, there have been 110 pairings of French seniors with French learners. "The online conversations have helped to stop my French from getting rusty - and combat a sense of isolation in lockdown. I think that the two groups most affected by the lockdown are the younger and the older generation," he said, adding, "this helped us bond."



# JEE Main Topper

# Pravar Kataria

There is a lot of scope for  
**COMPUTER SCIENCE GRADUATES**

For Pravar Kataria, exam stress is serious. "Talk to parents/family members when you see stress building up. Pursue your hobbies too, provided it doesn't consume most of your time," he advises students preparing for JEE Main exams



Deebashree Mohanty

A student of Pragati Public School in Dwarka, Pravar Kataria, hopes to secure admission in Computer Science at the Indian Institute of Technology Bombay (IIT-B) after qualifying JEE Advanced (to be conducted on July 3). Computer Science, says Pravar, has better future career prospects.

**1. Many toppers say if you can manage exam stress, it's half the battle won. Your thoughts? Tips on how students can actually manage stress?**

According to me, the root cause of stress is our faulty examination schedule and expectations. The exam structure in our country needs a re-think. We need to focus on "learning" rather than collecting marks to get into further studies. My advise to students: Talk to parents and supportive family members the moment you see the stress built up. Keep pursuing your hobbies, provided it doesn't consume most of your time. I used to watch movies and go out for a walk during my break time.

**2. Your thoughts on the current education system and what can be done to better it?**

I have a lot to speak on this topic. The Indian education system, in its present avatar, is surely not perfect. We give a

lot of weightage to exams and results rather than focussing on the real benefits of "education". I feel our syllabus and course structure was originally designed to identify machine-type individuals and is not replaced till date (2021). The New Education Policy shows promise but a lot depends on how it is implemented.

**3. What is your plan for the future?**

At present, I am planning for IIT Advanced. I wish to pursue Computer Science from IIT Bombay and explore a career in the field later. There is a lot of scope for this subject.

**4. Your initial reaction on the 100 percentile score? Why is it being said that the 100 percentile club is becoming leaner for JEE Main?**

I was delighted to see my result as my hard work paid off. I was expecting a good score but 100% percentile still remains a memorable moment.

The number of people in this club has reduced remarkably post pandemic. Although, with the study-from-home option, students could focus more on their course work, I feel they lacked the peer-competitive spirit and that slowed them down during the actual test.

**5. Tips for other aspiring candidates on how to crack the JEE Main examination?**

Just a few things:  
▶ Plan your time and modify the plan as and when required.  
▶ Work hard and work smart!  
▶ Remember that perseverance gives confidence, so keep at it.

**6. Online education was the new normal in 2021; do you see hybrid classes become a regular feature in our education system? I don't think so. The problem of**

▶ "At Pragati Public School, we focus on the holistic development of our students, and believe that humility is the foundation of all virtues. I am very proud of Pravar Kataria's achievement. My advice to him: Keep your eyes on the stars and your feet on the ground." Geeta Kapur, Principal, Pragati Public School, New Delhi

resources/technology is going to be an issue. If the government can bridge this divide, online education can thrive, but I don't see it happening any time soon.

**7. How can students balance studies for Board exams and competitive tests?**

According to my seniors, Board examinations shouldn't be a big problem if you study hard for competitive tests.

## 5 quick wardrobe maintenance tips for fresh clothes

Usually we concentrate on cleaning the items placed inside the wardrobe, but not the closet itself. But, maintaining a clean wardrobe is a road map to your clean clothes. Here are five wardrobe maintenance tips, shared by Roopa Hariharan, co-founder PureCult, an eco-friendly home cleaning products maker



**1 Spot clean the wardrobe with detergent or cleanser** to avoid dry and irremovable stains. Based upon the material your closet is made up of, you can use a detergent, soap or cleanser to remove the stains immediately. The regular stains that wardrobes or cupboards have are because of dust accumulation in the corners and crevices. But spills are also another reason to form the spots. Clean them immediately to avoid dry stains.

**2 Combat the moths** out of the wardrobe to save your woollen wear. Moths are mostly drawn to sweat, hair and body oil left on clothing, particularly those made of natural fibres. Though we clean all the clothes before placing them in the wardrobe, the leftover scents also attract moths.

**3 Place dried rosemary, cloves, lavender, or bay leaves** into a small cloth bag and hang them in your wardrobe or your drawers. The essential oils form of these herbs, spread on contaminated areas of the closet, is really helpful in driving away moths. You can use an essential oil diffuser alongside to eliminate them. This will also make your wardrobe smell fresh and nice.

**4 Pick good thick wooden hangers** to hang your clothes in the wardrobe. Not all the clothes require a smooth iron and fold to place them back. Few require a free flow of air. You can hang such delicate pieces with hangers. Ensure you are picking good thick wooden hangers set to hang your clothes. The wooden hangers will help you maintain the shape of the shoulder. Also, maintain an inch between each piece of clothing while hanging them in a wardrobe to let your clothes breathe.

**5 Practice wardrobe organisation and storage habits** to increase the span of your wardrobe and clothes. Whether you have a cool walk-in closet or just a couple of shelves, the way you store clothes can make them last for years. Follow the basic principles like folding very heavy sweaters onto the top shelf, buttoning the buttons and zipping the zippers to maintain the shape before placing and so on.

Do freshen up the wardrobe with the fragrance of lavender and geranium essential oils. A fresh and clean closet is everything you need for your clothing and accessories storage. Follow the above easy tips to ensure you have a refreshing closet and super clean clothes always.

## TIPS TO HELP YOU DETECT FAKE SCIENCE NEWS

**TIP 1: SEEK THE PEER REVIEW SEAL OF APPROVAL**

Scientists rely on journal papers to share their scientific results. They let the world see what research has been done, and how.

Once researchers are confident of their results, they write up a manuscript and send it to a journal. Editors forward the submitted manuscripts to at least two external referees who have expertise in the topic. These reviewers can suggest the manuscript be rejected, published as is, or sent back to the scientists for more experiments. That process is called 'peer review.'

Research published in peer-reviewed journals has undergone rigorous quality control by experts. Each year, about 2,800 peer-reviewed journals publish roughly 1.8 million scientific papers. The body of scientific knowledge is constantly evolving and updating, but you can trust that the science these journals describe is sound. Retraction policies help correct the record if mistakes are discovered post-publication.

**TIP 2: LOOK FOR YOUR OWN BLIND SPOTS**

Beware of biases in your own thinking that might predispose you to fall

for a particular piece of fake science news.

People give their own memories and experiences more credence than they deserve, making it hard to accept new ideas and theories. Psychologists call this quirk the availability bias. It's a useful built-in shortcut when you need to make quick decisions and don't have time to critically analyse lots of data, but it messes with your fact-checking skills.

In the fight for attention, sensational statements beat out unexciting, but more probable,

facts. The tendency to overestimate the likelihood of vivid occurrences is called the salience bias. It leads people to mistakenly believe over-hyped findings and trust confident politicians in place of cautious and sensible scientists. A confirmation bias can be at



**TIP 4: WHO WERE THE STUDY'S SUBJECTS?**

If a study used human subjects, check to see whether it was placebo-controlled. That means some participants are randomly assigned to get the treatment, like a new vaccine, and others get a fake version that they believe is real, the placebo. That way researchers can tell whether any effect they see is from the drug being tested.

The best trials are also double blind: To remove any bias or preconceived ideas, neither the researchers nor the volunteers know who is getting the active medication or the placebo.

The size of the trial is important too. When more patients are enrolled, researchers can identify safety issues and beneficial effects sooner, and any differences between subgroups are more obvious.

Also, check if the research was actually done on people. Just because a certain drug works in mice, does not mean it will work for you.

essarily mean that one causes the other.

Even if surveys find that people who live longer drink more red wine, it doesn't mean a daily glug will extend your life span. It could just be that red-wine drinkers are wealthier and have better health care, for instance. Look out for this 'error' in nutrition news.

### QUIZ TIME (CURRENT AFFAIRS)

**Q.1) Changi airport has the world's tallest - 131-ft - indoor waterfall. The airport is in...**

A. Hong Kong B. Singapore C. Malaysia D. China

**Q.2) Who was honoured with the 'Pandit Govind Ballabh Pant Award'**

for writing 'Samvidhan Kavya', a poetic version of the Indian Constitution?

A. Atal Bihari Vajpayee B. Sampurnanand C. Sunil Kumar Gautam D. Kailash Nath Katju

**Q.3) Name the country that will revive**

the multi-million dollar second major China-linked project.

A. India B. Singapore C. Japan D. Malaysia

**Q.4) Name the prime minister of Mali who**

resigned from his position recently.

A. Soumeylou Boubeye Maiga B. Soumailia Cisse C. Moussa Mara D. Amadou Toumani Toure

### ANSWERS

1. B) Singapore 2. C) Sunil Kumar Gautam 3. D) Malaysia 4. A) Soumeylou Boubeye Maiga

### KNOWLEDGE BANK (MYTHOLOGY)

#### Perseus

In Greek mythology Perseus, the legendary founder of Mycenae, was a half-mortal; he was the son of Zeus and Danae. He is most renowned for beheading the mortal Gorgon, Medusa, and using her severed head (capable of turning onlookers into stone) as a weapon in his subsequent adventures. He also rescued Andromeda from the sea monster Cetus and married her.





## 'BE HEALTHY-BE FIT' campaign at Anand Niketan

It's never too early to develop a love for physical activity and establish a healthy lifestyle in young children. While during pre-pandemic times, fitness activities were seamlessly woven into the fabric of learning at Anand Niketan Sughad, the post pandemic era posed a challenge in this regard.

Fueled by a passion to get children up and moving, the school devised a novel campaign - 'Be Healthy-Be Fit'. The core element of this 'fitness' movement was to promote a healthy lifestyle in students and their families. A plethora of activities were formulated to drive home the importance of being fit and healthy. Yoga, Zumba, Aerobics, food, and nutrition, wellness activities dotted the landscape at Anand Niketan Sughad. The entire teaching fraternity of pre-primary and primary grades children was powered up to embark upon the path of healthy living for students and their families.

The journey to health and wellness began with a 'virtual' expert intervention with a city-based nutritionist, Shweta Nagar. She enlightened parents on issues including healthy eating habits, balanced meals, and nutritious snacks for children. She also addressed parental concerns and queries with regard to



children's food habits. While the importance of children getting adequate nutrition, hydration, sleep, and exercise was reiterated by Shweta Nagar, the emotional and mental well-being in children that needs to be developed and nurtured was taken care of through positive affirmations.

Teachers began the online class with health and wellness related affirmations like, 'I will include fruits and vegetables in my meals today', 'I will wash my own dishes today', 'I will listen to the sounds of nature today', 'I will meditate for 10 minutes today, etc. These positive affirmations laid the foundation of a growth mindset in young children.

Motivated by teachers and supported by parents, students internalized the positive affirmations and sent videos and pictures of themselves in action; following the health and wellness 'mantras'. Besides this, students were engaged in fitness-related activities like yoga, Zumba, exercises, and games, all this through virtual classes! Mothers were roped in for 'Mom and Me - Yoga Buddies'. An expert Yoga practitioner, Ronak held virtual yoga sessions which included child-friendly yoga poses like, happy baby pose, butterfly pose, tree pose, etc.

So the journey towards a healthy mind and body em-

barked by teachers and students at Anand Niketan Sughad can be encapsulated in the words of Ruma Mukherjee Parikh, mother of Hridaan Parikh, grade 1. She said, "The Fitness Mantra series that has been taught to students is an important one. Many times, we as parents tell our kids to do things like care for the home plants, help with the meals but they don't pay heed. However, when their beloved class teachers tell them to do the same things, they listen! There is a sense of responsibility and independence that the children have imbibed from this daily activity. My child proactively waters the plants and takes his plate to the sink now. So the fitness mantra series has taught him a life skill of 'accountability'".

