



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

MONDAY, FEBRUARY 22, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2


P rime Minister Narendra Modi's annual interaction with students – Pariksha Pe Charcha is back. Informing about the annual event, education minister Ramesh Pokhriyal Nishank said, "To reduce the stress related to exam and to provide inspiration and guidance, PM Narendra Modi will interact with the exam takers through Pariksha Pe Charcha programme in March."

- The event is not merely an interaction. It is also a contest, wherein the students have the opportunity to share their ideas and present them directly to the PM of the country
- Each year, the selected students get an opportunity to present their thoughts and even ask questions to the PM in person at the event
- This year too, students, parents and

teachers can participate. The entries are now open; interested people can participate till March 14, 2021

- The selected students, parents and teachers would be rewarded with a special award. The special winners will get an opportunity to directly interact with the PM, and also get a digital souvenir of their autographed photograph with Modi



In Pariksha Pe Charcha, the PM shares anecdotes and answers questions of the students on different aspects of examination.

Pariksha Pe Charcha was first conducted in 2018, and this would be the fourth edition. This year, the event might be held virtually due to pandemic. Last year, the event was held at the Talkatora Stadium in New Delhi, and was attended by students, parents, and teachers from respective schools as well. The ministry of education had received 2.63 lakh entries from students to participate in 'Pariksha Pe Charcha', of which the ministry selected about 1,050 students

THEME FOR 2021 PARIKSHA PE CHARCHA

FOR STUDENTS

- Exams are like festivals, celebrate them
- India is incredible, travel and explore
- As one journey ends, another begins
- Aspire not to be, but to do
- Be grateful

FOR PARENTS

- Your words make your child's world - encourage, as you have always done
- Be your child's friend; keep depression away

FOR TEACHERS

- Online education system - its benefits and how it can be improved further (Source: TimesNow)

SOURCE: TIMESNOW

TWITTER ROLLS OUT VOICE DMS IN INDIA

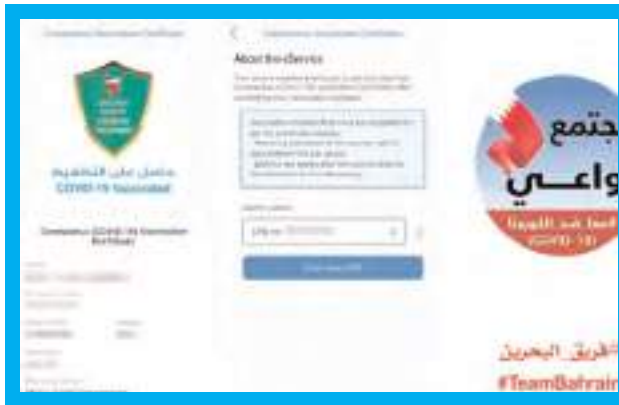


TECH BUZZ
Twitter has launched voice direct messages feature in India for iOS and Android phones. The microblogging platform has stated that the new feature, which it is calling an "experiment", will be rolled out in phases across India. Twitter had announced the plans for voice DMS last year.

- The feature, which is being rolled out to select users in India, Brazil, and Japan, is still being referred to as testing and not a feature, ready for mass rollout
- The users can start recording DMS, using a small icon placed at the right of the message box
- The voice DMS can be up to 140 seconds in duration. Twitter has even provided an option to review the voice message before hitting the send button
- The feature is currently only available on the Twitter mobile app and not on the website. Android Central reports that browsers can still play voice clips

BAHRAIN LAUNCHES DIGITAL COVID-19 VACCINE PASSPORT

Bahrain has launched a digital Covid-19 vaccine passport, one of the first countries to do so, the Gulf state's media office said. Earlier, the country's National Medical Taskforce for Combating Coronavirus announced new measures for the travellers arriving in Bahrain.



- Bahrain's 'BeAware' app displays a green shield, alongside an official certificate, detailing the person's name, date of birth, nationality and which vaccine was received
- The users must have received two doses of a vaccine, separated by 21 days, and then wait for two weeks for antibodies to develop, the statement issued by the government of Bahrain said
- "The authorities can verify its validity by

scanning a QR code linking to the national vaccine register," the statement added
➤ Bahrain, a small island state with a population of around 1.5 million, offers its citizens and residents the Pfizer/BioNTech vaccine, the Sinopharm vaccine, backed by a China-based pharmaceutical giant, the Oxford-AstraZeneca Covid-19 vaccine, and Russia's Sputnik V vaccine, free of charge

- Governments and developers around the world are exploring how certificates and passports could help to reopen economies by identifying those protected against Covid-19
- Denmark has said that it would launch an initial version of a coronavirus

vaccination passport by the end of February
➤ Sweden also plans to launch a vaccine passport by summer, assuming that there is an international standard in place for the document by then, the government said two weeks ago

GOLDEN GLOBES 2021 PRE-SHOW TO BE LIVE-STREAMED ON TWITTER



ENTERTAINMENT

The Golden Globes 2021 pre-show will be live-streamed on Twitter, ahead of the award ceremony telecast on NBC. According to reports, the event can be watched on the Golden Globes official Twitter account on February 28, 2021, from 3:30-5 pm in the US, and will also stream live on the Golden Globes' official website.

- While actor Sofia Carson and reporter Zuri Hall will host the 90-minute upcoming countdowns, which will be broadcasted live from the Beverly Hilton, Rasha Goel and Scott Mantz will conduct remote interviews
- Actors Tina Fey and Amy Poehler will host the bi-coastal 78th Annual Golden Globe Awards show, which will air live on NBC at 8 pm ET/5 pm and available to stream the next day on Peacock

FACTOID

20.5mn: Years of life have been lost due to Covid-19 worldwide, with an average of 16 years per individual death, according to a study. The life years lost rate due to the pandemic has been between two and nine times greater than the mean years of life lost rate associated with seasonal flu, it said. The years of life lost rate is the difference between an individual's age at death and their life expectancy

SOCIAL MEDIA HELPS FANS TO KNOW OF FILMS IN OTHER LANGUAGES: JEETHU JOSEPH

Filmmaker Jeethu Joseph, best-known for directing the 2013 Malayalam hit 'Drishyam' feels that the credit of increasing amalgamation of film industries across India goes to the social media. "The exchange of stories between various film industries in India has increased in the last three to four years. It is because of social media. People in every



MOVIES

state hear about other films. They hear about Malayalam movies, Marathi movies, etc. Now, only the language is different, otherwise it has become a single industry," Joseph said. 'Drishyam 2' was digitally-released on February 19.

Q DO YOU AGREE? Share your views at timesnie175@gmail.com

Tiny water tracker aims to rove the Moon

SPACE

A miniature rover being developed to explore the Moon's surface is on track to join the search for water there, its Hungarian inventors believe, using a device that weighs less than a bag of sugar. Named after a Hungarian breed of dog, the Puli rover, is a low-cost platform designed to carry different payloads, including the ice water snooper, which won the 2020 'Honey, I Shrank the NASA Payload' challenge, a competition organised by the US space agency.



- Weighing less than 400 grams (14 oz), its purpose is to probe for water ice by identifying and mapping the subsurface hydrogen content of the lunar soil
- The rover has four-independently steerable wheels made of foot-like rubberised spokes, which can scale 40-45 degrees slopes. Its prototypes have been tested on lunar-like terrain in Hawaii and Morocco. Backed by NASA development funds, the firm expects it to be ready to deploy on a lunar mission from next year

NASA's Stratospheric Observatory for Infrared Astronomy (SOFIA) last year confirmed the existence of water, and hence a potential source of rocket fuel, rehydration and oxygen, on the Moon for the first time

NOW, 'BROKEN-DOWN CAR' CAMPAIGN GAINS MOMENTUM IN MYANMAR



Opponents of Myanmar's military coup parked their cars in the middle of city streets and on bridges recently, pretending that they had broken down, to block police and army trucks moving around to break up protests. Calls for a "broken-down car campaign" spread quickly on social media after the military's overnight block on the internet was lifted. Numerous pictures soon appeared of the supposedly-stalled cars, with bonnets raised, clogging up streets.

The car campaign came, as the democracy activists were aiming to draw huge crowds in Yangon and elsewhere, in what they hope, will be a major show of opposition to the army's overthrow, and arrest of the elected leader Aung San Suu Kyi

Decluttering mantras



Photo: GETTY IMAGES

Use space

organising hacks to clear clutter

It's 2021, and you're still hanging on to clothes and stationery from 2011! Parting with that one favourite t-shirt or those awesome pair of boots may be a difficult task. But not impossible. Since most of us are happy hoarders, using some organising hacks to create more storage in our existing space will help us declutter our lives (maybe a little). Here are some organisers that can help you win the war against clutter.



1 Add-on racks for the wardrobe and kitchen cabinets that can be hung either on the inside or outside on the doors. These can fit anything and everything, anywhere there is a space to hang.

2 Stack makeup organiser for the dressing table, because there is no such thing as too much makeup and always less space to

keep all the favourite brands. Getting one of these can actually help you keep a check on your purchases too.

3 Under cabinet pullout drawers, with 2-3 shelves, depending on the space you have. These can store double the amount of things you can store in the cabinets, and clear out some magic space you didn't know you had.

4 Add closet cascaders and slim-line hangers to your wardrobes for helping you accommodate all the clothes in one place. These are great if you don't want to let go of old clothes that you are either keeping for memory sake or hoping to fit into.

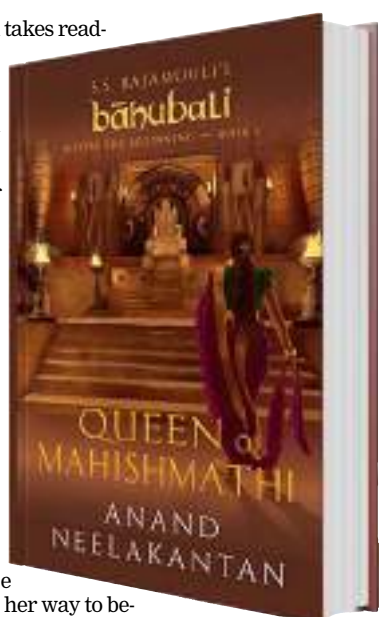
5 Slip in trays and baskets into spaces unexpected places like underneath the closet or the top of a cupboard, inside stationery drawers to attain sorting nirvana. Result is more space. **TNN**

Queen of Mahishmati

HAVE YOU READ YET?

Bestselling author Anand Neelakantan takes readers and fans of 'Bahubali: Before the Beginning' series on yet another ride into the fantasy world with 'Queen of Mahishmati', the third and final book in the trilogy. While the first book in the series 'The Rise of Sivagami' was released in 2017, book two 'Chaturanga' and book three 'Queen of Mahishmati' both released in 2020.

'Queen of Mahishmati', as the title suggests, tells the story of Sivagami's rise to throne and power. Her previous missteps have only made her determination to achieve her father's wishes stronger. But she is unaware that Maharaja Somadeva's opposers are closing in on the king. As Sivagami fights her enemies under Somadeva's guidance, she realises that she needs to now choose between her love and ambition and selflessness or envy while she makes her way to become the righteous queen of Mahishmati. The book tells Sivagami's story—her experiences that made her a strong woman. Apart from her, the book also tells Katappa's story as he becomes a devoted protector of Mahishmati.



With 'Queen of Mahishmati' the plots of 'Baahubali: Before the Beginning' come to an end, while the story leads to SS Rajamouli's blockbuster movies 'Bahubali 1 & 2'. The complex plot, politics, characters, warfare weaved together through Neelakantan's skilled writing would keep readers hooked till the very end of the book. Fans of the Bahubali series would like to read this final book in the trilogy before it gets adapted into a web series.

Books to read to understand the current environmental crisis

The planet is so close to being damaged that the change seems irreparable. Unfortunately, the cry for help by environmentalists is often drowned out by other news and issues that seem more urgent now. This is a topic one needs to educate themselves on. Though there are many articles, books that provide more comprehensive picture of the problem from the root to a potential solution. Here are some books to give one an idea of what the future could hold for us and what can be done



'NO ONE IS TOO SMALL TO MAKE A DIFFERENCE'

by Greta Thunberg

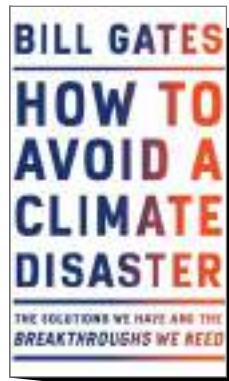
It doesn't take a lot of words to explain the severity of the global crisis and this slim book is a perfect example. The author, Greta Thunberg, is a teenage climate change activist who has shamed the callous world with her words and actions. This book is a compilation of all the powerful speeches she has given, with a positive message inspiring us all.



'STAYING ALIVE: WOMEN, ECOLOGY, AND DEVELOPMENT'

by Vandana Shiva

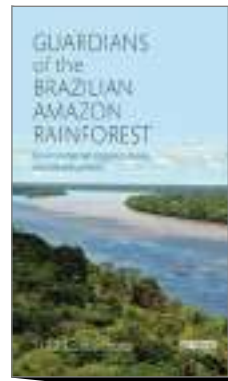
In this book, Vandana Shiva looks into how development is still taking place in third world countries and compares it to the industrial revolution – which is detrimental to the natural world. She has written several books on environmental issues and this one shows how it affects rural Indian women and how they are the ones with practical and sustainable solutions.



'HOW TO AVOID A CLIMATE DISASTER: THE SOLUTIONS WE HAVE AND THE BREAKTHROUGHS WE NEED'

by Bill Gates

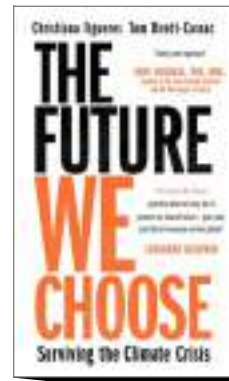
Bill Gates has been working on several projects to improve the world with his wife Melinda. He is as well known for his philanthropy and research to better the world as he is for his tech business. In fact, he predicted a worldwide pandemic long before most had heard of coronavirus. Now in an urgent book about climate change, he proposes a very well thought out and altogether possible plan to prevent the inevitable disaster.



'GUARDIANS OF THE BRAZILIAN AMAZON RAINFOREST: ENVIRONMENTAL ORGANIZATIONS AND DEVELOPMENT'

by Luiz C Barbosa

The whole region of the Amazon forest is stuck in a conflict between environmentalists trying to prevent deforestation and those attempting to promote agro-industrial development. This book tells the history of the conflict between organisations like the WWF or Greenpeace and capitalist organisations or the Brazilian Government over deforestation.

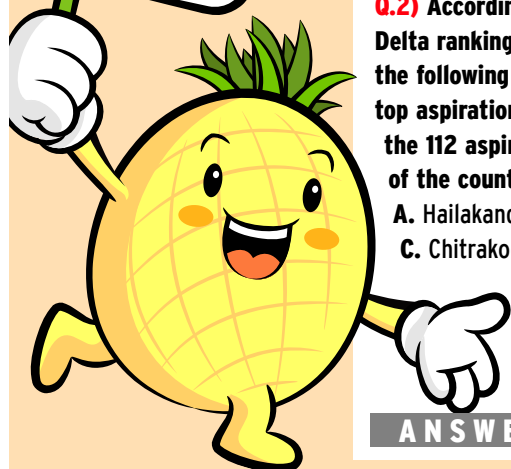


'THE FUTURE WE CHOOSE: SURVIVING THE CLIMATE CRISIS'

by Christiana Figueres and Tom Rivett-Carnac

The authors of this book are the co-founders of Global Optimism, an organisation focused on bringing about environmental change and they both led negotiations for the United Nations during the historic Paris Agreement of 2015. In this book, they present two futures – one where all the guidelines of the Paris agreement are met and one where they aren't. They then teach readers on how to bring about eco-positive changes.

Activities BOX



QUIZ TIME (CURRENT AFFAIRS)

Q.1) When was World Hearing Day observed?
A. 1st March B. 6th March
C. 3rd March D. 8th March

Q.2) According to NITI Aayog's Delta ranking report, which of the following has become the top aspirational district among the 112 aspirational districts of the country?
A. Hailakandi B. Kupwara
C. Chitrakoot D. Gumla

Q.3) Which

scheme has been launched by the Union HRD ministry to fund science projects?

