



THE TIMES OF INDIA

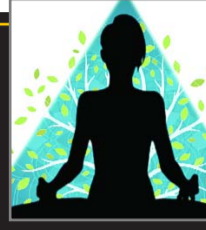
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TODAY'S EDITION

➤ With Board exams round the corner, check out our tips on how to prepare for the BIG day
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➤ Educators and students talk about their role model
➤ Experts tell us about the benefits of yoga
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STUDENT EDITION

TUESDAY, MARCH 9, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE REVISES BOARD EXAM DATES FOR FEW CLASS X, XII SUBJECTS



The Central Board of Secondary Education (CBSE) has issued a revised board exam date sheet for a few subjects, including mathematics, commerce and physics, for classes X and XII...

- For class X, the science exam has been deferred to **May 21**. Earlier, it was scheduled for May 15. The mathematics exam, which was scheduled for May 21, will now be held on **June 2**, according to the latest date sheet
- The CBSE said that for class XII science stream, the May 13 physics exam will now be held on **June 8**
- Exams for mathematics and applied mathematics, which were earlier scheduled for June 1, will now be conducted on May 31 for class XII science and commerce streams, it said in the revised date sheet
- The Board has revised the date for the June 2 geography exam of the arts stream, and it will now be held on **June 3** PTI

The exams for classes X and XII will begin from May 4 and conclude on June 10

QS WORLD UNIVERSITY RANKING 2021

12 Indian colleges among TOP 100 INSTITUTES

Twelve leading Indian universities and higher education institutions, along with 25 programmes, mostly in engineering, have managed to get into the top 100 colleges list released by the QS World University Ranking (QSWUR). IIT, Madras, Bombay, and Kharagpur, find place in the top 50 category...



■ While IIT, Madras, has been ranked 30th in the world for petroleum engineering, IIT, Bombay, has been ranked 41st and IIT, Kharagpur, is placed at the 44th position for minerals and mining engineering

■ The four new universities/ institutes in the top 100 subject rankings are: IIT, Guwahati (petroleum engineering), Jawaharlal Nehru University (anthropology), Anna University (petroleum engineering), and O P Jindal Global University (law)

The QS World University Rankings by subject calculate performance based on four parameters – academic reputation, employer reputation, research impact (citations per paper) and the productivity of an institution's research faculty

Over the last few years, the government's continuous focus on improvement and reform in Indian higher education has resulted in significant improvement in the representation of Indian institutions in globally-acclaimed and reputed rankings such as the QS. India's higher education system plays a vital role in driving the nation's competitiveness. Today, India is a leading nation with highest number of higher education institutions across the globe. It has made significant progress in the last few years in terms of enrolment in higher education, which now stands at 37.4 million

Ramesh Pokhriyal, Union education minister

Billie Jean King's memoir 'All In' to be published in August

Former tennis star Billie Jean King is all set to release her memoir soon, which she calls a journey to her "authentic self"...

BOOK

■ Titled 'All In: An Autobiography', the memoir, will highlight her celebrated and groundbreaking tennis career, including her 39 Grand Slam titles, and her defeat against Bobby Riggs in the famous 'Battle of the



Sexes' match in 1973. ■ King, 77, will also write about her activism on behalf of women in tennis and beyond, and other struggles such as eating disorder and her sexual identity



Novak Djokovic World No 1, now longest-reigning number one

Novak Djokovic, on Monday, set a new landmark – retaining the number one title for 311 weeks, surpassing Roger Federer (310). The 33-year-old Djokovic, winner of 18 majors, has now set his eyes on surpassing Fedex, who has 20 titles under his name.

■ Djokovic reclaimed the top ranking from Nadal in February 2020 and finished as year-end number one for the sixth time, tying the mark set by Pete Sampras. ■ He is currently in his fifth different spell atop the rankings. ■ Nadal, currently at number two, has been at the top for 'only' 209 weeks in total, although the 13-time Roland Garros champion can boast of being in top 10 since April 2005

Digital memorabilia take the next plunge, as Jack Dorsey auctions his first-ever tweet

Just setting up my twtr – the first-ever tweet on the platform is up for sale after Twitter boss Jack Dorsey listed his famous post as a unique digital signature on a website for selling tweets as non-fungible tokens (NFTs). The post, sent from Dorsey's account in March 2006, received offers on Friday that went as high as \$88,888.88 within minutes of the Twitter co-founder tweeting a link to the listing on 'Valuables by Cent' – a tweets' marketplace. A tweet's buyer will get an autographed digital certificate, signed using cryptography, which will include metadata of the original tweet, according to the Valuables website. The tweet will continue to be available on the Twitter website.

Dorsey's 15-year old tweet is one of the most-famous tweets ever on the platform, and could attract bidders to pay a high price for the digital memorabilia. The highest bid for the tweet stood at \$100,000 on Saturday



Mobile use can change how kids SEE THE WORLD

Did you know digital devices play a significant role in how children perceive the world? Well, a new study has found that preschoolers, who frequently use mobile devices, often tend to miss the forest for the trees...

1 The researchers claimed that since the brain of children is like plastic, which could be moulded easily, early exposure to mobile devices may have a significant long-term effect on them

■ According to researchers, the general tendency among people is to focus on the whole, before getting into the details, which include children as well. However, the new study shows that children using mobile devices differ in this skill, as they tend to focus more on details and less on the big picture, thus overlooking forests for trees



2 In fact, according to them, though people

who pay attention to details are more skillful at analytic thinking, they are less creative, and have weaker social skills

3 Therefore, they said, it is possible that if children continue to use gadgets at a young age, they may turn out to be sci-

entific thinkers but lose out on artistic or social skills, and this will probably change the world we live in, they added

Twitter explores 'undo send' button for paying users

Twitter Inc is all set to test an 'undo send' function that would give users a short time to withdraw a tweet before it is posted, the company confirmed recently. App researcher Jane Manchun Wong, who discovers unannounced social media features by looking at the sites' code, recently tweeted an animation showing a tweet with a spelling error where a Twitter 'undo' button was available before a short timer ran out.

TECH BUZZ



■ A Twitter spokeswoman said, the feature was being tested as part of the company's exploration of how subscriptions could work on the platform

■ Twitter has said that it is working on paid subscription models, which would reduce its dependence on ad revenue, including a "super follow" feature to let users charge their followers for access to exclusive content, which will launch this year

NFTs are digital files that serve as digital signatures to certify, who owns photos, videos and other online media



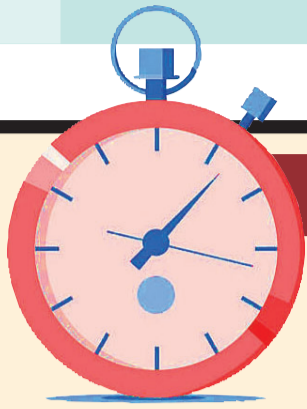
Better LATE THAN NEVER

PREPARING FOR BOARD EXAMS IN TWO MONTHS

There is always a group of us who is inclined to doing things in the last minute. We wake up in the 11th hour and realise that there is a lot of catching up to do. Last minute or not, one has to take the challenge of the class X Board exam, there is no escape.

Let us consider the reasons for all the hype surrounding the class X Board exam. First and foremost, it is the first Nationalised Exam that a student takes. Second, results act as the primary parameter in deciding a particular stream in collegiate education.

Third, results play a key factor in admissions to desired colleges and universities. Fourth, any scholarship programme will rely mainly on exam scores. Fifth, it helps students face the stress and anxiety related to any kind of mass testing. Sixth, it is an excellent barometer of a student's aptitude. Last but not the least; it positions a student vis-a-vis the rest of the student population - in a class, school, district, state, etc.



HERE IS A RECIPE FOR SUCCESS - EVEN IN THE LAST MINUTE

WEEK 2 & 3 - Do a 'Quick Reading' of the 'Easy' Lessons across all subjects. This will boost your confidence as you will establish the volume of content that you are already comfortable with. Mark out the 'Tough' sections that you would like to come back to later.

WEEK 1 - Pull out your NCERT textbooks only. Keep an 'All-In-One' guide handy.

1 Organise, keep a set of 10 question papers for each subject. Segregate the lessons into 'Easy' and 'Tough' for each subject. If you find certain lessons or sections of lessons particularly tough, mark them out. Do not learn them as they cause you unnecessary anxiety. Next, prepare a daily time table for 8 to 10 hours of study.

WEEK 4 - Move on to the 'Tough' Lessons in math and science. Pull out the Question Papers and mark

3 the questions in your 'All-in-One' Guide. Practice math problems 4 to 5 times each. In science learn the answers by-heart by repeating several times following a set pattern for each chapter - definition, properties, processes, application, diagrams and experiments. You have an excellent memory; make good use of it now.

WEEK 5 - Focus on English and Social Science. Pull out the question papers and practice writing long answers that carry maximum marks. Prepare to get full marks

4

WEEK 6 - Take up II Language - Solve 6-8 question papers by focusing on long answers.

5

WEEK 7 - Solve 1 question paper in Math and 1 question paper in science every alternate day. Similarly Solve 1 QP in English and 1 QP in Social Science on other alternate days. Solve 2 language papers on Sunday. TIME YOURSELF.

6

WEEK 8 - Repeat the process that you followed in Week 7. Solve Question Papers continuously throughout the week.

7

WEEK 9 - Prepare to score the maximum in Languages and Social Science; this will pull up your total marks even if you did not do well in math and science, the latter being considered as tough subjects by most students.

8

STEP 01

STEP 02

STEP 03

STEP 04

STEP 05

STEP 06

STEP 07

STEP 08

THINGS TO BE STRICTLY FOLLOWED DURING THESE LAST WEEKS

1 Do not call friends and compare progress in practice, stay focused on your own schedule

2 Consider watching neutral TV shows such as National Geographic, in other words, those that do not distract you. Watch them only during break time.

3 Set up a Study-Sleep, Practice-Sleep routine -

sleeping immediately after reading or practice helps in retention. Studying immediately after waking up also helps in remembering.

4 After learning things, take time to recollect. Remember our brains can store 2.5 pet bytes of information - the size of 3 million hours of video recording.

5 Write down the remembered answers in short form on small pieces of paper - data crunching. This will help you remember the answers well.

6 Give yourself a small treat after completing short goals successfully.

GOOD LUCK STUDENTS, SUCCESS ALWAYS FOLLOWS HARD WORK.



Leena Pascal,
Principal, Nurture
International
School, Bengaluru

TIPS TO ACE BIOLOGY

HAVE A POSITIVE ATTITUDE TOWARDS THE SUBJECT
Having the right attitude can make studying Biology fun. It helps to connect biological concepts to real-world situations like how your body works or how your brain communicates with other organs.

Break down the complex words to their roots
For example, GLUCOSE can be separated into GLUC - sweet, OSE - sugar; ENDOPLASMIC RETICULUM into ENDO - within, PLASMIC - cytoplasm, RETICULUM - net, it depicts net like structure in cytoplasm.

Make flashcards for tough words
Make flashcards of difficult words from all the lessons and read it aloud several times so as to understand that word.

Draw and label the diagrams
Diagrams will help you relate the concept you learn in Biology to the theory. For example, the diagram of Kreb's cycle helps us to know about the products formed and enzymes used.

Read the textbook before class
Biology is not a subject that can be easily understood. Reading a lesson a couple of times will help you get used to the concept. Take notes in the class so that you can understand the concept even better.

Learn the concept from general to specific
Biology requires one to understand the basic concepts before going into the detail. For instance, proteins are made from the blueprints of DNA, so you can understand that DNA is made of a simpler units, proteins. Follow these tricks and make Biology an easy subject to learn and understand.

P Thamarakani, Teacher, Trinity Matriculation Higher Secondary School, Coimbatore

QUICK REVISION/CLASS X

Applications of Trigonometry

QUESTION:

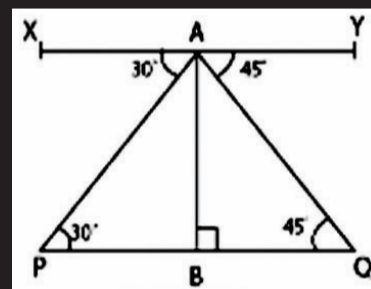
An aeroplane is flying at a height of 300 m above the ground. Flying at this height, the angles of depression from the aeroplane of two points on both banks of a river in opposite directions are 45° and 30° respectively. Find the width of the river. (Use $\sqrt{3}=1.732$)

SOLUTION:

Let the say the aeroplane is flying at point A. The angles of depression formed are 45° and 30° . Therefore, $AB = 300$ m.

Also, $XY \parallel PQ$, hence $\angle APB = 30^\circ$ and $\angle AQB = 45^\circ$ (Alternate interior angles).

In $\triangle APB$,
 $\tan 30^\circ = \frac{AB}{PB}$
 $\Rightarrow \frac{1}{\sqrt{3}} = \frac{300}{PB}$
 $\Rightarrow PB = 300\sqrt{3}$ m



$$\begin{aligned} \text{In } \triangle AQB, \\ \tan 45^\circ &= \frac{AB}{BQ} \\ \Rightarrow 1 &= \frac{300}{BQ} \\ \Rightarrow BQ &= 300 \text{ m} \end{aligned}$$

$$\begin{aligned} \text{Hence, width of the river} \\ &= PB + BQ = 300\sqrt{3} + 300 \\ &= 300(\sqrt{3} + 1) \\ &= 300(1.732 + 1) \\ &= 819.6 \text{ metres} \end{aligned}$$

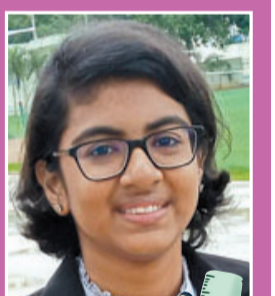
Ruchika, Teacher, DPS Whitefield, Bengaluru

SENIOR SHOWS THE WAY

STUDY FOR YOURSELF

I appreciate the juniors for enduring an extraordinarily unpredictable year. If you were able to go through that, I'm sure you'll sail through the Boards. Studying feels less stressful when you do it for yourself rather than for others who want to see you study. When you do something for yourself, you get more out of it. Identify the kind of preparation and schedule that suits you the best. Take one step at a time and measure your progress. Try being better than the last time. Sample papers are a great way to do that. Do what you love and take up the extra curriculums you're passionate about. Remember to take breaks and indulge in recreation. I hope you all come out with satisfaction of having performed your best. All the best and good luck!

Sharmila Pentapalli, former student of Silver Oaks International School, Hyderabad



MY SCHOOL PROJECT

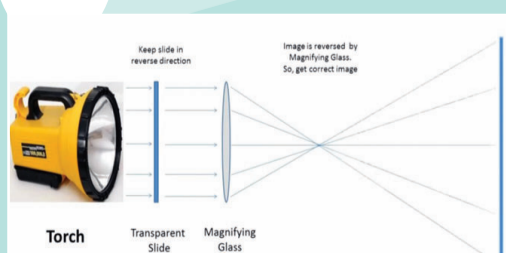
Homemade Projector

WHAT IS IT

- A projector is an output device that can take images generated by a computer or Blu-ray player and reproduce them by projecting onto a screen or wall.
- In most cases, the surface projected onto is large, flat and white or any light colour. You can use a projector to show a presentation on a large screen so that everyone in the room can see it.

HOW DOES A PROJECTOR WORK?

- The light from the torch passes through the slide kept in the reverse direction and then through the magnifying glass.



HOW WE WENT ABOUT IT

- We started by making the screen of the projector using a cardboard.
- We then placed the torch in a way where the light passes through a slide and through the magnifying glass on to another screen which enlarges the picture on the slide.
- The picture on the slide was made in the reverse direction so that the picture on the screen appeared in the proper direction.

- As the magnifying glass reverses the image, the image appearing on the screen appears correctly.
- The human eye has a lens similar to the magnifying glass that's attached to the projector. It's the brain which flips the inverted image in the right direction.

WHY DOES THE IMAGE GET REVERSED?

- Magnifying glasses are made of convex lenses.
- A convex lens makes objects look larger because it disperses light.
- For magnifying glasses, the focus is normally a few inches away from the lens.
- The image appears inverted and smaller when the light is focused at a point beyond the lens' focal length.

Radhika Chopra and team, class IX C,
Fr. Agnel Multipurpose School, Vashi,
Navi Mumbai

Challenge YOURSELF

Want to live sustainably? Try these minimalist, zero waste and eco-friendly lifestyle challenges

1 30-Day Minimalism Game

HOW TO DO IT: Begin by getting rid of one thing on the first day of the month; then two things on the second; three things on the third and so on till you reach Day 30.

Each of the items you choose has to be removed from your home by the day's end. You can either sell, donate or give it away, recycle or trash the item (if it is completely broken).

2 Buy nothing new for a month challenge

HOW TO DO IT: Avoid buying things you don't need. However if you must, buy second hand, rent an outfit or borrow.

This challenge will help you tackle your shopping addiction and also shed light on your consumption behaviour.

3 Eco-warrior's zone

This year I'm working with my neighbourhood to convert the trash generated at our homes into organic manure

The idea: The society I stay at has almost 550 families, and the amount of garbage generated by each household presented a unique challenge and opportunity. If we could segregate the waste and place it in underground fermenters, we could create organic manure. I presented this idea to the residents of my society on January 1. Everyone liked it and the resident's committee approved.

How we did it: I suggested that each household keep two waste bags at their home, one to dispose the organic waste, and another for all the plastic or non-biodegradable waste.

The organic waste collected was then placed in the underground fermenters and bio reactors while the other waste material went to the dumpyard.

Success! From January 1 till now, we have collected almost 90 kg of organic waste. We now plan to start making manure on every 15th day. These small efforts might lead to a big change. Already, society committees are planning to take up this idea.

Dilsher Singh Chatha, class VIII, Bhavan Vidyalaya,



@HAPPIFY DIARY

TIME SINK TO TIME WARP

Have you ever wondered by the end of the day that your biggest priorities were largely untouched? No matter how hard you may have tried, time continues to slip through our hands?

Time Sink

A time sink - time drain or time-waster is an activity that consumes a significant amount of time, especially one which is seen as a wasteful way of spending it.

Time Sink can be something that involves things that you love, but it may require or take an inordinate amount of time, but one gets rewarded for the time you invest or spend. For instance, spending time with family, you love them, but you realize that you are no longer able to do other things that once seemed important, but you are rewarded for the time you have invested. There is another type of time sink which is not rewarding for instance the time you spend doing something of your interest only. For example, playing videogames or watching Netflix.

Time Warps

On the other hand, time warps

are some phenomenon that changes the flow of time by speeding it up or making it run more slowly. Though it sounds like something out of an avenger movie or star trek, it is possible and a reality.

Time Sink V/s Time Warps

Time sinks generally happen due to lack of diligence at a few of the most important and critical moments throughout the day. These time sinks make us feel lazy, lose our heart and confidence, and losing our productive momentum. Time is not created equal, even though there are few contrary beliefs. It is seen that a moment can seem like an hour - and time sinks makes an hour fleeting. So, the mantra is to turn time sinks into a

time warp and increase our daily productivity.

Mantra for turning Time Sink into Time Warp

The secret lies in the first Fifteen Minutes of Your Day. So, to begin what do you do when you get out of bed? For instance:

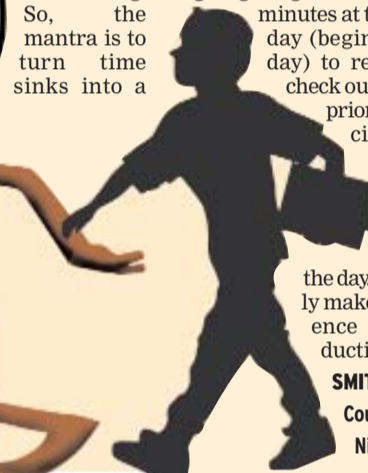
- Jumping into your day in a scattered manner
- Jumping out of bed-eating on the bed- checking mobile
- Clueless how the day went by

Now,

What if you were to take a bit of time at the beginning of the day to clarify your objectives and setting priorities for the day?

We should have the habit of taking or giving ourselves (SELF) 15 minutes at the start of the day (beginning of your day) to review and re-check our schedule and priorities and to decide and understand our focused pockets of productive work and time for the day. This can surely make a huge difference in one's productive output.

SMITA GHOSH,
Counsellor, Anand Niketan School



Green Medicine Day observed

Creating Awareness through various celebrations



India is known as the treasure house of green medicinal plants or herbs and since ancient times, natural remedies using them have been popularized in our culture through Ayurveda. The kitchen herbs and green plants not only enhance the flavour of our food but help us in recovering from various diseases without leaving any side effects!

Global Indian International School, Ahmedabad, observed Green Medicine Day on February 22 in a fond memory of Kasturba Gandhi who had provided a valuable contribution in creating awareness about the importance of green medicines in our day today life.

Various activities were conducted as part of this day to sensitize the children about the medicinal values of herbs and promoting a healthy lifestyle. During circle time in class, the respective teachers of Pre Primary to Grade V explained to the students through PPTs, the reason behind celebrating the Green Medicine Day and the role of Kasturba in promoting green medicines. Thereafter, the children planted herbal saplings along with the parents in their garden and shared pictures with the teachers.

The school also organized a webinar by Mayuri Thakkar and Daksha Madhu, two prominent Consulting Naturopaths from the city. They explained to the parents and students, the benefits of tulsi, ginger, mint, cumin, coriander, spinach, beetroot leaves, radish leaves, and many more medicinal plants and spices in improving the immune system.

Caesar D'silva, Principal said, "The objective behind observing this day is to make the students aware of the healing power of our age-old and natural green medicines and to promote a healthy lifestyle among the students."



USHTRASANA CAMEL POSE

INSTRUCTIONS

- 1 Kneel on the floor with thighs and feet together, toes pointing back
- 2 While exhaling, slowly arch back placing right palm over the right heel and the left palm over the left heel
- 3 Press the feet with the palms, push the hips forward keeping the thighs vertical, bend the head and spine backwards as far as comfortable
- 4 Relax the whole body and hold the position at least for 30 seconds with normal breathing
- 5 Release the hands one by one. Relax in Vajrasana



PRECAUTIONS: People with severe back ailments should not attempt this asana. They can practice under the guidance of a competent teacher.



SANTOSHINI KALERU, TGT-Yoga dept in-charge, The Hyderabad Public School, Begumpet, Hyderabad

- ▶ **SEQUENCE:** It is important to practice forward bending asana after Ushtrasana
- ▶ **BENEFITS:** This asana is beneficial for improving lungs capacity, good for the digestive and reproductive system
- ▶ The backwards bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, hunched back and drooping shoulders
- ▶ The throat is fully stretched, thus toning and regulating the thyroid glands

"The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it."

ODE TO THE PEN

Happy Days are here again



Happy days of mine are here again,
Days of nature have also come again.
My home is full of members again,
And the sky is full of birds again.
Noise of vehicles are off again,
And chirping of birds are here again,
Sky is blushing blue again,
People are having family time again.
My Mom is having free time again,
My Dad is full of fun again,
We are playing games again,
Old photos and new memories are here again,
Thank you RYAN for starting classes again,
And my studies and home-works are here again,
But I am missing my friends and teachers,
So I want to go to school early again...
JIA DESAI, Class V, Ryan School, Surat

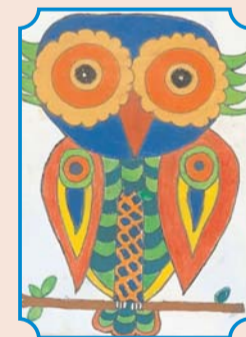
Painters' Gallery



Soumya Singh, Class VI, Essar International School, Surat



Mishwa Patel, Class VIII, HB Kapadia School



Param Gandhi, Class I, Cygnus World School, Vadodara



Shriya Parikh, Class VII, Shanti Asiatic School, Bopal

Into the fascinating unknown

I don't have a particular individual as my idol. Instead, a whole agency has inspired me by leaps and bounds. That's the phenomenal National Aeronautics and Space Administration or NASA! Being passionate about learning more about the universe and the unknown, I had heard about NASA but came to know what it actually does only years later. I think space scientists are a boon to humankind. If it weren't for them, we would still be questioning our existence! NASA's



INSPIRING ICONS



advanced technologies are hard not to get hooked on to.

NASA's missions get many sponsors as it works for the advancement of all mankind. Thankfully we know enough about Earth's immediate surroundings to live comfortably. I would absolutely love to join NASA someday and help work for the betterment of the future and crack a few space theories along the way too!

AVANI VASISTHA, class VIII, Delhi Public School, Secunderabad

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LONELY JOE, RAMPANT RISHABH



FIVE TALKING POINTS FROM INDIA vs ENGLAND

India crushed England inside three days of the fourth Test to clinch the series 3-1 and book their meeting with New Zealand in the World Test Championship final. Here's a look at five talking points from the high-profile contest

1 BREATHLESS PANT LEADS NEW HEROES

Rishabh Pant left everyone gasping in awe when he reverse flicked veteran fast bowler James Anderson for a four over the slips on his way to a match-winning 101 in the final Test, a shot dubbed "brave" by Root. The wicketkeeper-batsman emerged as one of India's new Test heroes along with all-rounder Washington Sundar, who scored 96 in the same innings, and left-arm spinner Axar Patel, who took four hauls of five or more wickets in his debut series. "Absolutely enjoyed the way each player contributed in every department throughout the series, especially Pant, Sundar, Patel, Ashwin and Rohit Sharma," said batting great Sachin Tendulkar of India's rich depth of talent.

2 TRIAL BY SPIN

The pitch debate dominated the series after England's batting collapse in the second Test in Chennai. But it was the day-night game that prompted former England cricketers Michael Vaughan and David Lloyd to term the Ahmedabad track as "poor" as Indian spinners wreaked havoc to skittle out England for 112 and 81. England's players refused to blame the pitch and maintained they were outplayed by a better opposition, while India's veteran off-spinner Ravichandran Ashwin, who led the attack with 32 wickets, noted that no one blames the pitch when seamers take all the wickets on green pitches overseas.

3 MOEEN EXITS, BUBBLE BURSTS

Moeen Ali's exit from the England team bio-secure "bubble" after the second Test left many confused after England captain Joe Root said the all-rounder had opted to go home. Top players, including Jos Buttler and Jonny Bairstow, were given breaks as players were rotated in and out of the squad during the team's six-Test sub-continent tour that included two Sri Lanka Tests. Coach Chris Silverwood later apologised for the messy way the departure was handled, saying it had been England's decision. Moeen had contracted coronavirus on landing in Sri Lanka, and only played one Test. It highlighted England's controversial, pre-ordered rest plans during the pandemic, which was criticised back home, with Root never seeming to have his strongest eleven at his disposal at the same time.

4 TOO MUCH FOR ROOT

He batted, bowled and led by example, but Root was often left fighting a lone battle against an inspired Indian side on home turf. Root scored 218 in his 100th Test as England won the opening game convincingly. But the remaining matches were a struggle for the touring side. Off-spinner Root even turned up with the ball to claim his maiden five-wicket haul in the day-night third Test but England went down inside two days. He topped the series batting chart with 368 runs but said: "I can get better."

5 ROHIT STEPS UP AS KOHLI FALTERS

Rohit Sharma welcomed the crowds back to the grounds with a fluent 161 in the second Test to lead his team's comeback win. The opener pulled and swept with élan as he hit 18 boundaries and two sixes and continued his good run in the pink-ball game with 66 and 25 not out. Sharma, known for his limited-overs exploits, stood tall in a series that saw captain Virat Kohli fall twice without scoring. "Rohit's knock was the most defining moment in our comeback," said Kohli.



Could new Barcelona president persuade Lionel Messi to stay?

Barcelona members elected Joan Laporta as club president, turning to the man who oversaw one of their most successful periods to lead them out of an institutional and financial crisis

Laporta, 58, succeeds Josep Maria Bartomeu, who resigned as president in October to avoid facing a vote of no confidence from members who turned on him after Lionel Messi tried to leave the club last August and the team were beaten 8-2 by Bayern Munich in the Champions League. Laporta takes over a club with huge financial problems due to the COVID-19 pandemic eliminating ticket revenue and badly hitting merchandising income. Barca's last accounts showed a gross debt of more than 1.4 billion euros (\$1.67 billion) with a net debt of 488 million euros. The club agreed to a temporary player pay-cut last year while it had to delay payments to players in December. REUTERS

Twenty years ago a little boy called Leo Messi made his debut with Barca's youth team. Seeing the best player in the world come out to vote today is a clear sign of what we keep saying. Leo loves Barca. The best player in the world loves Barca and I hope that is a sign that he will stay at Barcelona, which is what we all want.

JOAN LAPORTA



Photo: REUTERS



Photo: AP

EPL: Liverpool suffer sixth straight Anfield loss as Fulham win 1-0



Fulham match winner Mario Lemina

Photo: AFP

Harry Kane, Gareth Bale shine as Tottenham Hotspur thrash Crystal Palace



Two goals apiece from Harry Kane and Gareth Bale helped a resurgent Tottenham Hotspur to beat Crystal Palace 4-1 and move into sixth spot in the Premier League. The on-loan Bale provided further evidence that he has rediscovered his former spark by scoring Tottenham's first and second goals either side of Christian Benteke's equaliser on the stroke of half-time. But despite taking his tally to six goals in his last six appearances, Bale was outshone by the magnificent Kane, who ended with two goals and two assists. Tottenham's third successive league win lifted them above Liverpool and West Ham with 45 points from 27 games, two points behind fourth-placed Chelsea, who play Everton on Monday. REUTERS

Harry Kane and Gareth Bale celebrating after scoring a goal

QUIZ TIME!

Q1: In the 2006 Philippines Open, which badminton player did Saina Nehwal defeat in the quarter-final?

- a) Ratchanok Intanon b) Sung Ji Hyun
c) Wang Yihan d) Xu Huaiwen

Q2: Rafael Nadal lost the 2017 Australian Open against which player?

- a) Stan Wawrinka b) Novak Djokovic
c) Andy Murray d) Roger Federer

Q3: Which of the following players have taken the

fastest 250 wickets in Test cricket?

- a) Allan Donald b) Dennis Lillee
c) Ravichandran Ashwin d) Dale Steyn

Q4: Andy Murray won the 2016 Wimbledon. Who was the runner-up?

- a) Milos Raonic b) Novak Djokovic
c) Kei Nishikori d) Stan Wawrinka

Q5: Who received the Arjuna Award in 1972 and dominated the national badminton championships by winning it nine times in a row?

- a) Pullela Gopichand b) Prakash Padukone
c) Nandu Natekar d) Anup Sridhar

Q6: In which year did Naomi Osaka win her maiden Australian Open title?

- a) 2020 b) 2019 c) 2021 d) 2018



Naomi Osaka

Photo: AP

Q7: Who was India's sole women representative at the Olympic Games in Barcelona 1992?

- a) Madhumita Bisht b) Aparna Balan
c) Ameeta Singh d) Parul Parmar

Q8: The Badminton Association of India (BAI) was established in which year?

- a) 1898 b) 1934 c) 1900 d) 1901

Q9: Who holds the record of most fifties in career in Women's T20 Internationals?

- a) Suzie Bates b) Sarah Taylor
c) Mithali Raj d) Stafanie Taylor

Q10: Who is the current chief national badminton coach of India?

- a) Pullela Gopichand b) Prakash Padukone
c) Nandu Natekar d) Anup Sridhar

Q11: Which footballer became Barcelona player with 34 trophies after winning the league title in 2019?

- a) Carles Puyol b) Andrés Iniesta
c) Ronaldinho d) Lionel Messi

ANSWERS: 1- d) Xu Huaiwen 2- d) Roger Federer
3- c) Ravichandran Ashwin 4- a) Milos Raonic
5- b) Prakash Padukone 6- b) 2019
7- a) Madhumita Bisht 8- b) 1934
9- a) Suzie Bates 10- a) Pullela Gopichand
11- d) Lionel Messi

THE TIMES OF INDIA

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8 March International Women's Day

TODAY'S EDITION

Want to lose weight? An expert shares tips to battle the bulge
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On International Women's Day, educators share their views on women empowerment and other issues
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Explained: How India's solid line up is helping them win matches
PAGE 4



STUDENT EDITION
MONDAY, MARCH 8, 2021

WEB EDITION

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THE MOON-WALKER
Susmita is the only space entrepreneur in the world to have started companies on three different continents. Her start-up Earth2Orbit focused on facilitating American and Japanese launches on the PSLV (Polar Satellite Launch Vehicle) rocket from 2008-2016, and since 2017, has been supporting global climate action by using earth observation data analytics to make cities and agriculture climate-smart

MASTERS OF Destiny!

IRA SINGHAL, IAS

Her world may be a bit complicated but Ira Singhal, who topped the UPSC exams in 2015, knows how to make things simple. She suffers from scoliosis (an abnormal lateral curvature of the spine), with 62 per cent locomotor disability—her height has been compromised and she is not able to fully twist her arms—but that didn't deter her to chase her dreams. She fought against all odds with a smile. Talking of the challenges, Ira says, "getting people to accept me as an equal – to treat me as part of the system, not someone, who needs to be pitied", was the biggest challenge. But she asserts, "if you act that there's nothing different about you, people will eventually believe and respond to you like that." I've always believed that I am equal to everybody". A true#Shero

THE FIGHTER

I had to fight for my rights. It's very convenient for the world to treat you as someone lesser. I had to prove multiple times that I'm equal, in fact, I had to perform outstandingly, just to be treated equally
IRA SINGHAL, on how she carved her own destiny



"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before." This quote by Albert Einstein holds true for these young women, who defied all odds to shape their own fortune in this male-dominated society. We salute them on this International Women's Day...

#SHEROES

SUSMITA MOHANTY, SPACESHIP DESIGNER

Known for revolutionising the influence of women in the space industry with her own Earth2Orbit, India's first private space start-up, Susmita is the epitome of success for millions of women across the globe. The Odisha-born entrepreneur, who has already found a place in BBC's 100 most-influential women, broke all the myths surrounding business and women, especially in the field of science, to become a successful entrepreneur.