**URVI SHAH, teacher trainer, Anand Niketan Sughad (Teacher Trainer)**

## YOUNG SCIENTISTS OF HBK

The H.B Kapadia New High School, Memnagar, proudly introduces its young inventor Nishtha Shah, who has invented a product for sanitization using UV- C light which is no doubt the need of the hour. Her attempt has been approved by SSIIP, Gujarat Government.

Nishtha, a student of class IX, is already interested in the goodwill of the people and waiting to contribute to the welfare of society. She is highly motivated by her father and supported by her family members. She had already taken an initiative to find a solution for the migrant workers during the lockdown period.



She had mailed Delhi chief minister and even to the Prime Minister's office, giving the idea of

converting the unused trains in yards as Shelters for the migrant workers.

She along with her brother Vishesh Shah (18), a former student of HBK School has launched the product under the brand name KIDOS inspired by PM Narendra Modi's call for 'Atmanirbhar Abhiyan' & startup India.

Now her product KIDOS has been approved and she along with her brother supported by father is working on innovations related to robotic sanitization of educational institutions, hospitals, and other important public places.

## Mount Carmel Gandhinagar invests in 'Black Gold'

To gardeners, compost is considered "black gold" because of its many benefits in the garden. Composting is the process of controlled microbial growth under aerobic conditions, where organic matter of vegetable origin is decomposed to materials with shorter molecular chains, more stable, hygienic, humus-rich and finally beneficial product for our garden plants as it recycles organic matter to the soil nutrients. Mount Carmel High School, Gandhinagar took an initiative to give something back to nature by making "black gold" through organic composting.

Since it is a small-scale production at this stage only two composting bins have been prepared. The time period approximately required for the compost to be formed is around 50 days. The project was initiated in the month of January as a result we have been able to make our first batch of compost successfully. The project was the



brainchild of our Carmel Family members have helped the project. The help and support of all staff bear fruit.

## "SCHOOL IS MY LEARNING GROUND"

School is significant as it is the best place for enjoying and learning. We learn discipline and punctuality in school. A school has a great influence in shaping our character, molds our mental attitudes, and teaches us basic principles of life apart from education.

The school helps us to develop our personality and change our outlook towards society. We become more liberal in our thoughts. Academics is one aspect, the school motivates our overall growth through co-curricular activities like music, dance, library, art, and craft, etc. We also get to know about fitness regimes as the school encourages yoga, sports, and meditation. School also ensures that our experiences are fulfilled by organising different trips and tours.



It makes us a more responsible person by assigning distinctive duties. School uses new technologies, arranges competitions and debates to enhance students' knowledge and make us more confident and responsible. The school makes us more social as we make new friends which becomes an integral part of our life. It

teaches us how to respect our teachers and elders. As the world is going through the COVID-19 pandemic schools are closed. However, schools are ensuring that learning shouldn't be stopped by providing online education. I thank our school which is making us a well-behaved and cultured human being in a fun way!!

**HIMANSHU NIRMAL, Class V, Global Indian International School, Ahmedabad**

## ODE TO THE PEN

### Lockdown -2

The birds always went 'TWEET-TWEET', But we were always busy honking 'BEEP-BEEP!' The streets were always full of cars, And noise of young kiddos pleading their elders for chocolate bars. There was always so much chaos, Families going for picnics with baskets of chips and sauce. All the roads are now empty, Outside food is no longer tempting! Ordering food is no longer the trend, And no friend is hugging his friend! Disney is suddenly out of magic! This current situation is so tragic. People have stopped coming out, No more pics on social media with a happy pout! Our P.M. has abandoned his rest, So that his country can get the best.



The doctors are risking their life, Not caring about their children and wife. A big thank you to all the doctors, Without your help, patients would have gone bonkers! Also thanks to the nurses, Without help from them, INDIA would have been tied up in curses. Thank you to all the labourers, And all the municipality workers. **PARIDHI SINGHVI, Class V, Anand Niketan School**

## Mesmerising Trip To North East India



Mountains have an allure like no other, their effect on our mind is one of a kind. Last year, I went on a trip to Sikkim, Assam, Meghalaya, and West Bengal, along with my mother. We arrived at Bagdogra airport and took a car to Sikkim along the way we saw multiple waterfalls.

We then stayed in Gangtok for two nights during which we visited their markets, and tourist attractions after which we were on our way to the snow-topped mountains surrounding the Gurudongmar Lake. The view and the geography of this lake were highly astonishing in front of us was a glass-like lake which was surrounded by

these mountains almost cloaked by the snow, but behind us, the story was entirely different. There were miles and miles of dry barren land and there was no tree in sight. The whole package was all in all straight out of a fairy tale.

After witnessing this heavenly spot we took off to Guwahati, Assam from where we went to the Kaziranga National Park among other destinations. The variety of species in the park was marvelous and extraordinary. Later we set off to Cherapunji,



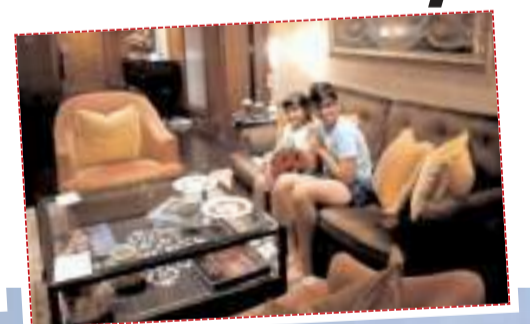
Meghalaya where again we witnessed several waterfalls along with caves and the one and only living root bridge.

From there two of the families that traveled alongside us voyaged back to home while we continued to wander in Kolkata, where we experienced the classic Bengali culture in addition to this, we managed to travel to the Eco Park too where replicas of famous monuments were made.

**AALIYAH SYED, Class IX, St Kabir School, Ahmedabad**



## A Lockdown Getaway



It is crucial to stay indoors in the current times where a touch or a sneeze can put one at risk". I had held back in my home for 6 months and I needed a break! Moreover, I wanted to celebrate my sister's birthday in a special way. Discussion with parents culminated into a car trip to Udaipur. After a 6 hours' drive, we reached the jetty and a boat took us to the hotel located by Pichola Lake. The moment we entered, we were showered with rose petals and welcomed with refreshments. As a gift to my sister, the hotel upgraded us to a suite

room called 'Chand Mahal'.

They sent a cake and flowers at 12 in the night for celebrations. The next day, the hotel booked a private pooja session at their 150 years old Shiva temple. It was followed by a boat ride and a local Rajasthani cultural show. For dinner, we sat at their open-air restaurant by the lakeside enjoyed the local delicacies. The view and experience were amazing. We returned back with beautiful memories.

**ARYAN RAJIVANSHI, Class VIII, Anand Niketan, Ahmedabad**



# TIME TO GET RID OF UMPIRE'S CALL?

Virat Kohli questioned the umpire's call law in the Decision Review System (DRS) and called the rule-makers to abolish the rule

Jos Buttler of England appeals for LBW

## What is the 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.

Kohli is also unconvinced about another hotly debated decision-making tool, the soft signal, which he said along with the umpire's call was a "serious" issue the game's lawmakers needed to tackle

## What is DRS?

DRS was introduced in 2008 to allow teams to refer the decision to the third umpire when asked by the batsman or the bowling team captain. The DRS allows decisions related to LBW or Caught to be referred to the third umpire, who then checks for it using a combination of technologies like Hawkeye, Hotspot and Snickometer, or Ultra edge.

## VIRAT, ARE YOU FOR UMPIRE'S CALL OR AGAINST IT?

### I think it is pretty fair for the game

"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. 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. It clarifies the decision made on the field and that's absolutely fine."

VIRAT IN 2016

### Umpire's call creating a lot of confusion

"According to me, umpire's call right now is creating a lot of confusion. When you get bowled as a batsman, you don't expect the ball to hit more than 50 per cent into the stumps to consider yourself bowled. So from basic cricket common-sense, I don't think that there should be any debate on that. If the ball is clipping the stumps, that should be out whether you like it or not, you lose the review. That's how simple the game has to be if it hits the stumps, or it misses the stumps. It doesn't matter how much it's hitting, and those kinds of things."

VIRAT IN 2021

## UMPIRE VS UMPIRE

### WE KNOW THAT TECHNOLOGY IS NOT 100 PERCENT CORRECT

See, first of all, Umpire's Call means regarding decisions which are very close. The decisions which are 50-50, which can go either way, go with the call of the on-field umpire. It is not a completely perfect decision that has been overturned, so it is a 50-50 decision which can go either way, to the batting side or the fielding side. We know technology is not itself 100% correct so you need the Umpire's Call. This concept needs to be understood by the general public because they are not aware of why Umpire's Call concept is there in DRS. It is basically because it was a marginal call and 100% technology can't say whether it was hitting the stumps or not.

NITIN MENON, UMPIRE

### LET'S JUST BAN UMPIRE'S CALL

I've had enough of umpire's call. Let's just ban umpire's call. Get rid of the controversy and just go with it. Any contact with ball on stump will dislodge a bail. No 48%, 49%. The fact it's been going for 12 years and the public are still mystified, and the players are still mystified, would suggest that there are some deficiencies in either the communication or the understanding. So there needs to be some serious work done from the ICC's end. Because we shouldn't be talking about umpiring decisions.

DARYL HARPER, FORMER ICC UMPIRE



# WHO CAN REPLACE JOFRA ARCHER?

Rajasthan Royals (RR) suffered a big blow last week when the ECB confirmed that Jofra Archer would be missing the start of the Indian Premier League (IPL) 2021. Archer has been nursing an elbow issue since 2020 and it also saw him being ruled out of the league last year. Archer, who is missing the ongoing ODI series against India, was only able to take part in IPL 2020 after the league was postponed due to COVID-19. Even as the ECB has confirmed that the pacer will miss only the start of IPL, there is no confirmation that Archer will arrive in India for the IPL 2021 season. Today, we take a look at 3 pacers who can replace Archer at Rajasthan Royals in IPL 2021

## 1 Jason Behrendorff

The left-arm pacer from Australia, Jason Behrendorff is now fit and running to make his comeback in IPL and might be one of the options that Rajasthan Royals might consider. Behrendorff has 5 scalps in as many matches for Mumbai Indians and bowled at an economy rate of 8.68 in IPL 2019. He is considered one of the best left-arm pacers in Australia, probably the reason why he made it to the 50-over World Cup squad despite making his ODI debut in January 2019. He has experience playing in Indian conditions as well. He went unsold in IPL 2021 auction.



## 2 Mitchell McClenaghan

Despite being a regular wicket-taker, Mitchell McClenaghan wasn't a regular for Mumbai Indians in the past couple of seasons and the franchise released him after IPL 2020. This year, none of the teams bid for him and the Kiwi pacer went unsold. A four-time IPL winner, McClenaghan has ample experience of playing in Indian conditions and scalped 71 wickets in 56 matches. He isn't a pacer with express pace but does have wicket-taking qualities like Archer. Overall, McClenaghan has a strike-rate of 17.94 in IPL and economy rate of 8.49. He is available at a base price of ₹50 lakh.



## 3 Oshane Thomas

Another wicket-taking option, Oshane Thomas was part of Rajasthan Royals in the past two seasons but only played 4 matches in 2019. The franchise released him after 2019 and again bid for him in 2020. Thomas could once again make his comeback at RR, courtesy of his wicket-taking abilities. Thomas has 56 wickets in 42 T20s. In IPL, he has dismissed 5 batsmen.