A. TURNS B. PARKS
C. SPARK D. STARS

Q.4) ISRO has begun a Young Scientist Programme named _____ for school children...

A. Stuff You Should Know
B. Yuva Vigyani Karyakram
C. Nordita Scientific Program
D. Ecotech

1. C) 3rd March 2. A) Hailakandi 3. D) STARS 4. B) Yuva Vigyani Karyakram

ANSWERS

KNOWLEDGE BANK

NATURE



Full circle rainbow

In theory, every rainbow is a circle, but from the ground, usually only its upper half can be seen. Since the rainbow's centre is diametrically opposed to the sun's position in the sky, more of the circle comes into view as the sun approaches the horizon, meaning that the largest section of the circle normally seen is about 50% during sunset or sunrise. Viewing the rainbow's lower half requires the presence of water droplets below the observer's horizon.

EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toiniel75@gmail.com



IDENTIFY THE PERSONALITY

He is the founder and former chairman of Inditex fashion group, best known for its chain of Zara clothing and accessories shops.

Answer: Amancio Ortega



Word Wise

aspersion: (n) a damaging or derogatory remark or criticism; slander. The act of slandering; vilification; defamation; calumny; derogation

Synonymous words: curse, abuse, defamation, hit,

invective, libel, rap, put-down, etc.

Examples: ■ But think not that I ever had any idea of casting an **aspersion** on you. ■ Carrie felt this to contain, in some way, an **aspersion** upon her ability. ■ But of this **aspersion** he was fully cleared, by the confession of the real father.

Express YOURSELF

MY PANDEMIC LEARNINGS!

The COVID 19 pandemic is a very distinctive time. But, I have learned many things during this time. I want to tell you all the two most important things I learned. Both of them are united and things that are very necessary in times like these.

1) It is difficult to bring out your best. It began with a 21-day lockdown and we students have not seen its end yet. The first lockdown was fun, but as days passed, it became tough. This is when I learned my first lesson. Difficulties and challenges will be there. They are an inevitable part of our lives. But if we have the passion to solve them, we can find a way out. We have to exit our comfort zone to face them, even if it is staying at home, for example. These hurdles can be an opportunity to acquire a brand-new skill, staying away from something even though you don't want to, staying inside your house like the people who are obeying the safety instructions given by the government. These challenges bring



a change in us. Some stay with us for a short time, while others may stay with us for a lifetime. The challenge I faced then was hard. I used to get agitated with the restriction of staying at home and had to control my temper. I had to find activities to occupy myself other than video games. To be honest, I thought this time would pass easily with me having fun. I will NOT miss school or my friends. But the joy was short-lived. I missed my friends badly and above

all, I wanted to go outside the home. But then, I worked towards controlling my anger and it gave me the time to work on my personality. I had anger issues, but controlling my anger became possible.

Find out productive and creative work to do, that keeps you happy: All of us may face boredom at some point when stuck inside our houses. I will admit that in the initial days I was spending my entire days playing video games or doing something on the screen. Later on, I made a proper schedule and followed it strictly. I studied; played music watched movies played games. I will admit that I wouldn't say I liked this time but it is a good time to be productive. But in the end, I will say the lockdown is difficult as we could not go out to play or meet friends, but it is easy if you stay busy.

PRATINAV SINHA,
Class VI, Essar
International School,
Surat



THE EDUCATIONIST

Educators create a future society!

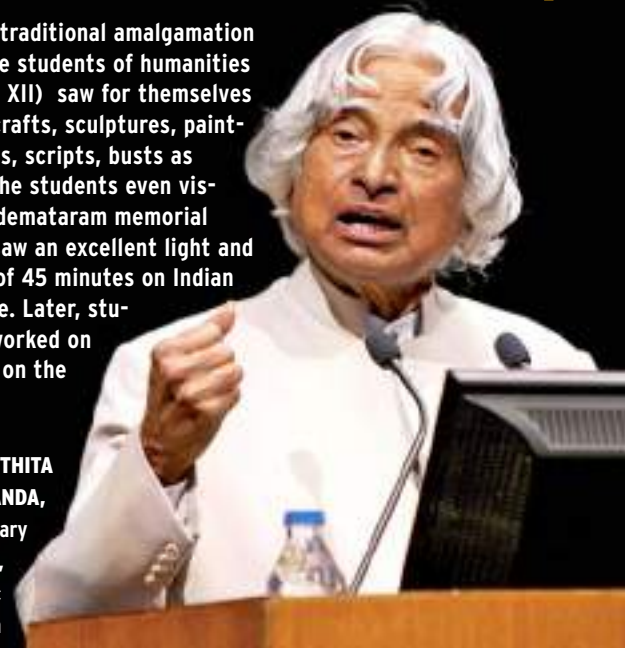
Like APJ Abdul Kalam said, "The purpose of education is to make good human beings with skill and expertise.



Enlightened human beings can be created by teachers." As an educationist- my mission is to make the children educated so that they become an endowment for society. Simple methods- conjoining different aspirations from different subjects, continuously being in learning mode, and making a clear image, a subtle conception -is my priority to make the learning more profuse and exuding. An educational trip was organized to Bhujouri; where an array of Indian

cultural and traditional amalgamation is visible. The students of humanities (class XI and XII) saw for themselves seals, handicrafts, sculptures, paintings, weapons, scripts, busts as excavated. The students even visited the Vandemataram memorial where they saw an excellent light and sound show of 45 minutes on Indian independence. Later, students even worked on the projects on the same.

SRESHTHITA CHANDA,
Sr. Secondary
level in-charge,
Calorx Public
School, Mundra



TO MADAM WITH LOVE!

Poised, placid and passionate. These are the words that echo in my mind as I fondly reminisce about my teacher who changed the course of my life, whose unrelenting efforts have been the very citadel, the foundation of my suave and refined persona. From being a vexatious and an awfully obstinate tot to a conscientious and courteous adolescent, she has changed me for the better, over the years. Genuinely, her unflagging efforts have moulded me into a dauntless individual with strong ethics and righteous virtues. She has inculcated in me the indispensable virtues of perseverance, diligence, and integrity.

Through the years she has helped me wade through the precarious and treacherous waters of life, preparing me to face all the hurdles with prudence as well as composure. She impelled me to work meticulously and strive for excellence. Her eternal fervour, enthusiasm, and zest never failed to astound me. An ocean of profound knowledge and wisdom, she often quotes the former Prime Minister of the United Kingdom, Sir Winston Churchill, "Success is stumbling from failure to failure with no loss of enthusiasm." The epitome of positivity, she persistently urged her pupils to be optimistic and hopeful. She taught me to embrace my flaws as well as prompted me to take charge of my life instead of brooding over my problems and wallowing in self-pity. Indeed my teacher has been the ultimate source of inspiration for me, who ignited my curiosity, propelled me to achieve success, and helped me become a better version of myself.

DIA SANGHVI, Class X, Udgam School



The Indian superstition scale

Amidst humans' capacity for rational thought, they are not immune to superstitions. Superstitions are strongly tied to cultural practices. Although 17% of the world's population resides in India, Indian culture is understudied, and there have not been sufficient attempts to understand Indian superstitions in a scientific manner from a psychometric standpoint. By creating a proper superstition measurement for the Indian population, we can better understand how Indians think and behave.

Superstitious behaviours have been used to reduce anxiety, build confidence, and cope with uncertainty, giving the illusion of control over reinforcement in an uncontrollable situation. Superstitions are as

old as man. The earliest men who had no scientific knowledge fell on easy prey to superstition. Thus, illiteracy and lack of knowledge and capacity to reason out are the hotbeds that generate and perpetuate superstition.

Superstitions are widespread. They originate and thrive on human ignorance and blind faith in things mysterious and unknown. Psychologically, the sense of insecurity, fear of ill-luck, and the dread of inexplicable forces in nature give birth to superstitions. Superstitions may differ from place to place, community to community, and country to country, yet they have common origins. They originate from fear and lack of knowledge of things. Beliefs in charms, omens, super-natural powers,



and beings, etc., have their roots in superstitions. What is mysterious, unknown, and inexplicable generally because fear and fear in its turn generates superstitions and blind-beliefs.

The need of the hour is to cultivate more and more objectivity, rationality, and scientific

spirit in our approach to things, including those which are inexplicable and in some way or other mysterious. We need not give up our ideals, imagination, emotions, and impulses and become living robots, but we must be alert and watchful so as not to allow these to dominate and dictate our faculties of reasoning, logic, and analysis. Religion is certainly blind if not blended with science and reasoning; and, science is lame unless guided by conscience and emotions. Our only hope is in balance and cultivation of scientific outlook and temper.

KASHYAP N HAPALIYA, Class VIII, S. N. Kansagra, Rajkot



INDIA OF MY DREAMS

India of my dreams is a country full of peace, harmony, compassion, and happiness. It is a country where all the countrymen are educated and responsible enough for the country's development. In the India of my dreams, I see many traditional professionals of classical dance, music, and many other ancient art forms being appreciated everywhere. I want my motherland to be scientifically advanced and technologically better. Being an agriculture-based economy, it is imperative to focus on agriculture and support every farmer in case of a natural crisis. It is a country where everyone takes the responsibility of keeping pollution in control. It is a beautiful country where all the roads are clean and there is fresh air everywhere. There is greenery all around and children have no dearth of playgrounds. Mere prosperity



of humans is not enough, preservation of wildlife and forests is also equally important. Deforestation is a big NO and people plant more trees instead. I wish to see an India where all people are respected equally irrespective of their caste, colour, creed, or financial status. India is developing rapidly in almost every field but still, there is poverty in many parts of the country. There is a wide gap between the rich and the poor. I want every citizen of India to live a decent life. India of my dreams is a powerful and developed country where citizens will live united. There are no crimes. Citizens do not suffer from bad health, hunger, or unemployment. In short, India of my dreams is a country where citizens feel happy and safe. All the citizens enjoy and live a good quality of life.

HARSHITA VERMA, Class VI, EIS

DYNAMIC GAME TO PLAY!

Checkmate! The king had hopelessly been trapped in a corner, cut off by my rook and I ended the game with a wondrous Arabian Mate, with a rook and a knight. Chess has been my favourite game ever since I can remember. Learning the fundamentals, the structures, the openings, and all the ideas isn't just it. In chess, you have to use your understanding and creativity to win, you can't just memorize it, which is one of the reasons I find chess so intriguing, so dynamic.

"I am convinced, the way one plays chess always reflects the player's personality. If something defines his character, it will also define his way of playing." This quote by Vladimir Kramnik, a Russian chess grandmaster, holding the title of classical world champion from 2000-2006. And somehow this quote shows the reason my games are creative, as, in reality, I love to learn new things. As I love to take my chances, I am very good at combinations and sacrifices.

The pandemic has made my chess games to be online and trust me online chess just isn't the same. The fun, the adrenaline, and the excitement of the tournament hall is what I wish to go back to. But I am not going to give up on waiting to go back because "Nobody ever wins a game by resigning". And so till I see the tournament hall again in my state uniform, 'Keep Calm and Checkmate!'

AAYAN CHETTIAR, Class V, GIS



Painters' Gallery

Ravya, Class II, St Kabir School



Daksh Modi, Class VIII, HB Kapadia School



Ishita Patil, Class VII, Siddharth's Miracles School



Vipra Patel, 9, Sheth CN English Medium school



Adhya Chauhan, Class VI, Essar International School



Madhura Mashankar, Class V, Podar World School, Sherkhi



Anangha Paul, Class VI, Shanti Asiatic School

COME ON, LET'S DECIDE TOGETHER TODAY

What's the secret, to believe
Asking everyone now the moment
There's only one life to live
"What's wrong and what's right?"
With thousands of laws and rules made.
Thief catches itself the thief with brave
Getting meals on count
No hands for shortage nor they are bound
Then what's wrong and what's right?
A few praise Rahim, a few to Ram
But no one worships their own deeds or calm.
Giving all a name of god
But no one is here with his own quality like everyone seems to applaud.
Then what's wrong and what's right?
Every boat gets its edge
But what if the boat is itself helpless.
Well, how come he got stuck into
No idea which path he got for his luck into.
It seems him to be a raw clay pot
No one drinks water from it at all
Then what's wrong and what's right?



Now what's wrong and what's right
The answer to this question is always 'quiet'
Lives in every veil of truth
The helpless mistakes never fruitful.
Neither victory nor defeat,
Choosing not any of the street
In this examination of life full of illusory seats.
Then what's wrong and what's right?

KHUSHI PRASAD, CLASS XII, RYAN SCHOOL, SURAT

5 TALKING POINTS FROM INDIA'S T20I SQUAD



Ishan Kishan

Photo: GETTY IMAGES

The BCCI on Saturday announced a 19-member T20 squad for the five-match series against England, which kicks off on March 12. The Chetan Sharma-headed selection panel handed maiden call-up to 3 players while they dropped 2 players, Sanju Samson and Kuldeep Yadav, from the roster which toured Australia

INDIA'S SQUAD

Virat Kohli (Capt), Rohit Sharma (vc), KL Rahul, Shikhar Dhawan, Shreyas Iyer, Suryakumar Yadav, Hardik Pandya, Rishabh Pant (wk), Ishan Kishan (wk), Y Chahal, Varun Chakravarthy, Axar Patel, W Sundar, R Tewatia, T Natarajan, Bhuvneshwar Kumar, Deepak Chahar, Navdeep Saini, Shardul Thakur

1 SELECTORS TAKE GLOVES OFF KL RAHUL

➤ In a rather surprising move, the selectors seem to have taken the gloves off KL Rahul as the BCCI's squad clearly mentions Ishan Kishan and Rishabh Pant for that role. The decision can be debated as the team management backed Rahul for the job for one complete year and also dropped Rishabh from the squad. The sudden change has come as a big surprise and it will be interesting to see if the management makes the change going ahead. Rahul is likely to keep the gloves in 50-over cricket.

2 PANT MAKES WHITE-BALL RETURN AGAIN

➤ The young wicketkeeper-batsman has only been part of the national team for the past 4 years but Rishabh has made a number of returns in the white-ball team. On occasions, he has been dropped without being given enough chances. For the Australia tour as well, he was dropped without being given a chance. His red-ball form is too good to be ignored and the selectors had no other option but to recall him into the T20I squad. Rishabh has played 16 ODIs and 28 T20Is since his debut in 2017.

3 IPL PERFORMERS AWARDED BY SELECTION PANEL

➤ The selectors have rewarded IPL performers. Architect turned leg-spinner Varun Chakravarthy was picked by Kings XI Punjab in 2019 but released at the end of the season. Picked by KKR last year, Chakravarthy ended as one of the top 10 wicket-takers. Rahul Tewatia made his mark with some spectacular batting for Rajasthan Royals, including five sixes in an over. Batsman Suryakumar Yadav and wicketkeeper-batsman Ishan Kishan were standout performers for MI, who won a fifth title last year.

4 PANT SET TO COMPETE AGAINST FORMER CAPTAIN

➤ Rishabh has returned to the T20I side but where will the captain fit him? The 23-year-old will have to compete against his former U-19 captain, Kishan, for a spot in the playing XI. Before his Test debut, Rishabh was below Kishan in the pecking order as selectors named only one wicketkeeper for the 'A' series. He pipped Kishan to make his Test debut in 2018 and may be preferred over the Mumbai Indians' batsman in the T20 series as well. Rishabh was Kishan's deputy at the 2016 U-19 World Cup.

5 FITNESS ISSUES STILL PLAGUE INDIA

➤ One of the major talking points is the fitness issues. The likes of Ravindra Jadeja, Manish Pandey and Mohammed Shami missed out on selection due to fitness issues. Having fresh faces does reflect the depth in Indian cricket but absence of regulars also means India haven't been able to ink on a perfect squad for the T20 World Cup. The Men in Blue are still undecided on finishers and the second spinner to partner Yuzvendra Chahal. For Australia, lead spinner Chahal was kept out of playing XI once.

Djokovic dismantles Medvedev to win 9th Australian Open

It's the Serb's third consecutive title at Melbourne Park and puts him on 18 grand slam wins, just two behind Rafael Nadal and Roger Federer for the all-time record

In the quest for the record-extending ninth Australian Open title, World No. 1 Novak Djokovic crossed swords with Russia's Daniil Medvedev in the final of the Australian Open 2021 on Sunday at the iconic Rod Laver Arena. Djokovic, who last won a Grand Slam a year ago, thrashed Medvedev in straight sets to capture his 18th Grand Slam title.