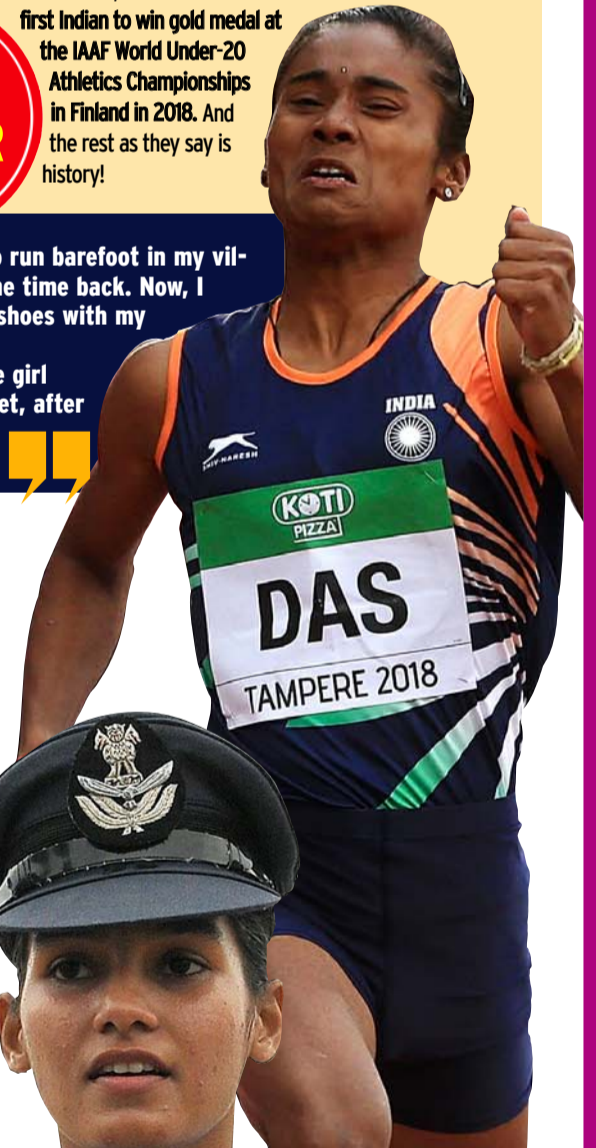
Susmita is the only space entrepreneur in the world to have started companies on three different continents. Her start-up Earth2Orbit focused on facilitating American and Japanese launches on the PSLV (Polar Satellite Launch Vehicle) rocket from 2008-2016, and since 2017, has been supporting global climate action by using earth observation data analytics to make cities and agriculture climate-smart

HIMA DAS, ATHLETE

From humble beginnings at her father's rice fields to the sprint tracks of Tampere in Finland, and then the podium of the 2018 Asian Games, Hima's story will make Bollywood script writers run for their money. Born into a family of rice farmers in Kandhulimari village in Assam, Hima fought against all odds and earned success, after years of sweat and hard work. The family's financial constraints, lack of training, and equipment didn't hamper her to pursue her passion, as she practised for hours in the paddy fields till Nipon Das, a coach with the Directorate of Sports and Youth Welfare, spotted her talent and took her under his wing in 2017. Her hard work bore fruit, when she became the first Indian to win gold medal at the IAAF World Under-20 Athletics Championships in Finland in 2018. And the rest as they say is history!

THE DEFIER

I used to run barefoot in my village some time back. Now, I have branded shoes with my name on it
HIMA DAS, the girl with golden feet, after Adidas endorsed her



GITA GOPINATH, ECONOMIST

The story of Gita Gopinath, chief economist of the International Monetary Fund (IMF) is a journey of a middle-class Mysuru girl, who became a world-class economist through her hard work, focus and grit, breeding intellectual leadership. Daughter of a farmer-entrepreneur, Gita's first choice was not economics. In one of the interviews, she said, "I cannot say that I always wanted to be an economist. As with most students in India, who have to decide at the age of 18 what area to specialise in, I chose economics by chance. I was a science student till class XII and then my parents figured that I should join the IAS for which economics was a good subject. So, that is really how I came to it." Well, she may not have chosen it but she mastered it, and is now, one of the leading scholars in exchange rates, with a strong grasp on world economies.

THE GAME CHANGER

Recognised as a Young Global Leader by the World Economic Forum in 2011, and in 2014, listed among the top 25 economists under 45 by the International Monetary Fund, Gita, in the words of Christine Lagarde, MD, IMF, is "phenomenal, not just in her leadership of the IMF but as a role model for women around the world"



AISHWARYA SRIDHAR, WILDLIFE PHOTOGRAPHER

The first and the youngest Indian woman to win the Wildlife Photographer of the Year award in 2020, Aishwarya epitomises patience, grit and determination, required to survive in this tough world. A passionate photographer, Aishwarya showed these qualities, when she captured thousands of sparkly-yellow orbs dancing around a tree under a star-studded night sky in the dense forests of Bhandardara in Maharashtra in 2019, through her lens that won her the award. But mind you, it wasn't easy for 23-year-old Aishwarya, as she had to make way through the thorny bushes and venomous snakes to spot her muse- the fireflies. Alone in the dense forests in pitch dark, she overpowered her fears to chase her dream. That's Aishwarya Sridhar – a woman, who challenges herself to be the BEST!

THE PERFECTIONIST

Be patient when you are on the field. Keep working hard. Success will definitely be yours. Try to be creative and keep your image different from the rest
AISHWARYA SRIDHAR, on how to be the best in the field

AVANI CHATURVEDI, AIRFORCE PILOT

Scripting history, flying officer Avani Chaturvedi recently became the first Indian woman to fly a fighter aircraft, a MIG-21 fighter jet in Jamnagar, Gujarat. A small-town girl from Rewa in Madhya Pradesh, Avani dared to dream BIG in a man's world, and succeeded through persistence, perseverance and fighting spirit. One of the three in the first batch of female pilots, along with Bhawana Kanth and Mohana Singh, who were inducted in the Indian Air Force fighter squadron on June 18, 2016, Avani has shown the world that if given equal opportunities, women can break every barrier. Sky is the limit for them!

THE SKY WARRIOR

Spread your wings and fly high
AVANI CHATURVEDI's signature statement



Here's how to shed the 'LOCKDOWN KILOS'

The coronavirus virus lockdown took a toll on our mental as well as physical well-being. The quarantine period was a tough one for people. There is a steep rise in the number of people who have gained a lot of weight during the pandemic, owing to many challenges and disruption in their regular routine. Long work from home hours contributed to a sedentary lifestyle where people were required to sit for hours without any movement. Moreover, less sleep, stress, unhealthy diet and overeating also contributed to weight gain. The quarantine period also led to change in mental state of people that contributed to emotional eating and people struggled to stick to their fitness routine.

So, a sedentary lifestyle, lack of physical activity coupled with faulty eating habits and stress are the culprits behind weight gain. To get your weight and health on track again, here are some easy-to-do tips from health and wellness experts.

These weight loss strategies will help you get back on track. Suggested by Sukhvinder Singh Saggi, Bariatric surgeon, Apollo Spectra Delhi, here are some vital tips to battle the bulge, stay fit, and lead a healthy life:



EAT IN MODERATION

Make sure you reduce consumption of high calorie fried foods and sweets. Your kitchen is the best weight loss centre; exercise portion control and eat healthy.



WALK AROUND AT HOME

If you are working from home and are required to talk on the phone then just try to walk around your house while doing so. Try to set a walking target every day and see to it that you complete it. Set smaller goals. It is the need of the hour to exercise at home. You can also try other fitness activities such as aerobics, weight training, or zumba at home to keep your weight in check.

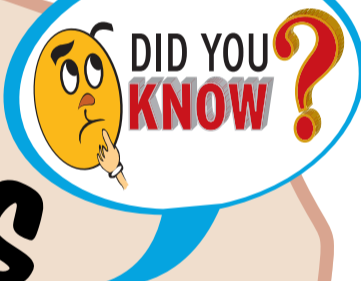


JOURNALING



This is always a good idea. You will have to write down whatever you eat, how much oil you use, or what you have in your snack time. It's understood that your eating habits must have gone for a toss, so it is essential for you to avoid emotional eating. Plan what you will have for breakfast, lunch, and dinner. If you get any midnight cravings, then try to indulge in healthy options like yoghurt, crackers, makhana, and try to drink a lot of water. Try to limit junk, spicy, oily, and processed foods. Set proper meal timings. Do not eat your dinner late and then sleep immediately. Portion control is equally important. Eat a lot of fruits and vegetables too to stay hale and hearty.

ADD SOME ADAPTOGENS TO YOUR FOOD



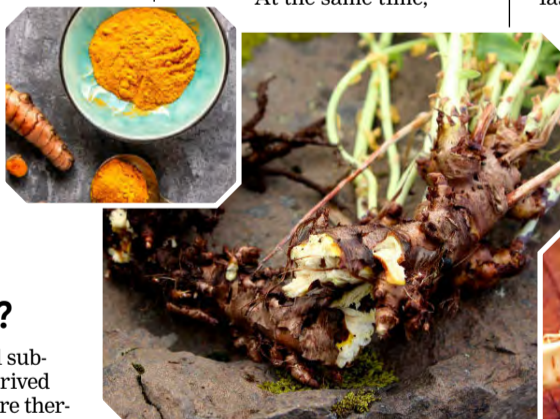
If life in the pandemic is stressing you out, there's more you can do to heal yourself than just pop pills. Across the world, adaptogens are becoming popular to help people combat the negative effect of stress. Here's all you need to know about these miracle herbs.

What are adaptogens?

These are natural substances mostly derived from plants and are therapeutic in nature. There is a wide range of adaptogens found across the world – ginseng, rhodiola roots and even age-old Indian remedies like ashwagandha, turmeric and tulsi.

How are they good for you?

Most adaptogens work as natural remedies, reducing stress and fatigue, boosting energy and attention and keeping the body youthful. At the same time,



since many of these products are not checked for purity, it is always advisable to consult your doctor before starting to consume them.

How do you use adaptogens?

There is no specific rulebook for this. A lot of these substances can be added to the stuff you drink – from tea and coffee to smoothies and lassi. For example, adding ashwagandha powder to your morning cuppa will give you the perfect boost for the day ahead. Other adaptogens like mushrooms can be eaten in the food you cook.



TIMES LIFE

STAY HEALTHY

Desi drinks for building immunity in spring

Dr Archana Batra, dietitian and physiotherapist shares a few recipes for you to stay healthy in spring – as the transition from winter to slightly warm weather may affect health and challenge our immune system. Here are some immunity-building recipes for you to try at home.

KASHMIRI KAHWA



This drink is full of spices and flavours. The aroma of spices refreshes you and soothes you. This drink builds immunity, helps in digestion, and improves skin as well.

INGREDIENTS: 2 tsp Kashmiri tea leaves, 3-4 pcs green cardamom, 3 tsp sugar, few dried rose petals, 1pc cinnamon stick, 2 tsp crushed almonds

METHOD: To prepare kahwa, first boil 2 cups of water in a pan. Then add

crushed cardamom and cinnamon to water and boil water on a medium flame for 3 minutes until the flavours get infused and the colour of water changes in water. Now add sugar into it with a few dried rose petals, again boil it for next 1-2 minutes. Add crushed tea leaves into the water and stir for 1 to 2 more minutes. Add crushed almonds to serving cups and strain Kashmiri kahwa in the cup. Serve fresh with some crunchy and healthy snacks.

DATE AND ALMOND MILK

Dates are a healthy alternative to sugar and comes with many health benefits. Almonds are a good source of Omega 3 and vitamin E. This drink is easy to make and a healthy choice for all seasons.

Ingredients: 1cup milk, cinnamon

stick, 6-7 soaked almonds, 1 date, 4 black peppercorn, pinch of turmeric.

Method: Blend all the ingredients except turmeric (remove the seed from date) and make a thick paste. Now put milk in the pan and add turmeric and boil it. When the milk is boiled, add the paste to it and keep it stirring on medium flame to avoid sticking on bottom. Put off the flame when the drink is a little thick. Now pour it into a glass and serve with garnished almonds as a healthy evening snack.



How to control your chocolate consumption

If you are a chocolate addict and can't resist eating lots of chocolate here are some tips to help

Keep tabs on how much chocolate you eat. Chocolate is high in calories, therefore, a couple of squares a day should be your daily 'dose'.

Go for 70% plus dark chocolate and try not to eat white and milk chocolates as these have little or no cocoa in them and loads of sugar.

Make your hot chocolate from scratch with unsweetened cocoa, water or non-fat milk, then add in your sugar or sweetener. That way you will be able to see how much sugar you consume.

Alternatively try low-calorie drinking chocolate.

1

2

3

4



QUIZ TIME (NOVELS)

Yashas M Sallian, class X, St Mary's Public School, T Dasarahalli, Bengaluru

Q.1) Who wrote 'Absalom, Absalom!', a famous American Civil War-based novel?
A. William Faulkner
B. Franz Kafka
C. James Joyce
D. Marcel Proust

Q.2) Which widely celebrated novel is Bram Stoker the author of?
A. Frankenstein
B. The Canterville Ghost

Q.3) Which of these novels was written by a qualified architect?
A. Time to Die
B. Odd Number
C. The God of Small Things
D. The Tower

ANSWERS

1. A) William Faulkner
2. D) Dracula
3. C) The God of Small Things



EMPOWERED WOMEN EMPOWER WOMEN

On the occasion of International Women's Day, Wonder Women, who inspire the future generation with their actions and are icons of hard work, dedication, passion, discipline, sincerity, and excellence speak out how we can make life better for women and usher in a change where life for every woman is a joy and she is determined to rise and shine...

REBOOT TO ROOTS!

Saying "Don't cry like a girl!" to a boy, unwittingly make him believe that allowing emotions to flow freely is a forbidden trait of the strong! "When parents proudly say "My daughter is like a son to me" they inadvertently endorse 'a son' as a benchmark for success! Aren't we collectively responsible for this? On one hand, we find women dominating the newspaper front page for making the country proud in various fields, while the pages inside still scream about the increasing number of crimes against women! Even our society needs to be reminded that Male and Female are two sides of the same coin called 'humankind'! They need to co-exist with mutual respect for each other's strengths and weaknesses! We have lost our connection with our roots in the name of modern education! It's time to REBOOT and get back to the cultural roots of our education system revolving around value education!

PREETI BHATT, Creative Advisor, St Kabir School

Making gender equality a lived reality!

TIME TO VALUE EVERY CHILD!

Gender discrimination starts from childhood itself with tales of knights in shining armour 'saving' damsels in distress' and hence gender equality has to be promoted right from childhood. Awareness comes before action and this should happen within the family. Parents need to be involved and simple subtle things like the jokes that are allowed at home, the movies that are revered, the family discussions have a deep impact and children pick up cues. We need to create positive, reinforcing, and warm structures around the children. There is unfair and undue pressure on boys who are fed with ideas of success and power. To encourage gender equality, the family must admire a child for being ambitious and having independent views. If children grow up feeling valued and cherished irrespective of their gender, they learn to value all humans equally.

BITASTA BHATTACHARYA, Vice-principal, Anand Niketan School

GENDER EQUALITY- WAY OF LIFE!

Do we really need to do it in today's world? I believe we have already achieved it to a great extent. The certain inequality that still exists, is because, in spite of all the opportunities available, there are women who still DO NOT BELIEVE IN THEMSELVES. Gender equality can become a reality only through Education. Our curriculum should not only lay a special emphasis on topics like the prevalent evil practices but should also make it mandatory for schools to involve students in the eradication of these practices, by making them the "Ambassadors" of the Change. Even a very simple initiative of keeping similar uniforms for both girls and boys students can instill a sense of equality. In the present era, professionally women have broken all the glass ceilings and have proved themselves equal and sometimes even better than their male counterparts. Do we still need a 'Women's Day' to celebrate our existence?

RENU SETH, Director, H B Kapadia School

END DISCRIMINATION ON ALL FRONTS

Although the Constitution of India has granted equal rights, discrimination continues. Crime against women is rising at an alarming rate. Many women have brought about a change but it accounts only for about 1% of the women. For me, gender equality begins at home. As a parent, we need to ensure equal sharing of work. If girls can cook, so can the boys. Such examples should be set at home so that we teach our sons to treat every girl with respect. At the school level, we should create an inclusive culture for all the students and staff. At the workplace too, no biased approach should be adopted. Ultimately it is about changing the 'Mind Set' of people. Campaigns like 'Beti Bachao, Beti Padhao' have spread awareness, but then media can also play a role in confronting gender stereotyping. If at every stage of life, respect and equality for the girls are instilled, then we can empower women.

KALPANA BAKSHI, Principal, Nirman High School, Vastrapur

TIME TO ABOLISH SILENT CRIES!

In a country where most females are unaware of their rights and duties, where girls are ill-treated, and where the mother-in-law also participates in the harassment of the daughter-in-law, violence is just a word. It is sad to acknowledge that most females are unaware of their basic rights, hence fail to understand when anything unreasonable is done to them. Solution is to educate children about equality and respect. It is psychologically proven that women possess a very strong sixth sense to analyze and act upon a given situation with the right approach. All women need is an equal opportunity to education, earn a living, and equal treatment. If these elements actually happen to take place, it won't take long for the violence against women to end.

SUJATA TANDON, Principal, Udgam School for Children

Dealing with violence against women

USHER CHANGE FROM HOME

A woman dons multiple roles and sways in different areas of her life seamlessly. Violence is a deprivation of her fundamental rights. We need to understand that our parents can definitely play a role in spearheading changes. Every talk and attitude that demeans a woman will spill on the fact that a woman is inferior and can be trampled upon. The attitude and character of a child are developed in the families. Hence we must ensure that our women are given their due respect right from their birth. At home, our boys can be told to set clear boundaries around any violence. As responsible citizens, we should be brave enough to speak out against all forms of violence against women, at home, at the workplace, or in public places.

ANILA JAMES, Academic Coordinator (Primary), GIS

COURAGEOUS TO VOICE VIEWS

Violence against women is a global issue and it needs to be dealt with effectively. We consider violence only in the physical form whereas violence can be ...Emotional, Cultural, Verbal or Psychological. A mentally and a physically strong woman can fight against any form of violence. It is rightly said, "An Educated mother not only makes a difference in her family but even in the society." She sets around a positive attitude for people. We live in a world where women's empowerment echoes in every sphere of life. So, a woman needs to be courageous to speak against violence and this can happen only when they are aware of their rights. They need to learn to administer healthy practices. Society needs to appreciate the women for their work, and not their looks. Glorify her courage, respect her choices and help her to overcome challenges.

PRIYA JHA, Vice-Principal, Zebur School For Children

EMPOWERMENT IS THE KEY

As a part of our rich cultural heritage, women always commanded respect and a special position in society. But the irony of today's situation is that women are oppressed and are victims of violence. There is an urgent need to sensitize the people about the ideals which formed an integral aspect of our culture. Violence against women is pervasive irrespective of the implementation of the various Constitutional provisions and legislations to ensure the upliftment of women. The Brahmatra to eliminate this malpractice from the society is women empowerment. Today's women should be equipped with education, financial independence, to be able to recognize their innate skills, etc. Remember! We have to be strong enough to guard ourselves. So rise up! Educate yourselves to acquire the best possible status so that people admire you instead of oppressing you. So ladies, do not do bad for others and don't let anybody do bad to you.

RANJANA MANDAN, Principal, LML School

Celebrating womanhood!

BEING A WOMAN IS A CELEBRATION

International Woman's day is a celebration of the gentleness, humility, sublimity, and compassion that defines a woman's behaviour. The stories of her passion, confidence, positive energy, resilience, and valour are celebrated. A woman brings life into this world, not just by having children but also by nurturing them to become good human beings. Her softness is her strength. She is tolerant, diligent,

honest, empathetic, intelligent, and composed. She is a leader and a manager. A management Guru had once remarked, "If you want to learn management, learn it from your wife." Lastly, the power of a woman is unlimited—she is a mother, daughter, sister, wife, teammate—all compiled into one. Women have left their footprints in all walks of life right from being fighter pilots, corporate leaders, and eminent academicians to being astronauts and scientists. Thus, they are the symbols of fulfillment or fruition.

SHOBHA TYAGI, Director, Maharaja Agrasen Vidyalaya

WE ARE GOD'S BEAUTIFUL CREATION

A woman is that spout that pours life into everything she touches. What's special about being a woman you ask me I'll say it's the essence of life we carry around. We can bend down and touch a drooping plant and with patience and love. We can be both delicate and strong at the same time. No matter what we look like our mental and emotional strength is what counts. I as a woman can handle multiple roles at the same time do justice to each of those

roles. The specialty of a woman is that she is a multitasker, multitalented and versatile being who when pushed to the limits never fails to amaze the people. She is a fountain brimming with magic and her beauty is not in her appearance but is reflected in her soul. Full power to being a woman. May she be blessed to rise above the rest and emerge victorious in every test life brings.

SR JENNIFER, Principal, Mount Carmel School, Gandhinagar

THE WOMAN IS A FULL CIRCLE

There's something beautiful, and empowering about being a woman! We are a life-source. We can walk the fine line of strength and softness with grace. We can accept both compliments and criticism graciously. We can stand in the storm and we know how to adjust our sails when the wind is unfavourable. Being a woman means that we possess unique, precious, and sublime

gifts of nature, that is, our femininity with its natural grace, goodness, and divinity. Femininity is the divine adornment of humanity; the capacity to love, the sensitivity, dignity, and quiet strength. If a woman chooses to be a homemaker and then goes and flies a fighter jet or spearheads the nation's Moon mission, she can do so with equal ease. It is rightly said that a woman is a full circle; within her is the power to create, nurture and transform.

MILI BHATTACHARYA, Vice-Principal, Zebur School For Children

READ AND GET INSPIRED

THE PALACE OF ILLUSIONS BY CHITRA BANERJEE DIVAKARUNI

Talk of Mahabharata and warriors who fought the great battle flood our memories. Historically we have a patriarchal civilization. But the book is beyond the battlefield as it examines the crisis/conflict from the perspective of Draupadi. The novel gives us an understanding of major events of Mahabharata from a female's perspective. It shows how women have been able to raise the family in the absence of their better halves, how they were able to make decisions, and how all these women were bold enough to become exemplary in society. Thus, it is a novel that retells the story of an extraordinary woman. This novel depicts the myth as a medium that is open to express the silent tears, dead hopes and represses emotions of women. Draupadi remains a symbol for all women for believing in self and being confident.

SMITA GHOSH, Counselor, Anand Niketan

'A ROOM OF ONE'S OWN' BY VIRGINIA WOOLF

"You can call me Mary Beton, Mary Seton, Mary Carmichael, or any other name you want to give me. It doesn't really matter"" She died young - alas, she never wrote a word....She lives in you and in me, and in many other women who are not here tonight, for they are washing up the dishes and putting the children to bed" says the narrator in the book. Though the book is a feminist text or political argument in favour of women's education and equal opportunities for women writers, it is a powerful voice for women in general, who have been looked upon merely as child-bearers. This is a book that will make women realize how important it is to assert themselves, be economically independent and utilize their intellectual potential. And a book that will make them see that it is their right to have a room of their own, both literally and figuratively!

GAYATRI MORAS, Vice Principal, GIS Ahmedabad

FUTURE BELONGS TO US

PARTICIPATION FOR EQUITABLE SOCIETY!

Right from the local to the global level, women's leadership and political participation are restricted. Women are under-represented in leading positions, despite their proven abilities as agents of change. This marginalization of women from the political sphere is a result of discriminatory practices, attitudes, and gender stereotypes. Genuine democracy demands participation by women as a pre-requisite for a balanced, peaceful, and equitable society. Equal participation by women creates a ripple effect that

yields multiple benefits, not only for individual women, but also for families, communities, and countries.

WHAT CAN BE DONE :

- Eliminate legal obstacles that hinder women's participation in politics.
- Offer structured training programs in decision-making
- Introduce temporary quota systems and inclusive, gender-sensitive leadership pathways to help bring women into politics.
- Support women's leadership in the workplace.
- Ensure basic free academic and extra-curricular education for girls along with self-defense training.

SONAL NARANG, Vice Principal, Anand Niketan

OBSERVE AND LEARN LEADERSHIP

We only need to look at Neena Gupta's character in the recent web series, Panchayat where her husband had taken up the sarpanch role from his wife. She was elected but was busy running the household. While we see so many inspirational stories of women reaching the top, what we need to hear more is what they are doing to sustain their roles. Kamala Harris's rise to the second most powerful position is inspiring, we should observe what Jacinda Ardern, the NZ PM is doing to run her country. Coming to ground level, while we need to start simulating parliaments, village panchayats, and other government bodies in schools and colleges more. By preparing women to face the roles, we will see more impact on women changing policies and getting things done rather than just getting elected.

BANDITA ROY, Vice-Principal, Calorx Public School, Mundra

HERCULEAN BENCH STRENGTH

With the rise of several young players like Washington Sundar, Mohammed Siraj and the maverick Rishabh Pant, India have been on a roll both at home and abroad

NOBODY'S PLACE IN THE TEAM IS GUARANTEED

As soon as the fourth and final Test between India and England finished and the presentation ceremony was over in Ahmedabad, batsman K L Rahul went to the pitch on which the final Test was played and started smashing a few balls. Rahul, inducted into the Test squad after the second Test and also capable of batting in the middle-order, was reduced to being almost a traveller as India's batting line-up kept dishing out one batsman after another, coming in and rescuing India in the first innings of this Test.

This was nothing new. Over the last couple of months, in Australia and in India, the Indian middle-order and lower middle-order comprising Hanuma Vihari, R Ashwin, Rishabh Pant, Washington Sundar, Shardul Thakur and Axar Patel have helped India keep up the fight and win series. A couple of those stars from the Australia series, Vihari and Thakur, who did well aren't even in the squad now.

Despite that, India's nos. 6, 8 and 9 showed grit, determination and importantly fearlessness and fought back to help India coast to a match-winning total. Off-spinner Ashwin,

who won the man of the series award, said that the competition for places within the team is tough but the general atmosphere within the camp is one of excellence.

India's youngsters haven't just showed courage but also plenty of skills. While there were doubts over Pant's skills as wicketkeeper behind the stumps on Indian pitches or whether Axar Patel will be able to step into the shoes of the injured Ravindra Jadeja, both stepped up. Patel also performed with the bat, putting up a century partnership with Sundar. Patel finished with 27 wickets in three Tests with four five-wicket hauls while Pant impressed with his wicket-keeping and batting.

"Axar came to replace Jaddu and I thought he delivered really well, deserved every bit of his success. I thought his bowling was excellent and accurate for the series," Ashwin said on Patel, before praising Pant. "What Rishabh has gone through in his career over the last year or so, it has been amazing. He has been under a lot of pressure, being compared to legends of the game," added Ashwin. It is clear and evident that these youngsters love pressure and perform under it.

Our bench-strength is as good as it has ever been and that is a great sign for Indian cricket. The idea was to have youngsters to come in and perform with fearlessness. It has helped take the situation on. When the transition happens eventually it is not difficult for Indian cricket and the standard doesn't fall below what we have set over the last few years.

These are the kinds of situations where the player makes a mark.
VIRAT KOHLI, India skipper



Photo: ANI

It is pretty hard for the person who is going through the phase. You can't take your place for granted and have to keep fighting. General atmosphere in the India camp is open for excellence. The management tries to get the best out of players. Indian cricket finds itself in a place where a lot of cricketers are coming and performing. We found ourselves in some sticky situations in all these Tests and every time somebody has managed to stand up.
R ASHWIN



Photo: ANI

SUNDAR'S DAD UPSET AT TAILENDERS

Twice in the four-Test series against England that concluded on Saturday, Washington Sundar has been left a few runs short of a century by the Indian tail.

I don't understand why people are surprised at his batting. I have been hearing. He can face the new ball. But we are ready for whatever the Indian team asks him to do.

What I am really disappointed about are the tailenders. They couldn't stay on for even a brief while. Suppose India were playing, needing 10 runs to win, wouldn't this have been a huge mistake. There are millions of youngsters watching, they shouldn't learn what the tail-enders did.

It is not about technique or skills. It was a matter of courage. England were tired, Stokes was bowling at a lethal pace.
M SUNDAR, Washington Sundar's father



Photo: PTI

WTC: SURE WE CAN GET A POSITIVE RESULT IN THE FINALS

For people like me, Pujara, Rahane, and Ishant, who did not play the 2019 World Cup, this is literally the World Cup. I also saw Ishant speaking about it. I am happy for every member for making it to the finals. I am sure we can get a positive result if we adapt quickly because we just have one match as the final. It would have been nicer if we had three, but we just have one, we have to live with that and we will try to give our best shot
R ASHWIN

Feeling great to be a part of this team. Really happy, the kind of effort we have put in 2-2.5 years for this championship, it is a tremendous achievement that we have made it to the final. Actually, I am looking forward to the final.
ISHANT SHARMA

Boys have worked really hard, it has been more than two years that all this began. We are hopeful that we will do well in the WTC final, it is an amazing feeling for all of us to qualify for the WTC final.
CHETESHWAR PUJARA



Photo: PTI

Axar Patel stepped up and delivered for India in Ravindra Jadeja's absence

23 Test wins by Virat Kohli at home.

The Indian skipper surpassed Steve Waugh (22 wins) on the list of captains with most Test wins at home.

27 wickets picked up by Axar Patel in just three games with four five-wicket hauls. Patel equalled former India cricketer Dilip Doshi's 40-year-old record of most Test wickets in the debut Test series.

30 five-wicket hauls in Test cricket for R Ashwin. He is on the sixth spot with James Anderson on the list of bowlers with most Test five-fors.

10 Test series win at home in a row by Virat Kohli which is the joint-most by any captain alongside Ricky Ponting.

409 wickets taken by Ashwin. He surpassed West Indies great Curtly Ambrose (406) on the list of highest wicket-takers in Test cricket.

12 wins registered by India in the World Test Championship. It is the most by any side and will now play New Zealand in the final at Lord's in June.

QUIZ TIME!

Q1: In which year did Liverpool FC win their most recent Premier League title?
 a) 2017 b) 2018 c) 2019 d) 2020

Q2: Who won the 2021 Australian Open Men's title?
 a) Roger Federer b) Daniil Medvedev
 c) Novak Djokovic d) Kevin Anderson

Q3: The most overall catches by any fielder in IPL is 102 by _____
 a) Suresh Raina b) Shikhar Dhawan
 c) Robin Uthappa d) Rohit Sharma

Q4: Other than Romania and which country has reached three Davis Cup Finals without winning the title?
 a) Sri Lanka b) India
 c) Bangladesh d) Pakistan

Q5: In November 2019, Jose Mourinho was appointed head coach of which football club?
 a) Manchester United b) Chelsea
 c) Arsenal d) Tottenham Hotspur

Q6: How many Olympic gold medals has Isabell Werth won?
 a) Six b) Five c) Four d) Three

Q7: In 2017, Serena Williams broke the record of which player to win most women's singles Grand Slam titles in the Open era?
 a) Margaret Court b) Martina Hingis
 c) Steffi Graf d) Monica Seles



Photo: GETTY IMAGES

Serena Williams

Q8: Who is the oldest person to participate in a Davis Cup Final, playing both in the singles and doubles in the 1920 Final against the USA?
 a) Norman Brookes b) Alfred Beamish
 c) Charles Dixon d) Arthur Gore

Q9: In 2020, who was the only player to smash a century in ICC Women's One Day Internationals?
 a) Ashleigh Gardner b) Ellyse Perry
 c) Alyssa Healy d) Meg Lanning

Q10: Who won the 2019-20 Season?
 a) Bukayo Saka b) Gabriel Martinelli
 c) Eddie Nketiah d) Aaron Ramsey

Q11: In 2019, which players made the most runs in Test cricket?
 a) Joe Root b) Rory Burns
 c) Marnus Labuschagne d) Steven Smith

Q12: Other than Charlotte Edwards, who holds the record of most centuries in ICC Women's World Cup?
 a) Mithali Raj b) Suzie Bates
 c) Janette Brittin d) Claire Taylor

ANSWERS: 1 d) 2020 2 c) Novak Djokovic
 3 a) Suresh Raina 4 b) India
 5 d) Tottenham Hotspur 6 a) Six 7 c) Steffi Graf
 8 a) Norman Brookes 9 d) Meg Lanning
 10 b) Gabriel Martinelli 11 c) Marnus Labuschagne
 12 c) Janette Brittin



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Your Weekender

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STUDENT EDITION

SATURDAY, MARCH 6, 2021



EVOLUTION OF THE DAY - A TIMELINE

1908: The inequality faced by women was making women more vocal in demanding their rights. In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

1909: This year, the first National Woman's Day (NWD) was observed across the United States on February 28. Women continued to celebrate NWD on the last Sunday of February until 1913.

1911: Following the decision agreed at Copenhagen in Denmark in 1911, International Women's Day was honoured the first time in Austria, Denmark, Germany and Switzerland on March 19. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.



1913-1914: This period was a watershed moment as International Women's Day was agreed to be marked annually on March 8 - and this day has remained the global date for International Women's Day ever since.

1975: The United Nations (UN) officially adopted International Women's Day this year. This was a breakthrough for IWD.

1996: The UN announced their first annual theme 'Celebrating the past, Planning for the Future' which was followed in 1997 with 'Women at the Peace table', in 1998 with 'Women and Human Rights', in 1999 with 'World Free of Violence Against Women', and so on each year until the current.

2001: The internationalwomensday.com platform was launched with the specific purpose of re-energising the day - a focus that continues till date.

2011: This year saw the 100 year centenary of International Women's Day - with the first IWD event held exactly 100 years ago in 1911 in Austria, Denmark, Germany and Switzerland.

CLICK HERE: PAGE 1 AND 2

International Women's Day

Choose to challenge

The International Women's Day website says: "A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge."

To observe it: Hold your hand up high and click a picture and post with the #ChooseToChallenge. The pose is to show that you're committed to this year's theme: choose to challenge and willing to call out inequality. This will further encourage people to commit to helping forge an inclusive world.

What about the UN Women theme?

The United Nations theme for IWD is "Women in leadership: Achieving an equal future in a COVID-19 world." The theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

Other hashtags are #IWD2021

The first National Women's Day was celebrated in 1909 and while Women's Days were marked in various countries for the next 100 years, an online portal was launched in 2001 to re-energise their efforts and bring them all together in one virtual place.

IT'S A HOLIDAY...

International Women's Day is a national holiday in many countries, including Russia where the sales of flowers doubles during the three or four days before and on March 8. Afghanistan, Cuba, Vietnam, Uganda, Mongolia, Georgia, Laos, Cambodia, Armenia, Belarus, Montenegro and Ukraine are also some of the places where IWD is recognised as an official holiday.

Why International Women's Day (IWD)?

It's an important day to celebrate women's achievements, raise awareness about women's equality, lobby for accelerated gender parity and fundraise for female-focused charities.

Did you know?

In 2021, women are Heads of State and Government in only 20 countries worldwide.



"I think that women need to be aware of owning their voice. As women, we sometimes become a wallflower as we are unsure if we should voice our opinions or ask for better. Women should find their voice and use it confidently because we have a lot to say and there is a lot to be said."

— Monika Pierce, Head of Inclusion and Diversity at WW

Here are some powerful voices we will be hearing from women in the future:

1 My health comes first: Love thyself to love others! Love and care for family should not prevent one from loving oneself. A woman needs to be selfish in that sense to take care of her daily needs like her sleep, diet, walking, exercise and recreation, apart from keeping herself emotionally strong, stable and happy.

2 I have the power of empathy: Women have the greatest human characteristics that will give them the advantage in most new frontiers of the Fourth Industrial Revolution, like the capacity for collaboration (instead of competition), empathy, creativity, listening, and learning. They need to use the strengths they already have and work it to their advantage.

3 I need gender inclusive work environment: We are seeing the struggles of thousands of women, especially women of colour worldwide and women in low-paying jobs, who have been forced to cut back on hours or drop out of the labour force entirely to provide care to their children, elderly relatives, or loved ones. We need to forge inclusive work cultures where women's careers thrive and achievements are celebrated.

4 I am a 'part time' homemaker: The pandemic highlighted inequities in the division of household labour. With whole families at home, all trying to work or attend school remotely, the women of the house had to take responsibility for not just their careers, but also their children's education, not to mention the long list of household tasks. Men need to share household chores as a rule.

5 I can run a business too: There are women mentors, coaches and role models who can guide, inspire, influence and educate women on how to make it in business. With more options for finding funding, this will attract more and more women entering the business realm as entrepreneurs.

What colours symbolise IWD?

Purple, green and white are the colours of International Women's Day. Purple signifies justice and dignity. Green symbolises hope. White represents purity, albeit a controversial concept. The colours originated from the Women's Social and Political Union in the UK in 1908.