## QUIZ TIME!

**Q1:** Which cricketer recently equalled MS Dhoni's record of most wins as captain in T20Is?  
 a) Eoin Morgan  b) Asghar Afghan   
 c) Virat Kohli  d) Daren Sammy

**Q2:** Who became the first ever Indian fencer to qualify for the Olympics?  
 a) Kabita Devi  b) Sheetal Dalal   
 c) Bhavani Devi  d) Taniksha Khatri

**Q3:** Manchester United hold the record for most league titles in England. How many times have they been champions?  
 a) 19  b) 13  c) 18  d) 20

**Q4:** Who is the first woman cricketer to complete seven thousand ODI runs?  
 a) Belinda Clark  b) Mithali Raj   
 c) Charlotte Edwards  d) Smriti Mandhana

**Q5:** Who won the Italian Open Women's tennis singles title 2019?  
 a) Karolina Pliskova  b) Naomi Osaka   
 c) Serena Williams  d) Johanna Konta

**Q6:** Sportsperson Geeta Phogat is associated with which of the following games?  
 a) Shooting  b) Boxing   
 c) Weightlifting  d) Wrestling

**Q7:** Indian paddler Sharath Kamal qualified for the Tokyo Olympics, his fourth, after beating \_\_\_ in the Asian qualifiers.  
 a) Lee Sangsu  b) Rameez Muhammed   
 c) Jeon Jihee  d) Sathiyam Gnanasekaran

**Q8:** Who became the first Indian to face 500-plus balls in a test innings?  
 a) Rahul Dravid  b) Cheteshwar Pujara   
 c) Navjot Singh Sidhu  d) Ravi Shastri



Sharath Kamal

**Q9:** Against which team did Harmanpreet Kaur make her debut as captain of the women's cricket team?  
 a) Pakistan  b) England   
 c) Zimbabwe  d) Australia

**Q10:** Which Indian player has the record of most wickets in a calendar year?  
 a) Kapil Dev  b) Ravindra Jadeja   
 c) Zaheer Khan  d) Anil Kumble

**Q11:** Who won the US Open 2020 Men's Singles title?  
 a) Alexander Zverev  b) Dominic Thiem   
 c) Novak Djokovic  d) Andy Murray

**ANSWERS:** 1 b) Asghar Afghan  
 2 c) Bhavani Devi 3 d) 20 4 b) Mithali Raj  
 5 a) Karolina Pliskova 6 d) Wrestling  
 7 b) Rameez Muhammed  
 8 b) Cheteshwar Pujara 9 a) Pakistan  
 10 d) Anil Kumble 11 b) Dominic Thiem





# THE TIMES OF INDIA

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**TODAY'S EDITION**

Want to get a first-hand experience of journal-based questions? Our expert shares tips  
**PAGE 2**



Educators and students talk about their role models  
Yoga experts share tips on the benefits of yoga  
**PAGE 3**



IND vs ENG, 1st ODI: Virat Kohli's men look to dominate against Eoin Morgan-led side  
**PAGE 4**



**STUDENT EDITION**

TUESDAY, MARCH 23, 2021



**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

## INDIANS ARE NOT A HAPPY LOT!

India has been ranked 139 out of 149 countries on the list of UN World Happiness Report 2021, which is topped by Finland. The World Happiness Report 2021, issued by the UN Sustainable Development Solutions Network, focuses on the effects of Covid-19, and how people all over the world have fared. It ranks the world's 149 countries on "how happy their citizens perceive themselves to be".



- Finland has been ranked as the happiest country in the world. The Nordic nation is followed by Iceland, Denmark, Switzerland, The Netherlands, Sweden, Germany, and Norway
- Pakistan is on 105th, Bangladesh on 101st and China on 84th, according to the report
- People in the war-torn Afghanistan are the most-unhappy with their lives, followed by Zimbabwe (148), Rwanda (147), Botswana (146) and Lesotho (145)
- The US ranks at the 19th place for happiness, despite being one of the richest countries in the world

The happiness study ranks the countries of the world on the basis of questions from the Gallup World Poll. The results are then correlated with other factors, including GDP and social security

**In 2019, India was ranked 140th**

## IF HUMANITY CAN SUCCESSFULLY MITIGATE CLIMATE CHANGE, IT'LL BE THE MOST AMAZING THING MANKIND HAS EVER DONE -BILL GATES, PHILANTHROPIST

# GATES' WAYS TO COMBAT CLIMATE CHANGE

"It's easy to feel powerless in the face of a problem as big as climate change," Gates writes in his new book, 'How to Avoid a Climate Disaster'. "But you're not powerless. And you don't have to be a politician or a philanthropist to make a difference. You have the influence as a citizen, a consumer and an employee or employer," he asserts. Here's how Bill Gates plans to fight climate change...

Excerpts from How to Avoid a Climate Disaster

### ENGAGE IN THE POLITICAL PROCESS

**1** Averting a climate disaster will require new systems of energy production and delivery; a concerted political action, to be precise. That's why engaging in the political process is the most-important single step that people from every walk of life can take. Show your representatives that their constituents care about climate change by making calls, writing letters and speaking up in town halls. It may sound old-fashioned, but letters and phone calls to your elected officials can have a real impact.

### BUY AN ELECTRIC VEHICLE(EV)

**2** With EVs becoming more affordable for many consumers, it's time we shifted to the EVs. The EVs have also come a long way in terms of cost and performance. Remember consumer behaviour can have a high impact: If people buy lots of them, companies will make more of them.



**BILL GATES HOW TO AVOID A CLIMATE DISASTER**



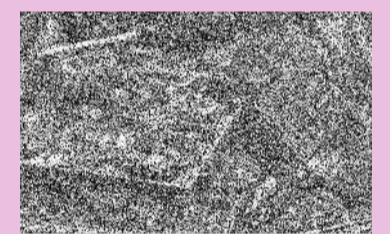
### TRY PLANT-BASED ALTERNATIVES

**3** Plant-based protein alternatives are closer to the taste of, and the texture of meat. Eating a meat substitute (or simply non-eating) just once or twice a week will cut down on emissions. The same goes for dairy products.

### TAKE CHARGE

**4** Be informed and specific in your interactions with politicians. For example, demand funding for clean energy innovation research or a carbon tax and let politicians know that your vote depends on their action. Grassroots activism is important because electricity in particular is often regulated and governed by statewide public utility commissions. Communicating with those officials can be an important lever for average citizens to press for demands.

**REDUCE YOUR HOME EMISSIONS:** Replace incandescent lightbulbs with LEDs or buy efficient appliances. If you are building or renovating your home, opt for recycled steel, structural insulated panels, roof radiant barriers, or reflective and foundation insulation



### ENTERTAINMENT



## No Zoom option at the Oscars

The Oscars ceremony in April will be an intimate, in-person gathering, held without Zoom and limited to nominees, presenters and their guests, the producers have said. Due to the coronavirus pandemic, the show to hand out the highest honours in the movie industry, will be held both at the Union Station in Downtown, Los Angeles, and at the Dolby Theatre, the traditional home of the Academy Awards, in Hollywood. Everyone will be tested, and there will be a Covid-19 safety team on the site throughout the evening on April 25.

- Normally, the world's top movie stars gather in the 3,400-seat theatre for a live show, preceded by a red carpet, packed with photographers and camera crews
- Other awards shows in recent months have replaced the usual gatherings at gala dinners and on stage with pre-recorded appearances or virtual events, or a combination
- Television audiences have slumped, with the Golden Globes and the Grammys attracting the smallest numbers in decades

## Twitter seeks public input on approach to world leaders

### TECH BUZZ

Twitter has released a survey to seek public input on whether or not they believe world leaders should be subject to the same rules as others on the platform. The questionnaire will be available in the coming days in 14 languages, including in Hindi, Arabic, English and Urdu, Twitter said. The move comes after Twitter and Facebook faced increased scrutiny after their platforms banned former US President Donald Trump's accounts, following the Capitol riot on January 6.



Twitter said that it would also seek the users' views on what type of enforcement action is appropriate, should a world leader violate a rule. "Politicians and government officials are constantly evolving on how they use our service, and we want our poli-

cies to remain relevant to the ever-changing nature of political discourse on Twitter and protect the health of the public conversation," Twitter said in a blog post. The survey will close on April 12. Twitter said that it is also in the process of consulting with a range of human rights experts, civil society organisations, and academics worldwide, whose feedback will be reflected in the forthcoming revisions to the policy framework

## Facebook building a version of Instagram for children under 13

### TECHTONIC

Facebook is set to launch a version of its popular photo social media platform, Instagram, for children under the age of 13. According to reports, the company would begin building a version of Instagram for people under the age of 13 years to allow them to "safely" use Instagram for the first time. Currently, the company does not allow people, who are under this age, to create an account on the platform.

The company also announced its plans to roll out new safety features, including preventing adults from messaging people under the age of 18, who do not follow them, safety notices for teens when messaged by an adult sending a large amount of friend requests or messages to people under 18, and make it more difficult for the adults to find and follow teens, using the search function in Instagram. Teens will also be encouraged to put their profiles on private mode during the time of registration



## LONG-AWAITED 'SUPER MARIO' THEME PARK OPENS IN JAPAN



Here we go! After months of pandemic delays, Nintendo's first-ever theme park, featuring a 'Mario Kart' ride in a real-life Bowser's Castle, opened in Japan recently. The attraction, whose bright, bloc-like surroundings are straight out of the classic 'Super Mario' games, is part of the existing Universal Studios Japan amusement park in the western city of Osaka. The new zone called 'Super Nintendo World' had originally been expected to draw big crowd last year, ahead of the Tokyo 2020 Olympics, which was also postponed by the coronavirus. But its launch was pushed back to February, and then delayed again, as Japan's government declared a state of emergency in early 2021 to curb the spiking cases.



Music from the popular Mario games plays throughout the park and a smartphone-linked wristband allows visitors to collect virtual coins by punching blocs, just like the Italian plumber. Augmented reality goggles attached to a plastic red visor are used in the 'Mario Kart' ride, one of the park's main draws that promises to bring the racing game to life. The ride follows a track around the foreboding castle of Mario's



enemy Bowser, an evil turtle, but each seat has a steering wheel and players can collect and shoot items at opponents. The zone also boasts a ride based on the cute green dinosaur Yoshi, a Peach's castle, Mario-themed restaurants and lifesize characters from the Mushroom Kingdom



CLASS:  
XII - CBSE

# GET JOB READY!

In simple words it's the criteria of either selection or rejection for the interview call. It is necessary to write this letter as impressively and as elegantly you can. Keep in mind the followings tips while drafting the letter

- Firstly, go through the job ad and underline the key words used by the employer/recruiter.
- Do not repeat your biodata in the cover letter.
- If possible, personalise the letter using the name of the recruiting authority. Place the name of recipient, title, company name and address in the left hand corner.
- Lucidity or simplicity of language in the same font and style as your resume should be maintained.
- Short and brief letters are welcome.
- Include the date, your name and contact details in case your cover letter and resume are separated they can be put together
- The opening paragraph should include reference of the source of the ad and your willingness to apply for it.
- Second paragraph should tell why the employer should be interested in you. Mention your present status including employer, your designation, experience, your influence on your seniors and colleagues, etc.
- The last paragraph should bring the letter to a polite close. With a request for considering your application generously, give you an opportunity and assurance of quality service.
- Make sure that your letter is mistake free, refined and impactful.

## FORMAT

- Sender's address (H. No., Location, City, State, Pin)
- Date
- Receiver's address (Post, Organisation, Location, City, State, Pin)
- Subject /reference
- 1st para (Introduction : Reference of information/ad source. Newspaper/net, Date, Advertised Post, Your interest to apply for it)
- 2nd para (your present status: employed/fresher, salary, reason to swap, impression on authorities/ colleagues/subordinates/internal qualities as professional, etc)
- 3rd para (Conclusion: Requesting for consideration, assurance of quality service, insisting on prompt and positive response)
- Subscription
- Signature
- Full name
- Enclosures (Photocopies of necessary documents, latest passport size photos, NOC, etc)
- Well framed separate Resume/CV/Bio data

A job application is the most important letter of one's life. It is the first introduction of a candidate with the employers.

## SAMPLE JOB APPLICATION

28 Civil Lines, Roorkee, Uttarakhand  
Pin code: 247667.

22.03.2021

Mr. Anish Madan, CEO, HDFC Bank  
Street-4 Andheri (East)  
Mumbai -Maharashtra  
Pincode:400069

**Subject :** Application for the post of Relationship Manager

**Sir/Madam**

Apropos your advertisement in Classified columns of The Times of India dated -- for the post of Relationship Manager, I take this privilege to submit my candidature for the same.