Dubbed as one of the greatest players of all time, Djokovic defeated the Russian 7-5, 6-2, and 6-2 to bag an unprecedented ninth Australian Open title at the Melbourne Park on

Sunday. Defending his Australian Open crown in the first Grand Slam event of the 2021 season, the World No.1 had to brave an injury scare before reaching the business end of the elite competition.

The Serbian ace thrashed Aslan Karatsev in the semi-final to set a date with Medvedev for the summit clash. Even though the summit clash was tipped to be an absolute slobber knocker of a final, Djokovic made the final a one-sided affair by ending Medvedev's 20-match winning streak in the Australian Open final 2021.

I would like to return nice words to Daniil. First of all class act. You're a great guy. We used to spend more time together, we used to practise in Monaco. You don't call me anymore. He's a great guy but on the court he's one of the toughest guys I've faced. It's only a matter of time before you hold a Grand Slam.

NOVAK DJOKOVIC

Ivan Dodig, Filip Polasek win Men's doubles title

Ivan Dodig and Filip Polasek beat defending champions Joe Salisbury and Rajeev Ram 6-3, 6-4 in the final to win the men's doubles title



Ivan Dodig and Filip Polasek upset defending champions Joe Salisbury and Rajeev Ram to win the Australian Open men's doubles title Sunday, their first as a team. The Croat-Slovak combination, seeded nine, proved too strong for the British-American fifth seeds, outlasting them 6-3, 6-4 on Rod Laver Arena. "Amazing memories. This is our first Grand Slam as a team and we're having a lot of fun. I hope it continues," said Dodig. "Their win deprived Salisbury and Ram from becoming the first pair to successfully defend their crown at Melbourne Park since Bob and Mike Bryan won three in a row from 2009-11." AFP

QUIZ TIME!

Q1: After Jacques Kallis, who won most Player of the Match awards in Test cricket?

- a) Shane Warne ☐ b) Richard Hadlee ☐
c) Imran Khan ☐ d) Muttiah Muralitharan ☐

Q2: In which year did Simona Halep become the 25th WTA player to reach No. 1?

- a) 2015 ☐ b) 2016 ☐ c) 2017 ☐ d) 2018 ☐

Q3: Shahid Afridi holds the record for most wickets in ICC Men's T20 World Cup. How many wickets has he taken?

- a) 39 ☐ b) 40 ☐ c) 38 ☐ d) 41 ☐

Q4: Who is the only woman to win Olympic medals 20 years apart?

- a) Kelly Holmes ☐ b) Larissa Latynina ☐
c) Svetlana Khorkina ☐ d) Birgit Fischer ☐

Q5: After Sachin Tendulkar, who has won the most Player of the Series awards in One Day Internationals?

- a) Sanath Jayasuriya ☐ b) Virat Kohli ☐
c) Shaun Pollock ☐ d) Chris Gayle ☐

Q6: Who won the 2011 NBA Coach of the Year award?

- a) Scott Brooks ☐ b) Mike Brown ☐
c) Byron Scott ☐ d) Tom Thibodeau ☐

Q7: Rafael Nadal won a gold medal at his first Olympic games in 2008 at Beijing. Which Olympic medallist did he beat in the final?

- a) Stan Wawrinka ☐ b) Fernando Gonzalez ☐
c) Novak Djokovic ☐ d) James Blake ☐



Rafael Nadal

Q8: Who holds the record for most ODI catches in Asia Cup?

- a) Aravinda de Silva ☐
b) Younis Khan ☐
c) Mahela Jayawardene ☐
d) Muttiah Muralitharan ☐

Q9: In which year did Muhammad Ali retire from boxing with a professional record of 56 wins and five losses?

- a) 1984 ☐ b) 1983 ☐ c) 1982 ☐ d) 1981 ☐

Q10: After Ricky Ponting, who has played most matches as captain in One Day Internationals?

- a) Allan Border ☐ b) Stephen Fleming ☐
c) MS Dhoni ☐ d) Arjuna Ranatunga ☐

Q11: In which year did Novak Djokovic complete the career Grand Slam, ousting Andy Murray in the Roland Garros final?

- a) 2016 ☐ b) 2017 ☐ c) 2018 ☐ d) 2019 ☐

Q12: During which Olympics was Muhammad Ali chosen to light the flame at the Opening Ceremony?

- a) 1980 Moscow Olympics ☐
b) 1988 Seoul Olympics ☐
c) 1992 Barcelona Olympics ☐
d) 1996 Atlanta Olympics ☐

ANSWERS: 1 d) Muttiah Muralitharan
2 c) 2017 3 a) 39 4 d) Birgit Fischer
5 a) Sanath Jayasuriya 6 d) Tom Thibodeau
7 b) Fernando Gonzalez 8 c) Mahela Jayawardene
9 d) 1981 10 b) Stephen Fleming 11 a) 2016
12 d) 1996 Atlanta Olympics



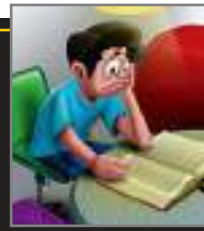
THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Sample papers are back!
This week, we bring you maths
and chemistry mock papers
prepared by your teachers
PAGE 2



➤ How to deal with your child's
learning disabilities
➤ We tell you the importance of
self love
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➤ Is England's
rotation policy doing
them more harm than
good?
PAGE 4


STUDENT EDITION

FRIDAY, FEBRUARY 19, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

Synthetic MEAT

WHAT
WHERE
HOW

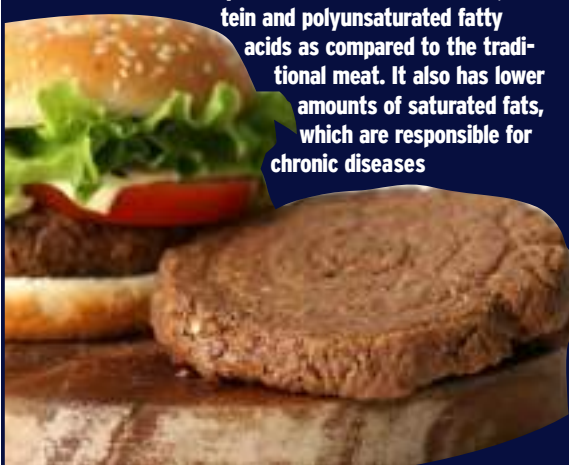
In his new book, 'How to Avoid a Climate Disaster', business magnate and philanthropist Bill Gates has given a solution to the impending climate change disaster: **Switch to synthetic meat.** "I think all the rich countries should move to 100% synthetic beef," Gates said in an interview, on how to cut back on methane emissions. **Synthetic meat, also known as 'cultured meat' or 'clean meat', is a type of meat, which is grown in the lab by using animal cells, instead of using the whole animal.**

DID IT COME FROM: The concept of this type of cellular agriculture was popularised in the early 2000s. Later, in 2013, the first lab-grown burger patty was introduced as a proof to the concept of synthetic meat. Jason Matheny, a co-author to a seminar paper on cultured meat production, popularised the concept of 'synthetic meat' during the early 2000s. He also launched the 'New Harvest', which is the world's first non-profit organisation to support artificial meat research.

IS SYNTHETIC MEAT MADE: Cells. According to scientists, cells, which grow to make or regenerate our body, can also be grown under the laboratory conditions to make meat. It starts with a few 'satellite' cells, which can be obtained from a small sample of muscle taken from a live animal. Scientists say just one cell could, in theory, be used to grow an infinite amount of meat. When fed to a nutrient-rich serum, the cells turn into muscle cells and proliferate, doubling in number, roughly every few days. After the cells multiply, they are encouraged to form strips, much like how muscle cells form fibres in a living tissue. These fibres are attached to a sponge-like scaffold that floods the fibres with nutrients and mechanically stretches them, 'exercising' the muscle cells to increase their size and protein content. The resulting tissue can then be harvested, seasoned, cooked and consumed as boneless-processed meat.

WHY SYNTHETIC?

- A 2013 study by the UN Food and Agriculture Organisation (FAO) estimated that the total annual emissions from animal agriculture (production emissions plus land-use change) were about 14.5 per cent of all the human emissions, of which beef contributed 41 per cent
- An estimated 50 billion chickens go to slaughter each year for food, excluding male chicks and unproductive egg-laying hens, according to the World Economic Forum. These chickens consume large quantities of soy and corn, which causes deforestation
- It is healthier than the actual meat: Health experts are of the view that synthetic meat contains more protein and polyunsaturated fatty acids as compared to the traditional meat. It also has lower amounts of saturated fats, which are responsible for chronic diseases



JEFF BEZOS IS WORLD'S RICHEST MAN AGAIN after Elon Musk's fortune dips by \$4.6 bn

RICHIE RICH CLUB


Jeff Bezos has reclaimed the title of the world's richest person, pushing Tesla boss Elon Musk to the second position on the Bloomberg Billionaire Index. With a fortune of \$191.2 billion, the Amazon founder is back at the top of the rich list, after being pushed to the second spot for six weeks in January 2021, owing to a continued rally in Tesla stocks. Due to the recent movement in stock prices of Amazon and Tesla, Bezos is now \$995 million richer than Musk.

- Musk displaced Bezos from the pole position last month after the latter held the position for three years
- The year 2021 has been eventful for the Amazon founder since his decision to step down from the position of CEO and hand over the mantle to Andy Jassy, who currently heads Amazon Web Services. Bezos transformed the company, which he started as an online bookstore in 1995 into a \$1.7 trillion global e-commerce behemoth



ECONOMY

MORGAN STANLEY RAISES INDIA'S GDP GROWTH FORECAST



Morgan Stanley has raised India's GDP growth estimates by 200 basis points (bps) for F22 and 50bps for F23 in view of the supportive policy mix and synchronous recovery in domestic and external demand. India is on the cusp of a virtuous growth cycle, it said, adding that the policy rate hikes are expected to start from 4Q21.

Morgan Stanley believes that the economy is at an inflection point that marks the start of a new virtuous growth cycle. It has also upgraded the estimates of India's GDP growth to 12.1 per cent for F22 (from 10.1 per cent) and 6.7 per cent for F23 (from 6.2 per cent)



MAY CONSIDER RUNNING FOR PRESIDENT OF US: DWAYNE JOHNSON

BUZZ

Dwayne 'The Rock' Johnson has opened up about whether he'd consider an eventual run for US President. "I would consider a presidential run in the future, if that's what the people wanted," he told USA Today. "Truly I mean it, and I'm not flippant in any way with my answer," Johnson added. The Jumanji star is currently promoting a new NBC series based on his life called 'Young Rock', where, in the year 2032, he launches a presidential run. In real life, the decision to run for President would be "up to the people", he said. "So I would wait, and I would listen. I would have my finger on the pulse, my ear to the ground."

Guardian

1 Back in 2017, the former pro-wrestler said, there was a "real possibility" that he would run for the hot seat

2 In the past, Johnson, who is a registered Independent, with no centrist ideologies, spoke

at the Republican National Convention in 2000, and attended the Democratic National Convention the same year

3 More recently, Johnson endorsed President Joe Biden during his 2020 run

X-PLAINED


IS IT A VIABLE OPTION?

➤ According to experts, the demand for alternatives to regular meat is

surging due to the concerns about health, animal welfare and the environment
➤ Plant-based substitutes, popularised by the likes of Beyond Meat, Impossible Foods and Quorn, are increasingly featuring on the supermarket shelves and restaurant menus
➤ In fact, some countries like Singapore have

given the US start-up 'Eat Just' the green light to sell its lab-grown chicken meat, in what the firm says, is the world's first-regulatory approval for the clean meat that does not come from slaughtered animals
➤ But the so-called clean or cultured meat, which is grown from animal muscle cells in a lab, is still at a nascent stage, given its high production costs

WHAT ABOUT INDIA?

Experts say cultured meat may be available in India by 2025, which will allow the meat consumers to enjoy animal products without killing or harming the animal. The Humane Society International (HSI), India, has joined hands with



the Centre for Cellular and Molecular Biology (CCMB) in Hyderabad for developing lab-grown meat in India

Now, a smart helmet that can save fuel

Students of Ashoka Institute of Technology and Management in Varanasi have made a smart helmet that has the potential to save lives and fuel...

INNOVATION



representational pic

➤ According to the students of the institute, the smart helmet that works on radio frequency transmitters, is fitted with the sensors, which will automatically turn off the bike, when the stop sign glows at the traffic intersection. However, for this, the wearer of the helmet needs to be within 50 metres of the traffic signal. This will save petrol, they added

➤ Explaining how the device works, the students said, the device has two transmitters and a receiver. While one transmitter is installed in the helmet, which will become active on wearing the helmet, the receiver needs to be installed in the bike. The receiver gets switched on when the bike starts and the rider wears the helmet
➤ Simultaneously, the second

transmitter gets located near the intersection signal system, and as soon as the vehicle comes in contact with the transmitter engaged in the red signal, the receiver in it stops the bike, they added
➤ Moreover, in case of an accident, the sensors installed in the helmet will send location to the police, ambulance and the family of the victim for help

INDIA-MADE IPAD COULD BE A REALITY SOON

Apple Inc is angling to participate in a new scheme to boost India's exports of computer products, part of what government and industry sources say are plans to bring iPad tablet manufacturing to the country. India launched a \$6.7 billion plan to boost smartphone exports last year, as PM Narendra Modi stepped up efforts to promote electronics manufacturing and create jobs.

- Apple, which has steadily raised the production of iPhones in India to lessen its dependence on Chinese manufacturing, took part in that scheme via its contract manufacturers
- Now, the government is preparing to unveil another incentive to drive local manufacturing of IT products including tablets, laptops and servers, sources said
- The new performance-linked incentive (PLI) scheme, which offers cash-back to manufacturers for exports, will have a budget of up to ₹ 7,000 crore (\$964.5 million) over five years, the sources said. It's expected to be launched by the end of February

JUST LIKE THAT AJIT NINAN

Fuel hike car pools

CONQUER MATH WITH PRACTICE AND SPEED



CLASS: XII - 2020-21

SUBJECT:

MATHEMATICS (ISC)

Time Allowed: 3 Hours

Maximum Marks: 80

GENERAL INSTRUCTIONS

- The question paper consists of three sections A, B and C.
- Candidates are required to attempt all questions from Section A
- Answer all questions EITHER from Section B OR Section C
- SECTION A: Internal choice has been provided in one question of two marks each, two questions of four marks each and two questions of six marks each.
- SECTION B: Internal choice has been provided in two questions of four marks
- SECTION C: Internal choice has been provided in two questions of four marks

SECTION-A

- Q1. Choose the correct option:**
i) The domain of the function defined as is $f(x) = \sin^{-1}(2x-3)$ is
a) $[1, 2]$ b) $(1, 2)$
c) $R - (1, 2)$ d) None of these
- ii) The value of $\int_1^2 x^2 \cos x \, dx$ is
a) 1 b) 2 c) 3 d) 0
- iii) The tangent to the parabola $y^2 = 4x$ at (9, 6) is
a) $3x - y = 21$ b) $3x + y = 33$
c) $x - 3y + 9 = 0$ d) $x + 3y = 27$
- iv) The principle value of $\cos^{-1}(\cos \frac{4\pi}{3})$ is
a) $\frac{5\pi}{6}$ b) $-\frac{\pi}{6}$ c) $\frac{2\pi}{3}$ d) $\frac{\pi}{3}$
- v) If $A = \begin{bmatrix} 0 & 3 \\ x & 0 \end{bmatrix}$ is skew symmetric, the value of x is
a) 3 b) -3 c) 6 d) -6
- vi) The order and degree of the differential equation $(\frac{dy}{dx})^3 + (\frac{d^2y}{dx^2})^2 = 0$ are a and b , $2a+3b =$
a) 5 b) 12 c) 10 d) 6
- vii) Two balls are drawn without replacement from a bag containing 6 black balls and 4 red balls the probability that both are black is
a) $\frac{1}{10}$ b) $\frac{2}{7}$ c) $\frac{3}{5}$ d) $\frac{1}{3}$
- viii) The intervals in which $f(x) = \sin 2x$ is increasing $x \in (0, \frac{\pi}{2})$