Enter gendered language

Common gender terms that are now part of our everyday vocabulary

Manbun, manscara, mankini, manbag, etc: Basically 'male version of a prototypically female item'. Just prefix man in front of anything that women use primarily and you're done.

Mansplaining: The explanation of something by a man, typically to a woman, in a manner regarded as condescending or patronising. It has also boosted the production of other terms naming related forms of entitled male behaviour, such as 'manologue' or 'mantrum'.

SheEO or GirlBoss: A term of empowerment used to describe the female boss especially to highlight the role of women in leadership which are way fewer in numbers than men. There is also shepreneur for entrepreneur to highlight women-led businesses.

Feminazi: Writer Zoe Williams noted in 'The Guardian' last year that feminazi is 'the go-to term for trolls out to silence women'. It's basically any woman who voices her opinions on equality strongly.

Shero or Sheroes: Women heroes that does away with the use of the made gender 'he'.

Femvertising: Defined by SheKnows Media as "advertising that employs pro-female talent, messages and imagery to empower women and girls." Not only does it (ideally) deliver a positive social impact, but it turns out messages of female empowerment are good for the bottom line.



JOIN IN THE CELEBRATIONS

How can you observe IWD 2021

#1 Get your group of friends together in the official #ChooseToChallenge campaign. This one's a fun and easy one. Gather your group and click a pic raising one hand or even in a virtual chatroom. Simply post on social media with #choosetochallenge or you can submit the picture with a pledge on IWD site.

#2 You can show your support for women-owned small businesses. Shop something from a woman-led business or social enterprise. If you can't shop, then just give a shoutout on social media to help them expand their reach.

#3 Host an online watch party for movies with strong women leads. It needn't be too heavy, even Wonder Woman or for that matter Legally Blonde are great picks.

#4 Organise an online women achiever quiz with the theme of "Women who made history", "Rebel Girls", etc. There are lot of tutorials online on how to host it.

#5 Raise funds for a women's charity. There are many charities in your country and around the world that could do with some funds to support women in all areas, especially education.

Did You Know? The idea to make Women's Day 'international' came from a German woman called Clara Zetkin at an International Conference of Working Women in Copenhagen, Denmark.

NELSON MANDELA, former South African president

"Freedom cannot be achieved unless the women have been emancipated from all forms of oppression."

ELEANOR ROOSEVELT, American political figure

"A woman is like a tea bag; you never know how strong it is until it's in hot water."

ROSA PARKS, activist

"I have learned over the years that when one's mind is made up, this diminishes fears; knowing what must be done does away with fear."

EMMA WATSON, actor

"We need to live in a culture that values and respects and looks up to and idolises women as much as men."

ALBERT EINSTEIN, scientist

"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before."

BRIGHAM YOUNG, American religious leader

"You educate a man; you educate a man. You educate a woman; you educate a generation."

GD ANDERSON, Australian feminist, writer

"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength."

ADRIENNE RICH, intellectual

"The most important thing one woman can do for another is expand her sense of actual possibilities."

PRIYANKA CHOPRA, actor

"Women should be financially independent. It doesn't matter who your father is, it doesn't matter who your husband is going to be, doesn't matter who your brother is, doesn't matter who the man in your life is."

OPRAH, media mogul

"Think like a queen. A queen is not afraid to fail. Failure is another stepping-stone to greatness."

BEYONCÉ, singer

"We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead."

THE FUTURE IS FEMALE

Some inspiring quotes on women, not just by women

MAYA ANGELOU, poet

"I am grateful to be a woman. I must have done something great in another life."

SERENA WILLIAMS, tennis legend

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

MALALA YOUSAFZAI, activist

"We realise the importance of our voice when we are silenced."

7 TIPS TO MASTER A FOREIGN LANGUAGE

Hi folks! We are **HOPPER & CROCKY**. Learning a second language stimulates brain and brightens future prospects. Tips to speed up your learning process

1. Make realistic, specific goals

Learning a new language is a goal, and we all know that goals should be specific. The goal "Learn To Speak French"—or whichever language it is that you're trying to learn—is too broad. You need to narrow it down and make it more specific. Here are some examples of specific goals:

- To learn to say the 100-most common phrases for travellers.
- To be able to understand simple



2. Watch a movie

For those who want to take advantage of one of the best ways to learn a language from the comfort of their own homes, put on a foreign movie in another language — without subtitles if you can! Not only is this one of the best ways to learn a foreign language, but you will also get a sense of the country's culture as well! If you don't know the language enough to turn the subtitles off, keep a list of new vocabulary words you hear and what you think they mean. Look them up later. It would be great fun!

3. Learn words in an authentic context

Instead of simply learning words in isolation, learn words in their authentic context. That is, learn phrases you're likely to

- To be able to exchange basic greetings and pleasantries.
- To learn 50 food items and be able to order them in a restaurant.
- To be able to understand very basic phrases in the language when people speak slowly and clearly.



MANY BENEFITS

CAREERS AND SCOPE: Learning a new language has many advantages. One can look at working in diplomatic services or as teachers, translators, interpreters and even tourist guides. "Most institutes offer language courses from basic to advanced levels. Overall results are better if one pursues long-term courses than vacation batch courses" shares Geetanjali Gopalan,

OVERSEAS ADVANTAGE:

"When visiting countries like Denmark, Norway, Austria and Czech Republic, considerable knowledge of Spanish, Danish, Norwegian, German and Czech languages helps you explore the place. In Hong Kong and Singapore, knowledge of Chinese along with English is useful" adds Xavier Augustin, president and CEO of Y-Axis Overseas.

trustee, Study Centre of Foreign Languages.

use for that word. For example, instead of just learning the word for "summer" in your target language, learn phrases such as the following:

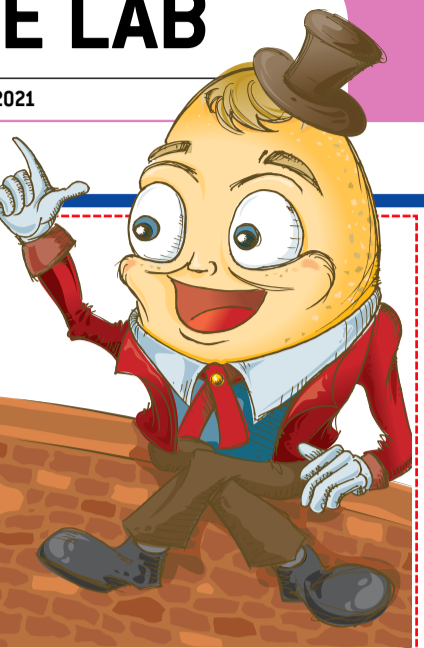
- I'm going to the beach this summer.
- Last summer I travelled to Spain.
- They put on plays in the park during the summer months.

4. Listen

In a TED Talk, Chris Lonsdale a psychologist explained his approach to learning a new language. Lonsdale explains that one of the first steps to learning a new language is to listen a lot. He calls this brain soaking. Lonsdale argues that it doesn't matter if at first you don't understand what you're listening to. You're listening to recognise patterns, words that repeat, and things that stand out. In addition, you're listening to the rhythm of the language. You can start by looking for podcasts in your target language, as well as scouring YouTube for interesting videos.

5. Keep practising in your head

We all have monologues running in our head, and typically they run in our



native tongue. You can continue to practice and construct sentences and fake conversations in your head in a new language. In fact, this sort of visualisation leads to much easier conversations when you actually have them.

6. Be patient with yourself

Nothing is more frustrating than feeling like you're stuck in a rut and not making any progress. It is imperative to keep in mind that learning a language is like stepping into an entirely new world, and it's going to take some time. Trust your experiences and the knowledge you've gained so far, and let them propel you further in your foreign language journey.

7. Finally, find a way to make it fun

As with any other learning process, if you're going to stick to it, you have to find a way to make it fun. Find people you enjoy talking to. Go to events where you can practice while doing something fun. Don't just sit in a classroom in front of a book, or you're likely to burn out. Talk about topics which you care about. Find out about the person you're talking to. Share personal, life experiences, or else you're going to be in for a long, unenjoyable process that will likely end up in you forgetting everything you learned. Remember, we all have the ability to speak multiple languages and speak them well. All it takes is the right approach.

A lot on my plate

This refers to an over-abundance of food on a dinner plate, and it is used when someone has many responsibilities or scheduled activities.

EXAMPLE: I would love to visit the zoo with you, but I have too much on my plate this weekend.

Walk on eggshells

'On eggshells' or 'walking on eggshells' is an attempt to not upset someone in a foul mood.

EXAMPLE: I was walking on eggshells trying to explain the remark to her without offending her further.

The icing on the cake

When a good situation is made even better because of something extra.

EXAMPLE: I got my dream job working as a travel writer, and the icing on the cake is that I get free holiday stay at resorts too!

To be cheesed off

If you are 'cheesed off' then you are very unhappy, frustrated or angry about something.

EXAMPLE: I'm really cheesed off today, my brother took my car and crashed it into a lamp post!

Egg someone on

Urge someone to do something

EXAMPLE: The gang tried to egg us on but we didn't want to fight.

Slower than molasses

Molasses is a syrupy liquid that pours slowly.

EXAMPLE: Phyllis is an excellent typ-

FOOD IDIOMS

Don't get cheesed off over petty matters and be full of beans...



ist, but she is slower than molasses when filing reports.

Full of beans

Have a lot of (silly) energy.

EXAMPLE: The kids were full of beans after the circus.

Spill the beans

To reveal a secret.

EXAMPLE: On Monday, I'm going to spill the beans about my travel plans.

Bring home the bacon

Earn a living

EXAMPLE: His brother chooses not to work, so Robert has to bring home the bacon.

Souped up

Made more powerful or stylish.

EXAMPLE: The car was souped up with shiny rims and a loud stereo.

Cry over spilt milk

To express regret about something that has already happened or cannot be changed.

EXAMPLE: Stop complaining about your lost pen — there's no use crying over spilt milk.

Cheap as chips

Very inexpensive.

EXAMPLE: My new shoes are as cheap as chips.

Cup of tea

It means something is not to your interests or tastes.

EXAMPLE: Rap music is not my cup of tea; I prefer rock.

CONFUSING WORDS

Merriam-Webster has compiled a list of the most looked-up words in its online dictionary, and determined what people consider the most confusing words in English language. Here are the 5 most looked-up words and their definitions:

PRETENTIOUS

Someone is pretentious if they express unwarranted or exaggerated importance, worth, or stature.

do them a favour; thinking to themselves, "what do they really want?"

CONUNDRUM

A conundrum is an intricate and difficult problem. According to Merriam-Webster, it's often used to describe seemingly unanswerable questions involving ethics, sociology, and economics, but it can also refer generally to any puzzle or mystery.

UBIQUITOUS

Ubiquitous is used to describe something that is widespread and constantly encountered, like television or fast food.

AMBIGUOUS

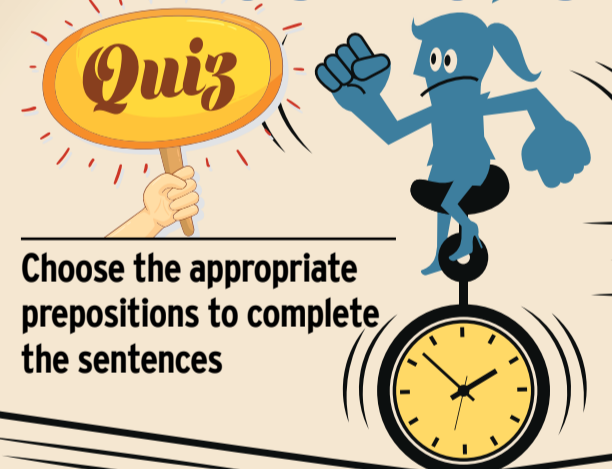
Something that is ambiguous can be understood in two or more possible ways. For example, the sentence "the peasants are revolting" is ambiguous, because it could mean the peasants are rebelling in the streets, or that they are physically disgusting. We need more information to clear up the ambiguity.

Source: Business Insider

CYNICAL

Someone is cynical if they are distrustful of people's motives, or believe that human conduct is motivated primarily by self-interest. A cynical person might question why you offer to

PREPOSITIONS



Choose the appropriate prepositions to complete the sentences

1. Tokyo is the most crowded city ___ the world.
on, at, in, over
2. Mike is sitting ___ the desk ___ front of the door.
at / in, in / on
on / on, at / at
3. We'll go ___ Caribbeans ___ June.
to / in, at / on,
to / by, on / to
4. A dictionary has information ___ words.
to, about, in, at
5. See you ___ Monday morning.
under, at, in, on
6. There's paper ___ the floor. Please put it ___ the wastebasket.
at / into, on / at
on / in, over / at
7. Listen! I think there is someone ___ the front door.
on, at, in, with
8. I'll call you ___ seven o'clock.
in, on, at, of
9. We are giving him a surprise party ___ his birthday.
in, at, with, on
10. You'll find the poem ___ page 16.
at, on, in, over

ANSWERS

1. in,
2. on / in)
3. to / in),
4. about
5. on,
6. on / in
7. at,
8. at
9. on,
10. on

How to write physical descriptions

You don't always have to be specific

In F Scott Fitzgerald's 'The Great Gatsby', the reader never really learns the colour of Daisy's hair or eyes, but does it matter? We can still picture her in our minds: "Her face was sad and lovely with bright things in it, bright eyes and a bright passionate mouth."

Make the descriptions match the tone

In a funny or sardonic piece, for example, your descriptions can be the same: "He was a funny-looking child who became a funny-looking youth — tall and weak, and shaped like a bottle of Coca-Cola." — 'Slaughterhouse Five' by Kurt Vonnegut. Writing humour isn't enough; it must also come with a

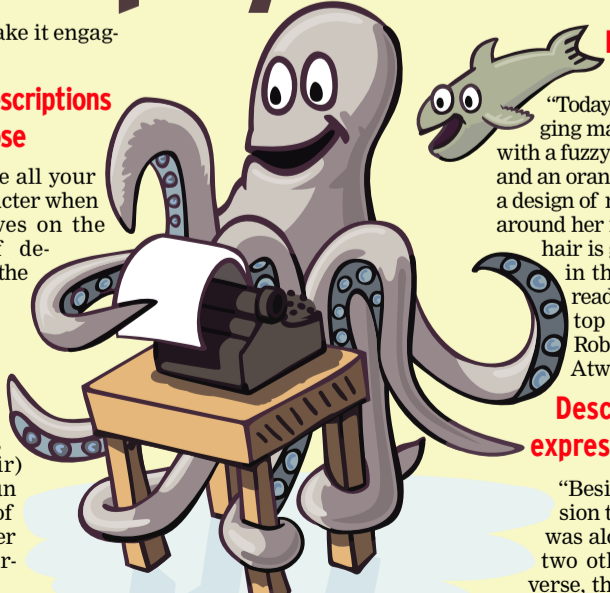
deeper meaning to make it engaging to the audience.

Scatter physical descriptions throughout the prose

You don't have to give all your description of a character when he or she first arrives on the scene. Scatter brief descriptions throughout the scenes.

Describe actions that reveal physical characteristics

"As we'd been talking, she'd pulled (her hair) into a high, loose bun with shorter pieces of hair falling around her face." — 'Prep' by Curtis Sittenfeld



Describe clothing and accessories

"Today Charis is wearing a sagging mauve cotton jersey dress, with a fuzzy grey cardigan over top and an orange-and-aqua scarf with a design of meadow flowers draped around her neck. Her long straight hair is grey-blonde and parted in the middle; she has her reading glasses stuck up on top of her head." — 'The Robber Bride' by Margaret Atwood

Describe facial expressions

"Besides the neutral expression that she wore when she was alone, Mrs Freeman had two others, forward and reverse, that she used for all her

human dealings. Her forward expression was steady and driving like the advance of a heavy truck. Her eyes never swerved to left or right but turned as the story turned as if they followed a yellow line down the center of it." — 'Good Country People' by Flannery O'Connor

Remember that a little description can go a long way

You don't have to describe a character from head to toe and constantly review what he or she looks like. Just an introductory description and a few well-placed clues throughout the prose will be enough to help readers form and keep a picture in their minds: "She was a fat girl. She was fat all over and she huffed when she breathed." — 'Kindling' by Raymond Carver.

Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on toinie175@gmail.com



"Of course I am not worried about intimidating men. The type of man who will be intimidated by me is exactly the type of man I have no interest in."

Chimamanda Ngozi Adichie, author

Power of storytelling

Fried Green Tomatoes: 1991

Housewife Evelyn Couch (Kathy Bates), who isn't happy, meets Ninny Threadgoode (Jessica Tandy), a colourful old woman who brightens Evelyn's outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law Igdie (Mary Stuart Masterson), Evelyn gains the confidence to change her own life for the better.

night. While she grieves, a duplicitous recruiter for the Women's Army Corps convinces her to enlist. Judy thinks her enlistment is like a vacation but Captain Lewis (Eileen Brennan) quickly dashes her hopes of an easy time.



Very sporting

A League of their Own: 1992

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other and scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

You go, GIRL!



Go for some light-hearted fun this Women's Day week. Here are 10 movies to choose from...

Ambition is good

Working Girl: 1988

Savvy New York City receptionist Tess McGill (Melanie Griffith) gives her conniving boss, Katharine Parker (Sigourney Weaver), an excellent business tip, but Katharine simply steals the idea without giving due credit to her secretary. After Katharine winds up in the hospital with an injured leg, Tess decides to exact revenge. Pretending to be her boss, Tess initiates a major deal with an investment broker (Harrison Ford) - but things turn ugly after Katharine finds out what Tess has been up to.

Unrequited love

My Best Friend's Wedding: 1997

Childhood friends Julianne Potter (Julia Roberts) and Michael O'Neal (Dermot Mulroney) had a deal to marry each other if they were still single when they are 28. Now, four days before her 28th birthday, O'Neal announces that he's marrying a gorgeous 20-year-old named Kimberly (Cameron Diaz). Suddenly realising that she's actually in love with him, Julianne vows to stop the wedding at all costs!

Mother, daughter bond

Terms of Endearment: 1983

Okay, this one's a tear-jerker. But watch it anyway. Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. The marriage grows sour and Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

One for self confidence

Legally Blonde: 2001

Elle Woods (Reese Witherspoon) has it all. She wants nothing more than to be Mrs. Warner Huntington III. But there is one thing stopping her (Matthew Davis) from proposing: She is too 'blond'. Elle rallies all of her resources and gets into Harvard, determined to win him back.

Simply heartwarming

My Big Fat Greek Wedding: 2002

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents. After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek!

Childhood friendships

Now and Then: 1995

Three strong women - Roberta Martin (Rosie O'Donnell), Samantha Albertson (Demi Moore) and Tina Terrell (Melanie Griffith) - return home to reunite with their childhood friend Chrissy DeWitt Williams (Rita Wilson) and see her through the end of her first pregnancy. The four lifelong friends share their memories of the unforgettable summer of 1970, the summer their innocent younger selves grew up.

That funny girl

Private Benjamin: 1980

A Jewish-American princess, Judy Benjamin (Goldie Hawn), is devastated when her husband (Albert Brooks) drops dead on their wedding



Strength to stand alone

Frances Ha: 2012

A story that follows a New York woman, who doesn't really have an apartment. She apprentices for a dance company although she's not really a dancer, and throws herself headlong into her dreams.

5 amazing women you've got to know about through their works or the books they wrote

CHIEN-SHIUNG WU



Book: 'Queen of Physics: How Wu Chien-Shiung Helped Unlock the Secrets of the Atom' by Teresa Robeson and Rebecca Huang

On February 11, 2021 the sixth International Day of Women and Girls in Science, the US Postal Service issued a new Forever stamp to honor Chien-Shiung Wu, one of the most influential nuclear physicists of the 20th century. Often referred to as the 'First Lady of Physics', Wu performed experiments that tested the fundamental laws of physics. She was awarded the inaugural Wolf Prize in

Physics in 1978, the National Medal of Science (1975) and many more honors and awards. In this book based on her life, one learns about how the famous physicist overcame prejudice to prove that she could be anything she wanted.

GAIL HONEYMAN

Book: 'Eleanor Oliphant is Completely Fine'

The Scottish author rose to fame after her debut novel 'Eleanor Oliphant is Completely Fine' won the 2017 Costa First Novel Award. It followed the story of Eleanor Oliphant, a 29-



year-old social misfit with a traumatic past who gets infatuated with a singer that she believes she's destined to be with. According to www.goodreads.com, it was shortlisted for the Lucy Cavendish Fiction Prize as a work in progress. She has also been awarded the Scottish Book Trust's Next Chapter Award 2014, was longlisted for BBC Radio 4's 'Opening Lines', and was shortlisted for the Bridport Prize.

VAL MCDERMID

Book: 'The Mermaids Singing' One of the biggest names in crime writing, Val McDermid's

novels have been translated into 40 languages. She sold over 16 million copies worldwide. McDermid has created many notable characters, such as journalist, Lindsay Gordon; the private investigator, DCI Karen Pirie, Kate Brannigan, and psychologist, Tony Hill. 'The Mermaids Singing' won the Crime Writers' Association Gold Dagger for Best Crime Novel of the Year. According to her website, she is from Kirkcaldy, Fife, and read English at St Hilda's College, Oxford (where she is now an Honorary Fellow).



MARTINE DE BERTEREAU

It is a tragedy that there are virtually no books (except mentions in papers) about the woman history knows as the first recorded female mineralogist as well as mining engineer. Also known as Baroness de Beausoleil (c. 1600 - after 1642), Bertereau the Baroness wrote two reports on her work with her husband. According to Wikipedia, the first one, titled 'Véritable déclaration de la découverte des mines et minières' was



published in 1632 and listed 150 French mines the couple had discovered. Her second report was a plea, in the form of a poetry, to be paid for her work.

GENEVIEVE YOUNG

Book: 'Constellation of Synchronicities' Recently deceased Genevieve Young was a publishing editor with a long and diverse legacy. Entering the publishing business in the early 1950s, when there were few female editors and even fewer Asians, Young worked with authors ranging from Herman Wouk to Betty Rollin and played a key role in the writing of Erich Segal's 'Love Story,' the novelisation of the Oscar-winning



movie of the same name that is currently marking its 50th anniversary. She also edited the groundbreaking photographer and filmmaker Gordon Parks, married him in the 1970s and later helped oversee his estate. In her book, Young shared 40 short stories that connect the pivotal moments of her life to create a beautiful constellation of synchronicities that led her to realise her greatest dreams.

5 BEST ALBUMS BY WOMEN

Here are the top 5 albums as listed by 'The Rolling Stones' magazine in an article headlined: '50 women who rocked the world'.

'Blue' by Joni Mitchell

This fourth studio album by Canadian singer-songwriter Joni Mitchell, released on June 22, 1971. Today, 'Blue' is regarded by music critics as one of the greatest albums of all time. Mitchell's songwriting, compositions and voice, all work together like a dream. In January 2000, 'The New York Times' chose 'Blue' as one of the 25 albums that represented "turning points and pinnacles in 20th-century popular music".

'Rumours' by Fleetwood Mac

'Rumours' is the eleventh studio album by British-American rock band Fleetwood Mac, released on 4 February 1977. It was an instant commercial success, selling over 10 million copies worldwide within just a month of its release. It garnered widespread acclaim from critics, with praise centred on its production quality and harmonies. It won Album of the Year at the 1978 Grammy Awards, and has sold over 40 million copies worldwide, making it one of the best-selling albums of all time.

'Dusty in Memphis' by Dusty Springfield

'Dusty in Memphis' is the fifth studio album by English singer Dusty Springfield, released in 1969. It sold poorly on its first release, but the album has since been acclaimed as her best work and one of the greatest records of all time. Music critic Robert Christgau called it "the all-time rock-era torch record". In 2001, it was inducted into the Grammy Hall of Fame.

'Horses' by Patti Smith

This debut studio album by American musician Patti Smith released on November 10, 1975. 'Horses' was released to widespread acclaim from music critics. The record experienced modest commercial success, managing a top 50 placing on the American Billboard 200 albums chart. It has since been widely recognized as a seminal recording in the history of punk rock, as well as one of the greatest and most influential albums in all of popular music. The album has been credited as a key influence on numerous artists, including rock acts such as R.E.M., the Smiths, PJ Harvey, and Hole.

'I Never Loved a Man the Way I Love You' by Aretha Franklin

This is a 1967 single released by American soul singer Aretha Franklin. As the first big hit of her career, 'I Never Loved a Man the Way I Love You' became a defining song for Franklin, peaking at number one on the rhythm and blues charts and number nine on the pop charts.

POWERFUL FEMALE PROTAGONISTS

BEATRICE PRIOR, THE DIVERGENT TRILOGY BY VERONICA ROTH

The story of a 16-year-old girl who lives in a society that is divided in five factions. When Prior displays the personality traits of more than one faction, she is seen as 'divergent' that the government fears, and so tries to eradicate her. Through this series Prior teaches readers the importance of remaining rational in the face of all consuming fear.



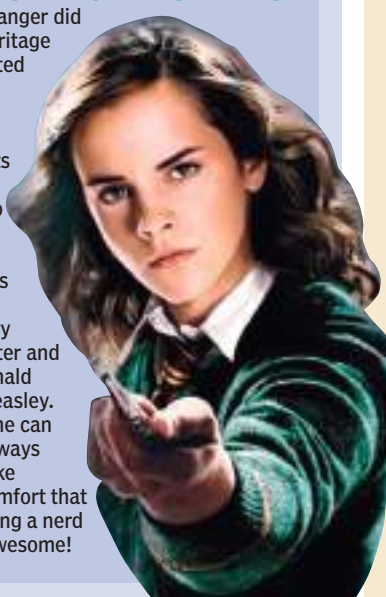
CELAENA SARDOTHEN FROM THE THRONE OF GLASS SERIES BY SARAH J MAAS

One of the best descriptions of Celaena Sardothien comes from another protagonist who says in the book "...one does not deal with Celaena Sardothien. One survives her." 18-year-old Sardothien is a teen assassin in a corrupt kingdom ruled by a tyrannical ruler, King of Adarian. Skilled in sword fighting, dagger throwing and wall climbing, Sardothien is offered an opportunity to participate in a competition to become the King's Champion. Throughout the series, Sardothien teaches her readers to fight evil.



HERMIONE GRANGER BY HARRY POTTER SERIES BY J K ROWLING

A superbright witch, Granger did not let her 'muggle' heritage hold her back. A gifted student, she excelled at wizardry at Hogwarts where she also became best friends with Harry Potter and Ronald Weasley. One can always take comfort that being a nerd is awesome!



WRESTLING DECODED

After hockey, the most successful sports for India at the Olympics has been wrestling. So far, Indian wrestlers have bagged a total of five medals. It will continue to be one of India's strong suits in their pursuit for medals come Tokyo Olympics. Read on in order to come to grips with this sport



Japan is the benchmark when it comes to women's freestyle wrestling, and leading the country's efforts on home territory will be 62kg Olympic champion Risako Kawai (blue)

ABOUT THE SPORT

Wrestling was one of the original nine sports included in the first modern Olympics programme in 1896. The women's competition

was added in 2004. Greco-Roman was the first style included in the Games, with freestyle added in 1904.

TECHNIQUE AND STYLE

A typical freestyle wrestling bout, much like Greco-Roman, is divided into two periods of three minutes each – with a 30-second break in between. Wrestlers in the Greco-Roman discipline may only engage their arms and upper bodies, while freestyle competitors are permitted to use their arms and legs, attacking their opponent above and below the waist. **There are two main ways to win an Olympic wrestling match:** Pinning an opponent's shoulders to the mat, which immediately ends the match,

or securing points through moves like holds. Different actions secure different point levels, ranging from one to five. Players can also gain points if his opponent causes infractions, like executing illegal holds, trying to flee a hold rather than defend it, being too negative or passive and so on. These often result in cautions. Accumulating three cautions during a bout automatically results in the guilty wrestler getting disqualified.

THE WEIGHT CLASSES

Wrestling at the Tokyo 2020 Olympics will retain the 18 weight category format seen at Rio 2016, but with fewer competitors overall.

The new Olympic weight classes are as follows:

Men's Freestyle:

57 kg | 65 kg | 74 kg | 86 kg | 97 kg | 125 kg

Women's Freestyle:

50 kg | 53 kg | 57 kg | 62 kg | 68 kg | 76 kg

Greco-Roman (Men's):

60 kg | 67 kg | 77 kg | 87 kg | 97 kg | 130 kg

WHAT IF THE POINTS ARE EQUAL AT THE END OF A BOUT?

In case of a tie, the wrestler who has scored the maximum number of points from a single move is declared the winner. If wrestlers are level in that aspect as well, the least number of cautions and final point scored are taken in order as the tie-breaking factors. In the event of a freestyle wrestler building up a 10-point advantage over

his opponent at any stage of the match, the bout is declared over and the leader is declared the winner by technical superiority. Unlike Greco Roman wrestling where wrestlers need to stay in contact with the opponent through the course of a throw, freestyle wrestlers are allowed to let go and re-establish contact afterwards to complete a move.

SCORING MOVES

Take down: Two points if from a neutral position the wrestler brings the opponent on to the mat and gains control over the hips.

Escape: One point if the wrestler manages to escape from the opponent and goes from a bottom to a neutral position.

Reversal: Two points for gaining control over an opponent from bottom position without going to neutral first. This can occur while standing or while lying on the mat.

ing on the mat.

Near fall: Holding the opponent in a near pinning position for two seconds earns two points. Holding on for 5 seconds earns three points.

Amplitude throw: A throw when an opponent is lifted totally off the ground and then dropped to the ground, exposes the opponents back to the mat. This earns 4 points, while a grand amplitude throw fetches 5 points.

PENALTY DEDUCTIONS

Several situations in a match can lead to penalties and consequently, deduction of points.

Illegal holds include choking, twisting of fingers, arms, toes or feet; striking the opponent with an elbow or knee; butting with the head; pulling hair; pinching, biting. Certain holds on the head, arms or legs that

are considered extremely dangerous to the vertebrae and joints are barred.

Technical violations like grabbing the opponent's headgear or clothing, and going off the mat.

Unnecessary roughness that can be hazardous to the well-being of the opponent.

Any misconduct that may be deemed flagrant will cost team points, while the competitor faces automatic ejection.

Unsportsmanlike conduct either during or after the match.

Stalling can lead to one point to opponent, and disqualification on the fifth stalling violation.

PASSIVITY

Wrestlers who do not put an all-out effort in a match and instead wait for the opponent to move are considered "passive". This may be because the wrestler is being cautious, is trying to avoid risk, is trying to protect a lead, or is tired. One or both wrestlers can be considered passive. The referee may issue a verbal warning, and on second infraction, the

passive wrestler gets 30 seconds to score. If he does not, the opponent gets a point.

In Greco-Roman wrestling, after the first warning, the active wrestler can choose to continue the match from a standing or ground position. If the match ends without any scores earned, the more active wrestler will be considered the winner.

CHALLENGES

Coaches are allowed to challenge decisions made by the referees if they feel the opposing wrestler was incorrectly awarded points, or the referee failed to award points to the coach's wrestler. Challenges have to be within five seconds of the score. They can only be one challenge per wrestler per match. Scores are adjusted based on validity of the challenge.

CLOTHING AND EQUIPMENT

Singlet: Competitors wear a one-piece singlet, which must adhere to the body, generally covering it from mid-thigh. Light knee pads are permitted.

Shoes: Shoes must close firmly around the ankle. They cannot have heels, nailed soles, buckles or any metallic parts. Shoelaces must be taped down.

FORBIDDEN

Applying greasy or sticky substance to the body.

Wearing bandages on the wrists, arms or ankles, except in case of an injury or by a doctor's prescription.

Wearing rings, bracelets, earrings, hair slides or prosthesis.

Arriving on the mat perspiring.

RANKING

Classification points are credited at the end of each match. These points are different from scores earned during a match. The classification points are granted de-

pending on the techniques by which a match was won. Both winners and losers get classification points. These are used to determine the rank of a wrestler.

TERMS

Neutral position: The starting position in which competitors stand, facing each other.

Referee's position: The starting position in which the wrestler are in crouching position, one at the top and the other at the bottom.

Stance: The body position and posture while on the mat. This can be either parallel or staggered.

Penetration step: The first offensive movement made by a competitor. It gives the wrestler a chance to score points.

Level change: When the wrestler raises or lowers the hips before an attack or to counter the moves of the opponent.

Breakdown: When the wrestler on top in the referee's position tries to get the opponent

off balance and down to the mat.

Finish: Pinning the opponent, leading to a fall such that the back the opponent's shoulders are on the mat for at least two seconds.

Tombe: French for "fallen". The referees call out this word to announce a pin or a fall.

Zone: Refers to the passivity zone. The word is called out aloud if the competitors enter the passivity zone.

Chef de Tapis: The mat chairman, who is one of three officials in a match. The mat chairman breaks a tie vote between the referee and judge.

Par terre: French for "on the ground". When passivity is called, the passive wrestler usually assumes the face down position below the active wrestler.



In Greco-Roman wrestling, all eyes will be on Mijain Lopez (blue), who has his sights locked on an astonishing fourth-consecutive 130kg gold medal, which would make him Cuba's most successful Olympian ever

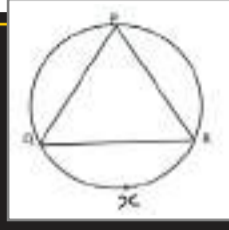


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TODAY'S EDITION

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PAGE 2



► Learn more about laughing yoga, a popular breathing exercise, which aims to bring out your inner child
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► Why IPL is the best cricket league in the world
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STUDENT EDITION

FRIDAY, MARCH 5, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

FACTOID

40

Indians entered the billionaires' club in the pandemic-stricken 2020 to take the number of those in the coveted list to 177 people, according to a latest report.

1 Mukesh Ambani continues to be the wealthiest Indian, with a net worth of \$83 billion. The head of the Reliance Industries witnessed a 24 per cent jump in fortunes, and climbed up one spot to be the eighth-richest globally, as per the Hurun Global Rich List

2 Gautam Adani from Gujarat, who has had a spectacular rise in fortunes in the last few years, saw his wealth almost doubling to \$32 billion in 2020 and climbed 20 places to be the 48th richest person globally and the second wealthiest Indian

3 Globally, the list is led by Elon Musk of Tesla, with a fortune of \$197 billion, followed by Amazon's Jeff Bezos at \$189 billion, and Frenchman Bernard Arnault of fashion house LVMH at \$114 billion

The report comes at a time, when concerns are being raised about a 'K-shaped' recovery being underway in India, where a select few prosper

NOW, CLIMATE CHANGE TAKES A TOLL ON INDIA'S FINANCIAL INSTITUTIONS. HERE'S HOW...



\$84 Billion

The amount of debt Indian banks are at the risk of facing, courtesy extreme climate, claims a leading non-profit environmental disclosure platform CDP. According to it, an increase in extreme weather events, such as floods, droughts and cyclones, risk souring debt of the country's biggest financial institutions. The State Bank of India, the country's largest lender, HDFC Bank, IndusInd Bank Ltd and Axis Bank Ltd are among the institutions that reported climate risks to CDP in 2020.