Presently I am employed with Union Bank, Roorkee in the post of Junior Manager for four years. My seniors and subordinates admire my dedication and versatility in work. I have been honoured recently with best performance award of the year. My profile includes three major responsibilities namely:

- Organising meetings with prospective clients
- Researching the latest products and regulations
- Discovering new sales opportunities
- Conducting conferences, workshops, media campaigns for bank promotion

I look forward for better horizons with opportunities for growth and wholesome work environment which I am sure to get in your prestigious organisation. I am sure my diligence, dedication and innovative ideas would do good to your organisation provided I am given an opportunity. I am hereby enclosing my resume and other required documents.

Thanking you in anticipation,  
Yours Sincerely,

Nirjhar Singh

Enclosures : 1. Resume 2. Two coloured passport size latest photographs 3. NOC

## RESUME

1. Name	Nirjhar Singh					
2. Father's Name	Sushant Singh					
3. DOB ( Date of birth)	16.09.1990					
4. Address	H.No : 28 Civil Lines Location : Dr. Baldev Singh Marg City / State :- Roorkee-UT, Pin: 226467					
5. Education						
Sl.No.	Name of Exam	Exam Year	School/ Collage	Board/ University	Subjects	Result
1.	High School	2005	KV	CBSE	PCM	88%
2.						
3.						
6. Professional Qualification	M.B.A. (HR) JIM, Ahmedabad					
7. Employer	Union Bank					
8. Salary Drawn	25,000/-					
9. Reason to leave	Better prospects					
10. Hobbies	Reading, Travelling, Socialising					
11. Reference	Mr. M.K. Batra, General Manager, Union Bank Roorkee. Mobile no..... E mail : .....					
12. Any other information	State level tennis player, associated with Robin Hood (NGO for feeding poor)					

Geeta Saini, English Teacher,  
ex-NIE Coordinator, HAL School, Lucknow

## BOARD YEAR MUSINGS

# Rising to the challenge!

Board exams is a milestone in every student's life. This exam is looked upon with a mixed feeling of anxiety and excitement. The most profound effect that this exam has is the urge to do well.

We entered our class X with the mindset to excel. There was a new sincerity in all of us. But then the session was cut short due to the pandemic. A little while later, we started with our online classes. The experience was new and the outcomes varied. With the decreasing interaction, the classes became challenging to follow. Technical disruptions accompanied by a lack of a daily routine hindered our academic progress. The necessity to sit at a table was removed and to pay unwavering attention in class, a growing issue.

All the motivation to write our board exams eventually died out and the gravity of the situation started to reduce. To get any serious studying done became quite burdensome. There seemed to be no way out of our trapped mental state.

But even in these adverse conditions our teachers did their best to ensure smooth flow of

teaching. That is what kept us going and aided us in regaining our focus.

Effective note-making and paying attention to detail are the key elements to doing well. Most importantly, taking into account every piece of advice our teachers give us will yield the best results.

This experience of online school was an interesting one and it served as a great alternative to our offline school. It cannot serve as a permanent solution as the knowledge we gain in our regular school is and always will be far greater.

Hrishita Srivastava, class X, Delhi Public School, Bengaluru

# You can do it!

Lockdown has turned into a long summer break and many students are now struggling to study for exams at home. Here is how you can make it a bit easy:

Break down the chapter into smaller chunks. This can be done by creating mind maps and timelines.

Take one topic at a time and study it using visual cues like images or online lectures including graphics, or you could write detailed notes, or even record yourself explaining concepts to listen to them while revising.

Write neatly, include keywords, and paraphrase concepts for better understanding.

Many times, one has trouble remembering sequences of kings and theories, or with dates and facts. You can use acronyms or understand a concept from its roots.

No student is the same. So, you should experiment and figure out what works best for you.

You could follow the Pomodoro technique of 50-10 by studying for 50 minutes and resting for 10, the timing of which is flexible and depends upon your concentration ability.

Finally, do not limit yourself to curriculum, indulge in sports, meditation, dancing, or anything that interests you and take equal efforts for maintaining your overall well-being.

Khyaati Tapadia, class XII, Humanities, Divine Child International School, Ahmedabad

# GET ON BOARD

CLASS: X- SCIENCE  
PAPER PATTERN

- Short answer 2-mark questions have been added this year. There is a reduction in the number of 3 marks and 5 marks questions from the previous year pattern.
- Section A containing MCQs, Assertion reason have more weightage than last year.

CLASS: XII- SCIENCE  
(PHYSICS,  
CHEMISTRY, BIOLOGY)  
PAPER PATTERN

- Introduction of case-based questions in all science exams which have MCQs or Assertion Reason based questions to be solved from given case.

## HOW TO TACKLE MCQ AND ASSERTION REASON QUESTIONS

MCQs should always be attempted with patience. One must eliminate all other options before selecting the right one. While attempting Assertion Reason questions, one must first decide whether both statements are true or only one of them is true. If both statements are true then you have to connect it with topics in your course and decide whether there is a link between them or not.



## GET A FIRM GRIP ON CASE BASED /JOURNAL BASED QUESTIONS

- To prepare for case-based questions you must be well versed with NCERT textbooks. Case based questions will mostly be linked to your textbook topics. If you understand each and every concept, there is no need to fear from case-based questions.

Mayank Dhawan, Founder, Proscience



# Pothole filling machine

An award winning project was made by three students from SSPM's Sri Sri Ravishankar Vidya Mandir, Mumbai, - Tejas Patkar (class IX), Prabhanshu Divadi (class X) and Parva Shah (class X) - for the R Ward inter-school competition held in G H School.

## MY SCHOOL PROJECT

### WHAT IS IT?

- In the rainy season, road surface wears away and innumerable potholes appear, which lead to major inconvenience for motorists.

- This machine which we designed fills the potholes quickly and efficiently.



### HOW DOES IT WORK?

- A water-suction pump in-built in the machine sucks out the water.
- A flexible brush cleans the pothole. The machine also has a container for bituplast (a semi liquid material which is a mixture of bitumen, silt and plastic). This is poured in the pothole.
- A roller levels the road, and finally, a cooler is used to convert the semi liquid bitumen to solid and fill the hole completely.

### SPECIAL FEATURE

- The water suction pump processes and cleans the water sucked out of the potholes, by its reverse mechanism. This can be used to water crops and plants.

Project report sent by

Pia Joydev Oza, class X, SSPM's Sri Sri Ravishankar Vidya Mandir School, Borivalli East, Mumbai





# MIND AND MINERALS !!



Minerals, especially zinc, magnesium, iron, and calcium have important roles in neurological function to fight depression. It is very important to take care of your mental health along with your physical health. So here are the important minerals that help in improving mental health and keep the brain strong and healthy.

## IMPORTANCE OF ZINC IN MENTAL HEALTH:

**S**tudies reveal that zinc supplementation combined with antidepressant therapy can be effective in the treatment of patients with major depression. Zinc is also needed for the senses of smell and taste. Clinical studies have shown that low levels of zinc intake contribute to the symptoms of depression and patients suffering from depression have a lower serum zinc level.

**SYMPTOMS OF LOW ZINC:** Unexplained weight loss, Wounds that won't heal, Lack of alertness, Decreased sense of smell and taste, Diarrhea, Loss of appetite, Open sores on the skin

**SOURCES OF ZINC:** Sources include beans, nuts, certain types of seafood, whole grains, fortified breakfast cereals, and dairy products. Daily-recommended zinc intake varies with age & gender from 8mg to 14mg per day.



## IMPORTANCE OF MAGNESIUM :

**I**t helps in fighting depression. It helps prevent Migraines. Magnesium plays a major role in calming the nervous system

**SYMPTOMS OF LOW MAGNESIUM :** Abnormal eye movements, Convulsions, Fatigue, Muscle spasms, cramps, Muscle weakness, Numbness.

**SOURCES OF MAGNESIUM:** Green leafy vegetables, such as spinach, legumes, nuts, seeds, and whole grains, are good sources. In general, foods containing dietary fiber provide magnesium. Magnesium is also added to some breakfast cereals and other fortified foods. Daily-recommended magnesium intake varies with age & gender from 30 mg to 420 mg per day.



## IMPORTANCE OF IRON:

**I**ron is involved in many fundamental biological processes in the brain including oxygen transportation, DNA synthesis, mitochondrial respiration, myelin synthesis, the neurotransmitter synthesis and metabolism.

**SYMPTOMS OF LOW IRON:** Extreme fatigue, Weakness, Pale skin, Chest pain, fast heartbeat or shortness of breath, Headache, dizziness or lightheadedness, Cold hands and feet, Inflammation or soreness of your tongue, Brittle nails

**SOURCES OF IRON:** Red meat, pork, and poultry, Seafood, Beans, Dark green leafy vegetables, such as spinach, Dried fruit, such as raisins and apricots, Iron-fortified cereals. Daily-recommended iron intake varies with age & gender from 13.7mg to 20.5 mg per day.



## IMPORTANCE OF CALCIUM:

**T**he body needs calcium for muscles to move and for nerves to carry messages between the brain and body part. Calcium, along with magnesium, helps to nourish the nervous system and prevent anxiety, panic attacks, and restlessness or irritability

**SYMPTOMS OF LOW CALCIUM:** Confusion or memory loss, muscle spasms, numbness and tingling in the hands, feet, and face, depression, hallucinations, muscle cramps, weak and brittle nails, easy fracturing of the bones

**SOURCES OF CALCIUM:** Milk, cheese and other dairy foods, green leafy vegetables - such as curly kale, okra and spinach, bread. Daily-recommended calcium intake varies with age & gender from 700 mg to 1500 mg per day.



BINAL NAIR, EDUCATOR, SGVP INTERNATIONAL SCHOOL

# Diverse Essences of HBK

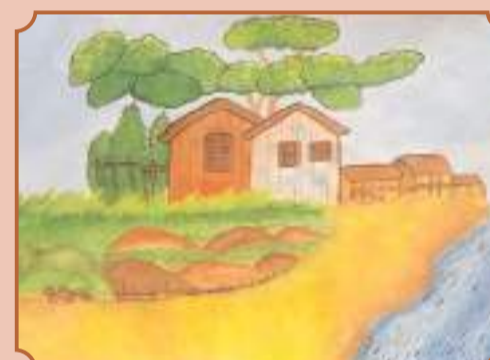


**S**tudents of grade VI of HB Kapadia New High School were given a project on Unity in Diversity in which the students have to dressed-up themselves in the attire of any Indian state and had to deliver a short speech covering the customs, traditions, food habits, famous places, geographical location, area, climate, and languages of the chosen state.

This activity was integrated with English subject, in which students became competent in presentation skills, fluency in speech, voice modulation, and correct pronunciation. Students not only prepared an impressive speech but also presented famous dishes of that state.

Students were involved in the project so much that they even spoke few sentences in the specific language of their chosen state and also performed a few steps of the local folk dance. This activity turned out to be full of entertainment and knowledge giving as the students, parents, and teachers loved and enjoyed doing it. It also gave them good exposure to different traditions, cultures, and geographical habits of different people belonging to different states of India. They also learned that though we have different backgrounds, different names, different skin colours, different languages, cultures, traditions yet everyone is equal.

# Painters' Gallery



Ananya Pisharody, Class VI, Siddharth's Miracles School



Vani Panchal, Class XI, Cygnus World School, Vadodara



Shiv Mistry, Class III, Essar International School, Surat



Jaival Trivedi, Class IV, Zyudus School Of Excellence



Hiya Baxi, Class VIII, Anand Niketan School



## INSTRUCTIONS

- 01 Stand on your feet with two inches apart.
- 02 Slowly inhale and raise your arms in front of you to the shoulder level.
- 03 Interlock the fingers of both the hands and turn it outwards.
- 04 Now inhale and raise the arms over your head in such a way that inner portion of the upper arms touch the ears.
- 05 Raise your heels off the floor and balance on the toes. Stretch your arms and fingers as much as you can. Stay in this position for 10-30 seconds before bringing down the heels.
- 06 Exhale slowly while releasing the interlock of the fingers and bring the arms down to your side.
- 07 While doing this asana your head, neck and the body should form a straight line.