Paper set by Raghavan Badrinath, Gitanjali School, Hyderabad



$$a) \left(0, \frac{\pi}{4}\right) \cup \left(\frac{3\pi}{4}, \pi\right) \quad b) \left(\frac{\pi}{4}, \frac{3\pi}{4}\right)$$

$$c) \left(\frac{\pi}{2}, \pi\right) \quad d) \left(\frac{\pi}{2}, \frac{\pi}{4}\right)$$

ix) If the matrix $\begin{bmatrix} 2 & 1 & -2 \\ 3 & 1 & 2 \\ x & 2 & 4 \end{bmatrix}$ given is singular, $x =$
a) -6 b) 3 c) 6 d) 2

x) If in a set of triangles on a plane the relation R defined as $aRb \Leftrightarrow a \equiv b$ is
a) reflexive b) symmetric
c) transitive d) equivalence [10]

Q2. i) Find the value of $\lim_{x \rightarrow 0} \frac{2x - x^2}{\sqrt{1+x} - \sqrt{1-x}}$

ii) From cards numbered from 1 to 30 one card is drawn at random. Find the probability the drawn card is a multiple of 4 or 5

iii) Find the slope of normal to the curve $y^2 = 8x$ at (2, -4)

iv) Find the Range of the function $f(x) = 2x^2 - 7x + 3$

v) Find the integrating factor of differential equation $x^2 \frac{dy}{dx} - xy = 2x + 3$ [5]

Q3. A die is thrown once if the outcome is greater than 4, find the probability that it's a prime. [2]

OR

From cards numbered from 1 to 30,

five cards are drawn at random and arranged in ascending order, find the probability that card numbered 18 is exactly in the middle

Q4. Solve the differential function: $(x^2+1) \frac{dy}{dx} - 2xy = 0$ [2]

Q5. Evaluate: $\int_0^a x(a-x)^n \, dx$ [2]

Q6. Find the point on the curve $y = x^2 - 6x^2 + 12x - 10$ where the tangent is parallel to X axis [2]

Q7. If $y = x^e$ find $\frac{dy}{dx}$ [2]

Q8. If $y = \frac{x \sin^{-1} x}{\sqrt{1-x^2}}$ prove that $(1-x^2) \frac{dy}{dx} = x + \frac{y}{x}$ [4]

Q9. Evaluate: $\int \tan x \cdot \tan 2x \cdot \tan 3x \, dx$ [4]

$$\int \tan^{-1} \frac{\sqrt{1+x^2}-1}{x} \, dx$$

Q10. Show that the tangent at any point θ to the curve $x = a \cos \theta$ and $y = a \sin \theta$ is at a constant distance from the origin [4]

(OR)

Find the intervals in which $f(x) = x^3 - 12x + 8$ is increasing

Q11. Solve for x : $\cos^{-1} \left(\frac{1-x}{1+x} \right) = 2$ [4]

Q12. An open tank with a square base of side 'x' meters and vertical 'h' meters is to be constructed so as to contain 'c' cubic meters of water. Show that the expenses of lining the inside of the tank

with lead would be least if $h = x/2$. [6]

Q13. In a bolt factory machines A, B and C manufacture respectively 25%, 35% and 40% of the total bolts, of their output 5, 4 and 2 percent are respectively defective bolts. A bolt is drawn at random from the production at the end of the day. If the bolt drawn is found to be defective find the probability that it is manufactured by the machine B [6]

Q14. Find A^{-1} if $A = \begin{bmatrix} 1 & -2 & 3 \\ 2 & 3 & -1 \\ 1 & 1 & 1 \end{bmatrix}$
hence solve the system of linear equation $x - 2y + 3z = 6$
 $2x + 3y - z = 5$
 $x + y + z = 6$ [6]

Q15. Evaluate: $\int \frac{3x-2}{(x+1)^2(x+3)} \, dx$
(OR)
 $\int \frac{x + \sin x}{1 + \cos x} \, dx$ [6]

SECTION-B

Q16. Choose the correct option:
i) The angle between vectors \vec{a} and \vec{b} whose magnitude are 3 and 2 respectively, if $\vec{a} \cdot \vec{b} = 3$ is
a) $\frac{\pi}{2}$ b) $\frac{\pi}{3}$ c) $\frac{\pi}{4}$ d) $\frac{\pi}{6}$

ii) If the straight line l is given by $\frac{3x-1}{3} = \frac{4-y}{5} = \frac{z+1}{2}$, then direction ratio's of line l .
a) (3, -5, 2) b) (1, 5, -2) c) (1, -5, 2) d) None of these [2]

Q17. Find the angle between the vectors $\vec{a} = 3\hat{i} - 2\hat{j} + 6\hat{k}$, $\vec{b} = \hat{i} + 2\hat{j} + 2\hat{k}$ [1]

Q18. Find the equation of the line parallel to the vector $3\hat{i} + 2\hat{j} - \hat{k}$ and passing through the point (3, -2, 1) [1]

Q19. Find the volume of the tetrahedron whose coterminal edges are $2\hat{i} - 2\hat{j} + \hat{k}$, $3\hat{i} + 2\hat{j} - \hat{k}$ and $\hat{i} + \hat{j} + \hat{k}$ [1]

Q20. Find the area of the triangle enclosed by the line $4x + 3y = 12$ with coordinate axes using integration [2]

Q21. Find the foot of the perpendicular from P (1, 2, 3) onto the line

$$\frac{x-6}{3} = \frac{y-7}{2} = \frac{z-7}{-2} \quad [4]$$

(OR)

Find the equation of the plane passing through the intersection of planes $3x + 2y - z + 1 = 0$ and $x + 2y - 2z + 3 = 0$ and perpendicular to the plane $2x - y - 3z - 4 = 0$

Q22. Find the area enclosed by the parabola $y = x^2 - 4x + 5$ & the line $y = x + 1$ [4]

(OR)

Find the area enclosed by the curves $y = \cos x$, $y = \sin x$ and X axis in $(0, \pi/2)$

SECTION-C

Q23. Choose the correct option:
i) If the cost of producing x articles is given by $C(x) = 3x^2 + x - 2$, the marginal cost at $x = 5$ is
a) 32 b) 36 c) 13 d) 31

ii) The regression lines are $x + 2y = 7$ and $3x + y = 6$, then (\bar{x}, \bar{y}) is
a) (1, 3) b) (3, 1) c) (6, 4) d) (4, 6) [2]

Q24. Find the cost of producing 20 articles whose fixed cost is Rs.1200 if marginal cost is given by $M = 4x + 3$ [1]

Q25. If the average cost function is given by $A = 4x + 7 + 2/x$, find the marginal cost function [1]

Q26. If $b_{xy} = 0.75$ & $b_{yx} = 0.6$, find Karl Pearson's coefficient of correlation [1]

Q27. If the demand of a commodity is given by $p = 4x + 5$ then find Marginal revenue at $x = 2$ [2]

Q28. The marks obtained by 10 students in English and Mathematics are given below: [4]

Marks in Economics	30	23	38	41	31	32	37	44	37	40
Marks in Mathematics	37	32	33	35	24	28	39	35	40	38

Find the equation of regression line y on x

(OR)

If the regression equation of x on y is given by $lx - y + 10 = 0$ and the regression line of y on x is given by $-2x + 3y = 14$.

Determine the value of ' r ' if the coefficient of correlation is $1/\sqrt{10}$ [4]

Q29. Determine graphically the minimum value of the objective function $z = -50x + 20y$, subject to constraints $2x - y \geq -5$, $3x + y \geq 3$, $2x - 3y \leq 12$ & $x, y \geq 0$ [4]

Find the catalyst to drive scores up

Q1. a) Fill in the blanks by choosing the appropriate word/words from those given in the brackets: [4×1]

- (increase, methanol, less, decreases, vapour, reduced, 2-iodo-2-methylpropane, carbon monoxide)
- The _____ pressure of an aqueous solution of 0.1M cane sugar is _____ than that of pure water.
- In blast furnace, iron oxide is _____ to iron by _____.
- 2-methoxy-2-methylpropane on heating with HI at 373 K gives _____ and _____.
- A catalytic promoter _____ the efficiency of a catalyst whereas a catalytic poison _____ the efficiency of catalyst.

b) Select the correct alternative from the choices given: [4×1]

- If a salt bridge is removed from the two half-cells, the voltage:
a) Does not change
b) Drops to zero
c) increases gradually
d) increases rapidly
- Which of the following is used as food preservative as well as antioxidant?
a) Sodium metabisulphite
b) Sodium chloride
c) sodium benzoate d) BHA
- Which of the following arrangements represents the correct order of electron gain enthalpy (with negative sign) of the given atomic species?
a) $F < Cl < O < S$
b) $S < O < Cl < F$
c) $Cl < F < S < O$
d) $O < S < F < Cl$

iv) Zeolites are:
a) Shape-selective catalysts
b) Liquid catalysts
c) enzyme catalyst
d) non-specific catalyst

c) Match the following: [4×1]

- Sulphanilic acid a) covalent crystal
- Silicon carbide b) Dow's process
- Phenol c) Gattermann reaction
- Benzene d) Zwitter ion diazonium chloride

d) Answer the following questions: [4×2]

i) Give reason:
1) $\text{La}(\text{OH})_3$ is more basic than $\text{Lu}(\text{OH})_3$
2) Transition metals form alloys

ii) The complex $\text{CoBr}_3 \cdot 4\text{NH}_3 \cdot 2\text{H}_2\text{O}$ has molar conductivity corresponding to 3:1 electrolyte. Write the structural formula and its IUPAC name.

iii) A solution prepared by dissolving 0.30g of an unknown the compound in 30 g of CCl_4 has a boiling point that is 0.392°C higher than that of pure CCl_4 . Calculate the molecular weight of solute. ($K_b = 5.02^\circ\text{C/m}$)

iv) Identify the compounds A, B, C, D in the given reaction: $\text{CH}_3\text{CHO} \xrightarrow{\text{LiAlH}_4} \text{A} \xrightarrow{\text{P}+\text{I}_2} \text{B} \xrightarrow{\text{alc. KCN}} \text{C} \xrightarrow{\text{H}^+/\text{H}_2\text{O}} \text{D}$

Q2. a) For an elementary reaction, $2\text{X} + \text{Y} \rightarrow 3\text{Z}$ the rate of disappearance of Z at time 't' is $1.3 \times 10^{-4} \text{ mol L}^{-1} \text{ s}^{-1}$. Calculate at this time, [2]

i) The rate of reaction and
ii) rate of disappearance of X.

OR

b) The decomposition of N_2O_5 (g) is a first order reaction with a rate constant of $5 \times 10^{-4} \text{ s}^{-1}$ at 45°C . If the initial concentration of N_2O_5 is 0.25M, calculate its concentration after 2 min. Also calculate half-life for the decomposition of N_2O_5 (g).

Q3. a) What are the main constituents of Dettol?

b) What class of drug is ranitidine? [2]

Q4. How will you bring out the following conversions? [2]

a) Ethanol to ethyl fluoride

b) Propene to 1-nitropropane

Q5. a) Name one fibrous and one globular protein. [2]

b) What do you mean by non-essential amino acids? [2]

Q6. A substance is reduced to one third of its original concentration in 100 min. Calculate the time in which it will be reduced to one ninth of its original value assuming first order reaction. [2]

GENERAL INSTRUCTIONS

(i) All questions are compulsory.

(ii) Question 1 is of 20 marks having four subparts, all of which are compulsory.

(iii) Question 2 to 8 carry 2 marks each, with two questions having an internal choice.

(iv) Question 9 to 15 carry 3 marks each, with two questions having an internal choice.

(v) Question 16 to 18 carry 5 marks each, with an internal choice.

(vi) When solving numerical problems, use the following data:
Gas constant $R = 1.987 \text{ cal deg}^{-1} \text{ mol}^{-1} = 8.314 \text{ JK}^{-1} \text{ mol}^{-1} = 0.0821 \text{ dm}^3 \text{ atm K}^{-1} \text{ mol}^{-1}$
 $1 \text{ atm} = 1 \text{ dm}^3 \text{ atm} = 101.3 \text{ kPa}$
 $1 \text{ Faraday} = 96500 \text{ coulombs}$. Avogadro's number $= 6.023 \times 10^{23}$

Q7. a) You are given benzene, conc. H_2SO_4 and NaOH . Write the equations for the preparation of Phenol using these reagents. [2]

OR

b) How will you obtain the following compounds from phenol?

1) Picric acid 2) Salicylaldehyde

Q8. Write the main structural differences between DNA and RNA. [2]

Q9. a) An aqueous solution freezes at 272.4 K , while pure water freezes at 273.0 K . Determine [2]

i) The molality of the solution
ii) Boiling point of the solution
iii) Lowering of vapour pressure of water at 298 K

(Given: $K_f = 1.86 \text{ K kg mol}^{-1}$; $K_b = 0.512 \text{ K kg mol}^{-1}$; vapour pressure of water at $298 \text{ K} = 23.756 \text{ mm Hg}$) [3]

OR

b) A solution of sucrose has been prepared by dissolving 68.4 g of sucrose in one kg of water. Calculate the following:

i) The vapour pressure of the solution at 298 K .

ii) Osmotic pressure of the solution.

iii) Freezing point of the solution. (Given: Vapour pressure of water at $298 \text{ K} = 0.024 \text{ atm}$; K_f for water $= 1.86 \text{ K kg mol}^{-1}$)

Q10. Aluminum crystallises in a cubic close pack structure. Its metallic radius is 125 pm . [3]

i) What is the edge length of the unit cell?

ii) How many unit cells are there in one cm^3 of Al?

iii) What is the density? (Atomic mass of Al = 27)

Q11. Describe the role of the following: [3]

i) Depressant in the froth floatation process.

ii) Silica in the extraction of Cu from copper pyrites.

iii) Cryolite in the metallurgy of Al.

Q12. For the complex $[\text{Fe}(\text{en})_2\text{Cl}_2]\text{Cl}$ identify the following: [3]

i) Name of the complex

ii) Hybridisation and shape of complex

iii) Magnetic behavior of the complex

Q13. a) The elements of 3d transition series are given: [3]

Sc Ti V Cr Mn Fe Co Ni Cu Zn

Account for the following:

i) Which element shows maximum number of oxidation state?

ii) Which element shows only +3 oxidation state?

iii) Which element has the highest melting point?

OR

b) Give reason:

i) Actinoid contraction is greater than the lanthanoids.

ii) $\text{Ce}(\text{III})$ can be easily oxidized (Atomic number = 58).

iii) KMnO_4 forms purple coloured solution.

Q14. Write balanced chemical equations: [3]

1) Gabriel phthalimide synthesis

2) Schotten - Baumann reaction

3) Coupling reaction

Q15. Write one difference in each of the following: [3]

i) Multimolecular and macromolecular colloids.

ii) Lyophobic and lyophilic sols.

iii) Homogeneous and heterogeneous catalysis

Q16. a) For a cell $\text{Zn(s)}/\text{Zn}^{2+}(0.0004\text{M})//\text{Cd}^{2+}(0.2\text{M})/\text{Cd(s)}$, the standard reduction potential of Zn^{2+}/Zn and Cd^{2+}/Cd are -0.763V and -0.403V respectively. [5]

i) Give the cell reaction

ii) What is the standard cell emf, E° ?

iii) What will be the emf, E for the cell reaction at 25°C ?

iv) Calculate ΔG for the cell reaction.

v) Predict whether the cell reaction is spontaneous or not?

OR

b) i) The resistance of 0.5 N solution of an electrolyte in a conductivity cell was found to be 25Ω . Cal-

culate the conductance, specific conductivity and equivalent conductivity of the solution if the electrodes in the cell are 1.6 cm apart and have an area of 3.2 cm^2 .

ii) How many hours does it take to reduce 3 moles of Fe^{3+} to Fe^{2+} with 2.0 A of current?</

ROTATION POLICY DEFIES LOGIC?

As if their comprehensive defeat in the second test against India was not bad enough, England's rigid rotation policy has now prompted complaints that test cricket is no more their priority. England have maintained the rotation policy was aimed at limiting a player's time in bio-secure bubbles

'WHY BUTTLER AND BAIRSTOW WERE NOT RESTED FROM THE TWENTY20 MATCHES INSTEAD?'