BANKS AT RISK

1 The State Bank of India, which is facing concerns from shareholders and investors over its proposal to help fund the controversial Carmichael coal mine in northern Australia, valued its total climate risk at ₹3.83 trillion

2 The second-highest risk was flagged by HDFC Bank, which estimated that it had assets worth ₹1.79 trillion in danger, a 24% increase from 2019. It said, its calculations took into account compensation, which it would have to pay to employees, in case of flooding and its exposure to farming, cement, coal, oil and power

3 Smaller private banks IndusInd, Axis and Yes reported lowered climate change risk compared to last year at ₹466 billion, ₹75 billion and ₹20 billion, respectively, citing more diversified portfolios



The banks flagged exposure to environmentally-sensitive businesses, including cement, coal, oil and power. They also listed the effects of cyclones and floods on loan repayments in farming and

related sectors. The lenders accounted for 87% of the total risk, valued at about \$97 billion, across 67 top Indian companies, which responded to CDP. The potential harm to agriculture echoes concerns raised by the Reserve Bank of India about the impact of climate change on farming, a sector that employs more than half of its citizens

India was second in the Asia Pacific and sixth globally among CDP's ranking of countries, whose companies committed to science-based targets for net-zero carbon emissions, the report showed. More than 50 Indian companies said, they are preparing for future policy and regulatory changes by voluntarily-committing to cutting their carbon footprint



Quote unquote

For an 'Aatmanirbhar Bharat' (self-reliant India), there is a need to focus on integration of global with local, for which we should work on a mission mode to break language barrier. There are lots of talent in villages and small towns. Restricting knowledge, research, is a great injustice to the country's potential. Be it space, atomic energy, DRDO, agriculture, etc, doors of many such sectors are being opened for the talented youth. Now, it is the responsibility of all the academics, experts of every language on how the best content of the country and the world should be prepared in Indian languages. This is completely possible in this era of technology. Moreover, to build a self-reliant India, there is a need to boost confidence among the youth of the country. Confidence comes only when the youth have complete faith in their education and their knowledge

Narendra Modi, PM, addressing a session on education, research and skill development for an Aatmanirbhar Bharat



9-year-old becomes Asia's youngest girl to climb Mount Kilimanjaro, Africa's highest peak

A nine-year-old girl from Andhra Pradesh has become the youngest girl in Asia to conquer Mount Kilimanjaro, the highest peak in Africa. Kadapala Rithvika Sri from Anantapur achieved the feat recently.



Rithvika conquered Mount Kilimanjaro, along with her father Kadapala Sankar, who is also her coach

The girl climbed to Gilman's point at 5,685 metres above sea level

Rithvika held the Indian Tri Colour with pride at the peak of Africa's highest mountain

She was trained at the Rock Climbing School in Bhongir, Telangana, and received level two training in Ladakh

In 2018, Samnanyu Pothuraju became the youngest mountaineer in the world to scale the Uhuru peak of Mount Kilimanjaro at the age of seven. Samnanyu's mother Lavanya, coach Thammineni Bharath, a fellow mountaineer, Shangabandi Srujana, and a local Tanzania doctor had accompanied him

JHENE AIKO TO HOST GRAMMY AWARD PREMIERE CEREMONY

Jhene Aiko is all set to host the Grammy Awards premiere ceremony this month. The Recording Academy has announced that the Grammy-nominated singer will anchor the pre-show, where most trophies are awarded. It will be streamed live on the Grammy's website, ahead of the 63rd annual ceremony on March 14. The Grammys will be held in Los Angeles at the Staples Center.

MUSIC

The pre-show will feature performances by rapper Burna Boy, singer Rufus Wainwright, jazz band Terri Lyne Carrington + Social Science, pianist Igor Levit, singer Poppy and Latin electropop musician Lido Pimienta

Aiko's third studio album 'Chilombo' has been nominated for the album of the year and best progressive R&B album. She's also up for best R&B performance for her song 'Lightning & Thunder', featuring John Legend



Animals fake death for long periods to escape predators: Study

A recent study by researchers from the University of Bristol has found that many animals fake death to try to escape their predators, with some remaining motionless, if in danger, for extended lengths of time. The study involved evaluating the benefits of death-feigning in terms of a predator visiting small population of conspicuous prey. The researchers used computer simulations, which utilise the marginal value theorem, a classical model in optimisation.

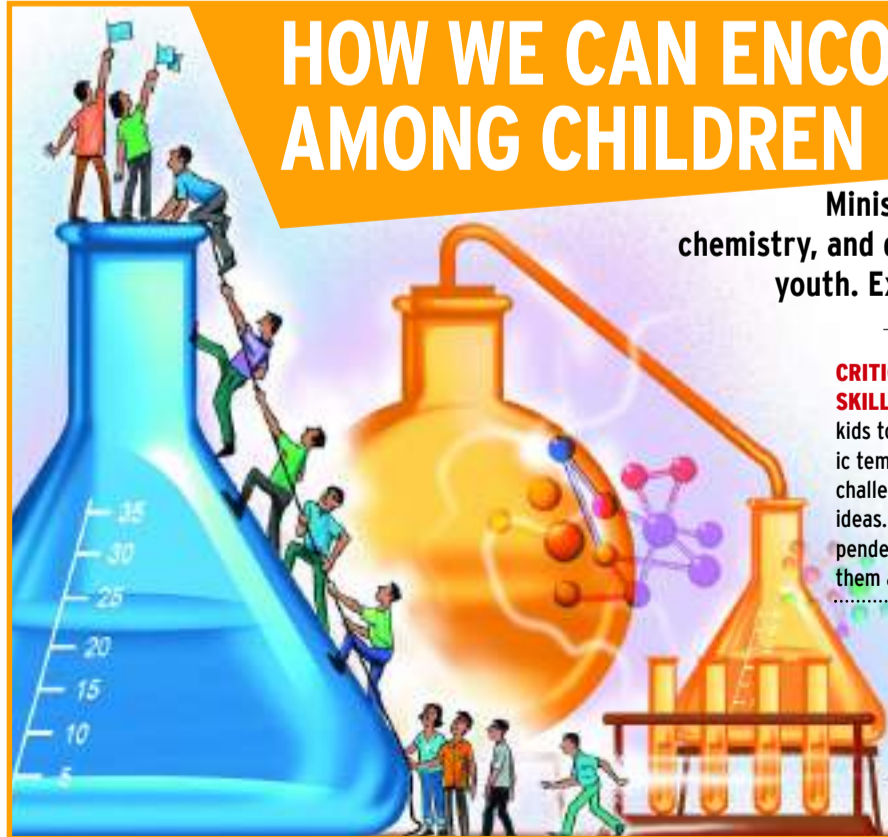
Charles Darwin had recorded a beetle that remained stationary for 23 minutes, however, the University of Bristol has documented an antlion larvae pre-tending to be dead for an astonishing 61 minutes. Besides, researchers estimate that the number of hours, in which an animal remains motionless is not only long but also unpredictable. This means that a predator will be unable to predict, when a potential prey will move again, attract attention, and become a meal. Explaining the reason, the researchers said, it's a



two-way process. While the hungry predators cannot wait indefinitely, the prey may also lose opportunities to get on with their lives, if they remain motionless for too long. Thus, death-feigning is a part of a hide and seek game, in which the prey might gain the most by feigning death, if alternative victims are readily available

HOW WE CAN ENCOURAGE SCIENTIFIC TEMPER AMONG CHILDREN

In his recent Mann ki Baat, Prime Minister Narendra Modi urged the youth to take science beyond physics and chemistry, and gave the 'Lab to Land' mantra to inculcate scientific temper among the youth. Experts tell us how it can be inculcated among the kids at a young age...



CRITICAL THINKING SKILLS: Encourage your kids to develop a scientific temper by letting them challenge established ideas. Allow them independent thinking and let them ask questions

ENCOURAGE REASONING: Today everything is available on the internet. But encourage your child to use logic and reasoning to solve their questions, instead of turning to the internet for quick answers

TAKE THEM OUT OF TEXTBOOKS: Textbooks may explain everything but practical concepts help in understanding things easily. Ask your kids questions that are not available in textbooks. Encourage them to do experiments

FUN ELEMENT VIA GAMES: The child's scientific thinking can be boosted with the help of mind games like chess. It helps in developing strategic thinking and logical sequencing

LET THEM SEEK ANSWERS ON THEIR OWN: The kids should be encouraged to question everything. They should be given the opportunity to find answers on their own, instead of being provided with readymade answers. Guiding them with reliable sources in their quest is also crucial

The term scientific temper, which means logical and rational thinking, was coined by Jawahar Lal Nehru, the first PM of India



TEST YOUR METTLE IN FIELDS OF SCIENCE



CLASS: X - 2020-21

SUBJECT:
SCIENCE
THEORY (CBSE)

Maximum Marks: 50

SECTION-A

Q1. Consider the following chemical reaction:

$X\text{SO}_4 + \text{Barium chloride} \rightarrow \text{Barium sulphate} + \text{Sodium chloride}$
Identify 'X' and write the name of the type of reaction. (1)

Q2. While diluting an acid, why is it recommended that the acid should be added to water and not water to the acid? (1)

Q3. A hydrocarbon has four carbon atoms. Give its molecular formula if it is an alkane. (1)

a) C_4H_{10} b) C_4H_8 c) C_4H_6 d) C_4H_2

Q4. An object, 4.0 cm in size, is placed at a 50.0 cm in front of a concave mirror of focal length 25.0 cm. Where will be the image formed and what is the size of the image? (1)

Q5. What will be the refractive index of medium B relative to medium A when light ray enters from medium A to medium B as shown in the figure? (1)



Q6. Name the optical phenomena involved in formation of rainbow. (1)

Q7. Why do commercial motors use soft iron core on which coil is wound? (1)

Q8. Why does a compass needle get deflected when brought near a bar magnet? (1)

Q9. A cylindrical conductor of length l and uniform area of a cross section A has resistance R. What will be in area of cross section of another conductor length 3l and resistance R of the same material? (1)

Q10. Why did Mendel choose pea plant for his experiments? (1)

Q11. Mention any two reasons for adopting the use of contraceptive methods. (1)

Q12. People who die from AIDS are not killed by the virus itself. Explain. (1)

Q13. State any one function of lymph in the human body. (1)

For question numbers 14, 15 and 16, two statements are given-one labeled Assertion (A) and the other labeled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

a) Both A and R are true, and R is correct explanation of the assertion.

b) Both A and R are true, but R is not the correct explanation of the assertion.

c) A is true, but R is false.

d) A is false, but R is true.

Q14. Assertion(A): ZnO is an amphoteric oxide.

Reason(R): Metal oxides which react with both acids as well as bases to produce salts and water are known as amphoteric oxides. (1)

Q15. Assertion (A): Herbivores are called first order consumers in a food chain.

Reason (R): The length and complexity of food chains vary greatly. (1)

Q16. Assertion (A): DNA copying is necessary during reproduction.

Reason (R): DNA copying leads to inheritance of characteristics from parent to offspring. (1)

Q. No 17-20 contain five sub-parts each. You are expected to answer any four sub-parts in these questions.

Q17. Read the following and answer any four questions from 17(i) to 17(v). (1x4=4)

Every living being plays an impor-

Paper Set By Science Department, Delhi Public School, Whitefield, Bengaluru



tant role in the food chain and the Earth's ecosystems. Extinction of species, whether predator or prey, can leave behind significant impacts on the food chain. During the transfer of energy through successive trophic levels, there is a loss of energy all along the path. No transfer of energy is 100%. The study of the transfer of energy in different food chains in a large number of ecosystems have revealed a uniform pattern. There is a progressive decline in the amount of energy available as we go from producer to higher trophic levels.

17(i) An example of a producer in an aquatic food web would be

a) tree b) insect c) duckweed d) fish

17(ii) The decomposers in an ecosystem

a) convert inorganic material, to simpler forms

b) convert organic material to inorganic forms

c) convert inorganic materials into organic compounds

d) do not breakdown organic compounds

17(iii) The diagram shows the flow of energy through an ecosystem.

The smallest amount of energy transferred between organisms and the largest amount of energy lost to the ecosystem is represented by which arrows?

a) 4, 3 b) 2, 1 c) 2, 3 d) 1, 4

17(iv) Accumulation of non-biodegradable pesticides in the food chain in increasing amount at each higher trophic level is known as

a) eutrophication b) pollution

c) biomagnification d) algal bloom

17(v) An ecosystem includes

a) all living organisms

b) all non-living objects

c) both living organisms and non-living objects

d) sometimes living organisms and sometimes non-living objects

Q18. Read the following and answer any four questions from 18(i) to 18(v). (1x4=4)

The metal reactivity series is a commonly taught concept in chemistry, placing the metals, as its name suggests, in order of reactivity from most reactive to least reactive. It's also a useful tool in predicting the products of simple displacement reactions involving two different metals, as well as providing an insight into why different metals are extracted from their ores in different manners. This

graphic places a selection of common metals into order of reactivity, as well as showing their reactions with air, water and steam.

The reactivity series offers a ranking of the metals in order of their reactivity. Group 1 metals, the most reactive metals in the periodic table, head up the rankings. They're closely followed by the marginally less reactive group two metals. The metals designated as the transition metals in the periodic table are much less reactive, and metals such as gold and platinum prop up the bottom of the series, exhibiting little in the way of chemical reaction with any everyday reagents.

18(i) An atom of an element has the electronic configuration 2,8,3. To which group does it belong?

a) 4th group b) 6th group

c) 13th group d) 2nd group

18(ii) Which one of the following statements is not correct about the trends in the properties of the elements of a period on going from left to right?

a) The oxides become more acidic

b) The elements become less metallic

c) There is an increase in the number of valence electrons

d) The atoms lose their electrons more easily

18(iii) Which of the following non-metals is lustrous?

a) Sulphur b) Oxygen

c) Nitrogen d) Iodine

18(iv) The atomic number of an element 'X' is 12. Which inert gas is nearest to X?

a) He b) Ar c) Ne d) Kr

18(v) Reaction between X and Y forms compound Z. X loses electron and Y gains electron. Which of the following properties is not shown by Z?

a) Has high melting point

b) Has low melting point

c) Conducts electricity in molten state

d) Occurs as solid

Q19. Read the following and answer any four questions from 19(i) to 19(v). (1x4=4)

Analyse the following observation table showing variation of image-distance (v) with object-distance (u) in case of a convex lens and answer the questions that follow without doing any calculations:

S.no.	Object-Distance U(cm)	Image-Distance V(cm)
1.	-60	+12
2.	-30	+15
3.	-20	+20
4.	-15	+30
5.	-12	+60
6.	-9	+90

19(i) The focal length of the convex lens is:

a) +10 cm b) +20cm c) -10 cm d) -20cm

19(ii) For what object-distance (u) is the corresponding image-distance (v) not correct:

a) -60cm b) -30cm c) -15 cm d) -9cm

19(iii) A student writes a few statements after studying the object distances and image distances of spherical mirrors and lenses.

(I) A concave mirror give real, inverted and same size image if the object is placed at C i.e. centre of curvature

(II) A convex mirror forms a virtual and magnified image of the object for all positions of the object

(III) A convex lens forms a real and highly enlarged image if object is placed at focus

(IV) A concave lens forms a real and diminished image if object is placed in between infinity and optical centre O of the lens

Choose the correct statement(s) from the following:

a) I and III b) II and IV

c) II and III d) I, III and IV

19(iv) Focal length of plane mirror is:

a) At infinity b) Zero

c) Negative d) None of these

19(v) The magnification of the convex lens when object is placed at 15 cm in the front of the convex lens:

a) +2 b) -2 c) +1 d) -1

Q20. Read the following and answer any four questions from 20(i) to 20(v). (1x4=4)

The space surrounding a magnet, in which magnetic force is exerted, is called a magnetic field. The direction of magnetic field lines at a place can be determined by using a compass needle. A compass needle placed near a magnet gets deflected due to the magnetic force exerted by the magnet.

The north end of the needle of the compass indicates the direction of the magnetic field at the point where it is placed. When the magnet shown in the diagram below is moving towards the coil, the galvanometer gives a reading to the right.

20(i) The direction of induced current is given by:

a) Right hand thumb rule

b) Fleming's right hand rule

c) Fleming's left hand rule

d) Maxwell's rule

20(ii) What is the condition of electromagnetic induction?

a) There must be a relative motion between the coil of the wire and galvanometer

b) There must be a relative motion between the galvanometer and a magnet

c) There must be a relative motion between the galvanometer and generator

d) There must be a relative motion between the coil of the wire and a magnet

20(iii) A student writes a few statements after studying the principles of electromagnetism and working of electric motor:

(I) Fleming's left hand rule is used to make electromagnet

(II) Fleming's left hand rule is used in electric motor

(III) Fleming's right hand rule is used

in electric motor

(IV) Right hand thumb's rule used in electric motor

Choose the correct statement(s) from the following:

a) Only I b) Only II

c) I and III d) II, III and IV

20(iv) When the magnet is moved away from the coil, it is observed that:

a) The galvanometer needle deflects to the left

b) The galvanometer needle deflects to the right

c) The galvanometer needle first deflects to the left and then to the right

d) The galvanometer needle first deflects to the right and then to the left

20(v) The induced current is highest when:

a) Direction of magnetic field is parallel to the direction of motion of the coil

b) Direction of magnetic field is opposite to the direction of motion of the coil

c) Direction of magnetic field is perpendicular to the direction of motion of the coil

d) Direction of magnetic field is straight line to the direction of motion of the coil

SECTION-B

Q21. What is scattering of light? How does it take place in the earth's atmosphere? (2)

Q22. A circuit has a line of 5A. How many lamps of rating 40W/220V can simultaneously glow on this line safely? (2)

Q23. (a) How many covalent bonds are there in a molecule of ethane (C_2H_6)? (2)

(b) Write the electron dot structure of ethane molecule (C_2H_6). (2)

Q24. Explain why magnesium metal after reacting with water starts floating on its surface. Write the chemical equation for the reaction. (2)

Q25. Observe the given experimental set-ups. (2)

Q26. How is tubectomy different from vasectomy? (2)

Q27. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q28. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q29. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q30. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q31. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q32. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q33. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q34. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q35. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q36. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q37. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q38. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q39. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q40. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q41. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q42. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q43. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q44. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q45. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q46. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q47. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

Are they correct? Give reason for your answer. (3)

Q48. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Q49. A couple with a new born baby suspects a mix-up at the hospital. They check the blood group of the baby and find it is type O. Since the father has blood group A and mother has blood group B, they conclude that a mix-up has definitely happened.

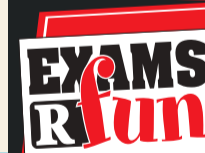
Are they correct? Give reason for your answer. (3)

Q50. a) What is the role of seminal vesicles in human male reproductive system? (2)

b) List the events that occur when ovulation is not followed by fertilisation in humans. (3)

Find the angle to get optimal score

PAPER SET BY AMITA PATWARDHAN, DON BOSCO ENGLISH SCHOOL BADLAPUR, MUMBAI

MOCK PAPER
SUBJECT:
MATHS-2 (GEOMETRY)
CLASS X
TOTAL MARKS: 40

Q1) A) M.C.Q [4m]

1) $\Delta\text{CPA} \sim \Delta\text{CQB}$
 $\text{AP}=7, \text{BQ}=8, \text{BC}=12, \text{AC}=\text{---}$

a) 12.5 b) 10.5 c) 10.7 d) 10.2

2) In a right angled triangle hypotenuse is $8\sqrt{2}$, find the side opposite to 45°

a) $8\sqrt{2}$ b) 8 c) 8.2 d) $8\sqrt{3}$

3) Radius of circle 4.5cm, then diameter _____

a) 9.2cm b) 9.5cm

c) 9.0cm d) 9.8cm

4) Line AB is called

a) Radius. b) Diameter

c) Tangent d) Chord

B) Solve the following (Any Four). [4m]

1) Draw a circle of radius 2.5cm take a point P on it. Construct tangent through point P.

2) Find distance PQ, P(-5,7) Q(-1, 3)

3) $\tan\theta = 3/4$, find value of $\$

Laughter yoga: What it is and how it works

Laughter boosts the immune system by reducing stress hormones and increasing infection-fighting antibodies, thus improving your resistance to disease. Learn more here...



Practising yoga regularly has countless health benefits. While there are many forms of yoga and types of asanas, there is also a branch of yoga called laughter yoga or laughing yoga. You might have even seen elderly people practising this form of yoga in groups. But what exactly is laughter yoga? Is it just about laughing when you do your yoga practice or something more? Let's discover.

WHAT IS LAUGHING YOGA?

Laughing yoga is a popular movement and breathing exercise, which aims to bring out your inner child, cultivate joy and help you get rid of daily stressors. Laughter is contagious and thus it's no surprise that laughing yoga started from a small group in Mumbai and now is famous all over India. The advocates of the practice claim that it relieves stress and reduces your risk of chronic diseases.

WHY SHOULD YOU PRACTICE LAUGHING YOGA



Laughing yoga involves a series of movements and breathing exercises that promote deliberate laughter. The laughing therapy has been used for decades, laughing yoga was discovered by Dr Madan Kataria from Mumbai in the year 1995. Dr Kataria claims that laughing yoga helps to lift your mood, strengthens your immune system, reduces stress, increases energy levels and improves your quality of life. Laughter yoga also allows the greater intake of oxygen, which activates the parasympathetic nervous system (your body's natural relaxation system).

HOW TO DO IT?

- Laughing yoga is practised in a group setting led by a trained laughing yoga instructor, who coaches people through various exercises to promote laughter and enjoyment.

- Most of the laughing yoga sessions begin with simple breathing technique, clapping and chanting that can help people relax. For example, you may begin the class by clapping rhythmically 1-2, 1-2-3 whole chanting "ho-ho, ha-ha-ha".

- The session may also include exercises like positive affirmations, gentle stretching, yoga breathwork and meditation. All



this helps you laugh, let loose and forget the worries of the real world temporarily.



HOW DOES IT HELP?

- Laughing can provide you with immediate benefits like improved mood. It releases endorphins and other happy hormones like dopamine and serotonin.

- This yoga also suppresses stress hormones like cortisol, which is linked to better mood, reduced pain, stronger immune system and a lower rate of depression.

Stephen King talks about crime, creativity and new novel



Stephen King doesn't think of himself as a horror writer. "My view has always been you can call me whatever you want as long as the checks don't bounce," King told The Associated Press during a recent telephone interview. "My idea is to tell a good story, and if it crosses some lines and it doesn't fit one particular genre, that's good."

Readers may know him best for 'Carrie,' 'The Shining' and other bestsellers commonly identified as 'horror,' but King has long had an affinity for other kinds of narra-



tives, from science fiction and prison drama to the Boston Red Sox.

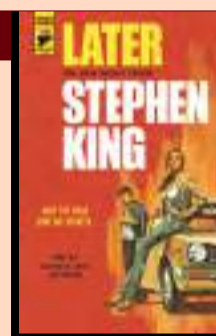
Over the past decade, he has written three novels for the imprint Hard Case Crime: 'Joyland,' 'The Colorado Kid' and 'Later,' which comes out this week. He loves sharing a publisher with such giants of the past as James M Cain and Mickey Spillane, and loves the old-fashioned pulp illustrations used on the covers. At the same time, he enjoys writing a crime story that is more than a crime story – or hardly a crime story at all.

'Joyland' is a thriller set around an amusement park and could just as easily be called a coming-of-age story.

'The Colorado Kid' has a dead body on an island off the coast of King's native Maine, but otherwise serves as a story about why some cases are best left unsolved. "It's the beauty of the mystery that allows us to live sane as we pilot our fragile bodies through this demolition derby world," he writes in the book's afterword.

ABOUT HIS NEW BOOK

His new novel 'Later' has a lot of crime in it but, as King's narrator suggests, it might actually be a horror story. Jamie Conklin is looking back on his childhood, when he was raised by a single mother – a New York literary agent. Like other young King protagonists, Jamie has special powers: He not only can see dead people, but when he asks them questions, they are compelled to tell the truth. 'Later' also features a best-selling novelist and his posthumous book, and a police detective who for a time is the girlfriend of Jamie's mother. The 73-year-old King has written dozens of novels and stories, and usually has three to four ideas that "are half-baked, kind of like an engine and no transmission." He doesn't write ideas down because, he says, if something is good enough he's unlikely to forget it.



SKIN HEALTH

Foods that help fade black spots from skin

Skin is a clear reflection of your health, so if your skin looks dry, patchy or has black spots, it's time to pay heed to your diet and health. Here are few foods that can naturally fix your black spots and give you good skin. You just need to consume and apply these easily available foods.



ALOE VERA

This wonder plant's naturally extracted gel is rich in vitamins A, B, C and E – all great for skin health. What's more? Aloe vera contains as good as 90% of the natural amino acids found in the body. The extracts of aloe vera are very rich in skin nourishing properties. Its daily application helps in fading of dark spots and reduces pigmentation; apply aloe vera gel before sleeping to nourish and heal your skin.



LEMON AND HONEY

Drinking a glass of lemon water with a teaspoon of honey naturally flushes out toxins from the body and the presence of antioxidants and vitamin C helps in naturally boosting the collagen synthesis of skin. Daily consumption and application of this blend gives the skin a natural glow and helps in removing dark spots. You can also apply this combo on skin to remove acne marks.

POTATO JUICE

Applying raw potato juice on dark spots regularly can help in fading out of dark spots and sun tan. This is due to the presence of vitamin c, potassium and other brightening agents in raw potato. **Recipe:** Use potato juice on the affected area for 2-3 months to see the difference.

LICORICE ROOT

Drinking a cup of licorice root tea or application of a licorice face mask can help in fading of dark spots. Licorice has a potent and active compound called glabridin, which has lightening properties.



PAPAYA

Enriched with the goodness of enzymes and minerals, daily application and consumption of papaya on the affected areas help in reducing dark spots. **Recipe:** Apply a paste of papaya and honey on your skin for 20 minutes. It will keep your skin flawless.



HEALTHY RECIPE

BANANA STRAWBERRY FRUIT WHIP

The best part about preparing a fruit whip is that you can play around and try different fruits like pineapple with strawberries or you can even partner avocados and raspberries or blueberries with banana. This one is refreshing, super healthy and yummy. Try it out.

INGREDIENTS

- > 450 gm condensed milk
- > 2 bananas
- > Ice cubes as required
- > 2 1/2 cup sliced strawberry



- > 10 tablespoon lemon juice
- > 5 sprigs of mint leaves

HOW TO MAKE

Step 1: Blend together all the ingredients until smooth. Add all the ingredients to the food

processor. Blend for 3-4 minutes or until it is properly frothy. **Step 2:** Garnish with mint and ice and serve. Pour the whip into tall glasses and garnish with mint leaves. Add ice cubes and serve chilled.



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Who won the Filmfare Best Actress Award for 2019? What was the name of the film?

- A. Vidya Balan, 'Tumhari Sallu'
- B. Alia Bhatt, 'Raazi'
- C. Deepika Padukone, 'Padmaavat'
- D. Tabu, 'Andhadhun'

Q.2) When will the results of the 2019 Lok Sabha polls be declared?

- A. Venkaiah Naidu
- B. Arun Jaitley
- C. Narendra Modi
- D. Nitin Gadkari

Q.3) Who conferred the National Youth Parliament Festival 2019 awards in New Delhi?

- A. June 1
- B. May 23
- C. May 18
- D. June 15

Q.4) When was National Science Day celebrated?

- A. Feb 20
- B. Feb 28
- C. Feb 6
- D. Feb 1

Q.5) Which Japanese emperor just abdicated his throne to his son?

- A. Akihito
- B. Shinzo Abe
- C. Keigo Higashino
- D. Naruhito

ANSWERS

- 1. B) Alia Bhatt, 'Raazi' 2. B) May 23 3. C) Narendra Modi 4. B) Feb 28 5. A) Akihito

KNOWLEDGE BANK

ARCHITECTURE



Jog falls

These are the second highest plunge waterfalls in India, located near Sagara, Shimoga district of Karnataka. The falls, situated on the Sharavati river, are ranked 13th in the world by the waterfall database. They are also known as Gersoppa Falls or Jogada Gundi. The falls are a huge tourist attraction.

WHY IPL IS FAR SUPERIOR THAN PSL

South African pacer Dale Steyn had claimed that there's so much emphasis on money that somewhere down the line, cricket gets forgotten in the Indian Premier League (IPL). Facing flak for his remarks, Steyn, currently plying his trade with the Quetta Gladiators in the sixth edition of the Pakistan Super League (PSL), issued a swift apology. Here's why IPL will remain domestic cricket's biggest extravaganza for years to come

MASSIVE VIEWERSHIP

■ Talking about comparing IPL with PSL, it is a no brainer that the Indian Premier League, which shattered records with an overall viewership of 405 million in 2020, has bragging rights over the elite Pakistani T20 tournament. While the 2019 World Cup final between New Zealand and England had a viewership of 15.4 million, the 2020 final between Mumbai Indians and Delhi Capitals garnered a television audience of 31.57 million.

MORE MONEY!

■ There is a reason why the BCCI doesn't let Indian players feature in other global leagues. The IPL has always been domestic cricket's biggest extravaganza since its inception. Even Indian all-rounder and youngster Shivam Dube had a bigger signing fee (₹4.4 crores) at the IPL 2021 auction than the prize money of the PSL 2020 final. Last year's champions Karachi Kings reportedly minted 5,00,000 USD (around ₹3.72 crore) for clinching the PSL title in 2020. Whereas Rohit Sharma-led Mumbai Indians pocketed ₹20 crore for retaining their crown in IPL 2020. Even runners-up Delhi Capitals earned ₹11 crore more than last year's PSL finalist Lahore Qalandars.

STAR-STUDED AFFAIR SINCE INCEPTION

■ The likes of Rashid Khan, Hasan Ali, David Miller, Chris Gayle, Chris Lynn and Tom Banton featured in the platinum list of the PSL draft 2021. While Gayle is already in the twilight phase of his career, Banton and Lynn only managed to warm the bench in the IPL 2020. In the IPL 2021 auction, all-rounder Chris Morris was roped in by Rajasthan Royals for a whopping ₹16.25 crores. However, Virat Kohli retained the top-earner tag with a staggering salary of ₹17 crore. From Ben Stokes, Steve Smith, David Warner to Pat Cummins, Glenn Maxwell, Kane Williamson and Eoin Morgan, every year IPL attracts some of the biggest names in white-ball

cricket as all 8 franchises often end up breaking the bank in order to acquire the services of world-class cricketers.

GROOMING YOUNGSTERS

■ IPL has been turning exciting young talents into household names since 2008. Over the years, the Indian cash-rich league has served itself as a launchpad for youngsters. From Jasprit Bumrah, Hardik Pandya to Shubman Gill and Prithvi Shaw, several exciting young talents have had the honour to rub their shoulders with the best in the business. Players not only raise their stocks in the domestic circuit by playing the IPL, they also strengthen their bid to receive national call-ups through career-defining performances.

RESEARCH TOO SHOWS IPL IS THE BEST

■ In a study done last year by CricViz, who work in cricket analytics, it was found that the cricket played in the IPL is of a higher standard than any other franchise based T20 league in the world. In fact the study found that the quality of cricket played in the IPL is higher than that of even the average match of international T20 cricket. The methodology used is that they study players who have played in various tournaments across the world and then assess how their performances have varied from league to league. So, if a batsman does very well in the Big Bash, but then struggles in the IPL, then by inference, the cricket played in the IPL is of superior quality than in the BBL and so on. Similarly if a player who does well consistently in the Bangladesh Premier League, but has struggled in the CPL, the Caribbean Premier League is of a higher standard. They keep adding more and more players to their study and the pattern that emerges becomes more and more consistent. The model used has data of 4500 players featured in.

There is a difference now (between IPL and PSL). In the last five-six years, there has been a big difference. They have put in a lot of money. IPL is the biggest cricket tournament in the world. Most players in the IPL have their personal coaches, like Praveen Amre. They have hired such kind of former cricketers who have gone on to become good coaches. You look at their batsmen, they play with such high confidence. The system is completely different.

WASIM AKRAM, former Pakistan pacer



RCB captain Virat Kohli

Photo: TOI

6,6,6,6,6,6

Pollard became the second batsman to hit all balls of an over for sixes in a T20 international after India's Yuvraj Singh

THAT'S HOW I HAVE PLAYED MY CRICKET ALL ALONG

After the third one (on when he thought about hitting six sixes in the over). "I felt after hitting a couple of sixes, I understood how the pitch plays, it was important to be positive and play your shots on that pitch, back yourselves to clear the boundary, just happy that I managed to contribute to the team's cause at that point of time." Pollard said after the game.

A couple of things went through my mind before the sixth ball, before the last ball, I thought should I go for the six or take the 30 runs in the over, he went around the wicket and bowled it onto my pads, I told myself 'Wait Polly, take a chance'. That's how I have played my cricket all along, especially against the spinners. Today was my day, unfortunate for him, but this was a good win for our team.

Kieron Pollard's rampage came against Akila Dananjaya in the first T20I between West Indies and Sri Lanka, who had taken a hat-trick in only his previous over. Pollard is also only the third player overall to hit six sixes in an over in international cricket. South Africa's Herschelle Gibbs was the first ever batsman to do so in international cricket when he went after Netherlands' Daan Van Bunge in a group-stage match of the 2007 ODI World Cup. Dananjaya, who was sent to all corners of the park by Pollard in the sixth over, had become the third Sri Lankan to take a hat-trick in T20I cricket only in his previous over. West Indies have taken a 1-0 lead in the three-match series.



Photo: AP

Barca come from 2 goals down to reach Spanish Cup final

Photo: REUTERS

Barcelona will face either Athletic Bilbao or Levante, who are 1-1 in their semi-final, in the final on April 17 in Seville



Barcelona needed extra-time to reach the Copa del Rey final with a 3-2 aggregate win over Sevilla. Having trailed 2-0 from the first leg, Danish international Martin Braithwaite hit the crucial goal in the fifth minute of extra-time with a diving header off a Jordi Alba cross. Gerard Pique had equalised in the fourth minute of stoppage time with virtually the last play of the game to save Barca. That was after Ousmane Dembele had given the 30-time Spanish Cup winners a 12th-minute lead in the second leg with a right-foot drive from outside the area. "The team deserved to qualify," said Barca coach Ronald Koeman. AFP

Barcelona's Martin Braithwaite celebrates scoring their third goal

QUIZ TIME!

Q1: In 2019, Liverpool lifted their sixth European Cup by beating which club in the Champions League final in Madrid?

- a) Manchester United b) Chelsea
c) Arsenal d) Tottenham Hotspur

Q2: In 2020, who led Serbia to the inaugural ATP Cup title with a victory in the deciding doubles encounter against Spain?

- a) Novak Djokovic b) Viktor Troicki
c) Janko Tipsarevic d) Nenad Zimonjic

Q3: Who holds the record of most sixes in the history of ICC Women's T20 World Cup?

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

Q4: Which country won the 2014 Davis Cup?

- a) Spain b) Switzerland
c) Canada d) France

Q5: In which year did Tottenham Hotspur win the League Cup for the fourth time and became the first team to win the trophy at the new Wembley Stadium?

- a) 2008 b) 2007 c) 2009 d) 2010

Q6: Novak Djokovic won his first Grand Slam title at the 2008 Australian Open. Which player did he defeat in the final?

- a) Roger Federer b) Andy Murray
c) Stan Wawrinka d) Jo-Wilfried Tsonga



Novak Djokovic

Photo: GETTY IMAGES

Q7: Which of the following countries holds the record for winning the most consecutive Davis Cup titles?