# Tadasana

(Palm Tree Posture)

In Sanskrit, the word 'Tada' means 'palm tree' and 'asana' means 'posture'. When performing the asana, the body of a person will look like a palm tree. This asana is also referred as mountain pose.

### BENEFITS

- ◀ Tadasana is known to bring stability in the body.
- ◀ It helps to clear up congestion of the spinal nerves and corrects body posture. It strengthens the abdominal muscles and boosts the growth of the bones.



### FACTS

The largest yoga lesson comprising of **1,00,984** people was held in Rajasthan, India on International Yoga Day 21st June in the year 2018.

### PRECAUTIONS

- ◀ Those having complaints of vertigo should not practice this asana.

SANKARANARAYANAN V, Yoga Instructor, National Model Senior Secondary School, Coimbatore

# Inspiration to countless lives!

**B**TS - a South Korean boy band of 7 talented people, who have gone through so much in life and have emerged as a famous group, inspires me to the core. BTS has inspired countless lives with their music. They've created songs on topics no one has dared to talk about, and they've addressed several issues like body image, anxiety, depression, and other mental health issues through their music. The team includes; Kim Namjoon, Kim Seokjin, Min Yoongi, Jung Hoesok, Park Jimin, Kim Taehyung and Jeon Jungkook. Each member has taught me something.

Namjoon taught me to handle things calmly with a strong presence of mind. He taught me how a great leader should be. Someone who listens, understands, guides, and cares for his members. He made me realize that being mature doesn't necessarily mean that you should act like an old person. Jin taught me to persevere and put in hard work to get the outcome I want. He taught me that putting your all into something will always turn out the way you want it to if you try your best.



Yoongi taught me that despite not having anyone on my side, I have to believe in myself and follow my heart. Pursue my dreams not out of rebellion but knowing that someday those who are opposed to my passion will see clearly and understand that it was the right choice all along.

Jung Hoseok (J-Hope) has taught me to always keep a positive spirit and a smile on my face even in the most difficult times. Once a month I choose a time when I am by myself. I think happy thoughts and I start laughing out loud.

Watching Jimin find

happiness in the tiniest of moments inspired me to take after him: To see a moment as a lasting memory and a friend as family. He taught me that happiness is hidden in the world around us.

Taehyung is fun loving and carefree. He does not put much thought into funny gestures and is incredibly effortless. He has opened up my mind and has made me more accepting. Every person has more than one facet and many moods.

Jungkook has taught me that if you put in the effort and you motivate yourself, you can achieve anything you set your mind to. Don't wait for tomorrow or 'later' do it now. You have the power to be good at anything you want if you set yourself a goal and put all your effort into achieving it. In short, BTS taught me to always be happy, love myself, love the way I am!

I purple you BTS!  
MANINI SHAH, Class IX, Udgam School For Children



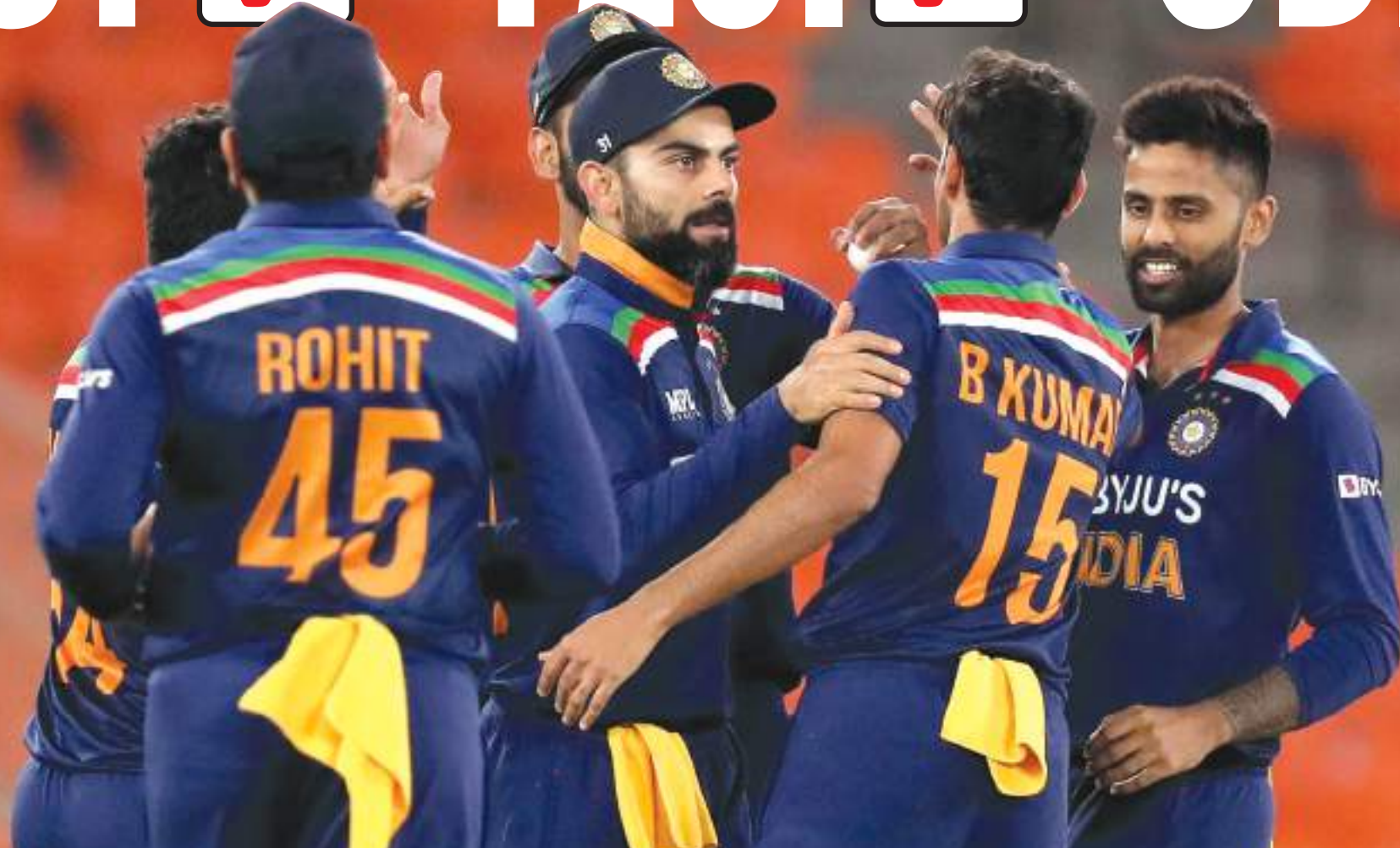
PHOTO: REUTERS

\*The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it. \*



# TEST T20I ODI

After winning both the Test and the T20I series, India is all set for the final challenge against England - the three-match ODI series



In the Test and T20I series, Virat Kohli's team won after being one-down. During the tour, England always started on a high but failed to maintain their winning run while India learnt from the mistakes and quickly adapted to the conditions. While India completely outplayed England in the Tests, the T20I series had a good ebb and flow to it. The series went to the decider, which the hosts clinched by 36 runs.

The three-match ODI series will be played in Pune on March 23, 26 and 28. India last played an ODI series last year against Australia and was beaten 2-1. However, the forthcoming series will have completely different dynamics to it as India will be playing in home conditions and with the confidence of winning the Test and T20I series against England.

## Indian squad looks solid

India's squad on paper looks promising as the team has multiple options for each batting position. In the opening slots, India has four options to choose from, namely Rohit Sharma, Shikhar Dhawan, Shubman Gill, and KL Rahul.

The squad also has three potential debutants: Suryakumar Yadav, Krunal Pandya, and Prasad Krishna. Suryakumar took the international stage by storm and successfully proved his credentials in the recently-concluded T20I series.

In the bowling department also, India has all the boxes checked, having a good mix of both pace and spin attack. India has pacers Bhuvneshwar Kumar, T Natarajan, Shardul

The series is particularly important for the 35-year-old Shikhar Dhawan, who failed to make an impact in the first T20 in Ahmedabad before warming the benches in the remaining games. With the management having plenty of options in (Shubman Gill) and outside (Prithvi Shaw and Devdutt Padikkal) the squad for the opening slot, it will be a litmus test for 'Gabbar' to prove himself in the lung-opener.

For the Indian team, the series would be an extension of its preparations for the T20 World Cup later this year. The 50-over format, in general, remains low priority in 2021 with no major tournaments around the corner.

Thakur, and Mohammed Siraj in the squad. Yuzvendra Chahal, Kuldeep Yadav, Krunal Pandya and Washington Sundar are the spin bowling options for the side.

## Setback for England, Jofra Archer ruled out of series

However, the series won't be an easy one, given that Eoin Morgan will look to avenge the T20I series defeat. England's squad too looks pretty much settled.

However, the English side will be without Jofra Archer, who is returning to the UK for further management and investigation of his right elbow injury. The pacer has been deemed unfit for selection for the ODI series. Therefore, Mark Wood will spearhead England's bowling attack. Jonny Bairstow, Jos Buttler,

Jason Roy, Sam Billings, and Eoin Morgan are the batters with all-rounder Ben Stokes further strengthening the team.

## England's ODI Squad:

Eoin Morgan (Captain), Moeen Ali, Jonathan Bairstow, Sam Billings, Jos Buttler, Sam Curran, Tom Curran, Liam Livingstone, Matt Parkinson, Adil Rashid, Jason Roy, Ben Stokes, Reece Topley, Mark Wood.

## India's ODI squad:

Virat Kohli (Captain), Rohit Sharma, Shikhar Dhawan, Shubman Gill, Shreyas Iyer, Suryakumar Yadav, Hardik Pandya, Rishabh Pant, KL Rahul, Yuzvendra Chahal, Kuldeep Yadav, Krunal Pandya, Washington Sundar, T Natarajan, Bhuvneshwar Kumar, Md. Siraj, Prasad Krishna, Shardul Thakur.

## Lionel Messi surpasses Xavi's Barcelona appearance record



Lionel Messi becomes Barcelona's highest appearance maker of all time, scoring twice as his rampant side crushed Real Sociedad 6-1 away in La Liga

Barcelona's Lionel Messi overtook former player Xavi to set a new club record of 768 appearances in a Barca shirt. Messi had equalled Xavi's appearance record for Barcelona on March 16 and surpassed the latter's tally on Monday when he stepped out to play against Real Sociedad in La Liga. On 5 January 2011, Xavi had made his 550th appearance in a Barca shirt, taking Migueli's (549) record before setting a new high of 767 matches. Xavi had set his record five-and-a-half years ago, in the last of his 17 seasons with the club. Along the way, he won 27 trophies with FC Barcelona, in a club career that began on August 18, 1998. The 768 games played so far by Messi are divided into a total of six different competitions. La Liga is the competition with the most matches, with Messi playing a total of 511 in the Spanish top flight.

## PSG beat Lyon as Kylian Mbappe scores 100th Ligue 1 goal



## Manchester United knocked out of FA Cup by Leicester City

Leicester City sent Manchester United crashing out of the FA Cup as Kelechi Iheanacho's double sealed a 3-1 quarterfinal win, while Chelsea will face Manchester City in the semifinals after they beat Sheffield United. Brendan Rodgers' side can look forward to meeting Southampton in their first FA Cup semifinal since 1982, thanks to Iheanacho's predatory finishing at the King Power Stadium. He put Leicester ahead in Rodgers' 100th game in charge before Mason Greenwood equalised late in the first half. Leicester, who have never won the FA Cup and last reached the final in 1969, will head to Wembley to face Southampton in April.



## QUIZ TIME!

**Q1:** Who is the only Portuguese to have scored at four World Cups, and the only European player to find the net at four EUROs?