➤ The team under Joe Root had embarked on their Asia tour by leaving out speedster Jofra Archer and all-rounder Ben Stokes for the Sri Lanka leg as part of their policy to keep multi-format players fresh. Jonny Bairstow, Sam Curran and Mark Wood were rested for the first two tests against India after England's 2-0 sweep in Sri Lanka.

➤ Jos Buttler returned home after the first match in India and Moeen Ali was granted leave after playing the second test in which he was England's most successful bowler as well as their second-innings top scorer. Moeen will rejoin the team in India ahead of the five-match Twenty20 series next month but former England captain Michael Vaughan questioned the tinkering with the squad.

➤ Vaughan questioned why Buttler and Bairstow were not rested from the Twenty20 matches instead. "I just feel sorry for Joe Root," Vaughan wrote. "I don't know what is going on behind the scenes

but if I was Test captain I would not be agreeing to it. I want my best team playing every game this year."

➤ All the same, England's Twenty20 preference would be understandable considering they will return to India later this year chasing a second 20-overs World Cup title.

➤ Vaughan's former teammate Kevin Pietersen and Australia spin great Shane Warne were also baffled by England's handling of their players. Warne tweeted, questioning "why England decided to rest players with 7/8 (days) till the next one. Is that not enough time to recover? Needed 2 weeks? Really?"

➤ The third test, a day-night game, begins in Ahmedabad on Feb. 24. Root has no complaints with the squad at his disposal though. "I think we've got some wonderfully talented players and a squad of players that is more than capable of winning here," he said after Tuesday's loss in Chennai.

Mark Wood (in pic), Jonny Bairstow have been added to England squad for 3rd Test against India

Photo: GETTY IMAGES

After 2019 we were told England's priority would be winning back the Ashes. But in four Test matches this year they have already used 19 players. That to me, shows Test cricket is not the priority.

MICHAEL VAUGHAN,
former England captain



Photo: ANI

I think the rotation policy is something we need to get on with and make it work as best as we can. People do need to see their families, we are trying to make life for our players as comfortable as possible. We just need to make it work, people need to spend some time with their families. We prioritise Tests and T20s equally, T20 World Cup is here in India, but we need to make sure that everyone stays in top form, and in order to do that, we need to rotate players and look after them. I can guarantee you we are not prioritising anything above Test cricket.

CHRIS SILVERWOOD, England head coach



Photo: GETTY IMAGES

INCONSISTENCY IN SPIN DEPARTMENT BIGGEST ISSUE FOR ENG: NASSER HUSSAIN

England need not moan about the condition of Indian pitches and instead rectify inconsistency in their spin department if they want positive results in the remaining two Tests against India, feels former captain Naseer Hussain. "If you compare that to how India's two spinners bowled and the control of Ravichandran Ashwin, they didn't do anything magical, they just jammed it in there ball after ball," said the 51-year-old Hussain, who played 96 Tests between 1990 and 2004. "If you're asking me the main reason why England lost the Test match, I would say if you look at India's main two spinners – Ashwin and Axar Patel – they were more consistent than the England spinners," he added.

MORRIS becomes most expensive signing in IPL auction history

South African pacer Chris Morris, who was released by Royal Challengers Bangalore ahead of IPL 2021 mini-auction, created history by becoming the most expensive player in the history of IPL. Morris surpassed Yuvraj Singh (₹16 cr) to become the costliest player in IPL auction history

OTHER NOTABLE SIGNINGS

- ▶ **GLENN MAXWELL** (RCB) - ₹14.25 Cr
- ▶ **JHYE RICHARDSON** (PK) - ₹14 Cr
- ▶ **K GOWTHAM** (CSK) - ₹9.25 Cr
- ▶ **RILEY MEREDITH** (CSK) - ₹8 Cr
- ▶ **MOEEN ALI** (CSK) - ₹7 Cr
- ▶ **SHAHIRUKH KHAN** (CSK) - ₹5.25 Cr
- ▶ **SHIVAM DUBE** (RR) - ₹4.4 Cr
- ▶ **ADAM MILNE** (MI) - ₹3.20 Cr

*As per latest reports before going to print

Chris Morris (RR)

₹16.25 Cr

Photo: GETTY IMAGES

BRADY TO FACE OSAKA IN AUSTRALIAN OPEN FINAL

American 22nd seed Jennifer Brady reached her first Grand Slam final after beating 25th seed Czech Karolina Muchova 6-4, 3-6, 6-4 in an Australian Open semi-final encounter that lasted nearly two hours

She faces Naomi Osaka in the final as the Japanese beat 23-time Grand Slam champion Serena Williams earlier in the day. Muchova saved as many as five match points off Brady's serve in the final game. Brady raced to a 30-0 lead and then got to her first match point at 40-15. However, Muchova then won the next three points consecutively before Brady held to make it deuce for the first time in the game. The pair then exchanged advantages over the next nine points before Muchova hit a return long, giving Brady the victory.

I can't feel my legs right now. They're shaking, my heart is racing. After the first set, I thought to myself, 'let's focus Jenny.' I actually felt strange when I came out, I was excited but also a bit flat-footed. I don't think I had that much intensity in the beginning of the match, but that improved over time.

I think it will be a really tough match against Naomi Osaka. She's won a few Grand Slams, and we had a really great battle at the US Open, in the semi-final. I'm just going to hang with my team now, spend some quality time, do some recovery work and have a good gym session. I'm going to be a bit nervous tomorrow, but also very excited.

JENNIFER BRADY

Jennifer Brady

Photo: GETTY IMAGES

QUIZ TIME!

Q1: After Muttiah Muralitharan, which player has won the most Player of the Series awards in Test cricket?

- a) Shane Warne ☐ b) Richard Hadlee ☐
c) Imran Khan ☐ d) Jacques Kallis ☐

Q2: In which year did Serena Williams complete her career singles Grand Slam with a win over sister Venus in the Australian Open final?

- a) 2002 ☐ b) 2003 ☐ c) 2004 ☐ d) 2005 ☐

Q3: In 2012, which player's record did Brendon

McCullum surpass for highest score in ICC Men's T20 World Cup?

- a) Chris Gayle ☐ b) Tamim Iqbal ☐
c) Alex Hales ☐ d) Ahmed Shehzad ☐

Q4: Birgit Fischer has won four Olympic medals in her 24-year kayaking career?

- a) Five ☐ b) Six ☐
c) Seven ☐ d) Eight ☐

Q5: After Sachin Tendulkar, which player has won the most Player of the Match awards in One Day Internationals?

- a) Jacques Kallis ☐ b) Virat Kohli ☐
c) Sanath Jayasuriya ☐ d) Ricky Ponting ☐

Q6: In 1964, Muhammad Ali won the heavyweight World Championship for the first time after beating which boxer?

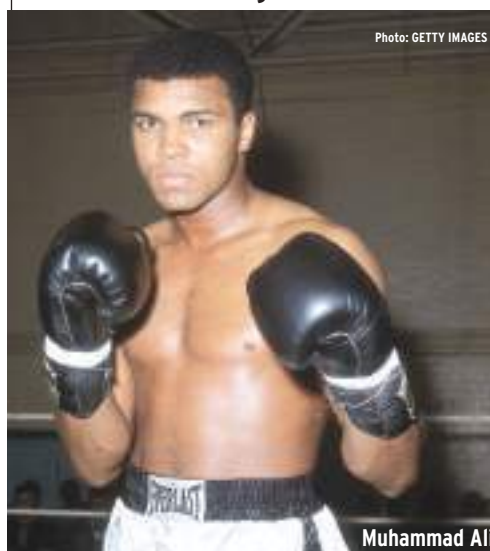


Photo: GETTY IMAGES

Muhammad Ali

- a) Sonny Liston ☐ b) George Foreman ☐
c) Floyd Patterson ☐ d) Joe Frazier ☐

Q7: Which cricketer has played most matches in ICC Men's T20 World Cup?

- a) Shahid Afridi ☐ b) MS Dhoni ☐
c) Tillakaratne Dilshan ☐ d) Mahela Jayawardene ☐

Q8: In which year did Rafael Nadal win his first French Open title?

- a) 2004 ☐ b) 2005 ☐ c) 2006 ☐ d) 2007 ☐

Q9: Who won the 2010 NBA Coach of the Year award?

- a) Scott Brooks ☐ b) Mike Brown ☐

- c) Byron Scott ☐ d) Tom Thibodeau ☐

Q10: After Virat Kohli, which Indian player has made the fastest 1000 runs in T20 Internationals?

- a) KL Rahul ☐ b) Rohit Sharma ☐
c) Shikhar Dhawan ☐ d) Virat Kohli ☐

Q11: In which year did Simona Halep reach the final of the French Open, her first Grand Slam final?

- a) 2013 ☐ b) 2014 ☐ c) 2015 ☐ d) 2016 ☐

ANSWERS: 1 d) Jacques Kallis 2 b) 2003
3 a) Chris Gayle 4 d) Eight
5 c) Sanath Jayasuriya 6 a) Sonny Liston
7 c) Tillakaratne Dilshan 8 b) 2005
9 a) Scott Brooks 10 a) KL Rahul 11 b) 2014



THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

► While insomnia and disrupted body clock dominated 2020, rest and relaxation is going mainstream in 2021

PAGE 2


► Students share their weekend plan
► What are you reviewing this week?

PAGE 3


► Rishabh Pant improves as a wicketkeeper in the second Test

PAGE 4

STUDENT EDITION

THURSDAY, FEBRUARY 18, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

India fastest in the world to vaccinate 7 mn people; over 85 lakh inoculated so far against Covid-19



In a proud moment, India became the **fastest country** to vaccinate 7 million people with the Covid-19 jab. The ministry of health and family welfare said that more than 85 lakh beneficiaries have been vaccinated against Covid till 6 pm on February 15. The cumulative number of healthcare and frontline workers vaccinated against the pandemic reached 85,16,771 on Monday.

The coronavirus vaccination drive was started in a phased manner, identifying the priority groups. Health care workers, both in the government and private sectors, including the ICDS (Integrated Child Development Services) workers, started receiving the vaccine during the first phase

While India achieved the target in 26 days, the United States of America took 27 days and the United Kingdom 48 days

World's first FLYING CAR ready to take off



Roads? Where we're going, we don't need roads," said Doc Emmett Brown in the 1985 movie 'Back To The Future', before flying off with Marty and Jennifer in his DeLorean. Well, that fictional epic may soon become a reality! Yes, the world's first-ever flying car has been cleared for 'take off' by the Federal Aviation Authority (FAA) in the US. The Terrafugia Transition has received a Special Light-Sport Aircraft airworthiness certificate from the FAA, reports said. This will allow Terrafugia to test its flying vehicle.

According to reports, a flight-only version of the craft is now available to only pilots and flight schools. Experts say it will be another year before its car components are 'street legal'—it still needs to meet the road safety standards.

With this flying car, the drivers will be able to convert from flying to driving in less than a minute, taking off and landing in small airports or the highway

FEATURES

- Powered by a 100-hp Rotax 912iS Sport fuel-injected engine, the Transition has a maximum flight speed of 100 mph and a range of about 400 miles, with an altitude of 10,000 feet
- The plane engine can run on either premium gasoline or 100LL airplane fuel, while the car is powered by a hybrid-electric motor
- Standard features include four-wheel hydraulic disc brakes, a rigid carbon fibre safety cage and an airframe parachute
- The vehicle weighs roughly 1,300 pounds, and has a fixed landing gear and a 27-foot-wide wingspan
- The wings actually fold up to

allow for easy storage in a single-car garage

■ Terrafugia is developing several models of flying car, including the four-person TFX, a four-seat hybrid electric, with vertical takeoff and landing capabilities. The TFX is slated to be semi-autonomous, with computer controls that will allow passengers to simply type in their destination

■ It will be capable of automatically avoiding air traffic, bad weather and restricted airspace

Owners will need both a driver's license and a sport pilot's certificate

COST

In 2018, the two-seater Transition was priced at \$400,000, NBC News reported

FACTOID 200

The number of Indian-origin persons, who occupy leadership positions in as many as 15 countries, including the US and UK. Of these, 60 hold Cabinet ranks, according to a

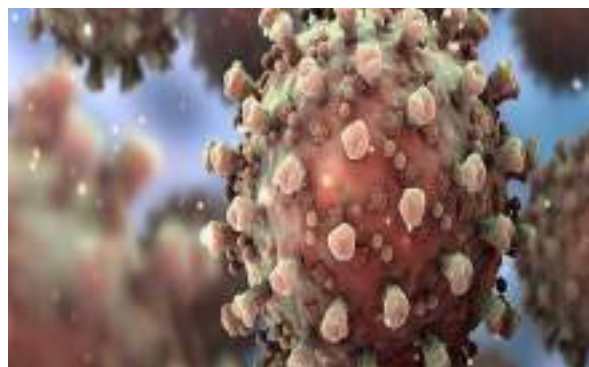
US-based organisation, working among the Indian diaspora. The list also include diplomats, legislators, heads of central banks and senior civil servants from countries with significant histories of diaspora migration, such as Australia, Canada, Singapore, South Africa, United Arab Emirates, United Kingdom, and the United States



With more than 32 million people of Indian origin (PIOs) globally, Indians are the largest diaspora population in the world, according to the ministry of external affairs

CORONA UPDATE

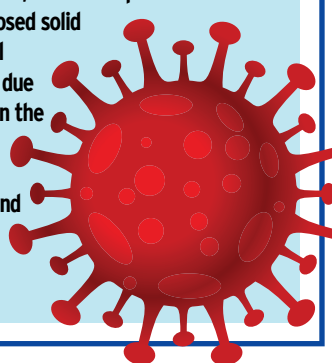
Coronavirus survives longer on glass, plastic than on cloth, paper: IIT Bombay study



The novel coronavirus may survive for far lesser time on porous surfaces, such as paper and clothes than on impermeable surfaces like glass and plastic, a study by the researchers from IIT, Bombay suggests.

Covid-19, caused by the SARS-CoV-2 virus, is transmitted through respiratory droplets. The virus-laden droplets also form fomite upon falling on a surface, which serves as a source for the spread of infection

■ In the study, the researchers analysed the drying of droplets on impermeable and porous surfaces ■ They found that a droplet remains liquid for a much shorter time on a porous surface, making it less favourable to the survival of the virus ■ The research suggests that the virus can survive for four days on glass, and seven days on plastic and stainless steel ■ Interestingly, the virus survive for only three hours and two days on paper and cloth, respectively ■ The study also suggests that the seats in public places, such as parks, shopping malls, restaurants, and railway or airport waiting halls, could be covered with cloth to reduce the risk of disease spread ■ According to researchers, 99.9 per cent of the droplet's liquid content for both impermeable and porous surfaces is evaporated within the first few minutes ■ They noted that after this initial state, a microscopic thin residual liquid film remains on the exposed solid parts, where the virus can still survive ■ The droplets spread due to the capillary action between the liquid near the contact line and the horizontally-oriented fibres on the porous surface and the void spaces in porous materials, which accelerates evaporation



Manufacturing could challenge climate goals: Bill Gates

Bill Gates exudes optimism in discussing the world's ability to tackle climate change, until he hits on manufacturing. About that, he is worried. There is currently no way to make steel or cement without releasing climate-warming emissions. Yet, neither governments nor investors are serious about solving that problem, Gates said. "That's the sector that bothers me the most," Gates said in an interview with Reuters, ahead of the publication of his book, 'How to Avoid a Climate Disaster'.

CLIMATE CHANGE


■ The software-developer-turned-philanthropist has invested some \$2 billion towards the development of clean technologies. But those investments are in electricity generation and storage, not in manufacturing

■ Manufacturing, especially in the cheap construction staples steel and cement, accounts for roughly a third of the global greenhouse gas emissions, which makes manufacturing more polluting than the power or the transportation sectors that receive far more attention in policies and investments. Experts feel, manufacturing sector is set to grow, as the global population climbs and countries further develop

■ Gates plans to push for more research and innovation at the UN climate conference in Glasgow in November. "The idea is to get innovation, including R&D onto the agenda ... not just looking at easy stuff," he said

■ During the 2015 UN climate talks in Paris, Gates helped to launch a global initiative called Mission Innovation along with many countries, including US and India

'Harry Potter' actor Evanna Lynch announces memoir



Actor Evanna Lynch, best known for portraying the role of Luna Lovegood in the 'Harry Potter' film series, is coming out with a memoir on September 14. The 29-year-old actor-activist took to Instagram to share the announcement. Lynch said, she had been planning to write a book for quite some time, and the year gone by allowed her the "silence and stillness to unravel the story" she wanted to tell.