- a) Spain b) Belgium c) France
d) The United States

Q8: During which Olympics did Mark Spitz win his seventh gold medal?

- a) 1964 Tokyo Oly b) 1968 Mexico Oly
c) 1972 Munich Oly d) 1976 Montréal Oly

Q9: In 2019, who took the most wickets in ICC Women's T20 Internationals?

- a) Sornnarin Tippoch b) Claire Taylor
c) Nattaya Boochatham d) Suleeporn Laomi

Q10: Who is Arsenal's top goal scorer of all time with 228 career goals for the club?

- a) Thierry Henry b) David O'Leary
c) Hugh McDonald d) Tom Parker

Q11: In 2020, who took the most wickets in Test Cricket?

- a) Yasir Shah b) Tim Southee
c) Jasprit Bumrah d) Stuart Broad

ANSWERS: 1 d) Tottenham Hotspur
2 a) Novak Djokovic 3 c) Deandra Dottin
4 b) Switzerland 5 a) 2008
6 d) Jo-Wilfried Tsonga
7 d) The United States 8 c) 1972 Munich Games
9 c) Nattaya Boochatham
10 a) Thierry Henry 11 d) Stuart Broad



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

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STUDENT EDITION

THURSDAY, MARCH 4, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE Board Exams 2021

Important change introduced in class XII accounts paper, answer sheets to have tables



In a bid to help students save time, the Central Board of Secondary Education (CBSE) has released an important notice regarding the class XII accounts exam 2021. According to CBSE, the Board will share tables in answer sheets in printed formats for journal and accounts' entry. The move is expected to help students by reducing the time spent on drawing such tables.

■ In the notice shared with schools, the Board has also shared the sample of the said formats

■ The answer sheets will have a total of 8 tables of journal and 8 tables of accounts

■ The Board exam for class XII would commence from May 4, 2021. The class XII accounts exam, which is scheduled for May 17, would be of 80 marks

Fly me to the Moon: Japan billionaire offers space seats

A Japanese billionaire has offered a private lunar expedition to eight people from around the world. YUSAKU MAEZAWA, an online fashion tycoon, who, in 2018, had become the first man to book a spot aboard the lunar Space X spaceship, has now announced his plans to invite eight people to join him on the voyage around the Moon. "I'm inviting you to join me on this mission. Eight of you from all around the world," he posted on Twitter. "I have bought all the seats, so it will be a private ride," he added.

1 The applicants would need to fulfil just two criteria: being ready to "push the envelope" creatively, and should be willing to help other crew members do the same

2 In all, according to Maezawa, around 10 to 12 people will be on board, which is expected to loop around the Moon before returning to the Earth

3 The application timeline for the would-be space travellers to pre-register would be by March 14. The initial screening would be carried out by March 21



Maezawa and his band of astronauts will become the first lunar voyagers since the last US Apollo mission in 1972, if SpaceX pulls off the trip

Quote unquote



It will be very premature and unrealistic to think that we will get rid of this virus by the end of the year. But if we're smart and handle it with proper hospitalisations, we can certainly control the pandemic. It's encouraging to see that health workers in lower-income countries getting jobs, but it's regrettable that this comes almost three months after some of the wealthiest countries started their vaccination campaign. And it's even more unfortunate that some countries continue to prioritise vaccinating younger, healthier adults, who are at lower risk of the disease in their own population, ahead of the health workers and older people. It is true that vaccines will help to save lives, but if countries rely solely on vaccines, it would be a sheer mistake. Basic public health measures remain the foundation of the response
Michael Ryan, Emergencies director, WHO



\$11.5 MN

Price of a Moroccan landscape painted by Winston Churchill and owned by Angelina Jolie that was sold at an auction recently. Titled 'Tower of the Koutoubia Mosque', the painting smashed the previous record for a work by Britain's World War II leader. The previous record price for a Churchill painting was just under 1.8 million pounds.

■ The image of the 12th-century mosque in Marrakech at sunset, with the Atlas Mountains in the background, is a piece of both political and Hollywood history
■ Believed to be the only painting that Britain's wartime PM completed during the 1939-45 conflict, it was completed after the January 1943 Casablanca Conference, where Churchill and US President Franklin D

Roosevelt planned the defeat of Nazi Germany ■ The two leaders visited Marrakech after the conference, so that Churchill could show Roosevelt the city's beauty ■ Churchill gave the painting to Roosevelt as a memento of the trip ■ The painting was sold by Roosevelt's son after the president's death in 1945, and had several owners, before Jolie and her partner Brad Pitt bought it in 2011

LIFESTYLE

More screen time linked to binge eating IN KIDS



Children who spend a lot of time on social media platforms or watching TV at ages 9-10 are more likely to develop binge-eating disorder a year later, a new research has found. The study found that each additional hour spent on social media was associated with a 62 per cent higher risk of binge-eating disorder, a year later among the kids in the US. It also found that each additional hour spent watching or streaming television or movies led to a 39 per cent higher risk of binge-eating disorder, a year later. Exposure to social media and unattainable body ideals may lead to a negative body image and subsequent binge eating, said researchers.

■ Binge-eating disorder is characterised by eating large quantities of food in a short period of time, a feeling of loss of control during the binge, and experiencing shame or guilt afterwards
■ This disorder can be severe and life-threatening, if it causes heart disease or diabetes

■ People with binge-eating disorder may be overweight or of normal weight, but unlike those with bulimia, they do not compensate by vomiting, using laxatives or exercising excessively
■ They frequently eat alone or in secret, and may eat until they are uncomfortably full



CELEB MANTRA

SHILPA SHETTY SUGGESTS YOGA FOR INJURY



Actress Shilpa Shetty Kundra has suggested a solution for yoga enthusiasts, who have sustained injury. She also suggested that a yoga posture should be modified to suit one's body, if the person has any injury. Shilpa shared a video on Twitter, where she is performing 'Paschimottasana' or the Forward Bend Pose. Sharing the health benefits of the asana, she said: "It may look rather easy, but it gives the spine, shoulders, and hamstrings, a much-needed stretch. It also enhances blood flow to the pelvic region."

Now, a low-cost portable machine to grab plastic bags



A team of students has developed an innovative portable and low-cost machine, which efficiently collects discarded plastic bags. The machine, created by six final year engineering students from the Sona College of Technology in Salem, Tamil Nadu, is currently undergoing rigorous trials on the streets, within the municipal limits of the steel and textiles town. "The plastic waste collecting device is mounted on a sturdy frame with an infra-red sensor attached to a mobile vacuum chamber. It is capable of sensing plastic on the roads and attract it," project leader TV Kishore Kumar said.

The idea and the execution

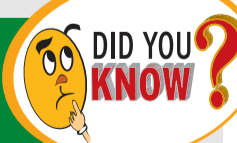
■ Kumar, along with classmates N Javeeth Khan, R Akash, S Lokeshwar, R Dinesh Babu and R Ilavarasan, were inspired to create this device, after a call by the PM to make India plastic-free

■ The team integrated a shredder as an add-on accessory, which shreds the collected plas-

tic bags ■ This shredded material was then mixed to concrete as a replacement for fine aggregates, thus increasing the utility of the machine, and adding economic value to the waste collected

■ The machine's add-on shredding accessory has the potential to help deploy plastic waste in useful building products like hollow blocks, paver blocks and other non-structural components, Kumar said

According to recent FICCI estimates, India's per capita plastic consumption, which was pegged at 11 kilos per year in 2017, is estimated to rise to 20 kilos per year by 2022, choking landfills, drains and rivers, and flows into the seas, endangering marine life



Whenever you feel like the body has stiffened up, start your day with this yoga asana. However, do it only as much as is physically-possible, and if you have any injuries in the hips, back, or shoulder areas, please modify the posture to suit your body

Stay safe on

Facebook/Instagram: Guide for parents

The Facebook Parent Portal and Instagram Parent's Guide can help parents and caregivers and include details on how the apps work, tips on talking to your kids and advice from experts

STAY INVOLVED IN THEIR DIGITAL WORLD

Spend time with your kids online. If your kids like playing video games, sit with them while they are doing this. If your teen is on Facebook or Instagram, have a discussion about friending or following them. Talk to them frequently about who they are connecting with and what they are sharing. Let them know they can come to you if they see or experience something online that makes them feel un-

USE PRIVACY AND SECURITY SETTINGS

Facebook, Instagram, WhatsApp and Messenger have settings to give people control over what they share, who they share it with, what they see, and who can contact them. Many of these are turned on by default for minors, but you should run through the privacy and security settings regularly.

LEARN FROM YOUR KIDS

Technology evolves constantly, and young people are fast adopters. If your kids start using a new app, ask them to show you how it works. It's an opportunity to connect with your child, see what they are doing online and have a conversation about online safety. You should also do your own research on the app's privacy, safety and security features. "The zero-waste movement has been deeply influenced by a western rhetoric; and we wanted to provide a refreshing and much needed Indian perspective on zero-waste living in India," she added.

LEAD BY EXAMPLE

If you set a rule like "no screen time after 8 pm" or "no devices in the bedroom" - you should try to follow this too.

SET FAMILY RULES

Agree as a family on the rules for using devices, accessing the internet and social media and be clear on the consequences for violating these rules. Depending on the age of your kids, you may talk about more serious consequences (such as legal consequences) of sharing certain types of content such as non-consensual intimate imagery.

Green LIFE

Embrace these sustainable lifestyle alternatives

In the pandemic, many have chosen to downsize their clutter and make the most of the products they own. Be it clothes, makeup or skincare. Here's how...



Skincare and cosmetics

Try to go organic when you buy new makeup. A lot of Indian brands offer quality, multi-purpose makeup that offer skincare benefits as well. Another handy tip is to take out the stoppers from your liquid products to scrape out as much as you can, and dig out the lipstick left at the end of bullets, which are enough for about a month's use, if not more.

► You can swap plastic hairbrushes with natural neem combs and use washable cloth instead of single-use face wipes and sheet masks

Clothes

Opt for fibres instead of polyester, acrylic or rayon. Buy less clothes and rewear old ones. You can also repurpose your old cotton tees and pajamas to make reusable makeup removing pads. Try clothes-swapping or thrift shopping as well.



Fragrances

Opt for fragrances packaged in glass instead of plastic. Perfumes last longer than body mists, and are stronger too. You can also opt for solid perfumes, which come in tins, that can be reused later to store your earrings and other trinkets.

Toiletries

Switch to bar soaps and shampoos, which come in packaged paper, not plastic. Also, switching to bamboo toothbrushes, stainless steel tongue cleaners and natural toothpastes is a great way to get rid of plastic waste.

3 things to never keep in a child's room, according to paediatricians



Decorating a child's room is, unfortunately, no child's play

While a playroom or a child's bedroom should be a happy space and you want to make the room as cosy and comfortable as you can, dangling wires, tricky furniture, sharp edges are best kept away from. There are also some additional things that are best kept away from.

According to paediatricians and safety experts, here are three things you should never keep in a child's bedroom or play area.

P.S. Some of the items on the list will definitely surprise you!

Loud toys and action figures

What every child wishes to have growing up is a loud toy that makes noise. However, that's not a toy that would top a paediatrician's best-recommended toys' list. The reason? Super-loud toys may ac-

tually contribute to hearing loss, especially for a young infant. In fact, a study by the Sight and Hearing Association also found that there are some popular toys that are capable of causing hearing damage within

15 minutes of use. So, try and use toys that are less noisy.

Unstable, heavy furniture

Furniture that's not secured or fixed

to the wall shouldn't be in a child's room. Experts recommend that any kind of heavy furniture-tables, beds, chairs that are unstable, unbracketed can be easy for the child to tip over them and cause injuries. Hangnails, loose corners or bad wood finishings can also be bad. Similarly, be wary of installing heavy artwork, mirrors and other breakable matter in a child's room. If you can, use additional brackets, anchors which will make them less likely to break.

Baby walkers

This is one baby utility that divides opinions. While many see it helping an infant move around, experts say a baby walker can possibly facilitate a child's movement in unstable places and bump into walls when unsupervised. So, it's best kept away from a child's room. Playpens are a better alternatives to install.

MIND TEASERS (MATHS QUIZ)

Q.1) The hypotenuse of a right-angled triangle is 4 cm longer than one side and 2 cm longer than the other side. So the longest side would be ...
A. 12 cm B. 8 cm C. 10 cm D. 6 cm

Q.2) What is the angle which measures between 180 and 360?
A. Obtuse angle
B. Reflex angle
C. Straight angle
D. Acute angle

Q.3) Two dice are rolled simultaneously. What is

the probability of getting two numbers appearing on them whose sum is 8.
A. 6/36 B. 5/36
C. 2/6 D. 4/36

Q.4) The sum of the square root of 64 and the square root of 196 is
A. 21 B. 22 C. 20 D. 23

Q.5) Three girls in different classes all had Maths tests on the same day. Anisha scored 27 out of 50. Sneha scored 28 out of 40 and Deepa scored 39 out of 75. If we worked out their marks in percentage, and

arranged their names with highest scorer's name first and least scorer's name last, we would get ...
A. Deepa, Anisha, Sneha
B. Sneha, Deepa, Anisha
C. Anisha, Sneha, Deepa
D. Sneha, Anisha, Deepa

ANSWERS

(1) C) 10 cm (2) B) Reflex angle (3) B) 5/36 (4) B) 22 (5) D) Sneha, Anisha, Deepa



CLOTHES THERAPY

wear your power

Understanding Enclothed Cognition

Hajo Adam and Adam D. Galinsky in 2012 in one of their experiment coined the term 'Enclothed Cognition'. Enclothed Cognition relates to the effect clothing has on people's mental processing and the way they think, feel and function, particularly in areas like attention, confidence, or abstract thinking.

'Enclothed Cognition affects Mind and Behaviour'

■ So, what kind of symbolic meanings does each of clothing piece in your closet hold for you?

■ Do your formal clothes make you think of a confident Debater?

■ Does your black jacket make you think of a rebel?

Clothes are Powerful Influencer – both on the wearer and on the observer. Clothing one of the basic needs of humans is connected deeply with our subconscious, emotions, and thoughts.

Clothes can be powerful, fun, attention-seeking, pride, and so on. People are also evaluated on the basis of clothes and the occasion. In short, clothing affects our attitudes and our choice of behaviour.

Psychology of Clothing:

SUIT UP = POWER UP : Tailored jackets – Suits – 'Dressed for Success'. Suits the power clothing can make you feel more confident and increase hormones needed for showing your power or for displaying dominance. Formal clothes can help you put your mind in the right frame while presenting. It can help you become abstract thinkers.

DRESS DOWN FRIDAY - CASUAL CLOTHING :

Formal clothing though gives you power for your performance.

formance but can make little less relaxed especially when you want to socialize. Casual clothing can help you be more friendly and creative.

GYM CLOTHING : Lockdown has made the whole generation lazy and lethargic. Not motivated enough to exercise or do any sort of physical activity. Wear activewear to feel energetic and it might make you actually exercise. Wearing active gear might help you eliminate the step of 'dressing for exercise' as one of the reasons for laziness.

UNIFORM -'U' :

'Uniform' as a type of clothing is said to be associated with a specific role which activates our knowledge and expectations about how people should behave in a particular profession or work. In an experiment, people wearing white lab coats were encouraged to pay more attention and make few mistakes (as lab coats represent attentive professions like doctors). Uniform makes work real and valuable, be it in the case of adults or children. It brings discipline. In another study, it was found that school uniforms remove all sorts of distractions and help students focus on learning rather than focussing on a variety of clothes and accessories among peers.

SMITA GHOSH, Counselor, Anand Niketan, Ahmedabad



Basant Panchami celebration by Cygnites

Basant Panchami is a very important day for schools and colleges. Hence, CYGNUS WORLD SCHOOL, VADODARA celebrated this day through the Virtual platform. It was held on February 16 in the first online session for grades I to V. The celebration started with anchors introducing themselves and talking about the wonderful day followed by showing a pre-recorded video made by teachers telling the importance of Basant Panchami. Next was a sweet and melodious musical performance that filled our hearts with cheerfulness. Then was the speech in English which was truly amazing and followed by it was a fabulous dance performance. Last but not least it was a speech in Hindi which was outstanding. The entire celebration was hosted by both the anchors with full zeal and confidence. Each and everyone present in the celebra-



tion was excited, enthusiastic, and enjoyed to their fullest.

This celebration has taught us that how to bloom like a flower and spread our fragrance and create happiness and smiles. Also, we have learned about the significance of this occasion and why this day is considered to be of great importance in everyone's life.

A Visit to Uttarayan Art Centre

Twenty students along with three Teachers of Cygnus World School, Vadodara, recently got an opportunity to visit Uttarayan Art Centre, Jaspur. It was a privilege to meet the National and International Artists, interacting with them, and viewing their amazing work of art.

The first artist students met was Padam Shri Awardee, Sir Shakir, a renowned international Miniature Artist. He explained to the students about Miniature Art, stone colours, special brushes used to paint and minute details of paintings. He also shared his experiences about the importance of knowing and preserving our Indian forms of Art. Students were amazed to see the intricate artwork through a magnifying glass. After that students also interacted with Miniature artists Lokman and Wasan.

It was a feast to meet the artists from various parts of India, like Sir Govind Das from Orissa, making Svara painting, Sir Anil Wasad making Warli painting, Shanti Devi, making Madhubani painting, Sir Lado Bhai, making Pitthora painting, Sir Chandrakant, making Maa-ta ki Pachari painting, Sir Ashish from Andhra Pradesh, making



Kalamkaari painting and Sir Yusuf, making Ink Art paintings. The serene environment and the sculptures around the place were extremely beautiful and thought-provoking for students, giving them a different perspective of life! It was a great learning experience for all.

WEEKEND PLAN

DATE WITH SELF



When I travel through thy eyes, I feel we haven't met for so long... So let us catch up soon and cheer our existence.

Lives have turned haywire in this busy world. Nothing new in this. The pandemic saw the lockdown phase. The relaxations then made all of us rush out to various destinations as if the barricade had been removed and the grand sale had been kept open. The weekends again saw the human locomotion. The simple evening tea at the balcony was now pampered with assorted cookies and great selfie time at the café. So much we were made to sit home that now no drawing rooms are getting the company of family members on Weekends. So I thought of giving it a try too. I have a different plan for the weekend. It is going to be a meeting

with a very special person in my life. And I am sure that this person is the most important person in everyone's lives. I am talking about myself. Taking care of the physical self we have forgotten the little soul that doesn't halt. There is no work from home for it. The stress is the same, the pain is the same, the worries never stop. So, let us change the trend little and date ourselves. Pamper the soothing breeze on our faces with those hair traces making us realize that in spite of those wrinkles that show our experience of life, we are still beautiful. Taking a cup of coffee, getting dressed for ourselves, looking beautiful, and letting the mirror compliment us, let us spend this weekend with ourselves. Just you and You. Try it! You will be in the best company!

KHUSHBU SINGH, Teacher, GHS Ahmedabad

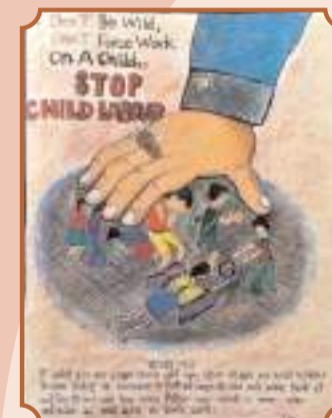
Painters' Gallery



Dweep Gheewala, Class III, Udgam School For Children



Dwit Javia, Class III, Essar International School, Hazira



Aarohi Gupta, Class V, Cygnus World School, Vadodara



Daivik Patel, Class VI, Siddharth's Miracles School



Pavni Shah, Class VIII, Zebar School For Children

BOOK: READ AND TRANSFORM YOURSELF

The book "The 7 Habits of Happy Kids" by Sean Covey and illustrated by Stacy Curtis has 7 different stories and each one of them teaches us a unique habit. Story one teaches that we are responsible for our own happiness and boredom. The 2nd story teaches us that planning is essential in our life be it with money or in school. Planning helps us to be in a better position. The 3rd story teaches us to prioritize between work and play. It teaches us to do the hard thing first or first thing first. The 4th story teaches us to win in



every situation by finding a mid-way out which would not hurt anyone. The 5th story teaches us the habit to listen, understand, and then speak out. The 6th story teaches us that Unity is strength. We can achieve anything together as a team or family rather than being alone. The 7th story teaches us the balance is necessary for all (kids and adults) to live a healthy life. I loved this book to read because each habit has been explained beautifully.

MITANSH SINGHAL, Class II, Essar International School, Surat



DECODING FILM-MAKING

During my Hyderabad trip in 2019, I got to visit Ramoji Film City. Once we reached the main gate of the Film City. When we entered we felt like a new city altogether with hills, gardens, lakes, spotless modern buildings. The most amusing part of the Film City was various sets that create various scenes like a village scene, a market scene, a city skyscraper, and streets. We saw the film set of "Bahubali". The instruments, the posters, the architecture, and many more things. When I saw it, I got a feeling like I was viewing the live telecast of the movie. There was the prison of Devsena, The Rajya Sabha, Horse riders etc. Many films and



television serials are shot here. The infrastructure was very complex. There were different types of gar-

dens like Shell Garden, Mughal garden, Mysore garden, Japanese Garden, Artificial waterfalls, Buddha statue, etc. In a show called Action, they pick up a person from the audience and make a small movie with them, showcasing the camerawork, sound, and music mixing and editing. This is quite an informative show. I especially liked the demonstration of the reproduction of natural sounds like air, rain, thunderstorm and even running horses. I was really impressed that the whole place was clean and well maintained. Your Hyderabad trip is incomplete if you are not visiting the film city.

ANANYA KALANTRI, Class VII, GHS, Ahmedabad

INDIA vs ENGLAND 4TH TEST

5 PLAYERS TO WATCH OUT FOR

While England is out of the race, India will be looking to secure a spot in the World Test Championship final by avoiding a defeat in the final game

JOE ROOT

England batsmen fell like a pack of cards in front of India's spin duo of Ashwin and Axar in the pink-ball Test. Joe Root is the best batsmen against spin in the England line-up and he will be expected to come up with a big knock in the fourth Test to help visitors end the series on a stalemate with a win in Ahmedabad. Runs from Root's bat will be crucial in deciding England's fate in the fourth Test and the series.

VIRAT KOHLI

The Indian captain will also be one of the players to watch out for in the final fourth Test against England. Kohli, who hasn't scored a century in over a year is still looking for his 71st international ton and will be hoping to end the drought in the fourth Test. Kohli scored a fine 62 on a difficult track in Chennai but failed to get going in the pink-ball Test where he managed only 27 runs. Nonetheless, Kohli can be a game-changer for India in any conditions and will be looking to inspire his team into the final of the World Test Championship.

ROHIT SHARMA

Hitman Rohit Sharma was the only Indian batsman who championed the conditions in Ahmedabad during the team's first essay and scored a brilliant half-century. It was Rohit's 66 off 96 balls that helped India post 145 runs on the board in their first innings amidst a spectacular collapse. Rohit has been in fine form with the bat in the longest format and will be hoping to continue his purple patch in the final game of the series.



Photo: PTI

R ASHWIN

R Ashwin has been in the form of his life with the red ball for Team India. After a terrific tour of Australia, Ashwin has carried his stellar run against England. He picked up a total of seven wickets in the pink-ball Test and entered the 400-wicket club in Tests. Ashwin has been among the wickets consistently for the hosts and will be looking to make an impact once again in the final game which is a crucial one for India.



Photo: GETTY IMAGES

AXAR PATEL

The left-arm all-rounder has been one of the stand-out performers for India in the ongoing Test series. Axar was roped into the playing XI for the second Test and has not looked back ever since as he has tormented the England batting attack with the ball. After impressing with a fifer on his debut, the left-arm spinner picked up consecutive fifers once again in the pink-ball Test and ran through the England batting line-up. The local hero will be crucial to India's chances once again in the fourth Test.



Photo: PTI



Photo: GETTY IMAGES



Photo: GETTY IMAGES

CRICKET TAKES A BACK SEAT IN IPL: STEYN

ARE YOU KIDDING?

Steyn had a forgettable IPL 2020 where he played only three games and took just 1 wicket

South Africa pace great Dale Steyn has claimed that cricket takes a back seat at the Indian Premier League, insisting that money is given more importance than the game in the lucrative T20 tournament. Justifying his on-and-off IPL career, Steyn said this was one of the reasons he had not featured regularly in the world's biggest franchise-based T20 tournament. In January this year, Steyn announced that he is opting out of the IPL 2021 but will play other leagues around the world. Steyn's decision influenced RCB to release him

ahead of the IPL 2021 auction. Steyn has played 95 IPL matches, picking up 97 wickets with a best of 3 for 8. But the South African's repeated injury breakdowns didn't help his cause as he just featured in 12 IPL matches in the last three seasons.

After being criticised from all corners, Steyn took to Twitter to issue an apology where he said the IPL was amazing in his career and he issued an apology for his remarks which had upset many. Though the damage was already done with Indian fans criticising the pacer's comments on Twitter.

PLAYING IN PSL MORE REWARDING THAN PLAYING IN IPL

I think when you go to the IPL, there are such big squads and so many big names and so much emphasis on maybe the amount of money players earn and everything like that, so sometimes, somewhere down the line, cricket gets forgotten. When you come to like the PSL or the Sri Lankan Premier

League, for that matter, there is an importance on cricket. I have only been here for a couple of days and I have had people in and out of my room, just wanting to know about where I have played and how I went about it.

Whereas, when I go to something like the IPL that gets forgotten and the main

topic is how much money did you go for in this IPL? That's just me being brutally honest. I wanted to stay away from that and really put more emphasis on playing and bringing good vibes to good cricket teams and tournaments I feel are worth it.

DALE STEYN, former South African pacer

IPL GAVE US THE PLATFORM TO EXPRESS

See, I am here to talk about the fourth Test match and not here to talk about PSL or Sri Lanka Premier League. IPL gave us that platform to express ourselves and also to a lot of Indians players. I am not sure what Dale Steyn has said, I am here to talk about this Test match.

AJINKYA RAHANE, India's Test vice-captain

I will give credit to IPL, because IPL definitely helped all the bowlers to think differently and get an opportunity to play with international cricketers. You play domestic cricket, Ranji Trophy for five-six years, the kind of maturity or experience that you gain by playing IPL for just two seasons.

VINAY KUMAR, highest wicket-taker among pace bowlers in domestic cricket



Photo: AFP



Photo: GETTY IMAGES

QUIZ TIME!

Q1: Which football club secured the FIFA Club World Cup for the first time in December 2019?

- a) Barcelona
- b) Chelsea
- c) Liverpool
- d) Real Madrid

Q2: In 2020, Novak captured his fifth crown at the Dubai Duty-Free Tennis Championships. Whom did he defeat in the final.

- a) Stefanos Tsitsipas
- b) Dominic Thiem
- c) Juan Martin del Potro
- d) Stan Wawrinka

Q3: Who took the most number of wickets in the 2020-21 season of the Indian Premier League?

- a) Anrich Nortje
- b) Jasprit Bumrah
- c) Trent Boult
- d) Kagiso Rabada

Q4: Who is the youngest player overall to appear in a Davis Cup Final?

- a) John Alexander
- b) Boris Becker
- c) Jack Kramer
- d) Pat Cash

Q5: In which year did Tottenham Hotspur reach the Champions League Final for the first time ever?

- a) 2018
- b) 2019
- c) 2017
- d) 2020

Q6: Which country won the 2015 Davis Cup?

- a) Belgium
- b) Spain
- c) France
- d) Great Britain

Q7: Shaun Marsh holds the first season of the IPL. How many runs did he score?



Shaun Marsh

- a) 616
- b) 550
- c) 700
- d) 690

Q8: In 2012, Liverpool ended a six-year wait for victory with a penalty shootout in the League Cup final at Wembley. Which club did they beat?

- a) Cardiff City
- b) Fulham FC
- c) Swansea City AFC
- d) Chelsea FC

Q9: In 2020, who smashed the most number of sixes in T20 Internationals?

- a) Mohammad Hafeez
- b) Kieron Pollard
- c) Kamran Khan
- d) Quinton de Kock

Q10: Who holds the record for the most appearances made for Arsenal?

- a) Thierry Henry
- b) David O'Leary
- c) Hugh McDonald
- d) Tom Parker

Q11: In 2019, which player smashed most sixes in One Day Internationals?

- a) Chris Gayle
- b) Aaron Finch
- c) Eoin Morgan
- d) Rohit Sharma

Q12: Who is the leading all-time Davis Cup player?

- a) Omar Alawadhi
- b) Nicola Pietrangeli
- c) Leander Paes
- d) Ilie Nastase

ANSWERS: 1 c) Liverpool 2 a) Stefanos Tsitsipas 3 d) Kagiso Rabada 4 a) John Alexander 5 b) 2019 6 d) Great Britain 7 a) 616 8 a) Cardiff City 9 c) Kamran Khan 10 b) David O'Leary 11 a) Chris Gayle 12 b) Nicola Pietrangeli



THE TIMES OF INDIA

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TODAY'S EDITION

Worried about taking online exams? We share tips on how to crack online exams

PAGE 2



Students share their travel plan
Relive your school experiences

PAGE 3



Time to include Ashwin in the One Day International format?

PAGE 4



STUDENT EDITION

WEDNESDAY, MARCH 3, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

700

FACTOID

Species will lose habitat to warming by 2070, claims a new study. According to researchers, in another 50 years, high emissions could push most of the habitats— 35% of mammals and 29% of birds outside the spaces they live in now, and into different countries. Political boundaries, thanks to fortified international borders, would, however, make it difficult for them to move into new space, they warn...



THE IMPACT

1 According to experts, who mapped the impact of 32,000km fortified international borders on wildlife, three political barriers pose the biggest conservation challenges — along US-Mexico, India-Myanmar and China-Russia

2 For the India-Myanmar border, experts estimate that 128 species of non-flying mammals could be unable to cross, if barriers were completed along much of its length



3 The endangered Indian pangolin, banteng, large-spotted civet, and the sloth bear, may be the most-affected, they said

4 Poorer countries, with lower CO2 emissions, could face greater losses

5 Areas, where mammals are most-likely to have to move and find new homes, are in the US-Mexico border, western Amazonia, the Andes, cen-

tral and eastern Africa, the Himalayan region, and the China-Russia border. For birds, western Amazonia was found to be most vulnerable

6 According to experts, border fencing is yet another problematic area from a conservation point of view. Political barriers would mean species would be facing different kinds of threats on either side of a border, "especially in the areas of conflict," they added

THE SOLUTION: Apart from tackling the greenhouse gas emissions, expanding trans-boundary conservation initiatives, and reducing the impacts of border barriers on species will be really important, experts said



Spotlight

Virat Kohli becomes first cricketer to cross 100 million followers on Instagram

Team India captain Virat Kohli has recorded another century, albeit not on the pitch this time, as he became the first cricketer in the world to have 100 million followers on social media platform Instagram. Kohli is also the first person in the Asia-Pacific region to achieve the feat. "Virat Kohli, the first cricket star to hit 100 million followers on Instagram," the ICC tweeted. For over two years now, Kohli has been the most-followed person on Instagram in India.

- Kohli is also the fourth most-followed sportsperson on Instagram
- Portugal football star Cristiano Ronaldo tops the chart with 265 million followers, ahead of Argentina football captain and FC Barcelona legend Lionel Messi and Brazil's Neymar, who are second and third in the list with 186 million and 147 million followers, respectively
- Hollywood actor and former pro-wrestler Dwayne Johnson, American singer-songwriter Beyonce, and Ariana Grande have also made it to the 100 club



WHATSAPP STICKS TO ITS STANCE ON END-TO-END ENCRYPTION

If reports are to go by, WhatsApp is evaluating "all options", following the government's mandate to trace the origin of contentious messages. According to sources, the Facebook-owned app remains committed to offering its users end-to-end encryption on its platform. WhatsApp "will not bend" on the issue of user privacy, as providing traceability would require it to digitally-fingerprint billions of messages exchanged every day in India, store them on company servers and alter the technology architecture of the app, industry sources said.

- India's contention has been that enabling traceability will not result in breaking any app's end-to-end encryption protocol
- Information technology minister Ravi Shankar Prasad has said that the government will seek traceability of the originator only in the case of crimes, where the punishment is more than five years of jail term
- The new regulations, which was notified last week, require messaging apps to trace the originator of flagged messages that contribute to crimes of a severe nature. This include issues related to the country's security and sovereignty,

- public order as well as sexual crimes against women and children
- Some legal and technology experts are also contesting WhatsApp's stance on end-to-end encryption by pointing out that the newly-notified intermediary rules do not require encrypted apps to disclose the contents of a message
- WhatsApp, which has over 400 mn users in India, has been opposing the government's calls for traceability for three years now, on the grounds that it is a breach of user privacy and runs counter to India's fundamental right to privacy

The IT (Intermediary Guidelines and Digital Media Ethics Code) Rules 2021, under Section 79 of the Information Technology Act, which came into force last week, states that the government will first try to use "other less intrusive means" to identify the originator of the flagged messages before seeking the intervention of the platform. If the message originated overseas, the first person to have shared the content in India will be considered the "first originator"



Number-0-LOGY



The amount of loan that the US owes India, as the world's largest economy's loan grows to a record \$29 trillion. In 2020, the US national debt was \$ 23.4 trillion, which was \$72,309 in debt per person

Argentine titanosaur may be oldest yet: Study

A colossal dinosaur dug up in Argentina could be the oldest titanosaur ever-found, having roamed, what is now Patagonia, some 140 million years ago at the beginning of the Cretaceous period, scientists said. The 65-foot lizard, Ninjatitan zapatai, was discovered in 2014

- Titanosaurs were members of the sauropod group, the gigantic plant-eating lizards with long necks and tails that may have been the largest animals-ever to walk the Earth
- The new discovery meant that titanosaurs lived longer ago than previously-thought at the beginning of the Cretaceous era, which ended with the demise of the dinosaurs, some 66 million years ago



The creature was named after Argentinian paleontologist Sebastian Apestegui, nicknamed 'El Ninja' and technician Rogelio Zapata

Turn off 5G to save phone's battery life: Verizon



As the world goes gaga over 5G, US telecom service provider Verizon has advised people to turn off the 5G access on their smartphones to save battery life. In a tweet recently, Verizon support said that "one way to help conserve battery life is to turn on Long-Term Evolution (LTE)", if users found their batteries were "draining faster than normal."

Quote unquote



Catherine and I, are not medical experts by any means, but we can whole-heartedly support having vaccinations. We've spoken to a lot of people about it and the uptake has been amazing so far. We've got to keep it going, so the younger generations also feel that it's really important for them to have it. Social media is awash with misinformation, so we have to be a bit careful who we believe. I hope it comes as a huge relief in the end. I know, maybe the anxiety and the worry leading up to it, but I hope for all of you, it will add a bit of normality back to your lives

Prince William and his wife Duchess Catherine, on the need to take Covid-19 vaccine

BRUNO MARS ANNOUNCES NEW SINGLE AND ALBUM AFTER A TWO YEAR HIATUS

Singer-songwriter Bruno Mars is all set to release a new song and an album after a two year hiatus. In an Instagram post, Mars shared that he has teamed up with Anderson Paak for a new band called Silk Sonic. "We locked in and made an album. The band's called Silk Sonic. First song drops next Friday 3/5," he wrote, alongside a concert poster of the two.