- a) Cristiano Ronaldo  b) Rui Costa   
c) Paulo Futre  d) Andre Gomes

**Q2:** Which team did Mumbai Indians beat to win their first-ever Champions League T20 trophy?

- a) Royal Challengers Bangalore   
b) Chennai Super Kings   
c) Mumbai Indians  d) Kings XI Punjab

**Q3:** During the Border-Gavaskar Trophy 2018/19, how many wickets did Jasprit Bumrah take?

- a) 19  b) 20  c) 21  d) 22

**Q4:** Which tennis player did the 2019 US Open title?

- a) Dominic Thiem  b) Daniil Medvedev   
c) Roger Federer  d) Novak Djokovic

**Q5:** With KL Rahul as stand-in T20I series captain, India claimed a T20I series victory with a 5-0 win in 2020. Which team did they defeat?

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

**Q6:** Sergio Ramos scored his 101st goal for Real Madrid in the Champions league. Against which team did he score the goal?

- a) Liverpool  b) Barcelona   
c) Atalanta  d) Manchester City



**Q7:** Jofra Archer was named MVP in IPL 2020. Which other English cricketer has won the award previously?

- a) Jos Buttler  b) Ben Stokes   
c) Kevin Pietersen  d) Jonny Bairstow

**Q8:** In which year did Mithali Raj make her ODI debut?

- a) 1999  b) 2000  c) 2001  d) 2002

**Q9:** Verona is one of just two teams that did not lose any game in 2020 in the top 5 European leagues. Which is the other?

- a) Arsenal  b) Manchester United   
c) Everton  d) Manchester City

**Q10:** Who won the 2020 NBA Rookie of the Year?

- a) Zion Williamson  b) Ja Morant   
c) Kendrick Nunn  d) Trae Young

**Q11:** Which player holds the record for most Man Utd goals?

- a) Ryan Giggs  b) Denis Law   
c) Wayne Rooney  d) Jack Rowley

**ANSWERS:** 1 a) Cristiano Ronaldo  
2 a) Royal Challengers Bangalore  
3 c) 21 4- b) Daniil Medvedev  
5 d) New Zealand 6 c) Atalanta 7 b) Ben Stokes  
8 a) 1999 9 a) Arsenal 10 b) Ja Morant  
11 c) Wayne Rooney





# THE TIMES OF INDIA

www.toistudent.com

**TODAY'S EDITION**

➤ Check out the list of books that you must read this season  
➤ We tell you how to get rid of phone addiction  
**PAGE 2**



➤ Educators and students share their views on various issues engulfing the country and the world  
**PAGE 3**



➤ 3 positives for Team India after T20I series win against England  
**PAGE 4**



**STUDENT EDITION**

MONDAY, MARCH 22, 2021

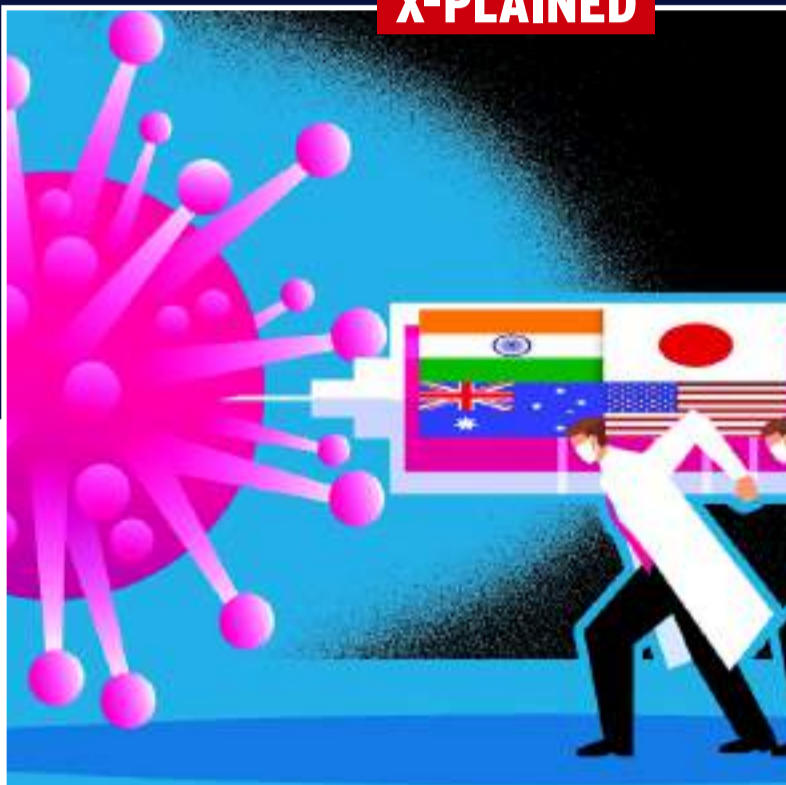


**WEB EDITION**

**CLICK HERE: PAGE 1 AND 2**

**X-PLAINED**

## VACCINE NATIONALISM



**WHAT** Vaccine nationalism in countries, including the US, is likely to derail the efforts by the World Health Organisation (WHO) to deliver two billion doses to poorer and middle-income nations by the end of the year, feels Adar Poonawalla, the chief executive officer of the Serum Institute of India Ltd. Vaccine nationalism occurs when governments sign agreements with the pharmaceutical manufacturers to supply their



own population with vaccines, before it becomes available to other countries.

**WHY IS IT A DANGEROUS TREND:** It will have serious repercussions on the poor and underdeveloped countries, who have less or no access to vaccines, feel experts. According to them, by leaving behind the poorer countries, we are at the risk of spreading the virus across the world, which in turn would affect the big economies as well. Besides, according to them, the more people the virus infects, the more likely it is that further mutations will occur, and it is inevitable that an 'escape' mutation—a mutation that allows the virus to evade the immune response set out by vaccinations, will eventually surface, which could mean that they become less effective in preventing serious illness.

**HOW VACCINE NATIONALISM IS SPREADING:** Even before many of the now-approved Covid-19 vaccinations had completed their clinical trials, wealthy countries such as Britain, the US, Japan and the European bloc had procured several million doses of the ones that seemed the most-promising. On the other hand, few African nations received a single shipment of shots before March. Meanwhile, China's decision to allow some foreigners from 20 countries, including India, provided they take Chinese-made Covid vaccines, is yet another concern, and a glaring case of vaccine nationalism.

### Meanwhile, India earns praise for its vaccine diplomacy

- India has already sent 583.85 lakh doses of Covid-19 vaccines to around 70 countries, including South Africa, Sri Lanka, and Mauritius, according to the ministry of external affairs
- India started exporting vaccines soon after the first phase of the mass immunisation

drive began on January 16. While some of the vaccines were sent as grants, most shipments were on a commercial basis

- India is exporting the Covishield vaccine, developed by Oxford University and AstraZeneca, manufactured by Pune-based Serum Institute of India (SII)

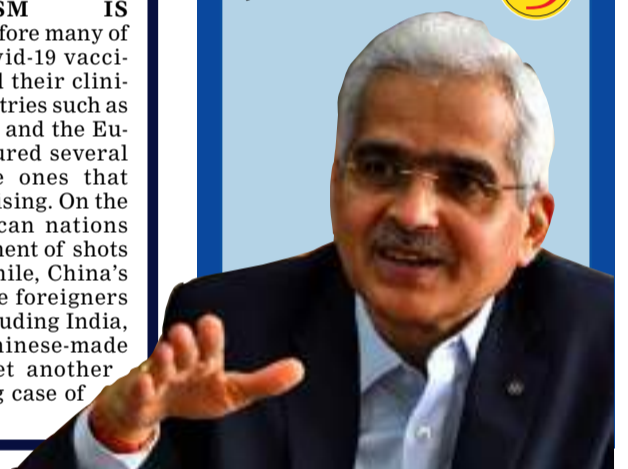
- India has so far shipped 58 million doses to 72 countries
- New Delhi has also supplied vaccines to the United Nations (UN) under the Covax alliance for distribution to countries in Africa and other low and middle-income nations



### Quote unquote

The large capital expenditure announced by the government will support our economic activity and investment. It is expected to crowd in private investment. From now on, the economy is expected to move only in one direction – that is, upwards. The central bank will continue to aid the market to function smoothly

Shaktikanta Das, governor, RBI



### Indra Nooyi's memoir 'My Life in Full' to be released on September 28

Former PepsiCo CEO Indra Nooyi's memoir is set to hit the bookshelves soon. According to Portfolio Books, the publisher of the memoir, it is an "unvarnished take" on Nooyi's rise to becoming one of the world's most-powerful women. Titled 'My Life in Full: Work, Family and Our Future', the memoir will trace the life of Nooyi—from her childhood in India to her experiences as an immigrant at the Yale University's business school to many achievements as a rare woman and person of colour in the upper echelons of the corporate world.



**BOOK**

Nooyi worked at PepsiCo for 24 years—12 of them as CEO, before stepping down in 2018. While she was the CEO, PepsiCo's revenues grew from \$35 billion to \$63.5 billion, and she became popular for promoting "good for you" snacks as Baked Lay's potato chips and Naked juices made of fruits and vegetables

### Covid may become seasonal: UN

**COVID UPDATE**



Covid-19 is likely to develop into a seasonal disease, the United Nations has said. In its first report, an expert team, after examining the potential meteorological and air quality influences on the spread of Covid-19, found some indications that the disease would develop into a seasonal menace. They pointed out that respiratory viral infections are often seasonal, "in particular the autumn-winter peak for influenza and cold-causing coronaviruses in temperate climates." This has fuelled expectations that if it persists for many years, Covid-19 will prove to be a strongly-seasonal disease," they added. However, the team cautioned against relaxing the pandemic-related measures, simply based on meteorological factors.

### NASA rover captures sounds of driving on Mars

You can now have a feel of how it would be like if you get a chance to drive on Mars, as NASA has released audio clips of its Perseverance rover crunching across the surface of the Red Planet, adding a whole new dimension to Mars exploration. As the Perseverance rover began to make tracks on the surface of Mars, a sensitive microphone it carries scored a first: the bangs, pings, and rattles of the robot's six wheels as they rolled over the Martian terrain.

**SPACE**



- More than 16 minutes of sounds from Perseverance's 27.3-metre-drive on March 7 were captured by Perseverance's entry, descent, and landing

(EDL) microphone, which remains operational on the rover after its historic touchdown on February 18

- The off-the-shelf microphone was added to the

rover to help take the public along for the ride during the touchdown, but mission members have been eager to hear the sounds from the surface,

### India's economy may grow at 12% in 2021: Moody's

India's economy is likely to grow by 12 per cent in 2021, following a 7.1 per cent contraction last year, as near-term prospects have turned more favourable, Moody's Analytics said. A stronger than expected December quarter GDP growth of 0.4 per cent following a 7.5 per cent contraction in the previous three months has turned India's near-term prospects more favourable, it said.



**ECONOMY**

However, Moody's Analytics said, a strengthening second wave of Covid-19 remains the key risk to recovery in 2021. Experts say, vaccinations hold the key to sustaining domestic recovery. It may be noted that the total vaccinations in India crossed the 35 million mark on March 16.

- Domestic and external demand has been on the mend since the easing of restrictions, which has led to improved manufacturing output in recent months
- According to Moody's, the monetary and fiscal policy settings will remain conducive to growth
- Core inflation is likely to see a more controlled rise in 2021, although food-price or fuel-driven inflation can become a recurring factor, weighing on the household disposable income

### Call of Duty among 12 finalists for video game hall of fame

**GAMING ZONE**

Voting is now open for the next inductees into the World Video Game Hall of Fame, with Call of Duty, Guitar Hero and Animal Crossing, among the 12 finalists. Also on the ballot are: FarmVille, FIFA International Soccer, Mattel Football, Microsoft Flight Simulator, Pole Position, Portal, StarCraft, Tron and Where in the World is Carmen San Diego.