BOOK

■ Published by Headline Books, the memoir chronicles her struggle with an eating disorder, recovery and commitment to her dreams

■ "In one way, this book is a memoir about my struggle with an eating disorder. However, it's not really a book about thinness and eating; it's about rebuilding after literally recovering yourself

■ "At its essence, it's about the ongoing negotiation between the voices of our fears and our creativity and all the crazy, interesting, wild things that happen when you keep committing to your dreams," Lynch wrote in the caption

MISSION WASTE NEUTRAL

Coca-Cola to test paper bottles in Europe

FOR A CAUSE

Fizzy drinks giant Coca-Cola is all set to test paper bottles in Europe as part of its mission to eliminate plastic waste by the year 2030. The US company's first-ever paper bottle prototype will be available this summer through a limited online trial in Hungary



■ A run of 2,000 bottles of the company's 'plant-based snacking drink' AdeZ will be offered via the country's e-grocery retailer Kifli.hu

■ The prototype is made of sustainably-sourced wood, with a bio-based material barrier capable of resisting not only liquid, but the gases in fizzy drinks

■ It's not 100 per cent made of paper; the prototype includes a plastic cap and a plastic lining made from recycled polyethylene terephthalate (PET)

1 The company has already pledged to collect and recycle a bottle or can for each one it sells globally by 2030, to combat plastic waste and reduce its carbon footprint

2 Coca Cola was named the world's worst-plastic polluter for the third year in a row last year, ahead of Nestle and PepsiCo

3 The bottle's paper 'shell' is made with 10 grams of a paper-fibre-based material, while the lining is made with 12 grams of 100 per cent recycled and recyclable PET

4 The shell of paper-fibre-based material is a single piece that's been wrapped into shape



SLEEP POTIONS

Apart from the traditional 'haldi wala doodh', sleep-inducing drinks like tea, tonics, smoothies and shakes are in. "Chamomile tea, butterfly pea flower tea, lavender milk, pumpkin juice, etc. are the new bedtime drinks," says Sanjeev Goila, food trend analyst from Delhi.

SLEEP TECH

"Sleep tracking and meditation apps have seen a phenomenal rise. Bedtime stories for adults, centering on spirituality or positivity, are popular too," says sleep therapist and consultant Rumona Tyrewalla.



SLUMBER SNACKS

While international brands like Nightfood are offering healthy 'sleep ice cream' abroad, India too is warming up to the trend. "Low-cal bedtime snacks like smoothies, oatmeal cereal, trail mixes, yoghurt with granola, etc. have become favourite bedtime foods," says food consultant Raghav Juneja.

2021 is the year of Rest Relaxation

The year 2020 was characterised by insomnia and disrupted body clocks, but in 2021, sleep and relaxation is going mainstream. "We have realised how essential sleep is. I have seen a dramatic rise in queries from people on how to improve their sleep. The market too is flooded with sleep-aiding and inducing products," says Dr Radhika Pannu from a sleep clinic in Mumbai. Here's more...



Times Life



Weighted blankets and luxe bed sheets are helping improve the quality of sleep

BED WORKOUTS

Many are turning to pre-sleep yoga to wind down and burn a few calories before calling it a night. "Exercises like hip raises, side planks, crunches, scissor legs, etc., help you stay fit and also aid sleep," says fitness trainer Manali Ghorpade.

WELLNESS

Quick-fix remedies for your skin

Changing season takes its toll on skin - from harsh to mild winter - from that to onset of spring. To keep your complexion in good condition, here are some DIY ideas



BERRIES, CREAM AND HONEY MIX FOR SOFT CREAM

With shelves in markets full of strawberries, these can go into your skincare routine besides featuring in your dessert bowls. Mash 3-4 strawberries with a tbsp of fresh cream and honey and apply on your face, neck and hands.



NATURAL OILS TO MOISTURISE

Naturopathy users advocate the use of natural products to moisturise the skin. Use cold-pressed virgin coconut oil on your face, neck and lips for hydration.



LIP BALMS FOR SUPPLENESS

Gentle sugar scrubs and fruit-based, home-made balms can exfoliate the dry skin off chapped lips and soften them. Sugar granules with almond oil can be used to gently scrub off flaky skin. Mix almond oils in fragrances of natural food flavours to make them smell and taste good.



HONEY AND OATMEAL MASK FOR YOUR FACE

"Exfoliate with home-made oatmeal and honey mask because it is great for dry and irritated skin. Mix two spoonfuls of oats with honey and water and wash it after 20 minutes for supple skin," says Aishwarya Sawarna Nir, founder of a wellness brand.

TURMERIC FOR GLOWY SKIN

Mix turmeric - the wonder spice - with ingredients like besan to make a home-made face pack. For an exfoliating face pack, try this recipe: Add a spoonful of gram flour or besan, crushed almonds and honey to freshly-ground turmeric powder.



HEALTH NUGGET

Why you should not rub your eyes

If there is a foreign object that gets lodged in your eye, you should take care to not rub it. Most people assume, incorrectly, that doing so will produce tears, which could wash out the foreign substance. However, it may also cause damage to the eye, such as scratches or abrasions.

What you should do instead is wash or repeatedly rinse your eyes with clean running water. If this doesn't work, cover the eye with a loose bandage and visit a doctor.

Daily Mirror



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Who was ranked top in the latest Women's Tennis Association (WTA) 2019?

- A. Ashleigh Barty
B. Amanda Anisimova
C. Marketa Vondrousova
D. Kristina Mladenovic

Q.2) Name the mission embarked upon by INS Sagardhwani in Kochi.

- A. Operation Madad

- B. Sagar Maitri Mission-2
C. Operation Nistar
D. Sagardhwani Mission

Q.3) Archer Deepika Kumari won the _____ medal at the 2020 Tokyo Olympic Games test event.

- A. Gold B. Bronze
C. Test medal D. Silver



ANSWERS

1. A) Ashleigh Barty 2. B) Sagar Maitri Mission-2 3. D) Silver

KNOWLEDGE BANK (NATURE)

Bees

There are over 16,000 known species of bees. Some species including honey bees, bumblebees and stingless bees live socially in colonies. Bees feed on nectar and pollen, the former primarily acts as an energy source and the latter provides for protein and other nutrients. Honey is stored in the hive as winter food for the bees. Sometimes, when they are out gathering nectar, bees fall asleep inside the flower.



WORD WISE

nadir: (n) Astronomy. The point on the celestial sphere directly beneath a given position or observer and diametrically opposite the zenith. The lowest point of greatest adversity or despair.

Synonymous words: rock bottom, base, bottom,

floor, all-time low, low point, record low, etc.

Examples: ■ The debt debacle of 2018 was by far the **nadir** of that year. ■ The stock market has crashed, having reached an **all-time low**. ■ Clothes in this store are being sold at **rock bottom** prices, hence the mad rush.

HBK Eco-warriors

Our Earth is a great place and worth fighting for. This love for mother earth was the driving force behind the students of grade VIII, of The H.B. Kapadia New High School, where they contributed towards the betterment of the environment by creating something best out of waste. This activity was integrated with Social Science subject, in which students learned about Environmental Pollution and how we can prevent it. With their creative and innovative ideas, students made the best use of waste materials and brought forth things like water dispenser, water purifier, bird feeder, vacuum cleaner, reusable paper from old newspapers, growing plants in waste bottles and cans, etc. The activity was conducted virtually on zoom and we received an amazing response. This activity helped students realize their responsibility towards Mother Earth and helped them bring their (inner) potentials out.



Benefits of Reading

Reading is the act of looking at printed and understanding or comprehending what they are saying. Reading has many benefits:

- Reading aids in building our character and personality.
- It is a key factor in success.
- Reading makes us improve self.
- Reading strengthens our brain.



- It is a mind exercise as we interpret and evaluate.
- Reading lowers our stress levels which aid in proper sleep.
- Our memory is improved through reading books.
- We make our own perspective through reading about culture, education, and politics etc.
- It also improves our writing and other abilities like vocabulary, problem, solving, concentration, cognitive development to help build a solid foundation for future learning.
- Reading enhances our imagination

it brings us into a world created by us.

- The books that we read give us entertainment, peace, mental well-being, spirituality, energy, relaxation, comedy etc.....
- Read 20 minutes a day and we will read 1,800,000 (1 million eight hundred thousand) words per year.
- Children learn 4,000(four thousand) to 12,000 (twelve thousand) words per year.

DHRUV RAWAL, Class VI, Saint Paul School, Rajkot

Kabirians make the school proud

The National Level Litter Less campaign was organized under the CEE project recently. Around 14 students of class VI to VIII from St. Kabir School, Navrangpura, participated in the competition. They submitted their entries in the form of photographs, articles, interviews, and videos.

The participants were assessed by the National Jury. Three students of our school grabbed 1st three positions in the competition under the 11-14 years age group categories.

1. Under the Photo Reportage category Hia Bhimani of class VIII grabbed 2nd position.
2. Under the Video category Kairav Sanghvi of class VI grabbed 1st position, Radhika Rawal of class VIII grabbed 2nd position and Hia Bhimani of class VIII grabbed 3rd position.



Celebrating mind and body fitness

In order to enlighten the students and the parents about the significance of being fit, Aga Khan Services, India (AKESI), celebrated 'Fitness Week' inspired by nationwide Fit India Movement across all its schools.

During the Fitness Week celebrations at Aga Khan School, Sidhpur (AKSS), the pre-primary section organized various activities for the students and parents centered around the theme of healthy living. Both parents and students performed yoga asanas, danced during the Music & Movement program, made healthy food without using fire, exercised, and listened to stories & rhymes around the theme. Interestingly, parents participated as well as facilitated sessions with their children by sharing healthy recipes and performing different exercises.



As the week drew to a close, parents and children participated in a Fancy Dress where they dressed up as sports personalities.

One of the parents, Rupen Shah was thrilled with the effort made by the school to engage the students and parents constructively during this period. She said, "It was a wonderful week. I enjoyed the opportunity to learn about new yoga asanas and share my recipes with people".



This excitement was shared by the teachers as well. Teachers used this opportunity to strengthen their relationship with the parents and engage with the stakeholders in a child's life in an informal environment.

Through this transformative period, fitness has assumed a significant relevance. A kind of fitness that exercises every facet of the being and encourages us to bring our best selves to the fore, in the hope that we achieve more.

Podar student salutes COVID warriors!



The year 2020 will be remembered for reasons we never thought existed. The whole world had been brought down to its knees fighting to keep the onslaught of coronavirus at bay. All of us were busy taking care of our own health but there were thousands of warriors who worked relentlessly to protect us. On The Occasion of Gujarat Gaurav Diwas Celebration, the Government of Gujarat had organized several competitions to pay re-

spect & recognize the contribution of the Front line Covid Workers.

Poorvi Gupta of class X from PIS Ahmedabad had participated in the essay writing competition & was awarded the First Prize at the District Level for her essay on Covid Warriors. She received a cash prize of Rs 15000 from the Chief Minister. School principal Sreenarayanan congratulated her on her achievement & motivated her to spread awareness about the front line Covid warriors.

FOUNDER'S DAY CELEBRATED

Recently, the founder's day, the birthday of the promoter of Siddharth's Miracles School, Satish Sir, who is one such a philanthropist who continually thinks about the good molding of the children along with the curricular and co-curricular activities. All the students virtually celebrated Satish Sir's birthday. They were all clad in their best clothes and the enthusiasm was even greater than the offline celebration every year. They made birthday cards for Satish Sir and sang the Birthday song. Right from the tiny toddlers of Kindergarten who danced in their imitable dancing style to the students of primary classes who presented a thumping and foot tapping dance, all rejoiced and enjoyed this unique virtual celebration which remain in everyone's memory for all times to come.



Students' Corner



Adhya Thaker, Class III, St Kabir School



Avi Dwivedi, Class VI, Zyds School For Excellence



Shreya Jain, Class VIII, Shanti Asiatic School



Shivam Patel, Class X, Zebar School For Children

The Kanjari Deer Park- Unexplored Sanctuary

When the whole world has been keeping the finger crossed for the vaccine, the days and months are passing quickly in this COVID-pandemic. Nowadays roaming around without precaution is a dream. While going out, we need to adhere to all government guidelines and take precautions like wearing the mask, hand sanitizing, social distancing, etc.

However, "Where there is a will way there is a way." I passed all lockdown weekends with family and explored all possible indoor games. Last weekend, I visited the unexplored place on the outskirts of the city called "KANJARI DEER PARK" near Thol, Ahmedabad, where we reached comfortably by car.

Early morning, a deer in the



lap of nature delighted all of us. I made beverages, snacks, and self-made sandwiches which I learned in online curriculum classes. I appeased my wish to click landscapes in the morning. Besides this, my father enjoyed the long drive while my mother sang songs in our car. It was a great break after a long for all of us. While coming back, we visited Bhadaj

Iskon temple - "Gausala". Feeding cows and calves gave my younger sister and me an enormous excitement. The early morning journey had made all of us tired. So, we rested in the noon, followed by homemade pizza in the evening. We enjoyed this trip during the weekend.

KASHV CHANDEL, Class IV, Udgam School for Children

IF I COULD PAINT MY THOUGHTS

I wouldn't paint about the sea
I wouldn't paint about the mountains
Not about the clouds raining on me
I would paint about my feelings
Because it only feels right
To express what I'm thinking
In green red maybe white
It could be any colour if you ask me
But its meaning is up to you
You decide whether my heart is gold
Or whether my sky is blue
Decide if the pink cheeks
Mean that I'm blushing
Decide if the purple lightning
Means I feel the fear rushing
Decide if the green
Fills me with disgust
Decide if the black night
Says that you've lost all my trust
You decide whether the yellow flowers
Are you to blame for my smile
You decide whether the red bonfire
Burns or just brings light
You decide whether a rainbow
Is too much emotion
You decided if colourful
Means happy or just utter commotion
Life is full of emotions
So why hold them in so tight
what fun would be this painting
If it was only in black and white
NAMRATA TANDON, Class IX, CWS, Vadodara

BOOK REVIEW: A BOOK FOR THOSE WHO LOVE ADVENTURE



Enid Blyton, one of the most loved children's authors of all time wrote more than 700 books. Her stories not only open doors to marvelous words of mystery and adventure but are also excellent tools to explore the English language. Famous five - a treasure on the island is a nostalgic series that has many appealing features: adventures, kids v/s grown-ups, rebelliousness.

Julian, Dick, and Anne are spending holidays with their cousin George who badly wishes to be a boy. She is a real highlight of the story as a whole, but her love for Timmy (her dog) really shines through in this book. Exploring Kirin island, they make a thrilling discovery, which leads them deep into the dungeons of Kirin Castle who- and what will they find there?

AKSHITA JINDAL, Class III, EIS, Surat



AUTO WORLD VINTAGE CAR MUSEUM

Auto World Vintage Car Museum is one of the great car museums. Located at Dastan Estate, Sardar Patel Ring Road, Kathwada, Ahmedabad, houses 204 large & colourful vintage cars Ex: Rolls-Royce Phantom 1, Hispano Suiza H6C, Rolls-Royce Silver Ghost, Cord 810, Chrysler Imperial Airflow, Ford Motel T, Rolls 20 HP, etc. of popular luxury car brands which are Bentley, Lagonda, Rolls Royce, Cadillac, Austin, Jaguar, Mercedes, and

Auburn. The sheer variety of vintage cars here blows away the mind of visitors. These have been collected by Pranlal Bhogilal. This museum opens between 8:00 am - 9:00 pm every day. To see the wide collection of colourful vintage cars, you just need to pay a nominal amount of ₹100 for an adult and ₹50 for a child. They also take a ride in a vintage car for ₹1,000. It is a bit costly, but it is super-cool to have a ride on it. You can take pictures of your

memories thereby paying an additional amount of ₹100 and get the id card to use your camera. There is a small cafeteria that serves fresh juices and coconut water. Besides this museum, is a small restaurant named Vintage Village. It has a large variety of delicious food with very impressive and attractive decoration. It is a must visit for those who have a passion for cars. RIDHAV RATHOD, Student, Global Indian International School (GIIS)

STUMPING BRILLIANCE

Rishabh Pant stumped Dan Lawrence in spiderman style in the final innings of the second Test

Fresh from guiding the Indian side to a historic series win in Australia, promising young talent Rishabh Pant is keen on raising his stock by becoming the ideal choice behind the wickets for the Asian giants in their first home assignment of the year 2021

HE'S JUST 23 AND IS GOING TO IMPROVE: KIRAN MORE

On Tuesday, Pant effected two jaw-dropping stumpings, of Dan Lawrence and Moeen Ali, to help India wrap up the second Test against England on the fourth day. This was in addition to his brilliant, one-handed catches to his left to dismiss Ollie Pope and Jack Leach in the first innings. In addition, he scored a crucial 58 not out in the first innings. This performance showed how much he has improved in the recent past.