MUSIC



- Mars's last single was 'Blow', featuring Ed Sheeran and Chris Stapleton. It was released in July 2019
- The Grammy winner's last album was '24K Magic', which came out in November 2016



Things you need to know before you sit for an ONLINE EXAM

For some students, taking an online exam is a new and somewhat bewildering experience. They don't know what to expect, and aren't certain of the skills and strategies that will enable them to perform at their best

EXAM UPDATES AND REQUIREMENTS

1 Candidates should regularly visit the official websites of the exams they would be attempting and keep up with the latest updates. The day before the exam, candidates should look through the website for instructions on the things they need to carry, the exam pattern and any other information that is required. Check the admit card and note the reporting time, exam start time, documents to be carried, verification process and exam dos and don'ts.

GET FAMILIAR

2 If you have never given an online paper before, you should remember that there is nothing to fear. Read brochures and data that would be pro-

vided on the website about how the exam is conducted and understand the instructions on how to mark the answers. The best way to be comfortable giving an exam online is by actually attempting it through mock tests and practice papers, which would be available online. Just as it is for the pen-and-paper tests, the more you practice, the more confident you will be about the online exam.

ANSWERING QUESTIONS

3 As you prepare for the exam, it is important to develop a strategy to answer the questions. You need to plan on which sections to attempt first or whether to go for the simpler questions before trying out the tougher ones. If getting the strategy right requires you to take prep tests before the actual exams, one should definitely do so. It is better to get your plan right through the preparation and practice tests than making silly mistakes in the real online test.

INSTRUCTIONS ARE VITAL

4 When you finally sit for the paper, you will have some time especially allotted to fill in details (like your name and roll number) and read through certain instructions. Don't be in a haste to get started with the exam. The instructions provided will guide you through the exam and tell you what you can and cannot do. Sometimes, you will be asked to attempt only a few questions in certain sections. If you skip reading through the instructions, you may miss this

detail and end up wasting time answering unnecessary questions. Do not be afraid to ask the invigilator if you have any doubts about the instructions.

READING ONLINE

5 Reading is a different experience online as compared to reading offline. Although the text would be the same and questions can be answered similar to the offline exams, you would have your eyes glued to a screen for hours on end during an online exam.

UTILISE TIME WISELY

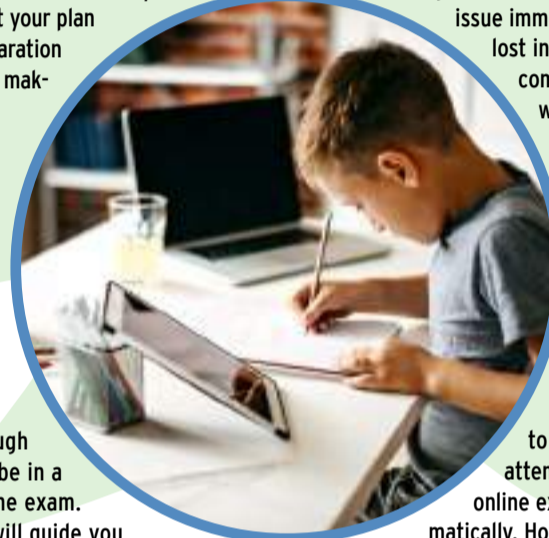
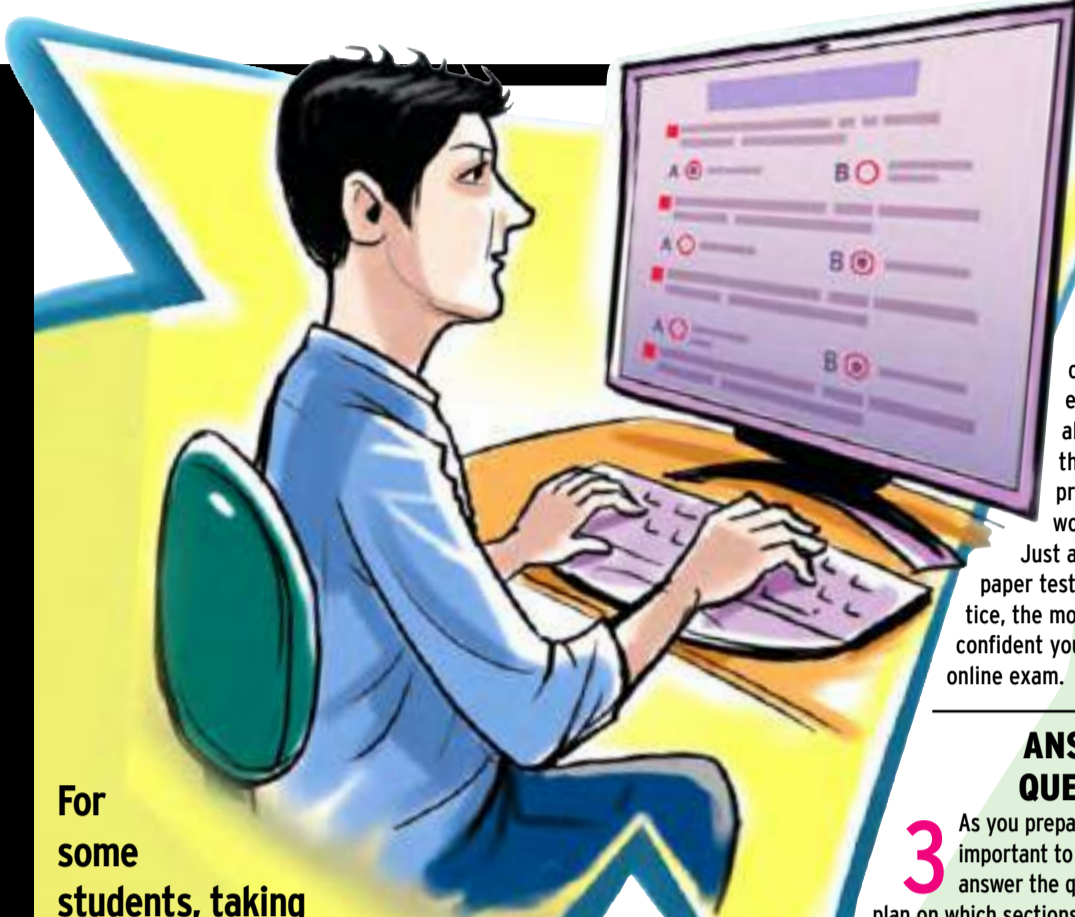
6 Time is one of the most vital elements of any examination whether offline or online. You should manage your time wisely and not spend too much or too little of it on any one question. A timer will be present on the console which will help you keep track of time during the course of the exam. There is, of course, a negative side to having a clock ticking on your face while giving an exam. Do not get distracted or nervous due to the timer, maintain a steady pace for each question and concentrate on answering the questions in front of you. Remember, the timer only serves as a reminder.

TECHNICAL PROBLEMS

7 One negative side of online exams is that technology is sometimes bound to malfunction. In an event of a technical failure, do not panic. Call the invigilators and let them know about the issue immediately. Any amount of time lost in such situations is generally compensated. Be patient and wait for things to restart. The timer will stop and restart again where you left off. Stay calm.

SAVE EVERY ANSWER

8 Keeping technical issues in mind, it is vital for candidates to save every answer after attempting them. Of course, most online exams save the answers automatically. However, in case your answers are not saved, there is a risk that they may not be recorded and the time you spend answering each question will be fruitless. Keep clicking on 'Save' after every answer to prevent such issues.



NEWBIE

All about Bean-to-Bar chocolates!



It's the perfect time to ditch the regular mass-produced chocolates for Made In India bean-to-bar chocolates. Not only are these healthier with natural ingredients and minimal processing, artisanal gourmet chocolates taste better because of locally sourced raw material and a burst of natural flavours.

Mass-produced chocolate vs craft chocolate

The difference between mass produced chocolate and craft chocolate lies in the focus. The goal of industrial chocolate production is to achieve a certain flavour. They emphasise on large-scale production and low costs. Whereas chocolates labelled as bean-to-bar, single-estate, single plantation, small-batch, micro-batch or artisan are a smaller and lesser known

The focus is on craftsmanship, quality, flavour and sustainability. The bean-to-bar segment of the chocolate market is nascent, but undoubtedly growing and gaining traction rapidly

What is bean-to-bar chocolate?

From sourcing the beans to manufacturing the bar – this label is used when chocolate makers take care of every step involved in the process. Buying, cleaning, roasting, cracking, winnowing, grinding, tempering the cacao beans – everything here is done by the same chocolate maker, including the packing. Almost entirely hand-crafted, these are made in small batches and do not use any chemical additives, emulsifiers, artificial flavours or preservatives. Unlike mass-produced chocolate, it doesn't take away the naturally complex flavour notes of cacao.

segment of the larger chocolate market. The focus is on craftsmanship, quality, flavour and sustainability. This specialised segment of the chocolate market is nascent, but undoubtedly growing and gaining traction rapidly. The art and science behind figuring out the best way to fully express the flavour profiles of each bean variety takes years and years of experimentation and research. TNN

INDOOR FUN

Life in a tepee



A recent picture of actor Karishma Kapoor looking calm in her cosy 'tepee' (a portable conical tent made of cloth, canvas or a frame of poles) captured the attention of people. It's easy to make your own tepee – either get a DIY kit that is easy to assemble or try your hand at making one at home. Here's how to do it the right way.

TIPS TO MAKE A 'TEPEE' AT HOME

- You need four bamboo poles for this. Create triangles or an 'A' shape with them.
- Tie them together at the top with the help of a rope.
- Drop pretty cloth over the sides to cover it – you can use canvas, sheer fabric or even old dupattas, saris and bedsheets.
- Run twinkling fairy lights around it. You can also have a lantern around for the dreamy light effect.
- Place cushions around and you are set to sit and relax in your very own home tepee!

HEALTHY RECIPE

The goodness of PLUM SALAD

- INGREDIENTS**
- 1 1/2 cup cream cheese
 - 10 plums
 - 1 cup strawberry
 - 6 tablespoon brown sugar
 - 6 pieces walnuts
 - 1 cup black grapes
 - 1 cup sour cream

STEP 1:

- Wash and chop fruits.
- Wash all the fruits and drain excess water. Then take a chopping board and chop all the fruits into small pieces.

STEP 2:

- Add cheese and mix well with sour cream and sugar.
- Now take a bowl and add cheese, sour cream and brown sugar and whisk well. Add the fruits with walnuts. Serve fresh.



Tips

- You can also place the fruits first and then pour the whisked cream.
- To make it more indulgent, you can add some vanilla essence to the creamy mix.



TNN

QUIZ TIME

(LITERATURE) AMULYA V, class VIII, Carmel School, Padmanabhanagar, Bengaluru

Q.1) In the 'Percy Jackson' series, Connor and Travis Stoll are sons of ____
A. Demeter B. Hades
C. Hermes D. Polyphemus

Q.2) What is the name of the sleuth Satyajit Ray created?
A. Feluda B. Aashmitha
C. Pushpa D. Jamshed

Q.3) In 'The Secret Seven' series, who was the annoying sister of the

character 'Jack'?

A. Monica B. Rachael
C. Riley D. Susie

Q.4) In 'Tales Of Huckleberry Finn', who is Tom Sawyer's aunt?

A. Aunt Audrey
B. Aunt Selena
C. Aunt Poly D. Aunt Tara

Q.5) In 'Mill on the Floss', who is Tom

1.C) Hermes 2.A) Feluda 3.D) Susie 4.C) Aunt Poly 5.D) Maggie Tulliver 6.B) Wand, stone, cloak

Tulliver's sister?

A. Zoë Tulliver
B. Racheal Tulliver
C. Maya Tulliver
D. Maggie Tulliver

Q.6) In the 'Harry Potter' series, what did the deathly hallows represent?

A. Stick, rock, pyramid
B. Wand, stone, cloak
C. Pen, ball, pyramid
D. (Greek) Iota, Omega, Delta

ANSWERS

1.C) Hermes 2.A) Feluda 3.D) Susie 4.C) Aunt Poly 5.D) Maggie Tulliver 6.B) Wand, stone, cloak

KNOWLEDGE BANK

NAUTILUS

Related to the squid, the octopus and the cuttlefish, the nautilus is the only cephalopod with an exterior shell. The shell starts out with only a few chambers. The animal resides in the innermost chamber. As the animal grows, new chambers are added, always following the same proportion that approximates the golden ratio 1:1.618. The only living members of the subclass nautiloidea, surviving relatively unchanged for millions of years, they are considered 'living fossils'.



NATURE

GRAMMATICAL MISTAKES

PRINCIPLE / PRINCIPAL

THE RULES:

■ **Principle** (noun): an accepted or professed rule of action or conduct; fundamental doctrine ■ **Principal**: Chief or head of an institution. (adj): first or highest in rank, importance.

HOW NOT TO DO IT:

- He did not take the bribe on **principal**.
- The **principle** summoned the pupil.

HOW TO DO IT PROPERLY:

- Taking bribe was against his **principle**.
- He has been appointed school **Principal**. Pravalika Bhat, class VIII, Baldwin Girls' HS, Bengaluru.

TROPEX 2021



Social distancing from enemies

India- the fourth most powerful country in the world, and a highly estimated superpower by merely nine years from now i.e. by 2030. Our country is leaving no stone unturned for building up its strength in every way possible. Every branch of the government is introducing new schemes and programmes to promote and familiarise the "made in India" concept.

Truly, another aspect of this has been seen since the January of this year, in the Indian Ocean.

The Indian Navy has been practicing a piece of critical complex warfare, utilizing the exercise of Theatre Level Operational Readiness - or better known as the TROPEX-21.

TROPEX- 21 has all the operational units of the Indian Navy- submarines, ships, aircraft as well as of the Indian Army, Indian Air Force, and Coastal Guard forces at Port Blair who par-



ticipate in full strength. This exercise is being conducted in the vast Indian Ocean region and its adjacent waters, which continued till the third week of February.

Two of the phases of the largest Indian Naval exercises to have been conducted so far are the Sea Vigil and AMPHEX-21 respectively with Marine Police playing a pivotal role.

Both these phases show performances to test the offense-defense mechanism of the Indian Navy, and how much we are prepared to protect our island territories in complex fight situations and

how we can protect and conserve the revamped ports, particularly Mumbai, which was severely affected by the 26/11 terror attack.

I view this through the lens of nationalism. These days, patriotism emerges through the smallest of things from toy ships to Indian Navy's ship warcraft, and I cannot help flowing into it. For the majority of the past seventy-two years of our independence, by far the recent half-a-decade has made me witness the remarkable series of attempts and successes to make my country work towards it's a deserving place.

TROPEX-21 proves that our warrior forces are devoting themselves to new methods of protection, ringing the bells of "social distancing" for our enemies. Anyone opposing this would purely be an anti-nationalist.

SHRUTI SINGH, Class XI, Cygnus World School, Vadodara

Visionary Kabirians

National Article Writing Competition was held by Entrepreneurship and Innovation Council, IIM Rohtak under its annual festival UDAAN 2021. The competition was a unique opportunity for Kabirians to compete with the other school students across India in the article writing competition. Approximately 120 students had participated in the competition from all over the country.

The submissions from St Kabir School stood out for their uniqueness, clarity of thought, completeness, and correctness. All the rank holders received e-certificates. The teachers who helped them prepare for the competition have all reasons to hold their head high.

For Classes XI and XII, the topic was "Green Business Ideas: How can start-ups help save our environment?" Zarana Acharya of class XI from Drive-In New branch secured 1st position.

For Classes IX and X, the topic was "How can we promote more women entrepreneurs?" Aashwi Sadaria of class IX from the Narapura branch bagged 4th position and Priyanshi Nanawati of class IX bagged 6th position at a National Level.

TALENT SHINES

Parth Chavda from class III from St. Kabir School Drive-In (New) had a keen interest in block making right from the age of 4 years. He has a natural flair and creativity to design and make different architectures, buildings, cars, trucks, space shuttles through blocks with high accuracy and precision. When he observes any vehicle, building, and object, he tries to make it through blocks. He also learns and gets inspired by block making videos available on the internet.

He has around 10,000 block pieces to fulfill his passion for block making. He has made 30+ different creations from blocks. He spends long hours on difficult and tedious blocks making without taking a break. Parth is appreciated for his talent and is always willing to progress and move ahead.

Block making helps him to be focused which has made him a good observer. He has also learned to be patient



What do animals do during a total solar eclipse?

Total solar eclipses occur when the New Moon comes between the Sun and Earth and casts the darkest part of its shadow, the umbra, on Earth. A full solar eclipse, known as totality, is almost as dark as night

SOME ANIMALS PERCEIVE IT AS NIGHT-TIME: During a total eclipse, the sky darkens to twilight level as stars appear over the horizon. Temperature drops and the wind speed decreases. Animals become confused and change their behaviour in response. As a result, "dairy cows return to the barn, crickets begin chirping, birds either go to roost or become more active," states National Geographic. Similarly, bats start flying, frogs begin to croak while bees and ants return to their nests.

'THE SMARTER ANIMALS FREAK OUT': Some scientists have also noted that they've seen dolphins



and whales rising to the surface in groups just before a total solar eclipse. "The smarter animals freak out," Douglas Duncan, director of the University of Colorado's Fiske Planetarium tells Time. "Studies in the 60s and 70s reported that small, light-sensitive crustaceans and zooplankton swam upward towards the dark during eclipses, similar to how the tiny animals behave at night," explains ScienceNews.

Painters' Gallery



Ritisha Bajaj, Class III, Anand Niketan School



Nishit Kharadi, Class IV, Euro School



Shaunak Shah, Class VI



Yashvi Panot, Class V, CN English Medium school



Jaival Trivedi, Class IV, Zydsu School OF Excellence



Parneet Kaur, Class IX, DAV International School

LEARNING AND DEVELOPING PERSPECTIVES

It is said that all work and no play makes Jack a dull boy. Everybody's most memorable time is spent in school. And I am also not out of this league. Schools shape us as obedient and respectful human beings. Our school is the first step for our better future. The schools are significant because it makes us learn everything. I have excellent teachers in my school. They teach me many things along with studies, sports, art, music, dance, yoga, life skills, etc. Lessons we imbibe in school, help us shape our future. I make a sincere effort to implement those core values as actions speak louder than words. I enjoy every moment in school with friends performing dances, yoga, and sports. The naïve



painter in me is slowly being refined into a professional one. Last but not least music, keeps my mind calm. Along with all these activities studies are also very important, as it gives us knowledge. All of these activities have benefits. The good thing about school is that you can get together with friends and the people who

live in a different neighbourhood than you. In recess, I and my friends used to play many games and have fun. In this pandemic, I came to know the real value of school. What makes a child gifted and talented may not always be good grades in school, but a different way of looking at the world and learning. This is why it is stated that school is fun.

VIHANNA, Class V, Zebar School For Children

Family bonding on the beach!

Andaman and Nicobar Islands are a living example of nature showing off their charms and attracting thousands of people every month. I was fortunate enough to visit such a mind-blowing place. It was my first time sitting in the plane, so I was scared, but soon I got busy enjoying the clouds.

I was shaken out of my thoughts when the plane jerked and the symbol of seatbelts started to blink wildly. I tied my seatbelt and soon we landed untouched. We checked into our hotel and then left immediately to wander around. But to my surprise, it was night already! It was just 5 pm and the moon was shining like an orb of magnificent sheen. I again received a surprise in the morning when the sun was full-on fireball mode at 5am!

Most of our days were spent in eating kuffis, drinking coconut water, and eating spiced raw mangoes while enjoying the sun on the warm sand with waves crashing on the shore at Radhanagar beach, Kalapathar Beach,



Sitapur beach, and so many more.

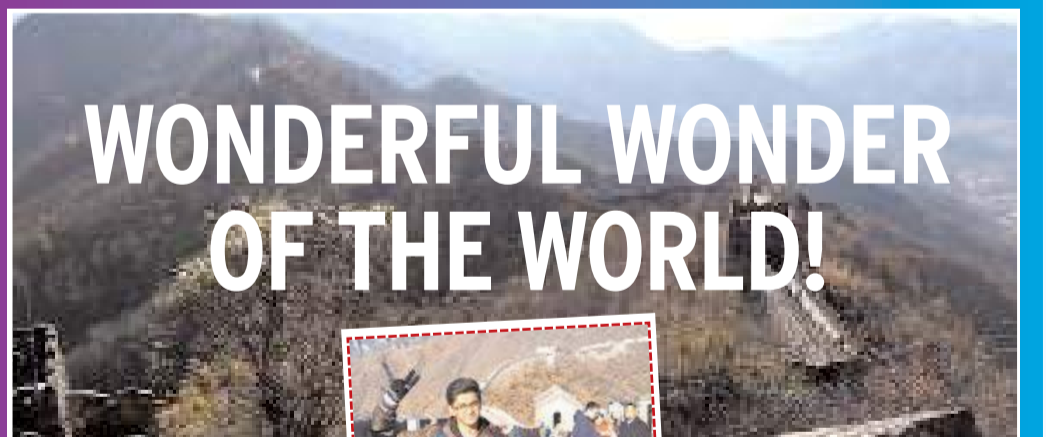
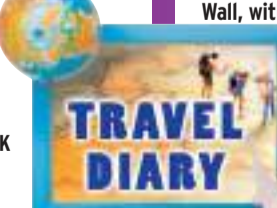
It was like heaven there. My Nani and Nana sat with my younger brother building sandcastles and digging the sand with small plastic shovels, while my father raced with me to the ocean, while I

slipped on jellyfishes. The water was surprisingly cold and refreshing compared to the hot sun outside. We also visited various museums including Samudrika marine museum, Forest museum, and Kalapani museum (the place well known for torturing innocent Indians, even today gives me goosebumps)

I can say surely that this was the best trip of my life and I

thank my parents for taking me there and making memories that I will never forget ever in my life.

MAHI SHARMA, Class VIII, SNK School, Rajkot



WONDERFUL WONDER OF THE WORLD!

When I was a child, I was fascinated to know that the Great Wall of China was the only man-made structure visible from space. As luck would have it, I finally got the chance to visit this marvel in 2019 when my parents suddenly announced that we would be going on a trip to China. Time flew fast and I found myself in chilly Beijing and soon I was on the much-awaited trip to the Great Wall.

Perhaps the most recognizable symbol of China, the Great Wall, with its long and fascinating history, is one of humankind's most prominent and enduring architectural feats. Although it is often unknown-



ingly thought of as a single wall, The Great wall consists of several walls built by different members of the Han and Ming dynasties over a time period of 2000 years. The main idea behind the construction of this masterpiece was to create a barrier between China and foreigners, most notably the nomads from the north. The most interesting story I heard about the Great Wall was the amount of labour force required to build this beauty. It is said that almost 3.2 million labourers were needed to

build the entire length of the wall and that nearly 400,000 labourers perished during its construction, many of whom were buried in the wall itself. To this day, the sheer thought of me standing on a wall built on human bodies gives me goosebumps! Although the trek was an exhausting one and left me with jammy knees, the iconic view from its highest watchtower was worth the physical exertion and a sight to behold.

To see a wall of this magnitude - that has survived this long - is something rare and I am fortunate to have experienced it. The exhilaration of having scaled the Great Wall is a feeling that will last in my heart forever.

SAMIK BASU, Class X, Udgam School For Children

CAN ASHWIN MAKE A COMEBACK IN INDIA'S LIMITED-OVERS SIDE?

Former Australia all-rounder Brad Hogg has called for Ravichandran Ashwin's inclusion in India's ODI squad, saying the senior off-spinner is a wicket-taker who also adds depth to batting. But, does he fit in the team's grand scheme of things?

I am no slouch. In the white ball format, my records are not bad like what it is perceived to be. It is out of perception that wrist spinners are required in modern one day cricket that I am sitting out.

The last ODI I played, I got 3 for 28. I would always look back at my career and I would like to believe it's not due to my efforts that I am sitting out (but) it is due to the supply and demand that the team requires.

R ASHWIN

Although he remains an integral part of the Indian Test team and is a regular in the Indian Premier League, Ashwin has been out of India's limited overs sides since July 2017. His last ODI and T20I appearances for India came during the 2017 tour of West Indies. The selectors and team management felt that wrist spinners Kuldeep Yadav and Yuzvendra Chahal are

better options than Ashwin and Ravindra Jadeja. Jadeja was able to make a comeback but Ashwin hasn't. To be fair to both Virat Kohli and Ravi Shastri, both Kuldeep and Chahal have done well. Ashwin has 150 wickets to his name in 111 ODI matches and 52 wickets in 46 T20Is.

Despite his recent heroics in the Test series against Australia and the ongoing Test series against England at home, former India captain Sunil Gavaskar feels

Ashwin might not be able to make his comeback in the ODI or T20I side anytime soon. Gavaskar explained that the presence of two all-rounders in Hardik Pandya and Jadeja leaves very little hope of a comeback for Ashwin in the limited-overs sides. Both Pandya and Jadeja had impressed in the limited-overs series against Australia and are likely to be first-choice all-rounders for the upcoming T20 World Cup 2021.

HE CAN CONTAIN THE RUN RATE AND CAN TAKE WICKETS TOO

I somehow don't think he will now make a comeback in the Indian limited-overs team because India have found in Hardik Pandya the all-rounder at No.7, there is Ravindra Jadeja and then they will have three seamers or maybe one spinner and two-seamers. I don't think he will fit into the squad at the moment and therefore, he will be a Test match player for the next half a dozen years at least.

SUNIL GAVASKAR, former India captain

I think it is a great option, gives the batting line up extra depth allowing the top order to be more aggressive at the top. And he is a wicket taking option with the ball, as well as economical. Get him back in.

BRAD HOGG, former Australia spinner

Virat, Rohit, Pollard, Gayle, Warner, QDK, Karun, Buttler, Smith, Paddikal, Pooran. Read and re-read @ashwinravi99's list of big scalps from IPL 13, mostly in

power plays. Feel Ash can still be a valuable asset for India in T20Is.

MOHAMMAD KAIF, former India batsman

Class is permanent whether you are a finger-spinner or wrist-spinner.

Your skills and game reading abilities matter a lot. I was surprised when Ashwin was sidelined from one-day cricket. He knows how to get batsmen out in the five-day game, which is much tougher than limited overs cricket. Anyone can do the containment job but someone who knows how to take wickets can contain also. He knows both. How

can you keep him out? You have to back your best players.

SAQLAIN MUSHTAQ, former Pakistan spinner

78 Test matches for 400 Test wickets. Let the naysayers be! He's been absolute phenomenal with the craft that he has displayed over a period of time and as he's growing as a bowler, he's picking a lot of wickets. I feel that he's an absolute rockstar. He's one of the biggest match winners that India has ever produced, of course Anil Kumble will still remain at No. 1.

AAKASH CHOPRA, former India opener



Photo: GETTY IMAGES

A LOOK AT IPL'S 100 CRORE-CLUB

From MS Dhoni to Virat Kohli, here's a look at players who have earned more than ₹100 crore by participating in the Indian Premier League (IPL)

MS DHONI

The only player to have earned over ₹150 crore from the league, MS Dhoni sits at the top spot with a total income of ₹152.2 crore. Chennai Super Kings' first-choice retained player before every mega-auction, Dhoni had started his career with the Yellow Army in 2008. He remained one of the top draws during his time at Rising Pune Supergiant as well and drew ₹25 crore during his 2-year stint with them. Dhoni now has a salary of ₹15 crore every year. He is likely to quit the game after IPL 2021.

ROHIT SHARMA

Following Dhoni on the list is Rohit Sharma, who has drawn ₹146.6 crore in 13 seasons so far. Like Dhoni, Rohit has also been one of the highest earners right from the inception of the league. With 6 IPL title victories, Rohit sits at the top on the list of players with the most trophies. As captain, he has led Mumbai Indians to 5 title victories, which is also a record. Rohit has been leading the Mumbai-based franchise since 2013 and is likely to finish his career with them. He earns ₹15 crore every year now.

VIRAT KOHLI

The highest-paid in a season, Virat Kohli sits at 3rd spot with a salary of ₹143.2 crore. He wasn't a big draw from 2008 to 2010, earning ₹36 lakhs. He was the only player to be retained by Royal Challengers Bangalore in 2011, which saw him making big gains from that season. He now has a salary of ₹17 crore, ₹2 crore more than the highest retention price. Leading RCB since 2013, the team made the final of IPL 2016 and the second round of IPL 2020, played in UAE.

SURESH RAINA

Once the most capped player in IPL, Suresh Raina comes next with a combined salary of ₹110.7 crore. Dhoni's deputy at Chennai Super Kings, Raina could have breached the 100 crore-mark last year but he flew back to India from UAE due to 13 COVID-19 cases in the CSK camp. He was retained by the Yellow Army for IPL 2021, which saw him breach the mark this year. CSK's second-choice retained player, Raina has a salary of ₹11 crore now.

AB DE VILLIERS

The latest addition to the 100 crore-club, AB de Villiers has drawn a salary of ₹102.5 crore. He has been representing Royal Challengers Bangalore since 2011 and has a salary of ₹11 crore/year. De Villiers had started his IPL career with Delhi Capitals.



Photo: GETTY IMAGES

QUIZ TIME!

Q1: How many Olympic gold medals has Carl Lewis won?
a) Three b) Seven c) Five d) Nine

Q2: In which year did Dominic Thiem win his maiden grand slam title?
a) 2018 b) 2019 c) 2020 d) 2021

Q3: Which player was the fastest to 2000 runs in T20 Internationals?
a) Virat Kohli b) Martin Guptill c) Aaron Finch d) Brendon McCullum

Q4: In 2016, Serena Williams won Wimbledon Women's doubles title. With which tennis player did she partner?
a) Angelique Kerber b) Garbine Muguuruza c) Caroline Wozniacki d) Venus Williams

Q5: Mark Spitz held the record for most gold medals won at a single Olympic Games for 36 years. Who broke the record?
a) Caeleb Dressel b) Michael Phelps c) Ryan Lochte d) Ian Thorpe

Q6: Which football club holds the record of most appearances in Champions League finals?
a) Ajax FC b) Juventus c) Real Madrid d) SL Benfica

Q7: Which was the first grand slam title Ashleigh Barty landed, having partnered with CoCo Vandeweghe in women's doubles?
a) US Open b) Australian Open c) Wimbledon d) French Open



Ashleigh Barty

Photo: GETTY IMAGES

Q8: Who holds the record for Women's T20 Internationals?
a) Mithali Raj b) Sarah Taylor c) Stafanie Taylor d) Suzie Bates

Q9: Who is the youngest player to make an assist in Ligue 1 championship?
a) Ousmane Dembélé b) Eduardo Camavinga c) Boubakary Soumaré d) M'Baye Niang

Q10: Who holds the record for fastest fifty in Women's T20 Internationals?
a) Sophie Devine b) Deandra Dottin c) Alyssa Healy d) Nida Dar

Q11: During which Olympics did Emil Zatopek win triple gold medals?
a) 1948 London Oly b) 1952 Helsinki Oly c) 1956 Melbourne Oly d) 1960 Rome Oly

Q12: Paris Saint-Germain has won League-1 titles _____ times.
a) Seven b) Nine c) Eleven d) Thirteen

ANSWERS: 1- d) Nine 2- c) 2020 3- a) Virat Kohli 4- d) Venus Williams 5- b) Michael Phelps 6- c) Real Madrid 7- a) US Open 8- d) Suzie Bates 9- b) Eduardo Camavinga 10- a) Sophie Devine 11- b) 1952 Helsinki Olympics 12- b) Nine



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

Want to hone your language skills? Learn it from an English teacher, and on how to avoid last moment mugging before exams
PAGE 2



Students and teachers talk about their role model
What are the benefits of doing yoga? We tell you
PAGE 3



India vs England: Another tricky turning track on cards for the fourth Test
PAGE 4



STUDENT EDITION

TUESDAY, MARCH 2, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

VACCINE 2.0 BEGINS



Leading from the front, PM TAKES FIRST DOSE

Prime Minister Narendra Modi received the first dose of Covid vaccine at the All India Institute of Medical Sciences (AIIMS), New Delhi on Monday, leading the country in the third phase of the inoculation drive as a massive chunk of population aged above 60 and those above 45 with comorbidities prepare to take the shots. Modi was administered Bharat Biotech's Covaxin. "Took my first dose of the Covid-19 vaccine at AIIMS," he informed on Twitter. The Prime Minister decided to get the jab at 6.25 am to avoid media glare, as scores of people could be queuing up at the hospital. He remained under observation for half an hour in the hospital and left around 7 am.

- The Covid-19 vaccines, Covaxin and Covishield, was made available to the general public from March 1. As many as 1,43,01,266 doses of the Covid-19 vaccine have been administered so far
- The first phase of the nationwide vaccination drive against Covid-19 had started on January 16. The second phase began on February 13

Spotlight

Diversity, Netflix dominate Golden Globes as 'Nomadland' wins best drama movie

Drama 'Nomadland' and satire 'Borat Subsequent Moviefilm' won the movie honours at the Golden Globes on Sunday in a mostly virtual bi-coastal ceremony that was marked by impassioned calls for more diversity and the dominance of Netflix.

'Nomadland', a moving drama about van dwellers in recession-hit America from Searchlight Pictures, also took the best director prize, which went to Chinese-born Chloe Zhao, making her the second woman to win at the Globes in that category, and the first woman director of Asian descent to win.



■ Sacha Baron Cohen, the creator of 'Borat Subsequent Moviefilm' from Amazon Studios was named the best comedy movie actor, while singer Andra Day was a surprise winner for her lead role in 'The United States vs Billie Holiday' ■ 'Soul', the first Pixar movie to have a Black character in the lead, was named the best animated movie and won the best score

Quote unquote



It is my dream to see India and Pakistan become true good friends and that we can visit each other's countries. Indians can continue to watch Pakistani dramas, we can continue to watch Bollywood movies, and enjoy cricket matches. The philosophy of borders, divisions, divide, and conquer just does not work anymore...as humans, we all want to live in peace. The actual enemy of India and Pakistan is poverty, discrimination and inequality, and both the countries should unite and fight them, rather than fighting with one another. Besides, the minorities need protection globally. They need a voice, need protection, and it is a reminder to governments and the human rights organisations to take this seriously

Malala Yousafzai, Nobel laureate, at the Jaipur Literature Festival (JLF), which is being held in the virtual mode this year

Indian students discover 18 new asteroids as part of a Global Science Programme

The International Astronomical Union (IAU), an organisation that assigns official names and designations to celestial bodies, has recently confirmed the discovery of 18 new asteroids by Indian students as part of a global science programme. Over the last two years, 150 students from India participated in this two-month-long campaign to find asteroids, making this the largest asteroid discovery project in India, Mila Mitra, co-founder and academic head of STEM and Space said.



In the project, students from India and across the globe, analysed the high-quality astronomical data provided by IASC – an online scientific programme for kids to discover Asteroids and Near-Earth Objects (NEO)

YOUNG ACHIEVERS

TRENDING

ARORA AKANKSHA CONTENDER FOR UN SECRETARY-GENERAL



My vision is to have a UN that works and is relevant in the 21st century. We have to prioritise and address the growing refugee crisis, take humanitarian crises to completion, and invest in ensuring that all countries have access to the internet
ARORA AKANKSHA, on her agenda

34-year-old Canadian woman of Indian descent has decided to contest the re-election of UN secretary-general Antonio Guterres with an agenda of change but without the support of any country. Arora Akanksha, who works for the UN Development Programme, issued a slick video, announcing her candidacy recently, presenting herself as a candidate to make the UN relevant in the 21st century.