- To be inducted, the games have to have longevity, geographical reach, and the potential to leave a mark on the industry and pop culture



- The winners will be inducted in the hall of fame on May 6, via a virtual ceremony. They will join 28 winners from the past that include Minecraft, Grand Theft Auto III, John Madden Football, Pac-Man and Microsoft Solitaire

### Uma Thurman joins 'Stargirl' sequel at Disney



Hollywood star Uma Thurman has joined the cast of Disney's sequel to the young adult romantic drama 'Stargirl'. The Julia Hart-directed movie, which was a hit on streamer Disney Plus in March 2020, was adapted from the best-selling book of the same name by Jerry Spinelli.

- The story follows Leo (Graham Verchere), a boy living in Mica, Arizona, who wishes nothing more than an anonymous existence, but whose life is turned upside down, when he meets and falls for an unusual and colourful girl named Stargirl, played by Grace VanderWaal
- The follow-up will see Stargirl's (VanderWaal) journey out of Mica, and into a bigger world of music, dreams and possibility
- Thurman will play Roxanne Martel, a musician, the Stargirl admirer and encounters on her journey



## BOOKS WITH GREAT ADVICE

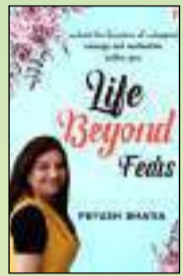
# Must Read BOOKS

Go through these self-help books that have tips to fight your fears, advice for making good money, along with ways to learn how to achieve financial empowerment

## Life Beyond Fears

by Peyush Bhatia

A unique self-help guide that unlocks the fountain of untapped courage and motivation within you. In this book, the author explains the origin of fear, its types, and its impact on our lives and suggests proven practices to take fear head-on and do away with its toxic presence. It serves as the transformational journey from pangs of pessimism to a life of love with the feeling of fearlessness.



## Money Generating Buildings 2.0

by Rohit Nagia

Contains five scientific ways to turn your office or home building into a money-generating machine. This book is a mandatory read for you if you ever want to build your building that contributes to your growth. The book gives a comprehensive understanding of how to approach your new next building so that it leads to future financial success.

## Financial Freedom with Financial Control

by Jagmohan Singh

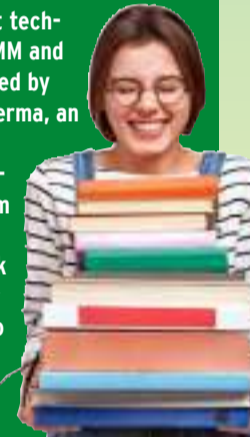
Explores financial freedom with the means that are so effective, pragmatic and sure-fire. The book educates on



reasons why every business owner must learn the skills of Cash Flow Management. Another big benefit of this book is even a person without an accounts background can learn the intricacies of finance and win financial freedom by religiously implementing the tips and techniques provided in this book.

## TOP 10 REASONS WHY YOU MUST WRITE A BOOK

This book contains the latest and the greatest benefits of book writing, along with great technologies, such as MMM and several others devised by the author Dinesh Verma, an internationally-acclaimed book writing coach. Right from busting the myths associated with book writing, the WHY for publishing a book, to meeting with the coach who will help convert casual writ-



## WE SHALL OVERCOME

## How to break your phone addiction

Many people feel their phone is ruling their life. It's possible though to break free from this habit. Here's how...



### HERE ARE SOME TIPS THAT COULD HELP

#### Turn off notifications

Push notifications pop up on your screen and, almost as a Pavlovian reflex, you reach for your phone. But if you turn these notifications off you can control how often you pick up your phone.

#### Delete social media apps

How often do you check your Facebook, Twitter or Instagram account? How much time do you spend scrolling through them every day? If you find it hard to delete them all at once, try doing one at a time.

#### Leave your phone at home

It's annoying and rude when people put their phone on the table in restaurants and are constantly checking them. We can't go to restaurants and eateries (as often as in pre pandemic life), but if you go out for food shopping or for a walk, leave your phone at home or in your bag.



# Do you know about sushi etiquette?

It began as a mealtime staple in the paddy fields of southeast Asia, and today it's a part of menus across the world. To know more about sushi eating and its rules, read on...

## Most Instagrammed food? Yes!

Did you know sushi is among the first few of a list of the most Instagrammed foods in the world? With its form and size and the sheer variety of fillings it has, the stuffed roll absolutely lends itself to food photography. Culinary lovers have gone to create hybrids of it as well, for instance, the sushi burrito and sushi donut that went viral a few years ago.



## And the right sushi etiquette...

> Do not pass food around using chopsticks.

> It's also improper to rub chopsticks together.  
> Never dunk sushi in the dipping sauce. Instead, tip the chopstick lightly in it.  
> The pickled ginger is not had as a topping with the sushi, rather it's had

in between so as to refresh the palate.  
> Sushi is to be consumed in one bite.  
> It's best to place the narrow ends of the chopsticks in the ceramic resting holder, when you are not using them. And once you have had your meal, rest the chopsticks across your soy holder. Enjoy chomping!

- DELHI TIMES

# SUPER SEVEN

Suryakumari Dennison, Teacher, Aavishkar Academy, Bengaluru

After a worldwide poll at the start of this millennium, the New Seven Wonders were announced on July 7, 2007. Answer these questions on them by choosing correctly

## 1 Which is the oldest of the New Seven Wonders?

- A. Chichen Itza  
B. Great Wall of China  
C. Machu Picchu D. Taj Mahal

## 2 What is the Colosseum?

- A. Aqueduct B. Armoury  
C. Amphitheatre  
D. Abattoir

## 3 Where is the statue of Christ - the Redeemer?

- A. Ravenna B. Reykjavik  
C. Rio de Janeiro D. Rotterdam

## 4 To which civilization does Chichen Itza belong?



- A. Harappan B. Sumerian  
C. Etruscan D. Mayan

## Petra?

- A. 'The Last Crusade'  
B. 'The Kingdom of the Crystal Skull'  
C. 'Raiders of the Lost Ark'  
D. 'The Temple of Doom'

## 5 In which Indiana Jones film do we see

- Answers: 1) B. Great Wall of China 2) C. Amphitheatre 3) C. Rio de Janeiro 4) D. Mayan 5) A. 'The Last Crusade'

## QUIZ TIME (MIXED BAG)

Q.1) Which is the world's smallest city?

- A. Vatican City B. Dubai C. Singapore  
D. Monaco

Q.2) What is the tie-and-dye technique in textiles called?

- A. Phulkari B. Bandhani  
C. Kalamkari D. Chikankari

Q.3) The rice dish paella originates from...

- A. India B. UK C. Spain D. Portugal

Q.4) When did Ambassador cars begin production in India?

- A. 1957  
B. 1900  
C. 1947  
D. 1962

Q.5) Which of the following has released new guidelines on 10 Ways to Use Digital Health Technology to boost people's health?

- A. United Nations Children's Fund  
B. World Meteorological Organisation  
C. World Health Organisation  
D. International Monetary Fund

Q.6) Log cabin is the name of a species of...

- A. Flower B. River  
C. Hotel D. Moth

## ANSWERS

1. A) Vatican City; 2. B) Bandhani; 3. C) Spain; 4. A) 1957; 5. C) World Health Organization; 6. D) Moth

## KNOWLEDGE BANK

### MYTHOLOGY



## Varuna

This is a Vedic deity associated initially with the sky and later on, also with the seas. Varuna is mentioned in the oldest layer of Vedic literature of Hinduism, like hymn 7.86 of the Rig Veda. In the Hindu Puranas, Varuna is the god of oceans, his vehicle is a Makara (part fish, part land creature), and his weapon is a Pasha (noose, rope loop).

## 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 A man wants to buy 62 shares available at ₹132 of par value ₹100. If he wants to increase his annual income by ₹150, how many

extra shares should he buy at 7.5% of dividend?  
(a) 18 (b) 19  
(c) 20 (d) 24

2 A two digit number is such that the product of its

digits is 6. When 9 is added to this number, the digits interchange their places. Find the number.  
(a) 23 (b) 32  
(c) 62 (d) 26

ANSWER: 1. (c) 20 2. (a) 23





## 70% of children now delaying sleep by 60-90 minutes: Survey

The popular adage 'early to bed, early to rise' seems to have gone for a toss during the Covid-19 pandemic as sleep patterns for school students have drastically changed during this period, a recent survey points out.

Compared to pre-pandemic days, about 70% of children delay their sleep by 60-90 minutes now, leading to many sleep-related problems that affect their routine life, according to survey analysis.

Due to non-physical schooling, fewer physical activities, and extended screen times, the sleep timings of children have seen severe disruption, the survey says. The survey which comes ahead of 'World Sleep Day' on March 19 was carried out by four schools in Ahmedabad to analyze sleep patterns and insomnia related issues among the children.

Close to 4,000 parents participated in the survey exercise done by Udgam School for Children (USFC), Zebar School for Children (ZSFC), Satellite School for Children (SSFC) and Bodakdev School for Children (BSFC).

About 8,000 parents were invited to participate in the survey exercise of which 50% of parents responded to various questions related to their children's sleep.

According to the survey, 60% of children use mobiles/ gadgets before going to sleep. Children prefer to watch videos, play games, chat with friends for time pass at night. The average screen time has shot up by 300% compared to the last year. 45% of children prefer to eat or drink something before going to sleep.

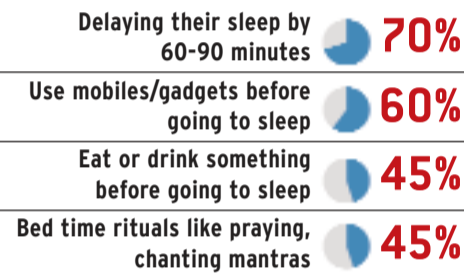
Such a behavioural change has triggered sleep disorders. However, some other notable things also emerged in the findings. About 45% of respondents opined that they follow bedtime rituals like praying and chanting mantras with their children to get a good sleep.

Young children have disturbed sleep due to nightmares. Almost 35% of children experience nightmares, and 30% wake up in the middle of the night due to nightmares, the survey found.

"The revelations of the survey are a bit un-



### CHANGE IN STUDENTS' SLEEP PATTERNS



usual and need attention from the society at large. Sleep is an essential element for a healthy and happy life...we are more focusing on off-line activities, lesser screen time, stress-free study and joyful educational experiences for the students so that they can get a night of sound sleep and be healthy," said Manan Choksi, executive director, Udgam School For Children. **TNN**

## THE EDUCATIONIST

# Slow down and appreciate

The Sun is a daily reminder that we can rise again. 'This beautiful line means there is always a chance to pop up from the failure and darkness towards the brighter side of life. In this era of cutthroat competition and struggle of survival of the fittest, we just forget to live life. We get

into the rut of getting and spending and then wonder where life has gone. We are constantly under pressure to be better and more productive. We have forgotten that we are human beings, not a production house machines to give maximum productivity. We have emotions, consciousness, and a spirit, which nature has gifted us, is unique in the entire world.

We forget to cherish, we forget to appreciate the good things of life. But Nature is the best teacher. A pandemic followed by lockdown opened the subconscious mind of every human being. It made us think of this earth and what life is all about. It taught us to be compassionate, generous, kind, and most importantly, human first. The period of the COVID pandemic is not a stagnant period of the life cycle but a stern reminder that we are not the supreme

ones, it is nature that created us. We learned to look into our home, the garden, the sky in its various colours and the rainbow, and the sunset! We learned to look into ourselves, into our childhood and discovered a treasure of love and care. This is not the first adverse situation we faced or the last one...but a pause or interval it created must be utilized like the most precious gift of 'time' to slow down and appreciate the beauty of life, dumping down the despair, agony, evil of our life. There is a famous saying, "Nature gives chance to live only once. On the next only remains are extracted from the earth."

**ROHINI NANDA**, Educator, Udgam School for Children



## Shining stars made their school proud

**Stellar Performance by the students of Podar World School, Sherkhi, in the Olympiads**

Podar World School Sherkhi shines again in the SOF IEO. School's child prodigy Richard Premson of class V who secured 1st Rank at Regional/ Zonal/ International Level with full marks. Richard, through his ex-

emplar achievement, has presented an example that knowledge is not defined by age but hard work and determination. Along with him, we have more Podarites making the school proud with their achievements. Avinav Tiwari of class IX secured 1st rank in school, 4th rank in zonal level, 5th rank in regional rank,



and 7th rank in International level. Samhita Mandal of class VIII secured 1st rank in school, 5th rank in zonal level, 13th rank at the regional level, and 14th rank at International level. Anish Singh secured 2nd rank in school, 20th rank in zonal level while Sanjana secured 1st rank in school and 41st rank in zonal level.