"Everybody had a question mark against his wicketkeeping. But I never had any. When you don't allow that boy to play in India, how is he going to learn? To play abroad is more difficult than in India. That's my simple argument. On turning pitches a wicketkeeper is always going to come into play. Everybody saw today what he can do," former India wicketkeeper Kiran More, who was chairman of the national selection committee between 2004 and 2006, told IANS.

Pant has played 14 of his 18 Tests abroad, and only four in India.

"He has taken some great takes; he has effected some great stumpings. On the way, he's going to miss a few. But he's just 23 and is going to improve and become the top wicketkeeper in world cricket. His attitude is superb; he doesn't care. Of course, there is a lot of scope for improvement," More said.

Former India wicketkeeper Syed Kirmani, too, is very impressed with Pant's performance in the second Test at the M A Chidambaram Stadium.

"This boy is abundantly gifted, and he should be left alone, and people should keep encouraging him. He still has to work a lot on his agility and reflexes etc. He has to make a little change in his attitude, because complacency could creep in subconsciously," said the former chairman of national selection committee.

Pant's childhood coach Tarak Sinha said that the security of selection has provided confidence to his ward.

"When one is assured of his place in the team he blossoms. That is a major reason for Rishabh's good performance in this Test. He had the support of the entire team. His reflexes are good and the stumping of Lawrence is a result of those reflexes. In future he will only get better and better," said Sinha, who coached Pant at his Sonnet Club in Delhi.

"He scored runs in the first against England (91 and 11) and that provided confidence to him. And that confidence has rubbed on to his wicketkeeping. A wicketkeeper has to concentrate on each ball, all the time. It's a game between the bowler and the wicketkeeper. His concentration used to momentarily waver and that led to lapses. Now, his concentration is better," he emphasised.

Pant has scored 1,256 runs at 44.85 in 18 Tests, including two centuries, missing five others from handshaking distance, besides six half-centuries. He has taken 71 catches and effected five stumpings.

Rishabh Pant has really worked hard in Australia, when he moves with the gloves you can see the difference in his reactions. He has shed a lot of weight and has worked hard on himself. It is showing, the way he kept with so

much turn and bounce (on Chennai's MA Chidambaram Stadium pitch), credit to him. We want him to keep improving as a wicketkeeper because we know the value he brings to the team. **VIRAT KOHLI**, India captain

He's a bundle of gifted talent. His wicketkeeping and stumpings were marvellous, brilliant. Particularly, his stumping of Lawrence, after the ball had passed between the batsman's legs, was brilliant because you are blinded

while collecting the ball on the leg side. His reflexes, agility, etc. was superb on a vicious pitch. I don't have words to express my feelings. He is a game changer for sure. **SYED KIRMANI**, former India wicketkeeper

India don't complain or crib about pitch conditions overseas: Ashwin

The off-spinner, who earned the Man of the Match award for his eight-wicket haul and a century on a wicket that aided turn from the first session of the first day, said the Indian team is proud of being able to master difficult conditions better than the others. Several former cricketers, including former England captain Michael Vaughan and Australia batsman Mark Waugh, slammed the Chennai pitch for the 2nd Test, calling it "not fit for Test cricket" and "unplayable". A few experts even went on to call the pitch "a beach" as England were bundled out for 134 in the first innings.

Everyone is entitled to an opinion. It is us who are reading into it... Whoever is giving their opinion is well within their rights to give an opinion. As a cricketing fraternity or country, dealing with such sort of accusations needs to get better. We must hold pride in how we are playing better (on such wickets). Test

matches are won over a period of time. You play overs and win Test matches.

People give their opinions. It is completely fine if people give opinions. We will also have opinions when we tour abroad. We don't complain or crib, and just get on with it. I have never seen any of our greats, be it

our coach Ravi Shastri or Sunil Gavaskar, who have been on tours abroad, I have never seen them talk about pitches having lot of grass. It has never happened. When people come out with such opinions, we should respect them but I think we should be able to magnanimously deflect them away. **R ASHWIN**, India spinner

Mbappe hat-trick hands PSG 4-1 win over Barca

FC Barcelona's chances of winning this season's Champions League all but evaporated on Tuesday night after they suffered a 4-1 home defeat to Paris Saint Germain. PSG striker Kylian Mbappe helped his side's supporters forget the absence of Neymar and Angel Di Maria with a hat-trick that left Barca needing to score four goals in the return leg to highlight the club's recent decline. Barca coach Ronald Koeman took a big risk in bringing Gerard Pique back into his starting 11 after over four months out with a knee injury, while Sergino Dest was also back at right-back after injury.

QUIZ TIME!

Q1: Which player has smashed most sixes in the Chappell-Hadlee Trophy?

- a) Michael Hussey ☐ b) Brad Haddin ☐
c) Martin Guptill ☐ d) Brendon McCullum ☐

Q2: During which Olympics did Mima Ito become the youngest table tennis medallist?

- a) 2012 London Olympics ☐
b) 2016 Rio Olympics ☐
c) 2000 Sydney Olympics ☐
d) 2008 Beijing Olympics ☐

Q3: After Fakhar Zaman, who holds the record of fastest 1000 runs in One Day Internationals?

- a) Jonathan Trott ☐ b) Imam-ul-Haq ☐
c) Viv Richards ☐ d) Kevin Pietersen ☐

Q4: Who was the first woman to win four Olympic table tennis gold medals?

- a) Wang Nan ☐ b) Yining Zhang ☐
c) Yaping Deng ☐ d) Nan Wang ☐

Q5: Which player has taken most wickets in the Border-Gavaskar Trophy?

- a) Ravichandran Ashwin ☐ b) Anil Kumble ☐
c) Harbhajan Singh ☐ d) Nathan Lyon ☐

Q6: At which Olympics did Eliud Kipchoge win a gold medal?

- a) 2012 London Olympics ☐
b) 2016 Rio Olympics ☐

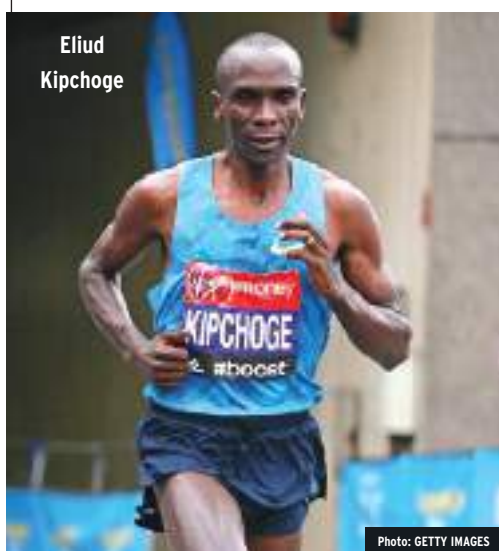


Photo: GETTY IMAGES

- c) 2000 Sydney Olympics ☐
d) 2008 Beijing Olympics ☐

Q7: Other than Sarah Taylor, which female cricket player made most stumpings in ODIs?

- a) Anju Jain ☐ b) Batool Fatima ☐
c) Jane Smit ☐ d) Trisha Chetty ☐

Q8: How many medals has Simone Biles bagged at the only Olympic games she has participated in?

- a) Five ☐ b) Four ☐ c) Three ☐ d) Two ☐

Q9: In which year did Manchester United become the first English club to win the European Cup?

- a) 1968 ☐ b) 1974 ☐ c) 1964 ☐ d) 1969 ☐

Q10: Netherlands scored the lowest total against which country in ICC Men's T20 World Cup?

- a) South Africa ☐ b) Sri Lanka ☐
c) England ☐ d) India ☐

Q11: Who holds the record of most catches in the Wisden Trophy?

- a) Graham Gooch ☐ b) Clive Lloyd ☐
c) Garry Sobers ☐ d) Brian Lara ☐

ANSWERS: 1- d) Brendon McCullum
2- b) 2016 Rio Olympics 3- b) Imam-ul-Haq
4- c) Yaping Deng 5- b) Anil Kumble
6- b) 2016 Rio Olympics 7- a) Anju Jain
8- a) Five 9- a) 1968 10- b) Sri Lanka
11- d) Brian Lara



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

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WEB EDITION
CLICK HERE: PAGE 1 AND 2

NEW SATELLITE TO CARRY BHAGAVAD GITA, PM MODI'S PHOTO



If reports are to go by, a copy of the Bhagavad Gita, a photograph of Prime Minister Narendra Modi, and the names of 25,000 individuals will be carried to space by the Satish Dhawan Satellite (SD SAT). Slated to be launched at the end of the month by the polar satellite launch vehicle (PSLV), the nanosatellite has been privately developed by SpaceKidz India, an organisation dedicated to encouraging space science among students, and has been named after Prof Satish Dhawan, one of the founding fathers of India's space programme.

- According to reports, it will also carry three scientific payloads. While the first two will study the space radiation and the magnetosphere, the third one will demonstrate a low-power wide-area communication network
- The names of Indian Space Research Organisation (ISRO) chairperson Dr K Sivan and scientific secretary Dr R Umamaheswaran have also been etched on the bottom panel of the satellite

NASA to offer \$500,000, if you figure out how to keep astronauts fed on journey to Mars



Fancy cooking up some tasty treats for the astronauts on interstellar missions? Have you got what it takes to be a space chef? Then this is the challenge for you—the Deep Space Food Challenge. Yes, NASA in collaboration with the Canadian Space Agency is calling for participants to invent new systems and technologies to feed astronauts on their space missions. According to NASA, the winners will be required to cook meals for the astronauts, who will head to Mars. A whopping US\$500,000 will be given to the winners. However, Michelin-starred gastronomes are not allowed to participate in this challenge.

Astronauts require careful diets to keep themselves energised in the far reaches of the universe. Recently, food researchers came up with high-calories chocolate bar to ensure that the astronauts are high on energy, while keeping the weight of the food onboard space low. In fact, for years, NASA has been studying the potential to grow fruit and vegetables in space, to offer healthier options to humans on missions



Representational pix

The aim of this new challenge is to find innovative ways of sustaining astronauts travelling to Mars. The interstellar journey to Mars is roughly three years long, and requires its astronauts to remain fit and equipped to deal with the challenges, the new terrain on Mars might pose

2 Apart from feeding the astronauts, the challenge also envisages putting new systems and technologies to use, to cultivate healthy and fresh products in the most-extreme locations of the globe

3 The would-be participants have time till May 28 to sign up, and till July 30 to present their innovative projects. The winners (the top 20 teams) will share half a million dollars, or \$25,000 each. But the prize is only available to the participants in the US. Teams in Canada can take part in a similar initiative to win between CA\$30,000 and \$380,000. International teams can also participate in the competition, although no prize money will be given to them

India to bid for Chess Olympiad, start game's professional league

SPORTS


India will bid for the Chess Olympiad in 2026, All India Chess Federation's (AICF) newly-elected president Sanjay Kapoor has announced. Unveiling the plans to commence a professional league later this year, at a press conference in New Delhi recently, Kapoor said, "We want India to become the chess destination for the world." We have drawn out a detailed plan to achieve this goal, he added.

- India will also host the Women's Grand Prix, which is an important part of the world women's championship cycle, to give a huge boost to the women players in the country
- An AICF-Chess programme in schools will also be initiated to popularise chess at the school level. All the 33 state affiliates will be implementing this simultaneously
- "We want every school-going kid in India to play chess. This will help in developing smarter future generations, thanks to the life-skill benefits that come naturally from the game," said Kapoor

Didn't want to be doing this for years: Viggo on turning down Wolverine role

Oscar-nominated actor Viggo Mortensen has reflected on passing over the role of the fan-favourite mutant Wolverine in the X-Men series, saying that he wasn't ready to commit to playing the same character for years and years. The 62-year-old actor also recalled that his son, Henry, who was around 10 then, had read the script of 2000's 'X-Men', the first in the long-running comic book adaptations, and found it to be "wrong". "The thing that bothered me at the time was just the commitment of endless movies of that same character over and over. I was nervous about that," he added.

■ The irony of playing the same character over the years wasn't lost on Mortensen, who later went on to star in the Lord of the Rings trilogy
■ Mortensen played Aragorn, one of the main protagonists in the trilogy - 'The Fellowship of the Ring' (2001), 'The Two Towers' (2002), and 'The Return of the King' (2003), based on JRR Tolkien's

MOVIES

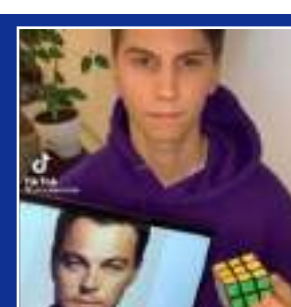

Which global body was established by the Marrakesh Agreement in 1994?

- Clue 1: Comprising 164 members, it is headquartered in Geneva, Switzerland.
Clue 2: Ireland's Peter Sutherland was its first director-general.
Clue 3: The largest economic organisation in the world, it replaced the General Agreement on Tariffs and Trade.

ANSWER: WORLD TRADE ORGANISATION (WTO). Nigerian economist Ngozi Okonjo-Iweala was appointed the seventh director-general of the multilateral trade body on Monday, making her the first woman and the first African to head the WTO— from Mar 1, 2021 to Aug 31, 2025

Artist uses 400 RUBIK'S cubes to create a Leonardo DiCaprio on portrait

A Tiktok artist's creation of a portrait of the famous Hollywood actor, Leonardo DiCaprio with 400 Rubik's cubes, has astounded the netizens. Alex Ivanchak took to Instagram to display his creativity. "LEONARDO DICAPRIO from 400 Rubik's cubes. You have to watch it till the end," the caption said. Ivanchak also collected and solved each one of the cube and then stacked them up in the form of an artwork. The video has already garnered 1,21,474 views, and counting, on Instagram, till the story was filed.



DiCaprio is not the only celebrity figure, Alex drew with the cubes. He also drew actress Emma Watson, singer Billie Eilish, actors Johnny Depp, Alan Rickman, Daniel Radcliffe, and few Russian celebrities (Timesnow)

UK PM TO HOST VIRTUAL MEETING OF G7 LEADERS

The UK Prime Minister, Boris Johnson, will host a virtual meeting of the G7 leaders on Friday to discuss efforts to ensure an equal distribution of Covid-19 vaccines and prevent future pandemics. Johnson will call for a new global approach to pandemics, drawing on lessons from the divisions that characterised the initial international response to the coronavirus outbreak, according to a press statement released by the 10 Downing Street.

INTERNATIONAL


The G7 leaders' meeting will be attended by the leaders of the UK, Canada, France, Germany, Italy, Japan and the US, and the residents of the European Council and the European Commission, the Downing Street statement said

PM award in one hand, a sapling in another, Prasiddhi is on a green mission



malini.menon@timesgroup.com

Prime Minister Narendra Modi, surprised by the grit and determination of Tamil Nadu's Chengalpattu-based 8-year-old Prasiddhi Singh, tweeted how at the age of 7 (in 2020) she could dream and execute such tall dreams, taller than the thousands of fruit trees she planted with her green thumb at various school grounds and neighbourhoods—with a plan to increase the biodiversity. On winning the 'Pradhan Mantri Bal Puraskar Award 2021', PM sent kudos to Singh, saying, "May you keep serving Mother Nature and inspire others as well." She has also won accolades as the Youngest Fruit Forest Creator by the India Book of Records 2020. In an interview with Times NIE, Prasiddhi shares with us how she finds Swedish environment Greta Thunberg inspiring and the green goals India needs to achieve fast...