If Arora follows through and is accepted as a candidate, she will have to run the gauntlet of the Security Council and get the support of the veto-wielding permanent members

■ Arora was born in India and raised in Saudi Arabia. She did her undergraduate studies in Canada ■ She received her masters last year from the Columbia University in New York ■ According to Pass Blue, a publication monitoring the UN, she is a citizen of Canada and holds the Overseas Citizenship of India
■ None of the UN member countries have nominated her

The last and probably the only time an Indian was considered a serious candidate for the position, was in 2006, when Shashi Tharoor contested with the backing of the government. But he lost to Ban Ki-Moon, as he could not get the unanimous support of the Council's permanent members, with reportedly the US opposing him



Netflix to develop 'Terminator' anime series

A classic sci-fi franchise is all set to make its way to Netflix in the form of a 'Terminator' anime series. According to Variety, the upcoming series will unfold a new chapter and will not be a reboot of the parent franchise. As the project is still in the early stages, the plot details are being kept under tight wraps. The series is being led by showrunner Mattson Tomlin, who has co-written 'The Batman', starring actor Robert Pattinson.

ENTERTAINMENT



■ The 'Terminator' franchise has been wildly successful. Till date, the franchise has six films, two web series, one TV series, comic, novel, and game adaptations

■ The franchise started with James Cameron and Gale Anne Hurd in 1984, with the first film starring Arnold Schwarzenegger as the villainous robot from 2029, who came to the past to kill a woman named Sarah Connor, and thus stop human resistance to a machine uprising

■ The most-recent entries were 'Terminator: Dark Fate' and 'Terminator: Genisys'. Although the Netflix series will be the first animated series in the franchise's history, it has previously been adapted for the small screen

HILLARY CLINTON, LOUISE PENNY TO PUBLISH POLITICAL THRILLER

Hillary Clinton, the former secretary of state, who ran against Donald Trump for president in 2016, is set to publish a suspense thriller with Canadian author Louise Penny in October, publishers Simon & Schuster and St. Martin's Press said. Titled 'State of Terror', the thriller will hit the bookshelves on October 12, the publishers said. It will narrate the story of a novice secretary of state serving in the administration of her political rival as a series of terrorist attacks throws the global order into disarray."

BOOK

■ By venturing into fiction, the former first lady is following the footsteps of her husband, former president Bill Clinton, who in June 2020, came out with a political novel, 'The President's Daughter', written with bestselling thriller writer James Patterson
■ They had co-authored another book in 2018 called 'The President is Missing' about a terrorist cyberattack on the White House



POKEMON TURNS 25!

■ Twenty-five years after Pokemon first began delighting children and the adults alike, the phenomenon is still capturing hearts, with smartphone craze 'Pokemon Go' enjoying record success in virus-hit 2020. The augmented-reality game raked in \$1 billion in just the first 10 months of last year, its most lucrative yet, according to market tracker Sensor Tower
■ Pokemon is inspired by the childhood tradition of collecting



bugs, popular during Japan's hot and humid summer holidays; part of its enduring appeal is its simple goal: to catch them all. Hundreds of round-eyed 'pocket monsters', inspired by everything- from mice

POKEBALLS MONSTERS

The game allows players to roam the outside world, throwing Pokeballs to capture monsters that pop up on their phone screens



to dragons can be caught and trained to full strength in battles

■ The winning concept has sold countless toys, film tickets and more than 30 billion Pokemon cards since the first black-and-white Game Boy titles were released in Japan in 1996.
■ The character's signature pronunciation 'pika-pika', meaning shiny and sparkly in Japanese, has added to the bright yellow creature's powers of attraction

HONE READING & WRITING SKILLS

TIPS FOR ISC ENGLISH LANGUAGE PAPER (CLASS XII: ENGLISH PAPER 1)

Students need to remember that language skills are honed over a period of time and no amount of "mugging" notes at the last moment before the examination would help them score well.

The first question is Essay Writing (400-450 words) and originality is appreciated.

Examiners will deduct marks for language errors (syntax, spellings, etc.) Good vocabulary and organisation of ideas will improve the standard of your essay. Planning is, therefore, quite essential for this purpose. Your ideas should seem to flow from one point to the next, instead of a mumble-jumble. Local jargon and the use of regional languages should be avoided. Do not use short forms, numeric or abbreviations.

The second question has two components, namely Report Writing (about 300 words) and Proposal Writing.

A Report is normally written in the past tense using Passive Voice. This is an exercise in amplification and you are expected to include and elaborate all hints given along with the question statement. Do not use "flowery" writing and be extremely succinct in your expression.

A Proposal is written under three separate sections, viz: The Heading/Introduction, Objectives and List of Measures. You must write a distinct concluding line. Make sure your tone is formal and give complete details to substantiate the importance of your proposal, including suggestions to procure finances for its feasibility.

The third question tests specific grammatical abilities of the students.

Section (a) is transformation of sentences following given instructions. You must take care not to change the meaning from the original sentence given.

Sections (b) and (c) test the appropriate use of prepositions and tenses. You must practise amply for these objective questions that are

marked with strictness. Forgetting to put a full stop at the end of a sentence may cost you a mark!

The last question is Reading Comprehension with an unseen passage of about 500 words followed by questions based on it to test the students' knowledge of vocabulary and ability to understand the content of the given text.

The first sub-part, Qs. 4 a (i), deals with word-meanings where you have to locate precise words from the given passage corresponding to the meanings that are given.

In the next part of this question, Qs. 4 a (ii), students have to compose sentences using certain words in a meaning different from the one given in the passage. You cannot change the form of the word here. Knowing the Parts of Speech helps you to score well here.

Question 4 (b) entails short questions requiring brief answers written in your own words. The last part - Question 4 (c) - tests your linguistic ability to be precise and accurate, eliciting the main ideas of all or part of the passage. It is advised to write the Précis answer in a Grid form and adhere to the word limit rigidly.

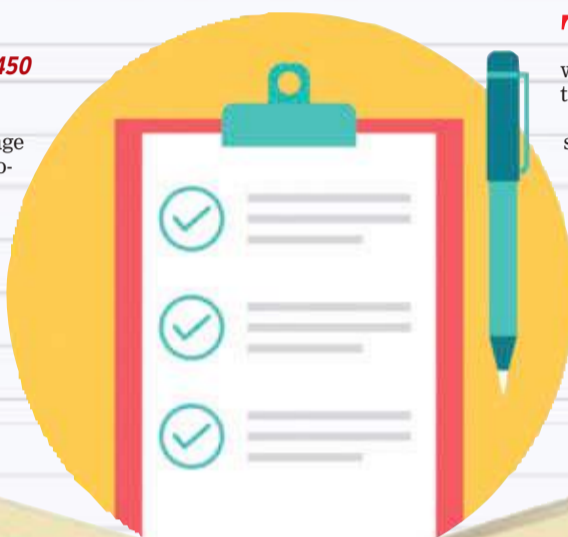
This year, in addition to the syllabus prescribed for the Theory Paper (80 marks), the Council has introduced Project Work (20 marks), where the candidates would be assessed for their Writing, Speaking and Listening skills by internal and external examiners.

General instructions:

Be neat in your overall presentation and use the allotted time per question effectively. Avoid literal translations of vernacular idioms. Pay attention to spellings, punctuations and the use of good lexicon.

Best of Luck!

Ishita Basu,
Senior
Teacher, La
Martiniere's
Girls' College,
Lucknow



POSITIVITY WINS

Children, now is the time to look around you and see what you can do to enhance your values and do some good for the people. Do not mourn and groan. Be spirited and keep the people around you happy and joyful.



Gool Ghadiali, Principal, Gopal Sharma International School and Gopal Sharma Memorial School, Powai

✓ Dos and Don'ts ✗

Drive away exam anxiety

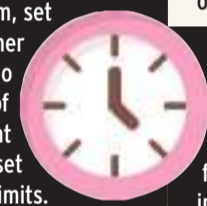
Exams are often considered a 'fear' factor among children. Students preparing for exams often feel under pressure and this may result in feelings of anxiety or nervousness. Students of all age groups undergo exam anxiety and have 'exam phobia' when it is round the corner. Some do take it easy while some cannot. So are here some dos and don'ts of exams to combat examination stress:

✓ DOS

● Do engage yourselves with new study methods like making flashcards, creating flowcharts and memory graphs, mind maps, and mnemonic devices. Follow alternative mode of studying for subjects that need memorising too much information and formulae.



● Plan your time according to your subjects. Set the alarm, set wall planner make-to-do your list of important topics, set your limits.



● Review and revise - quiz yourself, make your own study material, teach others.

● Try to study in a place which resembles the exact environment of an exam hall. If your study place is calm and quiet, chances are more for recollecting and presenting it well in an exam situation.

● Do sleep and eat well, as physical and mental fitness play a vital role during exam time.

● Finally, do try to recollect what you have studied just a while before you go to bed. You will find that you can remember every single word very clearly the next morning.

✗ DON'TS

● Don't wait for 11th-hour preparation. It is quality of preparation and not quantity that's going to help you in the exams.

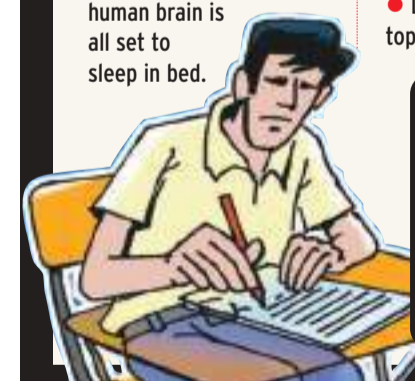
● Please don't talk to your friends who say they are not prepared for the exams.

● Don't study in bed as it is one of the worst places to study. The human brain is all set to sleep in bed.

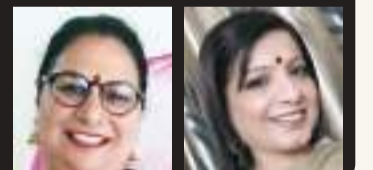
● Don't revise the entire chapter a day before an exam; just revise the main points.

● Don't waste your time in activities like talking to your friends, aimless surfing on TV/ computer/ mobile, negative thoughts/ gaming etc.

● Don't get stuck on a tricky topic/assignment for long.



Neelam Dubey & Aman Kapur,



PET SUBJECT

Fascinating French

I have always found French an appealing subject. I believe languages are wonderful and if the teacher is able to explain it correctly, there's nothing better than that. French specifically is easy enough to be able to relate with English and yet different enough for it to be a challenge. That is what I find most intriguing about this subject. It's a pretty language from the way you write to the pronunciation of words. The manner in which French is taught is also important; which includes writing, listening, speaking skills and of course grammar. It allows creativity and liberty in terms of writing which I find extremely fun.



Diya Rajadhyaksha, class VIII Student,
Ryan Global School, Chembur



REVISION WITH PEER

Q: How did Mandela's understanding of freedom change with age and experience?

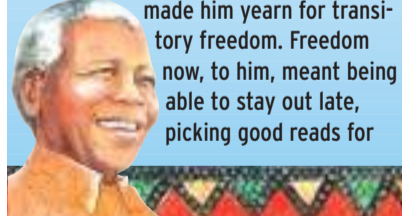
A: Mandela as a child was oblivious of the atrocities committed;

unaware it would affect him in the near future. His understanding of freedom changed from being a young child, who thought freedom was the unrestricted joy in the open fields, roasting mealies under the stars or swimming in the lapping waves; to a teenager who had an epiphany, which made him yearn for transitional freedom. Freedom now, to him, meant being able to stay out late, picking good reads for

ENGLISH, CLASS X, CBSE

himself or going wherever he pleased. Further, moulded into a young adult in Johannesburg, he sought for freedom which allowed him to marry the girl he wanted, to keep his earnings. And finally the definition of freedom as Mandela understood, as a man, wasn't limited to himself. He fought for freedom, not only for his own but for his brothers and sisters. For basic rights as a human and a soul.

Kritika Agrawal, class 10-G, Ryan International School, Kandivali East



'Nationalism in Europe and in India'

Q1. Young Italy, a secret society was formed by
a) Mazzini b) Metternich
c) Wilhelm Wolf d) Bismarck

Q2. What does La patrie mean
a) The citizen b) The motherland
c) The fatherland d) The Country

Q3. What did Germania symbolize?
a) French Nation b) German Nation
c) British Nation d) None of these

Q4. Who was called the Bismarck of Italy?
a) Mazzini b) Garibaldi
c) Cavour d) Johann Gottfried Herder

QUICK REVISION: SOCIAL SCIENCE, CLASS: X

Reena Negi, Social Science Teacher,
Doon World School, Raksha Vihar,
Dehradun



Q5. In which year was Treaty of Vienna signed?
a) 1811 b) 1810
c) 1815 d) 1812

Q6. Who initiated 'Purna Sawraj'?
a) Mahatma Gandhi
b) B.R.Ambedkar

c) Motilal Nehru
d) Jawaharlal Nehru

Q7. Who wrote the book 'Hind Sawaraj'?

a) Mahatma Gandhi
b) Jawaharlal Nehru
c) Lal Bahadur Shastri
d) Maulana Azad

Q8. Whose name is associated with "Folklore of Southern India"?

a) Bal Gangadhar Tilak
b) Natesa Sastri
c) Bipin Chandra Pal
d) T Krishnamurthy

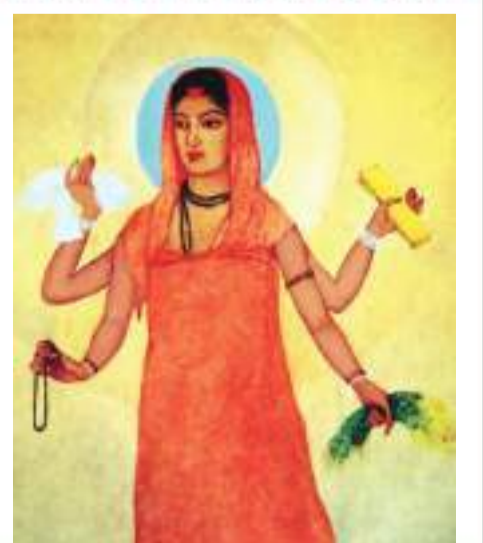
Q9. The Poona Pact took place in the year
a) 1857 b) 1932
c) 1935 d) 1942

Q10. Who painted the image of Bharat Mata?

a) Rabindranath Tagore
b) Abanindranath Tagore
c) Bankim Chandra Chattopadhyay
d) Natesa Sastri

ANSWER KEY

1-a) 4-b) 7-a) 10-b)
2-c) 5-c) 8-b)
3-b) 6-d) 9-b)



Studying nature with our neighbours



Delhi Public School-Bopal, through International Collaborations, endeavours to create 'Global' learners, who are global in their outlook while being grounded locally. International collaborations involve forging a connection with a school in another country and completing an academic project with them. The endeavour is to make children aware of world problems and accept other people's differences from an early age so that there may be permanent peace in the world. Such interactions and exchange of ideas, at a young age, aid in developing a perspective about other countries enabling the acceptance of different people and cultures.

(VSSS), Nepal, grade IX on 'Exploring the Warming World: A Quest', was conducted on February 10, 2021. Dealing with the great challenges of the 21st century requires far-reaching changes in the lifestyle and perceptions of humans to ensure an appropriate quality of life for all, now and in the future. The collaborative activity included schools in Nepal and India on the topics of Global Warming. An exchange of

The Principals of both the schools, Surender Pal Sachdeva and Ram Chandra Neupane motivated the students to take care of the Environment while commending the

collaborative efforts. Students of DPS-Bopal talked about their school and geographical division, Indian culture, cuisine, languages, dance forms, and music.

Their counterparts showed a glimpse of their school, country, culture, and the unique culture of Nepal. Exploring languages like Nepali, Hindi, French, and English, they wrote letters as part of the shared activity. The collaboration illustrated increased awareness as students discussed sustainable development goals focusing on Global warming.

Another project on Nature: 'Our Healer' was taken up by stu-

dents of class VII exploring medicinal plants and exchanging information about the plants growing in both countries. Continuous collaborations help students gain familiarity with the partner country and the school, creating bonds between students as well as teachers.

The Principals of both the schools appreciated the efforts put in by and students and teachers and stated that it was a great platform for sharing ideas. The Vice-Principal of VSSS, Nepal, Rekha Shreshtha, thanked the audience who were distributed online and offline. The entire collaboration proved to be a great learning experience for all the students and will surely enable them to be global leaders in the true sense in the future.



Basant Panchami celebrated

Goddess Saraswati is venerated as the epitome of knowledge and speech. To show our utmost dedication, the students of St. Kabir School Drive In (New) displayed a series of vibrant events over the virtual session in order to celebrate Vasant Panchami.

The opening left an auspicious note with a 'Shankh Dhwan' spreading positive energy as the show began. Amazing facts were shared by few students on Vasant Panchami followed by graceful dance performances of students clad in yellow outfits.

A student dressed as Goddess Saraswati, sitting on a lo-



tus carrying a veena added zest to the show. The celebration ended on a poetic note by Sudha Mishra, one of our most talented teachers, who recited her self-composed poem. It was indeed a mind-blowing celebration!!

How to hide WhatsApp profile picture from specific contacts

Sometimes we just want to hide our profile picture or status from only one contact or a number of contacts without completely blocking them. If you are looking for an option to do that, here's a small workaround that lets users hide their profile information from just one person or a number of people. This how-to guide comprises two parts - deleting the contact from your smartphone and changing your WhatsApp privacy settings. **Pre-requisite:** Download and install the latest version of WhatsApp from your respective app store.



PART 1: DELETE THE CONTACT

- Open the 'Contacts' app on your smartphone
- Search the contact you want to hide your profile picture from
- Now, delete the contact from your phone

PART 2: CHANGE YOUR WHATSAPP PRIVACY SETTINGS

- Open WhatsApp on your smartphone
 - Tap on the three-dot from the top right corner
 - Select 'Settings' and go to 'Account' option
 - Now, head to 'Privacy' settings
 - Tap on the option 'Profile photo' and select the option 'My contact'
- Repeat the steps from part 1 and part 2 to hide your profile picture for other contacts. **Note:** In case you do not want to delete any contact from your smartphone and just want to hide your profile picture then, you will have to change your profile picture privacy settings to 'Nobody'. But this will hide your profile picture for all your WhatsApp contacts.

INSTRUCTIONS

01

Stand tall with your feet together and press it down firmly. Place your right fingertips on the wall to help find balance and fix your gaze at one point in front of you.

02

Shift your body weight to your right leg by leaning towards your right. Place the sole of the left foot on the right inner leg, either above the knee close to your perineum or below the knee, but never on the knee.

03

Point the left toes downward and the left knee towards your left. Keep your right leg straight and left palm on your hip.

04

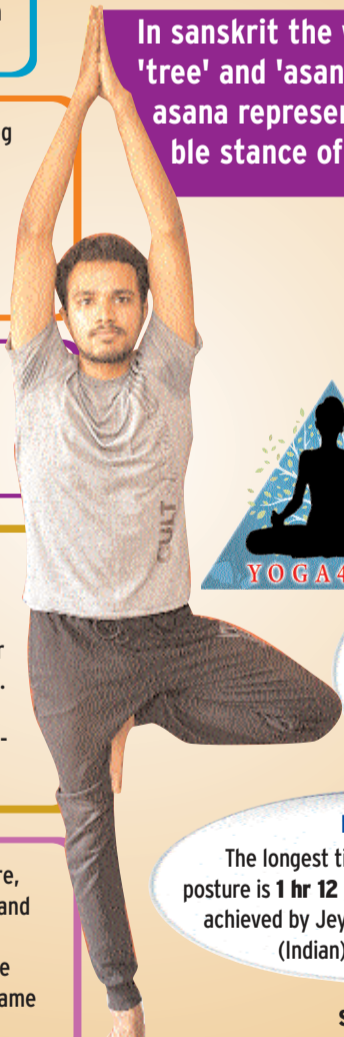
Keep your breathing slow and relaxed. Slowly try to take the right fingertips off the wall. When comfortable, join your palms in Namaskara Mudra, either in front of the chest or over your head. Keep your hips level by pushing the standing heel into the ground and elongating the spine.

05

When you feel like releasing the posture, lower your arms down. Use your left hand to slowly release the left foot down. Loosen and relax your legs. Repeat the practice on the opposite side for the same duration.

Vrikshasana

In Sanskrit the word 'vriksha' means 'tree' and 'asana' means 'posture'. This asana represents the graceful and stable stance of a tree.



BENEFITS

- Improves Neuromuscular coordination, balance and concentration.
- Strengthens the leg muscles, knees, ligaments, tendons and opens up the hip joints.

PRECAUTIONS

- This posture is to be avoided by people with Vertigo or Arthritis until their condition improves and also during an episode of migraine.

FACTS

The longest time to hold the tree posture is 1 hr 12 min 59.84 sec, and was achieved by Jeyaseelan Venkadasamy (Indian) in Singapore.

SUDHARSAN V J, Yoga Trainer & Alumnus S.B.O.A Matriculation & HSS, Coimbatore

The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it.

Painters' Gallery



Rishit Savaliya, Class V, DPS, Rajkot



Rutvi Goletar, Class VI, SAS, Bopal



Daksh Modi, Class VIII, HB Kapadia School, Memnagar



Lokhil Mitva, Class IV, Krishna School, Jamnagar



Mahee Sheth, Class VIII, CN English Medium School

An influencer who showed me value of talent

Inspiration comes from great people and I believe we can get inspired by anyone at any point of time in our life. For me that person is the famous Youtuber, Prajakta Koli. Her way of interaction, the humour in her videos, the topics that she picks for her content, all are a testimony to the lively, consistent and hard-working person that she is. From her rise as a Youtuber to her journey into acting in web series, it makes me believe in the power of hard work. Watching her content gives me immense joy and is a stressbuster in a way. Her content online sends out

INSPIRING ICONS PRAJAKTA KOLI

positive vibes and energy. She is not only an inspiration for me but for many youngsters who believe that creating creative content on digital platform can be taken up as a career option.

She is an influencer in the true sense who has shown me the real value of talent.

BHAVYA GULATI, class XII, Bhavan Vidyalaya, Panchkula



ODE TO THE PEN

VICTORY OVER KILLER CORONA

There was a day when the whole world was one To Fight against you, The killer germ Where to win needs a single gun, No need to panic and run! For the warriors are doctors, nurses, compounders In the form of soldiers They are on duty, To save the world's beauty! Don't dare to go in front of them O killer Corona, you will be killed at once by these national gems. They are curing the patients, With lots of patience They know Living in the covid ambience To achieve the noble mission. If we take it light, A tiny virus will have so much might Let's draw-in together in this fight To make the future lovely and bright. Today, the vaccine is found, And our joy knows no bounds, But still we have to follow the precautions Cause we have no other option. We need to have patience, To have joy worth tons

SARS, Covid-19, Mers, Will all disappear Because stronger are our warriors. We are at the side- winning, Dare not look here CORONA 19. KHUSHAL GOPANI, Class VII, St. Kabir School

TIME

Time is slow, time is fast, It always goes on and never stops. It's time for bed, it's time for school, Wasting your time is an act of a fool. Some people use it to save others, Some people waste it to hate others. There's nothing holding on to you, Use it wisely to make the best of you. There's a time for each and everything, So, don't run after for small petty things. It's the time to save ourselves, So, don't lose your life and hurt yourself. You can lose yourself, Or lose your mind. But as life goes on, You should track time. SURAJ KUMAR RAO, Class X, Ryan School, Surat

'MOANING & GROANING OVER TRACKS HAS TO STOP'

Amid the debate over the third Test pitch, West Indies great Vivian Richards slammed England for complaining about the spinning wicket, adding that he wants to see a similar track in the final Test of the series

ANOTHER TURNING TRACK LIKELY FOR 4TH TEST

India had managed to defeat England within two days in the pink-ball in Ahmedabad. The match saw both India and England batsmen failing to shine and getting out to balls that didn't turn and skidded through from the spinners. But critics have looked to blame the pitch for the failure of the batsmen. India batsman Rohit Sharma clarified that he did not think the pitch had any demons. Even skipper Virat Kohli was vocal about the dreadful batting display from the two teams. Spinner Ravichandran Ashwin also echoed the sentiments. Further, Richards also feels that batters need to prepare themselves for these conditions rather than complaining about the spinning conditions. According to reports, the track for the fourth Test, at the same venue, will be no different.

"The complaints have been that the wicket is spinning too much and all that sort of stuff. This is another side of the arc guys. People seem to forget that if you're going to India, you should expect that. You are going to spin land. You should basically prepare yourself to know what you're going to encounter," Richards said in a video posted on his Facebook page.

"Rather than the moaning and groaning, especially just re-

cently how quickly that Test match was over. It gives England an opportunity and a chance to assess things, to believe that for some reason the wicket that they're going to encounter in the fourth Test is going to be the same. If I was India or I had anything to do with the preparations of the wicket, I would bring in very much the same," Richards added.

VVS Laxman recalls how he dealt with turning tracks

Former India Test specialist VVS Laxman recalled how he played on turning tracks. Laxman shared two suggestions for India and England players on how to deal with such surfaces. "I never swept, there were two options: step down the wicket, or go right back and play late. Go back early and play late, after allowing the ball to finish doing whatever it is. That's how I disrupted length. The bowler will think he is bowling too full or too short, adjust his length, and in the bargain I would get overpitched deliveries to drive or short balls to pull," Laxman told the 'Guardian'. Laxman highlighted the significance of 'defence' on such surfaces and how a batsman should trust its defence to bail himself, or herself, out while playing on such tracks.

ENGLAND SHOULD COME OUT OF THEIR COMFORT ZONE

I've been asked questions recently about the Test match that was played in India... the second and third Test match against England. And I am a little confused about the question really because there seems to be a lot of moaning and groaning about the wicket that they were playing on. I just felt that the ones who are moaning, in my opinion, should realise that there are times that you're going to get a seaming track, a ball that is basically jumping off a good length and everyone thinks that's a problem for batters. There are times batters sometimes cope with that.



Ever since that first Test match, England were in their comfort zone. They have now been taken out of their comfort zone at present and they have got to find ways and means to cope with what they are going to encounter. Spin in all part of the game, this is what a Test match brings. The Indian pacers have been brilliant over the past few years in terms of substance, wicket-taking ability and stuff like that. But now that you're in India, you are going to encounter things and have got to find a way. You're going to get dirty. There is nothing in the rule book that says I've got to score my runs in pretty, classical ways.

VIV RICHARDS, FORMER WI PLAYER

WHEN DOES ICC RATE A PITCH POOR?

When it comes to spin-friendly tracks, the ICC rulebook has definite criteria when it comes to rating a pitch poor. The rule states: "A poor pitch is one that does not even allow an even contest between bat and ball, either by favouring batters too much, and not giving the bowlers (seam and spin) from either side sufficient opportunity to take wickets, or by favouring the bowlers too much (seam or spin), and not giving the batters from either team the opportunity to make runs," ICC rules state.

In Ravindra Jadeja's absence, Axar Patel has done phenomenally well in the England Tests at home

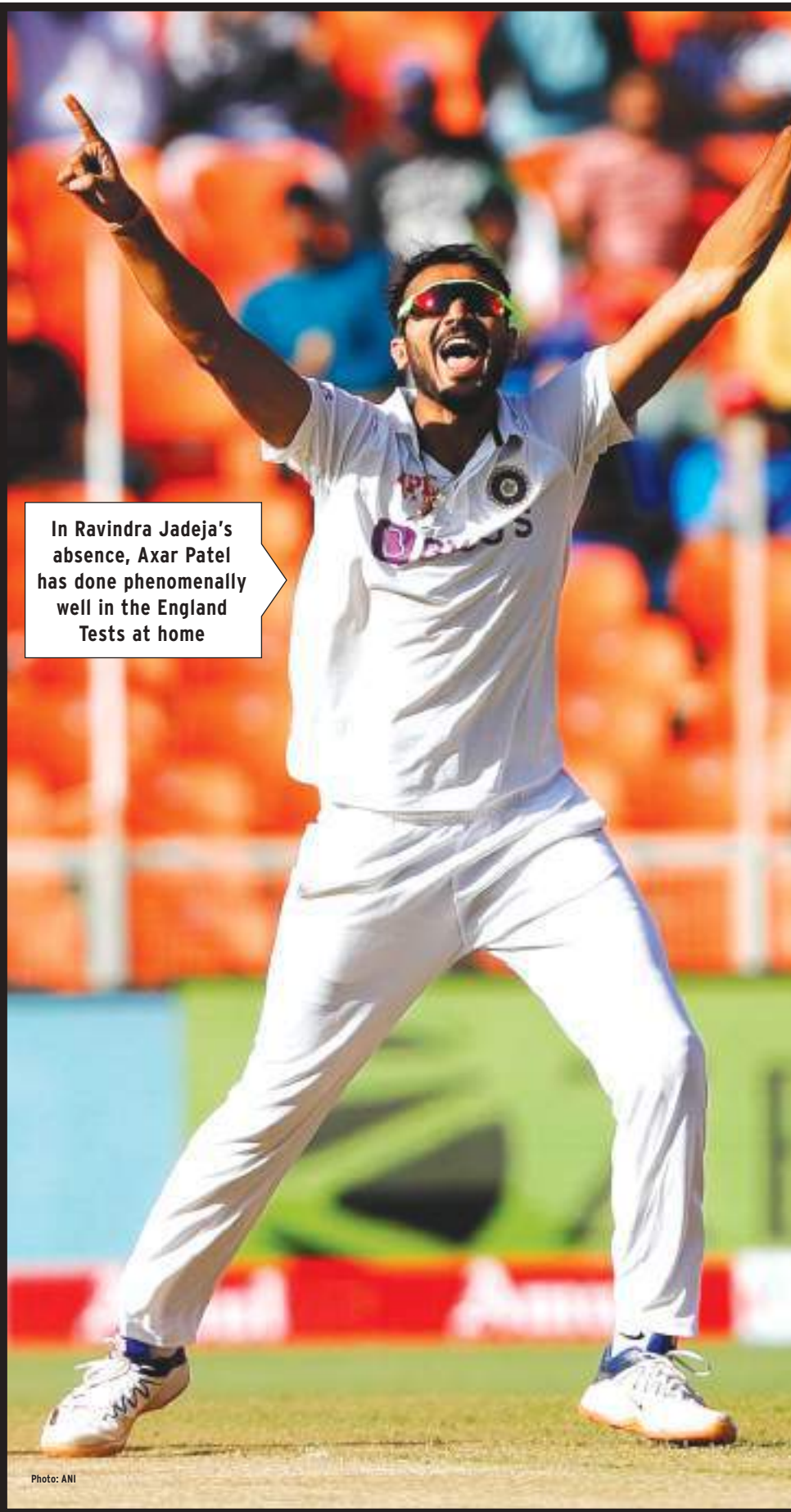


Photo: ANI

'Improving' Arsenal heading in the right direction, says Arteta

Arsenal have shown improvement in recent months and are heading in the right direction, manager Mikel Arteta said after Sunday's comeback Premier League victory at Leicester City revived their hopes of securing European qualification for next season. Leicester took an early lead through Youri Tielemans, but goals from David Luiz, Alexandre Lacazette and Nicolas Pepe helped Arsenal to a 3-1 win, lifting them one place up to 10th on 37 points from 26 games. REUTERS

The team is clearly improving, it's taking a direction I like. We are still giving things to the opposition. It's something we have to eradicate to give ourselves the best possible chance. It's about how we played against top-quality opposition... I'm proud about winning but obviously the way we've done it. The way we are playing looks much closer to what we want. The way the team is evolving, we have some consistency in recent months.

MIKEL ARTETA, ARSENAL MANAGER



Photo: REUTERS

'VIRAT KOHLI HAS BEEN PINNACLE OF THE GAME'

Glenn Maxwell looking forward to his 'next level' RCB stint in IPL



Photo: AP

Man United is not scoring enough goals, says Solskjaer

Manchester United manager Ole Gunnar Solskjaer praised the team's defensive display in Sunday's Premier League goalless draw with Chelsea but said his attacking players have room for improvement. Solskjaer's side have scored the most goals in the league this season (53) but the Norwegian expects more quality from his side, who is second on the table with 50 points from 26 games, 12 points behind leader Manchester City. "We're not scoring enough goals, that's for sure," Solskjaer said after the match. "We came away and it's another good clean sheet but the next step for this team is to win these games and score a goal." IANS



Photo: REUTERS

QUIZ TIME!

Q1: Who holds the record of top scorer (excluding qualifying)?

- a) Robert Lewandowski b) Raúl González
c) Cristiano Ronaldo d) Lionel Messi

Q2: Who holds the record for most career centuries in Women's Test matches?

- a) Claire Taylor b) Sandhya Agarwal
c) Enid Bakewell d) Janette Brittin

Q3: After winning the Wimbledon title in 1884 and 1885, by whom was Maud

Watson defeated?

- a) Ellen Hansell b) Lena Rice
c) Blanche Bingley d) Lottie Dod

Q4: In 2020, who became the first-ever defender to collect the best FIFA women's player award?

- a) Amandine Henry b) Lucy Bronze
c) Pernille Harder d) Wendie Renard

Q5: In tennis, what is the term used when a game has reached a 40-40 tie?

- a) Ace b) Double c) Deuce d) Deep

Q6: Which is the only Grand Slam event that is played

on grass?

- a) Wimbledon b) French Open
c) Australian Open d) US Open

Q7: How many innings did Sachin Tendulkar take to become



Photo: TOI

Sachin Tendulkar

the first and only person to complete 15000 runs in Test Cricket?

- a) 170 b) 200 c) 300 d) 400

Q8: How many times has Real Madrid won the Spanish Super Cup?

- a) Eleven b) Fifteen
c) Nineteen d) Seven

Q9: After Virat Kohli, which player has made the fastest 2000 runs in T20 Internationals?

- a) Paul Stirling b) Martin Guptill
c) Aaron Finch d) Brendon McCullum

Q10: After Graeme Smith, which cricketer has

played most matches as captain in Test history?

- a) MS Dhoni b) Allan Border
c) Stephen Fleming d) Ricky Ponting

Q11: After Rashid Khan, who was the youngest captain in Test history?

- a) Tatenda Taibu b) Graeme Smith
c) Waqar Younis d) Mansur Ali Khan Pataudi

ANSWERS: 1c) Cristiano Ronaldo
2- d) Janette Brittin 3- c) Blanche Bingley
4- b) Lucy Bronze 5 c) Deuce
6 a) Wimbledon 7- c) 300 8 a) Eleven
9- c) Aaron Finch 10- b) Allan Border
11- a) Tatenda Taibu



THE TIMES OF INDIA

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TODAY'S EDITION

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➤ Wrestler Ritu Phogat shares her success story
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STUDENT EDITION

MONDAY, MARCH 1, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2



MANN KI BAAT

Be a warrior, not worrier: PM TO STUDENTS

Wishing students ahead of their examination in the coming months, Prime Minister Narendra Modi said, they must compete with themselves rather than others. "The coming months are of special importance in your life. My young friends, you will be appearing for your exams. But do remember you have to become a warrior, not a worrier; take the exams smiling and return home smiling. Also understand, you have to compete with yourself, not against anyone else," the PM said. Addressing his monthly Mann Ki Baat, the PM also dwelled on many other subjects of national importance...