## Express YOURSELF

Tanna Hithartha, Class VII, SGVP



Ananya Pisharody, Class VI, Siddharth's Miracles School



Nikita Patel, TGES



Manya Shah, Class V, Sheth C N Vidhyalaya



Hiya Baxi, Class VIII, Anand Niketan School

### JOYS OF NATURE

I love to sail, in different oceans,  
Not in the same, ratio's and proportions.  
I love to climb, the big great mount,  
And not to study, the layers of ground.  
I love to play, with big small animals,  
And not to construct, the boring angles.  
I love to hear, the peacock's tune,  
And not the craters, formed on the moon  
I love to play, with the temple bells,  
And not to study, the positive cells.  
I love the bushes, where I do hide,  
And not to know, how Mangal Pandey died  
I love to call, the neighbours pets,  
And not to learn, the political mess.  
At last, I say you girls and boys,  
Not only studies, nature also gives you joys.



**DHAIRYA TRIVEDI**, Class VIII, St Xavier's School, Gandhinagar



Rudranshi Oza, Class IV, Zyodus School For Excellence

Darshree Patel, Class IV, St. Xavier's Primary School, Loyola Hall



Diya Patel, Class X, Cygnus World School, Vadodra



Rishit Savaliya, Class V, Delhi Public School, Rajkot

## STATUE OF UNITY

The Statue of Unity is of Sardar Vallabhbhai Patel and is the World's tallest statue. He played an active role in the independence struggle and unification of India.

He was the first deputy prime minister of India. The statue is situated at Kevadia Colony, Gujarat

It was inaugurated by prime minister Narendra Modi in 2018 on the 143rd birth anniversary of the great man. The total height of the structure is 240 meters. The base is approximately 58 meters. The statue is built on a strong foundation. It

can withstand strong winds, even earthquakes up to a certain magnitude. The statue has got several facilities around to attract tourists.

The construction of the statue began in 2013 and was completed in 5 years. It has been designed by Ram V Sutar. The statue has got two elevators and the gallery portion of the statue can hold 200 visitors at a time. This statue is a pride for the Indians.

**DHWANIL SHAH**, Class III, Essar International School, Hazira, Surat



## MY TEACHER, MY SCHOOL!

Teachers are the ones who play a vital role in shaping our future.

From the Pre-Kinder Garden to Graduation, they teach, impart knowledge, share ethical values, and imbibe morality, by shaping our personality as a strong one. Throughout our lives, we will be having many people who will hold a special place in our hearts. For me, one such person is my teacher. I like my science teacher, so much.

There is something very magical about him. He speaks to us sweetly. I cannot point exactly why I like him, but his overall personality is impressive.

I have some cherished memories with my teacher. Whenever I think of those memories, it makes me blissful. Having a good teacher who can share an amalgamated relationship with the students is a boon. A good teacher should be a good

mentor, a philosopher, a guide, a friend, and above all a surrogate parent to the children. I am lucky that I had gotten one in my lifetime.

My school is a place where I not only get educated but also get trained in other necessary competitive skills like sports, music, and dance. This all is done by a very efficient and well-trained teaching staff of my school. My school has a dedicated teacher for

all the subjects as well as extracurricular activities like music and sports. My school is also the safest place I have ever been and there is ample security staff to keep an eye on students and visitors. Entering the premises of my school without being frisked by security personnel is almost impossible. My school is a place where my life gets its meaning and I develop mentally, physically, and educationally every day. Imagining my life without my school would be like looking at a grim tragedy face to face. My school's teachers are as necessary as jewels to a necklace. No school and no education would leave my life meaningless and my body without a soul. My school is my second family and it imparts essential life-changing qualities in me.

**AVI DWIVEDI**, Class VI, Zyodus School For Excellence





# SKY IS THE LIMIT

With the ability to hit the ball like AB de Villiers and the mental strength for a prolonged career like Michael Hussey, Suryakumar Yadav looks destined for greatness

Suryakumar Yadav chipped in with 32 runs off 17 balls in the decider against England

**S**uryakumar Yadav might have earned his debut a little late in his career but looks destined for a long haul. With skills like that of AB de Villiers, Suryakumar Yadav has taken the Indian cricketing spectrum by storm. There isn't a shot in the cricket book that isn't in his arsenal. In fact, the 30-year-old is the perfect blend of a player with the mindset of an old-school cricketer and the skillset of a modern T20 batsman.

The Indian team possesses a variety of talented batsmen, ranging from an effortless batsman like Rohit Sharma to a true power-hitter like Hardik Pandya. The likes of Virat Kohli, Rishabh Pant, Shreyas Iyer, etc. offer different skills in the middle of the batting-order but it's a player like Suryakumar that the team has probably never had.

## The Indian Mr. 360

AB de Villiers had earned the nickname of Mr. 360 for his ability to hit the ball in practically all areas of the pitch. The former South Africa skipper would even have the audacity to sweep pace bowlers or play those against-the-spin lofted shots to clear the boundary with ease.

Suryakumar is not different. In only his first two innings for India, the right-handed batsman has hit a bowler like Jofra

**What IPL has done is it has given exposure to players to play against the leading players in the world. Even before you've played for the country, you have the chance to play against them. During our time, it was for the first time ... Now with so many leagues across the globe, it's never the first time.**



SACHIN TENDULKAR

Hussey made his ODI debut at the age of 28 and Test debut at the age of 30.

Though time was against him, the left-hander went on to become one of the most loved cricketers in the world, earning the nickname of Mr. Cricket. Over the years, Hussey played a whopping 79 Tests, 185 ODIs, and 38 T20Is for Australia. He was one of the pillars of the team in the Ricky Ponting and Michael Clarke eras. Not the most elegant of southpaws but his reliability factor was second to none.

Yes, Suryakumar Yadav is only two innings old in his international career but his record in the IPL and domestic cricket over the last couple of years has been hugely impressive. Suryakumar has consistently been among the top-scoring batters for Mumbai Indians in the IPL. In fact, many categorise him as the second-most important batsman after skipper Rohit Sharma.

With the mentality he has shown in the last two years, patiently waiting for his time in the national team, there's no doubting that Suryakumar could play for 6 or 7 years for India. Considering the amount of cricket India have been playing these days, it wouldn't be a surprise if Surya goes on to produce a Hussey-like career.

Archer for a 'Nataraja' six and guided yorker-length deliveries to fours by just opening the face of the bat. It's his ability to target virtually all areas of the pitch. This incredible skill is what makes setting a field difficult for the opposition and a true blessing for the Indian team.

## Target Michael Hussey

Suryakumar Yadav isn't the first player who is making all the right noises in the cricketing spectrum despite his late arrival. Probably the most famous example of a latecomer going on to become an icon of the game would be Australia's Michael Hussey. Another player who toyed with the bowlers at will,

## 3 POSITIVES FOR TEAM INDIA

With the ICC event in late 2021, here are 3 positives for Team India after their 3-2 series win over the No. 1 ranked side

**W**hile Eoin Morgan & Co. came with a plan to acclimatise to the conditions in India before the T20 World Cup, in late 2021, the home side experimented a lot in terms of their team combinations and selection with an eye on the marquee event. Hence, while winning was of utmost importance for both sides, the two powerhouses kept the T20 World Cup in mind right throughout the course of the series. Here are three positives for Virat Kohli & Co. after their T20I series triumph:

### 1 Bhuvneshwar Kumar — a force to reckon with

Bhuvneshwar Kumar last represented India in late 2019 before an injury ruled him out and the COVID-19 pandemic delayed his comeback. During mid-IPL 2020, Bhuvni once again got injured and finally joined the

squad prior to the England T20Is. With limited matches in hand for India ahead of the T20 World Cup, Bhuvni rose to the occasion with the ball with 4 wickets in total.

More than his wickets, Bhuvni impressed with an economy rate of 6.38 - best in the entire series — as he strangled the big-hitters with his pace, change of lengths, and slight movement on offer.

### 2 Death-bowling masterclass

Over the years, India's death-bowling was often one of their main issues heading into an ICC event. However, the script seems to have changed this time around. The likes of Shardul Thakur, Hardik, and even Rahul Chahar — especially bowling a few handy overs in the series finale — have given plenty to cheer for Kohli & Co. with their skills, execution under pressure, and subtle variations. With Jasprit Bumrah's inclusion, India's death bowling will only improve further.

### 3 Plethora of options in the middle

India took a leaf out of England's batting-heavy approach in the T20Is. Right throughout the series, Kohli-led India experimented with the batting order due to the presence of the likes of Shreyas Iyer, Hardik Pandya, Rishabh Pant and the versatile duo of Ishan Kishan and Suryakumar Yadav among others. While surely India still need to finalise a lot of things in terms of their batting line-up, they now have a packed middle and lower order with Iyer, Pandya, Pant, Surya, Ishan, Washington Sundar, Axar Patel with Ravindra Jadeja also in the pipeline.

A fixed combination, with clarity of roles, will keep India in good stead in the T20 World Cup at home. India's middle-order came in handy on several occasions in the just-concluded series, with the likes of Iyer, Pant, Pandya, and Surya finishing in the top ten run-scorers list.



## QUIZ TIME!

**Q1:** Against which country did Chris Gayle smash his first century in Twenty20 internationals?

- a) India  b) Bangladesh   
c) South Africa  d) Pakistan

**Q2:** At the 2020 US Open, Sumit Nagal became the first Indian in seven years to win a main draw match in a singles event at a Grand Slam. Whom did he defeat in his opening-round win?

- a) Dominic Thiem  b) Bradley Klahn   
c) David Goffin  d) Alexander Zverev

**Q3:** Who is the first Norwegian ATP tour title?

- a) Jan Frode Andersen  b) Viktor Durasovic   
c) Casper Ruud  d) Jack Nielsen

**Q4:** After Muralitharan, who took the fastest 500 Test wickets?

- a) Courtney Walsh  b) Anil Kumble   
c) Shane Warne  d) Glenn McGrath

**Q5:** Who is the longest-serving captain in FC Barcelona's history?

- a) Lionel Messi  b) Andrés Iniesta   
c) Luis Enrique  d) Carles Puyol

**Q6:** To whom did PV Sindhu lose in the final of the World Badminton Championships 2017?

- a) Nozomi Okuhara  b) Tai Tzu-ying   
c) Li Xuerui  d) Carolina Marin

**Q7:** In the Premier League, how many goals has Gareth Bale



scored in all?

- a) 42  b) 43  c) 46  d) 47

**Q8:** Glenn McGrath holds the record for most wickets in World Cups. How many wickets has he taken?

- a) 68  b) 53  c) 71  d) 56

**Q9:** Which Indian hockey player holds the unbroken record of scoring five goals in an Olympic final?

- a) Balbir Singh  b) Ashok Kumar   
c) Dhyana Chand  d) Balkishen Singh Grewal

**Q10:** Who is the youngest player to take five

wickets in an innings in ODI?

- a) Mujeeb Ur Rahman (Mujeeb Zadran)   
b) Rashid Khan  c) Mustafizur Rahman   
d) Irfan Pathan

**Q11:** In ODIs, who is the oldest five-wickets-in-an-innings?

- a) Harbhajan Singh  b) Robin Singh   
c) Kapil Dev  d) Ravichandran Ashwin

**ANSWERS:** 1 c) South Africa 2 b) Bradley Klahn  
3 c) Casper Ruud 4 b) Anil Kumble  
5 d) Carles Puyol 6 a) Nozomi Okuhara  
7 d) 47 8 c) 71 9 a) Balbir Singh  
10 a) Mujeeb Ur Rahman (Mujeeb Zadran)  
11 b) Robin Singh