MAJOR HIGHLIGHTS



ON WATER CONSERVATION: Water has been crucial for the development of humankind for centuries. Water is our life, our faith, and also the stream of development. We have to understand our collective responsibility towards water conservation. Monsoon will begin in many parts of the country by around May-June. So, this is the best time to think about water conservation. Let's begin a 100-day campaign to clean up all the water bodies and prepare them for rain water harvesting before the monsoon season starts. Be a part of the Union Jal Shakti ministry's 'Catch the rain' campaign.

ON THE CONTRIBUTION OF SCIENCE TOWARDS MAKING INDIA ATMANIRBHAR:

When we talk of science, many a time people restrict it to physics, chemistry or labs, but the spread of science is much more than that. We have to move science forward with the mantra of 'Lab to Land'. Science also contributes to the 'Atmanirbhar Bharat' campaign. The first condition for the goal is to take pride in the things made by our people. Self-reliant India doesn't remain just an economic campaign but becomes a national spirit when we see our fighter plane 'Tejas' made in our country, doing acrobatics in the sky, when we see Made-in-India coaches in metro trains in advanced nations, when we see Made-in-India Covid vaccines reaching dozens of countries. And it is not that only bigger things will make India self-reliant—Indian-made textiles, handicraft goods made by talented artisans, electronic appliances, mobiles, etc. in every field, we have to increase this pride. When we move forward with this thought, only then will we become self-reliant in the true sense.

ON PARIKSHA PE CHARCHA

Just like every year, I will interact with students and teachers on how to beat exam stress during 'Pariksha Pe Charcha' programme. But before the 'Pariksha Pe Charcha' begins, I request parents and teachers to share their experience and their tips. You can share them on MyGov and NarendraModi app. Along with the youth, parents and teachers will also be invited this time during the 'Pariksha Pe Charcha' programme. You will find information about how to participate, how to win prizes, how to get an opportunity to discuss with me on MyGov

The way we know of other scientists of the world, the same way, we should also know about the scientists of India

You have to get enough sleep and manage time well also. Don't stop playing, because those who play will blossom. You have to apply the techniques of revision and smart ways of memorisation to bring out your best in your exams

Narendra Modi, PM, addressing students

Spotlight

SIX CITIES TO HOST IPL 2021; MUMBAI SAYS NO TO FANS

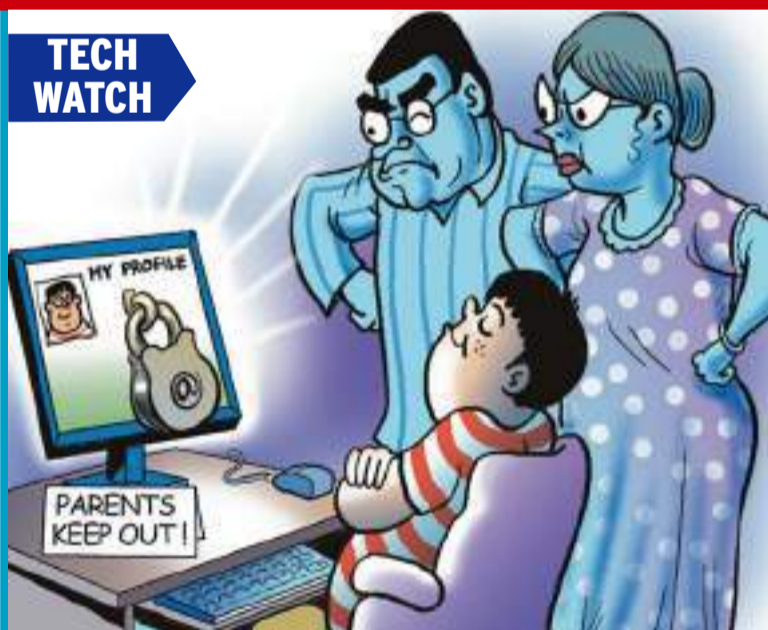


Moving away from their initial plan to host the Indian Premier League's (IPL) 2021 edition between Mumbai and Pune — and part of the playoffs and final in Ahmedabad — the BCCI has now shortlisted six cities to conduct this year's tournament.

- Mumbai, Bangalore, Chennai, Kolkata, Ahmedabad and Delhi have been shortlisted to host this year's IPL
- The IPL, which is scheduled to begin in the second week of April (tentatively April 11) and conclude in the opening week of June (tentatively June 6), may not find spectators being allowed at some centres, while other centres may allow fans up to only 50% of the stadium's capacity
- There won't be any spectators in Pune due to the sudden spike in Covid-19 cases in Maharashtra

YOUTUBE BRINGS NEW FEATURE TO HELP PARENTS 'SUPERVISE' WHAT THEIR KIDS WATCH

TECH WATCH



YouTube is all set to introduce a new feature to help parents control what their children watch on their channel. This feature is aimed for those kids, who no longer will find the YouTube Kids app interesting, as they have grown up but are not adults yet to enjoy the entire YouTube catalogue of videos. In its latest announcement, YouTube has said that in the coming months, it will launch a new support for parents to allow their children to access YouTube through a supervised Google Account.

HOW IT WORKS

- 1 Parents will be given three different content settings on YouTube to choose from: explore, explore more, and most of YouTube
 - 2 According to YouTube, the support has been designed for parents, who think their children are ready to explore the vast universe of
 - 3 Besides choosing the content settings for their kids, parents will also be able to manage watch and search history from within their child's account settings
 - 4 YouTube has also decided not to display personalised ads in "certain categories"
- As a policy, people above 13 years are eligible to use YouTube. For people below 13, the company recommends the use of YouTube Kids, a dedicated app, built with simple curated content for kids

NIAGARA THAWS



The deadly Arctic blast has frozen parts of the Niagara Falls, creating a breathtaking backdrop for the visitors. Temperatures fell to -18C in America to produce vista of ice and rainbows at the US border with Canada's famous attraction, with ice flowing along the river. As the water froze, it created a cascading layer of ice in the Falls. There were some impressive icicles too. Ice forms in the Niagara Falls every winter. But such a spectacle was seen in 2014 and 2015, when the Niagara Falls were partially frozen due to polar vortex events. However, the Falls ceased to flow completely, just once so far in March 1848 for 30 hours!

FACTOID

\$6 MILLION

Price of a painting of a Paris street scene by Vincent Van Gogh, which is likely to fetch at an auction. All set to be shown to the public for the first time, after spending more than a century behind closed doors in the private collection of a French family, the work, painted by Van Gogh in 1887, while he was staying with his brother Theo in the French capital, the painting will be put on display by Sotheby's auction house in Amsterdam, Hong Kong, and Paris, prior to being auctioned off next month

- Titled 'A street scene in Montmartre,' the painting depicts a man and woman, strolling arm in arm past a ramshackle fence with a windmill in the background
- The painting is part of a series that Van Gogh produced of scenes in Montmartre, a hilly-district of Paris, now dominated by the Sacre Coeur church



'Tom & Jerry' are back. This time to disrupt a posh celebrity wedding in NY

'Tom & Jerry', the rambunctious cat and mouse duo that has entertained audiences since 1940, appeared in a new feature film, which finds the cartoon characters threatening to disrupt a celebrity wedding at a posh New York City hotel. The film, a hybrid of animation and live action, debuted on Friday in theatres and on the HBO Max streaming service. It stars Chloe Grace Moretz as a newly-hired hotel worker, who tries to curb the pair's long-standing behavioural problems.

Tom and Jerry, created in 1940 by William Hanna and Joseph Barbera, starred in a series of animated short films, followed by various TV shows and feature films over eight decades

ENTERTAINMENT



Must Read

Books to watch out for

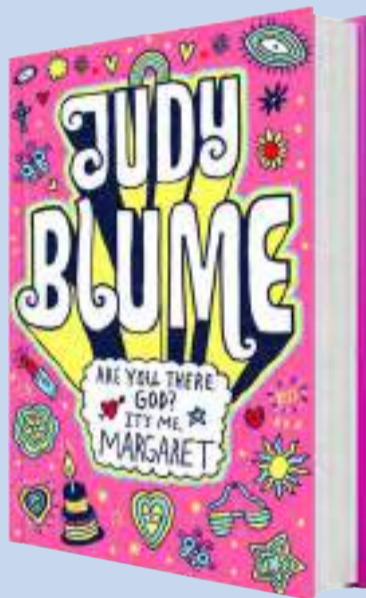
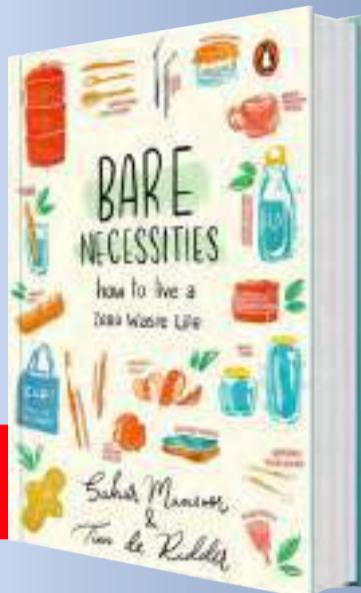
Compiled by NITYA SHUKLA

BARE NECESSITIES: HOW TO LIVE A ZERO WASTE LIFE

by Sahar Mansoor and Tim De Ridder

A one-stop guide on living a more sustainable lifestyle in India. Sahar Mansoor is the founder and CEO of Bare Necessities, a zero-waste social enterprise and Tim De Ridder is an environmentalist and sustainability consultant. The authors have based the book on their experiences while running workshops, events and interacting with communities across the country. The book has 80 tips and tricks to help readers move towards a zero-waste lifestyle.

Must read for explorers of zero-waste lifestyle



ARE YOU THERE GOD? IT'S ME, MARGARET

by Judy Blume

It's time to read this book before its adaptation hits the screen. According to reports, author Judy Blume's classic coming-of-age story is getting adapted for a film starring actors Rachel McAdams and child star Abby Ryder Fortson. The epic is about Margaret Simon, a sixth grader, who is questioning everything about adolescence and puberty and is searching the universe for whatever answers she can find. With her mother and grandmother trying to guide her through a time when everything is changing, they too find that you never stop questioning your path and defining what is meaningful in your life.

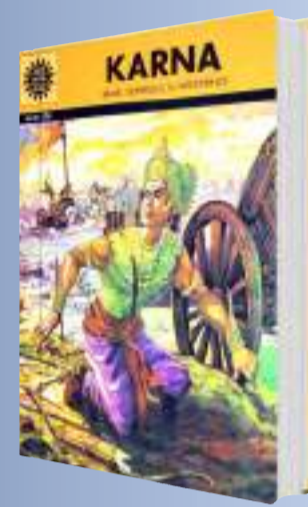
Read it before you watch it

THEY FOUND WHAT/THEY MADE WHAT

by Shweta Taneja

A biologist who smashed cancer cells, "a space scientist who sent a rocket to Mars", or "an ecologist who stumbled on a rare species of frog!" An upcoming book will educate children about the daring discoveries and ingenious inventions of India's brightest scientists. Releasing on National Science Day, celebrated on February 28, it features stories of renowned scientists, including the likes of Sonam Wangchuk, owner of over 400 patents; Anil Bhardwaj, winner of the 'Outstanding Achievement Award' from ISRO; Venkatraman Ramakrishnan, winner of the Nobel Prize in Chemistry and Vijayalakshmi Ravindranath, head of the Centre for Neuroscience, Indian Institute of Science, Bangalore.

Science it up!



AMAR CHITRA KATHA COMICS

by the writers of Amar Chitra Katha

Publishing house HarperCollins India and Amar Chitra Katha have announced a new collaboration to publish adaptations of popular ACK comics into a narrative format for young children. This series, put together meticulously by the writers at Amar Chitra Katha, brings together some of the greatest folk tales in the ACK catalogue. Each book in the series is adapted from the original Amar Chitra Katha comics and aims to bring the reader closer to the thoughts and traditions that make up our country's identity, said a joint statement by HarperCollins India and ACK.

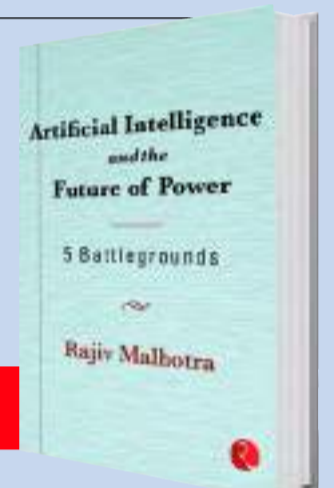
Back to the future

ARTIFICIAL INTELLIGENCE AND THE FUTURE OF POWER

by Rajiv Malhotra

With Artificial Intelligence helping "biological materialism sneak in through the back door", the world is witnessing a real clash of civilisations with "the battle between algorithm and being." One of the most respected venture capitalists of Silicon Valley and a former chairman of the powerful TIE Global takes a deep dive into a phenomenon that is only partially visible, like an iceberg.

Ahoy technocrats



Ritu Phogat shares her journey and how she learnt to lead from the front...

You can only achieve success if you are disciplined, focused and determined... says Ritu Phogat. She inspires students to have a foresight of their goals and passion. "To achieve those goals one must work hard" - is her message to all...



Commonwealth Wrestling Gold Medalist Ritu Phogat comes from a very famous wrestling family. Her father, Mahavir Singh Phogat, is a legendary coach, having trained several of her family members and leading them to the highest levels of the sport, inspiring the hit movie 'Dangal.' Phogat began her own training at the age of 8, and just a few years later, she dropped out of school to focus on her wrestling career. Since then, she has gone on to garner countless accolades in the sport. Ritu Phogat is a wrestling champion and a superstar from India. In a recent event, the champion emphasised time and again that the attributes (of self discipline and hard work) are of extreme importance for those who want to excel. "I don't want you to admire me, instead be inspired and learn to put your heart and soul to what you have set out to achieve," she declares.

HERE IS AN EXCERPT FROM AN INTERVIEW OF THE FEMALE ATOMWEIGHT STAR... SHE HAS LEADERSHIP LESSONS FOR ALL...

1 How did you get the name 'Indian Tigress'? During my wrestling days, many people used to say that the moment I put my mind to something whether it was in the wrestling ring or outside, I would go for it like a determined tigress! Hence, I got this name.. Today, Phogat is one of the fastest rising mixed martial arts (MMA) talents in the world, which combines different martial arts disciplines together in a seamless fighting style.

physically and mentally to apply my skills in the right manner.

3 Apart from your sisters, which other sports personalities are your icons? Virat Kohli is really inspiring; I like watching his training videos. Also Khabib (Russian martial arts champion) is very inspirational for me.

4 What is the one lesson from your sports life that you use in your personal life? Discipline.

If we are not disciplined, we cannot achieve anything. Also remember; the stronger you are, the faster you are, and the more powerful you are, the better your chances of success. Building strength and conditioning is essential to every martial artist. That means developing strength in your muscles, learning how to use leverage, activating your fast-twitch muscle fibers, and enhancing your cardiovascular endurance.

These all work together to turn you into a fighting machine. What can lead you to this strength is self discipline. If you let go of that, you may miss on something.

5 Do high expectations affect you? No, not really. In fact, I get motivated due to high expectations and train harder. If people are rooting for me, I must not let them down! The mantra that keeps me going - Obviously, if you have to fight, then fight to win. A fight to the end matters quickly and decisively.

6 Many women in India don't get enough encouragement to take up sports, what will you tell them? I urge parents to support their daughters because they deserve the chance to represent their country and make everyone proud. With hard work and dedication, anyone can achieve greatness.

7 If there is ever a biopic ode on your life, which Bollywood actor would you choose to play your character? I would like to play the role myself in the film as no one knows the struggle and journey of my life better than me.

8 Does family support have a huge role to play in the success of a sportstar? I strongly believe so. Take my case for example; My family noticed that I have a keen interest in mixed martial arts, so they never questioned my decision and fully supported it. Geeta was a bit nervous initially but she trusted me to pursue it with 100-per cent dedication. Given that backing, I knew I only had to give my best and see what's in store!



GARDENING GYAN



CARROTS

They are not exactly a speedy vegetable, but if you choose a quick-growing finger-sized variety, you can expect the crunchy roots sprouting in six weeks. If sowing in pots, sow the seeds in pots of potting soil, spreading the seed thinly over the surface, then cover with a thin layer of potting soil.

Veggies that grow quickly

At present, when the debates and discussions around adulteration in food are growing louder day by day, many of us have resorted to growing our produce in our gardens and terraces. If you are a beginner and want to grow vegetables fast, here is what you can do



RADISHES

They are one of the fastest-growing vegetables, taking just three to four weeks to reach harvest time. They are also exceptionally easy to grow. Radishes can be grown in pots as well and sprout within just 3-4 days.



SPINACH

This nutritious leafy green takes around 30 days from sowing to harvest. It can be sown at the beginning of every month to get fresh green spinach leaves by the end of the month.



BEANS

They are useful in warm weather. In addition to harvesting quickly, they are soil builders that benefit the crops by fixing atmospheric nitrogen in their roots, then releasing it when the plants die off. The fastest to produce are the bush types, which are ready to harvest in approximately 50 days.



BOK CHOY

Bok choy is a great plant to grow because it can produce a mature harvest in around 30 days. The tender dark green leaves and crisp off-white-coloured stalks provide a nice fresh crunch.



SALAD LEAVES

They take only 21 days from sowing to harvesting. You can choose to sow one single variety at a time or a mix of your choice. Some of the popular varieties include lettuce, mustard and kale.



GREEN ONIONS

You can get green onion stalks in around 3-4 weeks. They taste delicious as a garnish for soups or can be added to stir-fry as well. They are planted as bulbs, which take around 6 months to produce full-size.

Express

YOURSELF

The Mystique of "Words"

Hi Friends! I have come to all of you with some interesting facts about the Origin of Words – the World of Etymology. I embarked on this interesting journey of understanding words and their origins when I picked up a book written in Gujarati by my Grandfather Bakul Bakshi, a well-known Gujarati writer. I have picked up two words from his book which are well known and interpreted them below in English so that all of you can also understand the amazing history and the enigma behind some popular words that we use in everyday life. So

here they go....

BARBIE: Dolls have been around since the olden days however Barbie is the modern version of the olden dolls. Elliot Handler's Company Mattel manufactured the Barbie Doll in 1959 and introduced it in the New York Toy fair. Barbie was invented by Elliot's wife Ruth Handler and she named the doll after her daughter Barbara. Since its introduction, Barbie has undergone a lot of changes in terms of fashion and careers. Today it's a global icon all over the world.

A Quote by Ruth Handler: My whole philosophy of Barbie

was that through the doll the little girl could be anything that she wanted to be. Barbie always represented the fact that a woman has choices.

KITKAT: In the year 1935 Rowntree Mackintosh, a British Confectionary Company created chocolate which had wafer biscuit in it. Initially named Chocolate Crisp it was later on changed to Kit Kat which became a popular brand. It is believed that the reason for the change is due to the wafer biscuit and its crispness. Also, KitKat or KitCat was a type of food that goes back to the 18th century and was served at meetings of a political club in London called the Kit-Cat Club. Of course, there is no direct relationship between politicians and chocolates !!!

SHIMONA BAKSHI,
Class VII, Udgam
School For Children
(REFERENCES: MARKET NA FUNDA
BY BAKUL BAKSHI, WIKIPEDIA)



Laughter is the best medicine

We all have heard the proverb 'Laughter is the best Medicine'. The field of medicine has recognized the importance of laughter long back. Many scientific studies have shown the benefits of laughter. Laughter improves our mood, reduces pain, and strengthens our immune system. It protects us from the negative effects of stress. Laughter helps us to connect with others. It also helps us to release anger and forget bad memories. A good amount of laughter can increase respiration, heart rate, and oxygen consumption. This is much similar to what happens during exercise.



Laughter has tremendous power to heal and support physical and emotional health. With so many benefits, the best part is that this medicine is free and easy to use. Good laughter reduces physical stress and relaxes the body. Laughter increases infection-fighting antibodies and decreases stress. It releases happy hormones. It helps us increase our immunity. Laughter burns calories. Laughter increases blood

flow to the cheeks and brings a glow to the face. It makes people look younger. Laughter helps cure depression. It improves concentration. Laughter improves pain tolerance. Laughter or smile is contagious. We feel happy when we see a smiling face. Laughter can bring people together and establish amazing relations. Even a small smile or giggle can change the atmosphere of the room from unfamiliarity to a homely atmosphere. As Laughter has so many benefits, people practice laughter yoga at home or at laughter clubs. It is believed that voluntary laughter has

the same benefits as spontaneous laughter; hence laughter yoga can improve our overall health. Laughter is a cost-free form of therapy and a pleasant one. It has the power to heal our mind, body, and soul. It takes us to a new level from where we can view the whole world from a relaxed and joyful perspective. **KEEP SMILING, KEEP LAUGHING!!**

HARSHITA VERMA,
Class VI,
Essar
International
School



Peace in Indian Villages

Indian villages, mini heaven in the world full of one or the other turmoil. Scattered houses, no high rises, and altogether a different lifestyle, very different from those living in the concrete jungle. There are open farms with lots of greenery spread through. People have big hearts and follow all traditions. Even the quality of air is a thousand times better than the urban areas. People follow simple yet rich food habits i.e. Roti, Sabji, Dal, Rice & fresh Milk products. They use tractors for farming and for local transport and cars are rare to see. They prefer traveling by using tractors, cycles, bikes and even prefer to walk on foot for good health. People living in the villages are healthy and fit as they work hard



every day in their farm fields to grow crops/ grain/ vegetables so that we can eat and leave. I would like to visit often to these beautiful places spread all across India.

DAIVIK S. PATEL, Class VI,
Siddharth's Miracles School

MY DREAMLAND



I just imagine what it would be like being in the best place in the world, "My Dreamland". One day while reading a story, I found myself sitting in the sand in front of a sea. The breeze gently touching me and going, the noise of the people around, the sound of waves hitting and touching the shore could be heard clearly, but still, all the noise did not distract my peace.

I raise my gaze and saw the clear blue sky, with few white cotton candy clouds. I could see the swaying Palm trees waving at me as if they were welcoming me to their land. I was sitting patiently for the sunset and suddenly the horizon began to change in its beautiful golden shaded

colour. My eyes were absorbing the beauty of nature that was coming to me. After the sunset, the cool air from the sea and the stars twinkling in the sky were like the cherry on the cake and added to its beauty more shine and freshness. It was totally a heavenly experience driving on road with trees on both sides, a small stream of a waterfall flowing through the mountain flowing parallel to the road. Suddenly, my mother called me up and I was compelled to come back in the present. But the memories of the beautiful thought still prevails in my mind. I wonder if such an awesome place full of nature's gift exists in this world.

VEDIKA BHARILL, Class III

VIRTUAL TEAM WORK

On the school days, teachers gave us various group activities but nowadays due to Covid 19 pandemic circumstances we have virtual classes. In the art integration of English teacher gave us a group activity. In that activity, the teacher gave us an image and we have to create an ending story image with our own imagination and also create the story end in the form of drama.

In our group, we were 8 students for discussing and sharing our ideas and we fixed a time for a virtual meeting. We continued the story to the end with our own imagination and gave dialogues and characters. We practiced every day. We prepared posters according to our story scenes. We decided to fix every work like who will make and send compile video, online video and combine posters. From this activity, we learned that we can do good teamwork even online.



TUSHTI GUPTA, Class III, Essar International School, Surat

THE EDUCATIONIST

LEARNINGS FROM COVID LOCKDOWN

"Technology is just a tool. In terms of getting the kids to work together and motivating them, the teacher is the most important." quoted by Bill Gates. The COVID-19 pandemic affected educational systems worldwide, leading to the complete closures of schools and colleges. Our teachers have moved to online teaching since the beginning of the lockdown in April. The sudden switch to 100% online teaching was challenging equally for both teachers and students. However, it is keeping everyone busy with notes, worksheets, exams, competitions, quizzes, video lectures, etc.

Students had so many challenges including no computer, internet, or poor network, besides children who were not computer savvy. We began using the app for online teaching. After a month we transitioned to Microsoft Teams, the professional platform which enhances us to provide a more effective classroom.

TAKING THE CURRICULUM ONLINE
Home assignments were being sent over WhatsApp in the form of PDFs, online tests are being conducted and the responses are being accessed virtually. Concepts are being taught in the form of PowerPoint presentations, recorded or youtube videos, and audio lectures. Teachers are uploading study material, notes, assignments, and exam question papers regularly on the respective school portal and MS Teams as well. Students can download the notes and prepare at home.

As an educator, I realized that online teaching requires a lot of innovation to

create an atmosphere of closeness with students as if they are in the classroom. The concern is that the concentration of students must be directed so that learning objectives are achieved well.

Online teaching has its own drawbacks. Teachers can never know how much attentive the student is, how the students are following them and whether the students are able to understand the concepts well. So, a real classroom offer is missing. Being at home, students are not taking the classes and assignments seriously and the teacher's strictness remains absent.

WHAT WE TEACHERS MISS THE MOST ABOUT SCHOOL

- I miss my students' personalities and silliness.
- I miss physically being in school with everyone else.
- I miss students' excuses, their creative and funny jokes.
- Hearing my name 50 times a day, getting interrupted 10,000 times.
- I miss hearing the students' voices.
- I miss that constant struggle to keep them focused on tasks.
- I miss those moments when students try to get me off-topic.
- I miss my teacher friends.
- I miss staffroom jokes and having lunch together.
- I miss that enjoyment of the school events.
- I miss my students' happy and sad faces.

We all are learning together in a new way during this worldwide crisis. Let's ensure to have continuous education in the coming times. Happy learning!!
HEMA TANEJA, Educator, Zebar School For Children, Ahmedabad

Painters' Gallery



Vaani Panchal, Class XI, Cygnus World School, Vadodra



Ananya Balaji, Student



Shoyam Saxena, Class Jr. KG, SGVP International School



Rishit Kshatriya, Class V, C N English Medium School



Rishit Savaliya, Class V, Delhi Public School, Rajkot



Princy Makadia, Class VII, Krishna School, Jamnagar

THERE WAS A DAY WHEN THE WHOLE WORLD WAS ONE

To Fight against you, The killer germ
Where to win needs a single gun,
No need to panic and run!!
For the warriors are doctors, nurses, combatants,
In the form of soldiers,
They are on duty, To save the world's beauty!
Don't dare to go in front of them
O killer Corona, you will be killed at once by these national gems.
They are curing the patients
With lots of patience
They know Living in the covid ambience
To achieve the noble mission.
If we take it light

A tiny virus will have so much might
Let's draw-in together in this fight
To make the future lovely and bright.
Today, the vaccine is found,
And our joy knows no bounds,
But still we have to follow the precautions
Cause we have no other option.
We need to have patience, To have joy worth tons
SARS, Covid-19, Mers, Will all disappear
Because stronger are our warriors.
We are at the side- winning
Dare not look here, CORONA 19.

KHUSHAL GOPANI, Class VII, St. Kabir School

HAPPY DAYS ARE HERE AGAIN

Happy days of mine are here again,
Days of nature have also come again.
My home is full of members again,
And the sky is full of birds again.
Noise of vehicles are off again,
And chirping of birds are here again,
Sky is blushing blue again,
People are having family time again.

JIA DESAI, Class V, Ryan School, Surat

My Mom is having free time again,
My Dad is full of fun again,
We are playing games again,
Old photos and new memories are here again,
Thank you RYAN for starting classes again,
And my studies and homeworks are here again,
But I am missing my friends and teachers,
So I want to go to school early again...

MY MOTHER !

You filled my days with rainbow lights.
Fairy tales and sweet dream night,
Kiss to wipe away my tears,
Gingerbread to ease my fears.
You gave the gift of life

to me,
And then in love, you set me free.
For deep warm hugs and being there.
I hope that when you think of my part of you
You will always see...
I love my mother.

VEDANT SHAH, class V, Ryan School, Dumas, Surat

POOR BATTING OR BAD PITCHES?

When the four-match series between India and England started, cricket fans were expecting to be enthralled by the quality of cricket on display. While the contests have been entertaining, the pitches on offer have also hogged quite a bit of limelight



Regarded as one of the best all-rounders in the game currently, Ben Stokes has been dismissed 11 times by R Ashwin

UNSURE FOOTWORK AGAINST SPIN

Most of the former English cricketers like Alistair Cook, Michael Vaughan and Andrew Strauss have questioned India's need to produce such rank turners. But again the question remains if rank turners really reduce the contest between bat and ball or is it the batsmen who are losing their ability to play the turning ball and making spinning tracks look unplayable?

If green tops require a certain skill set, then the rank-turners also require the same. Which ball turns and which one goes straight is a simple question in cricketing books and all the batters prepare for it from the very start when they go to coaching schools or academies. But it is about putting those hours of training into play at the crease.

When playing on turning tracks, batters are required to be confident about their footwork. But looking at all the dismissals in the third Test, most of them

saw batters in two minds on whether they should stay on the front foot or go back to the balls which mostly skidded through after pitching.

This is a fact that even Sunil Gavaskar spoke about during his commentary stint. Most of the English batsmen were caught pressing forward and as a result, they were either bowled or caught plumb in front of the wicket.

When one looks at the third Test once again, they will notice that only a handful of the deliveries were turning sharply and there was nothing that kicked up at an alarming rate. The pitch also did not offer invariable bounce and the batters were able to leave the ball on length.

If anything, the pink-ball has extra lacquer on it, and that may have made the ball skid more. And this is a point which was highlighted by Rohit Sharma and Joe Root after the third Test came to an end.

Seaming tracks are accepted, not turning ones

One needs to ask why does it seem like the world comes to an end when there is a little bit of assistance for the spinners from day one of a Test match? Nothing in the rule book restricts the degree of turn that a pitch is allowed to take. But no sooner does a sub-continent wicket take a bit of turn, eyebrows are raised, mostly unnecessary.

England skipper Joe Root did not openly criticise the pitch, but he did say, "If I am getting a fiver, it pretty much sums up the pitch".

One doesn't need to be a genius to read between the lines and understand what Root truly opines about the pitch. But credit to the current England management that none have come out openly to use the pitch as an excuse for the loss.

Kohli suggested that the batting from both sides was not up to the mark in the third Test and he went on to give a clean hit to the 22 yards on offer. It is safe to say that Kohli is not entirely wrong.

Even, Rohit Sharma suggested that the pitch was good to bat on and there were no demons. The right-handed opener hit 66 runs in the first innings and he did not look in any sort of trouble in the second as he smashed boundaries at will to take India home in style while chasing 49.

In fact, England opening batsman Zak Crawley also scored a fifty in the first innings and he looked quite comfortable at the crease. Man of the Match Axar Patel has made it clear that he wouldn't mind the same wicket for the fourth Test.

THIS (MOTERA) MIGHT NOT BE A 350-400 RUN PITCH BUT IT SURELY WASN'T A 200-250-RUN PITCH

I somehow find it funny that when they speak about the surface, it immediately gets quoted all over in our press and this is the issue here. There have been instances, we have been to New Zealand, where both the Tests got over in a total of five days. There is a video doing the rounds where Virat Kohli is talking in South Africa and he says I am not here to talk about the pitch. That is how we have been taught to play cricket, that's why I say let them sell thoughts, buying is our choice.

R ASHWIN, INDIAN SPINNER
It was not a pitch where the ball was misbehaving constantly. Nothing was kicking up alarmingly. Neither was there any great invariable bounce that the ball would shoot. Here, the bounce was actually true, almost. Yes, there was spin but Test match batsmen should be able to handle the

turn or the straighter ones. Challenging, but not treacherously challenging. If you look at the dismissals, the batsmen have contributed to their own downfall. More than the pitch, it was about the mindset which did them in. Rohit Sharma's batting in both innings showed you could score runs on this pitch.

SUNIL GAVASKAR, FORMER INDIA CAPTAIN

We play on seaming wickets around the world and get bowled out for 47, 60. Nobody ever says a thing. But as soon as it starts spinning, everyone in the world seems to start crying about it. I don't get it. I'm all for it, it was entertaining. I was up all night watching it. It was absolutely brilliant. I'm thinking about bringing that curator out to the SCG.

NATHAN LYON, AUSTRALIAN SPINNER

Was it a good pitch for batting, NO. It was difficult, challenging for any batsmen irrespective of how good you are. But is it a bad pitch? No, I don't

think so. This might not be a 350-400 run pitch but it surely wasn't a 200-250-run pitch. What was disappointing for me was, the scores were also a reflection of your batting skills against a turning pitch, whether it was the Indian batsmen or English batsmen. Both set of batsmen should have applied themselves better on a pitch like that.

DEEP DASGUPTA, FORMER INDIA WICKETKEEPER

England looked like startled rabbits in that second innings. I don't think it was an 81 all out pitch but this was a much tougher pitch than Chennai. Especially on this pitch, where one spins prodigiously and the other skids on, you lose all kind of rhythm. That's what successive Test matches on these sorts of pitches do for your mindset.

NASSER HUSSAIN, FORMER ENGLAND CAPTAIN

QUIZ TIME!

Q1: In the 2018 US Open women's singles final, who derailed Serena Williams to become the first player from Japan to win a Grand Slam singles title?

- a) Yurika Sema b) Aiko Nakamura
c) Ayumi Morita d) Naomi Osaka

Q2: Who holds the record of most catches in ICC Men's T20 World Cup?

- a) AB de Villiers b) Dwayne Bravo
c) David Warner d) Martin Guptill

Q3: Who won the 2019 Davis Cup Award of Excellence?

- a) Emilio Sánchez b) David Ferrer
c) Ivan Lendl d) Yannick Noah

Q4: Which Indian cricketer has played most matches as captain in Men's World Cup?

- a) Sourav Ganguly b) Kapil Dev
c) MS Dhoni d) Mohammad Azharuddin

Q5: In the history of Wimbledon, who was the first overseas Champion?

- a) Dorothea Lambert b) Josiah Ritchie
c) May Sutton d) Norman Brookes

Q6: After Mithali Raj, which Indian has played most matches as captain in Women's World Cup?

- a) Anju Jain b) Jhulan Goswami
c) Diana Edulji d) Shantha Rangaswamy

Photo: GETTY IMAGES



Mithali Raj

Q7: Which of the following countries won the 2019 Davis Cup tournament?

- a) Australia b) Spain
c) the United States d) the United Kingdom

Q8: Who is the youngest hat-trick scorer in the history of UEFA Champions League?

- a) Raheem Sterling b) Luiz Adriano
c) Raúl González d) Olivier Giroud

Q9: Messi and Ronaldo apart, who become the first attacker to win the Best FIFA Men's Player award since

Ronaldinho in 2005?

- a) Robert Lewandowski b) Raúl González
c) Luis Suárez d) Sergio Agüero

Q10: Who won the 2015 US Open men's doubles title?

- a) Pierre-Hugues Herbert and Nicolas Mahut
b) Juan Sebastian Cabal and Robert Farah
c) Mike Bryan and Jack Sock d) Jean-Julien Rojer and Horia Tecau

ANSWERS: 1 d) Naomi Osaka 2 a) AB de Villiers
3 b) David Ferrer 4 d) Mohammad Azharuddin
5 c) May Sutton 6 d) Shantha Rangaswamy
7 b) Spain 8 c) Raúl González
9 a) Robert Lewandowski
10 a) Pierre-Hugues Herbert and Nicolas Mahut