YOU ARE BEING REFERRED TO AS INDIA'S GRETA...

I am glad to be mentioned alongside Greta Thunberg. Our journeys are both similar and different in many ways.

My culture and Indian roots have influenced my journey. I am doing something which is deeply rooted in Indian culture where we have been taught to treat trees and water as God and Earth as our Mother.

Our journeys are similar in a way that we both don't wait for help but initiate actions ourselves! However, it must be mentioned that in developing countries like India, we face a lot more challenges than just a change in law and it is us, as individuals, who have to bring about a change—I want to do all of this as Prasiddhi Singh of India; while I continue drawing inspiration from many revolutionary eco-warriors.

TELL US ABOUT YOUR JOURNEY...

I was only two years old while my curiosity had already peaked about the environment, cleanliness and climate. This was largely because I would join my parents on a lot of marathons that supported some of the environment-related causes. Gradually, as I understood more and more, I wanted to do something noticeable for our planet -

something that will not only make this planet better for our future generations but also urge people to become the movement. Thus, began my journey towards increasing the green cover of the earth by planting trees.



Today, I am 8 years old and I have already created 14 fruit forests in government schools, offices and community areas, planted 14,000+ trees, created community nursery via door-to-door seed and tea dust collection. I have been able to connect with 15,000+ enthusiastic lives via many offline and online awareness sessions on the environment



HOW DOES PRASIDHDI FOREST FOUNDATION FUNCTION?

While I conduct a lot of online classes on yoga, wellness, DIY recycling, etc., our team has been actively pushing sustainable and eco-friendly products by setting up stalls at various fairs, exhibitions and even corporate events. Various national & international partnerships have also been a great boost in this direction. My army of eco-warriors from across the globe are the front runners of the vision that the Prasiddhi Forest Foundation holds. Thanks to the collective efforts of the entire foundation and the eco-warriors, I was bestowed the Pradhan Mantri Bal Puraskar Award 2021 and the Youngest Fruit Forest Creator by the India Book of Records 2020.

WHAT MADE YOU COME UP WITH THE G3 PROJECT?

G3 means - Generate your own Oxygen, Grow your own food and Gift the community - something that I learned from Padma Bhushan

Paramhansa Swami Niranjanananda Saraswati - "Serve, Love and Give". In essence, it is a sustainable ecosystem project in which we will lay emphasis on sustainable living and renewable energy.

ARE YOU LOOKING AT TIE-UPS WITH SCHOOLS AND COLLEGES?

Yes, our foundation will soon be launching the 'Happy Living through Sustainable Solutions' where we will be partnering with schools, colleges, corporates, social life spaces and many more to multiply the good effect of this work. While conducting the plantation drive at several places



and connecting with students, corporates and young activists alike, I realised that people are not much aware of the importance of biodiversity and the role of trees.

DO YOU THINK CHILDREN CAN PLAY A BIG ROLE IN THIS?

I believe that when children are made to understand these things at a very young age, it gets imbibed as a natural way of doing things. This can happen dramatically well if children have a hands-on curriculum for such activities. For this reason, every school that we go for the plantation drive, we hold workshops for them.

TELL US HOW YOU FELT WHEN YOU WON THE AWARD AND YOUR FUTURE PLAN?

Winning the Pradhan Mantri Bal Puraskar was nothing less than a big dream come true. I feel immensely honoured and determined to keep moving. Many people also joined the cause of Prasiddhi Forest Foundation. Furthermore, the money that I have re-

A small seed of 4mm has the capability to grow as tall as 400 ft and does so much positive for this one big planet. Or a small honey bee has the potential to blossom flowers and fruits; or microorganisms on which the entire life depends

ceived as a part of the award, will make our cause bigger and better. We'll be able to plant more and more trees now and reach our mission of planting 1 lakh trees by 2022. It wouldn't be wrong to say that along with the message of pro-planet and sustainable living, I want to propagate the message of mindful living too among people. With the visibility that the PM award has offered us, I don't see that as a far-fetched dream. Right now, we have already reached out to 15,000+ people. Our aim is to touch 50,000+ lives this year.

DO YOU THINK SCHOOL CHILDREN IN INDIA TOO CAN MAKE A LARGE IM-

PACT ON CLIMATE CHANGE? ACCORDING TO YOU, WHAT NEEDS TO BE DONE?

Undoubtedly. The potential that small children hold, is one that you see today - the Prasiddhi Forest Foundation. Similarly, kids have the determination, passion, and the potential to make things turn around in a much more wonderful way!

WHO IS YOUR ENVIRONMENTAL ICON? WHY?

Environment icon - Jane Goodall and Ameenah Gurib Faqueem (plant scientist and former Mauritius president). Both have used their experience and positions for the utmost benefit of our environment and planet. They truly inspire me and I wish to work like them.

ARE YOU GROWING NATIVE FRUIT TREES TO INCREASE BIODIVERSITY?

Yes, absolutely. We grow a lot of Indian native fruit and medicinal trees like Jackfruit, Amla, Guava, Custard Apple, Mango, Jamun, Arjuna, etc. They are easy to survive since they are the native variety. They grow well in the soil and give us the tastiest fruits.

DO YOU LIKE READING BOOKS ON THE ENVIRONMENT?

Yes, I absolutely do. Along with my practical experience, books like - The Hidden Life of Trees, The Secret network of Nature by German forester & author - Peter Wohlleben are my favourites.

In addition to those, a few books I feel we all must give a read are 'Silent Spring', 'No One Is Too Small To Make a Difference', 'Field Notes From a Catastrophe', and 'The World Without Us'.

YOUR TIPS TO STUDENTS ON QUALITIES NEEDED TO TAKE UP AN ECO-WARRIOR CAUSE AND HOW TO GO ABOUT IT?

► Be mindful of your actions: both that harm the planet and benefit the planet.
► Get into a habit of planting and nurturing trees; it is two-way learning.
► Follow the 4 R's in your life: Reduce, Reduce, Recycle, Reuse.
► Growing native trees helps more biodiversity and supports the fauna - birds, butterflies, squirrels and bees.
► Keep going strong on all four from above.

IF PRASIDHDI WAS TO DESCRIBE HERSELF IN ONE LINE...

The unsettling eco-warrior who wants to bring a greener and happier future for the current and newer generations.

WHAT ARE YOUR HOBBIES?

I enjoy spending my leisure time taking care of my kitchen garden and try different health drinks from what I grow there. I enjoy spending time reading books, doing yoga and cycling with my parents.

HOW DO YOU MANAGE TIME?

Striking a balance between the Prasiddhi Forest Foundation activities and my school isn't difficult. I have a clear boundary between the two wherein I dedicate enough time for both; while ensuring the other activity doesn't get negatively affected. My parents and my teachers have been a great support at both ends and that is what keeps me going very strong.

YOUR FIVE-YEAR PLAN...

1. To see the Prasiddhi Forest Foundation having made bright global impressions, as we take the G3 projects closer to global citizens' hearts.
2. To reach out to 5 lakh+ people and positively influence their lives when it comes to eco-friendly and mindful living.
3. I want to spread moment-to-moment yoga - because it teaches us to be aware of our actions.
4. Influence not just people but corporates to reduce their carbon footprints considerably; and
5. Ensure that the biodiversity in our country starts coming back to normal levels.

Meet the

ALL-NEW SUPERFOODS

SEAWEED

Declared by Waitrose as the superfood of 2021, seaweed is packed with antioxidants, minerals and vitamins. It also contains iodine for thyroid and heart health. It's important not to have too much iodine though, so Sian advises, "Eat seaweed rather than taking supplements." You can make interesting salad with seaweed or stir-fry it.



TRY THIS: Itsu Crispy Seaweed Thins are available online and in a few health shops.

Move over avocado, take a hike kale. These are the immune-boosting goodies rocking our world in 2021. In the past 12 months, around 65% of us have turned to food to build up our immunity, according to a new survey. And 78% now believe it can be used as a medicine. It's no surprise given that some foods protect against cancer, stave off heart disease and boost our immune system - essential for giving us the best possible chance of fending off Covid-19.

WALNUTS

Eating walnuts has been linked with weight loss, as well as improved brain power, heart health and fertility. Rich in fibre, folate and polyphenols, research also indicates they help to improve gut health with enhanced good probiotic bacteria, which boosts our immune system.

TRY THIS: Keep walnuts in the fridge for freshness, and add to salads and yoghurt. Blitz 12 halves with a banana and nut milk for a healthy and tasty smoothie.



BEETROOT

Beetroot has come a long way since the days when you could only buy it pickled in a jar. These days the humble root veg is more likely to be juiced and drunk daily by top athletes. Hailed for its ability to support the liver - perfect for those of us who like some beverage in the evening - it also lowers blood pressure and increases exercise performance. It protects against cancer too.

TRY THIS: "Blitz them to make sure you're eating the fibre-rich pulp too," says Sian. "Or treat them like any vegetable and roast to enjoy in a meal or grate them."

PAK CHOI

Despite its well-documented health benefits, not everyone is a fan of bitter kale. Step forward pak choi. Packed with nutrients such as folate (perfect for pre-conception health), iron (for alertness), and anti-inflammatory vitamin C and vitamin A (for healthy eyes), it's a little powerhouse of a vegetable. This one is delicious too.



TRY THIS: Available in supermarkets, the Chinese cabbage tastes great as stir-fries or noodles.



MUSHROOM

There aren't many foods rich in antiviral vitamin D, the sunshine vitamin, which is why we're all being advised to take supplements during the winter months. Mushrooms are one of the few foods that can really boost your vitamin D levels. But only if they're grown in sunlight. Check the label for 'ultraviolet light' source of vitamin D.

TRY THIS: Mushroom Cups, mushroom-infused coffee that combines organic Peruvian coffee is a must have.

BOOKS: (NYT BESTSELLER LIST)

MIDDLE GRADE HARDCOVER

- LITTLE LEGENDS: EXCEPTIONAL MEN IN BLACK HISTORY**
by Vashti Harrison with Kwesi...
Biographies of inspiring and trail-blazing Black men. (Ages 8 to 12)
- ROWLEY JEFFERSON'S AWESOME FRIENDLY ADVENTURE**
by Jeff Kinney
Roland and Garg - the Barbarian - embark on a quest... (Ages 8 to 12)
- THE ONE AND ONLY BOB**
by Katherine Applegate.
Illustrated by Patricia Castellao
In this sequel, Bob sets out on a dangerous journey. (Ages 8 to 12)
- WHEN YOU TRAP A TIGER**
by Tae Keller
Lily makes a deal with a magical tiger to heal her ailing grandmother. (Ages 8 to 12)
- DIARY OF AN AWESOME FRIENDLY KID**
by Jeff Kinney
Greg's best friend Rowley Jefferson writes his own diary. (Ages 8 to 12)

CIRCLE OF LIFE MANDALA THERAPY

'Art Journaling is About Having A Visual Conversation with Yourself'

MANDALA

'MANDALA' - The word is derived from the Sanskrit word meaning 'magic circle' or a 'circle'. Though its meaning is much deeper than a simple circle shape. The circle or the circular designs and shapes symbolize that life is never-ending and everything is connected. Mandala is the enlightenment of the soul and the self. According to Psychologist Carl Jung, Mandala is a representation of one's collective unconscious.

MANDALA ART THERAPY

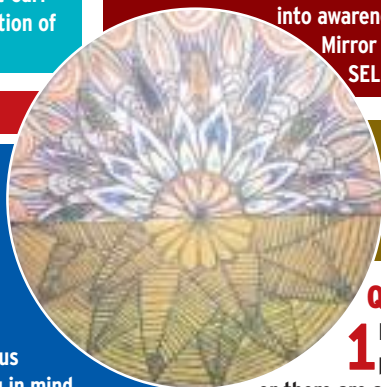
In the Mandala art therapy, the shapes, and symbols drawn in a circle is a powerful therapeutic tool. The circle is so powerful that it has the ability to bring out the different personalities or parts of the creator to the Mandala art. The Mandala art therapy brings out our personality parts (parts of our self or sub personalities) into view or into awareness - Mirror of the SELF.

It can help us see and understand what is going on with our deepest parts of the 'SELF' and bring it out in the circle of Wholeness. Creativity in any form is a powerful tool and technique of Counselling. It helps us to see our inner self - our inner operating system and our energies. The creativity used in art therapy mandala helps one go past the rational mind and look deeper into the desires, fears, anxiety, pain, dreams, and many other drives within SELF.

@HAPPIFY DIARY

CREATING CIRCLE OF LIFE - YOUR MANDALA

- 1 Relax yourself and meditate for few minutes.
- 2 Be aware - and note various images that are appearing in mind. This is Visual Imagery.
- 3 Now in your Mandala circle using any media like a marker, crayons, sketch pen, etc start to doodle spontaneously. Let the images take a life on their own. Remember to fill the entire circle of the Mandala.
- 4 The images and shapes you see in the Mandala circle might be the images you have seen in your meditation or it can be filled with shapes that are out of your sub-conscious.
- 5 Once your art is finished, you will have a holistic representation of what is going on within your own 'SELF'.
- 6 The patterns and shapes so drawn will tell your mental pattern and energies. Try to translate them.



JEET SHAH,
Class V,
CNEM

QUESTIONS

- 1 Is there any pattern, theme or there are any hot spots, ignored spots in your Mandala?
- 2 Is there anything that might relate to a current or past issue/problem?
- 3 Is there any part of yourself that needs attention in your Mandala?
- 4 Is there any negative influence or blocked energies in your Mandala?
- 5 Is there any pain, trauma, or hope and dreams in your Mandala?
- 6 Is there any story in your Mandala?
- 7 Keep looking at your Mandala, can you see or feel for the 'big picture'?

TRANSLATING YOUR MANDALA

- Ask yourself few questions as you translate and understand your MANDALA
- Be honest with yourself as you answer and try to break your Mandala art into small parts or pieces (in your mind/mentally).

*NOTE

- no book or website can translate your Mandala. Each Mandala is unique.
 - only you will be able to do full translation (in some cases a specialist can help you in guiding and making you understand your Mandala)
- "Everything that shows up in your MANDALA is a vehicle for your awakening."

SMITA GHOSH, Counsellor,
Anand Niketan School

Kabirians showcase their recitation skills

A virtual inter-class Hindi poetry recitation competition was organized by St. Kabir School, Navrangpura recently for the students of classes I to V. Children presented a variety of interesting poems with a lot of zeal and enthusiasm. They recited on a variety of themes with beautiful expressions, thoughts, props, and rhythm. Students were judged on the parameters like diction, voice articulation, dramatic appropriateness, and overall presentation. The final judgment was made by our esteemed panel of judges. The young poets mesmerized the judges with their outstanding performances.

The occasion was graced by Director Shubra Kumar and Creative Advisor Preeti Bhatt. They praised the efforts made by the students.



It was a splendid opportunity for our young poets to gain confidence through a live virtual platform. Overall, the competition was appreciated and applauded by everyone present at the event.

YOUNG KARATE CHAMPION

Kairav Sanghvi of class VI, St. Kabir School, Navrangpura wins gold again in the e-Kata championship December 2020 organized by the Karate Association of Ahmedabad. He has also been awarded India Records Excellence Award 2021 for being selected in the Martial Art Child category from Ahmedabad on the occasion of 72nd Republic day Celebrations.



Awakened citizens of SAS

The building up of the nation is not done with mere mortar and bricks; the development of a country can also take place if the minds of young people are fine-tuned for rational thinking and facing challenges. The young blood possesses the most fertile brains of any nation. To tap into such brains, Shanti Asiatic School, introduced the concept of 'Awakened Citizen Program,' for classes VI-VII through a virtual platform. The main objective was to energize the inventive and basic reasoning competency abilities, in students. It is also an endeavor to revolutionize the current classroom teaching environment.

At SAS, Bopal we believe that Education is not just collection of facts but is a journey which forms character, increases the strength of the mind expands the intellect, and allows one to be capable of staying upright under all circumstances.

Through the modules of ACP, genuine circumstances are shown to the children which enables them to watch, discuss, explore, and find their inward solidarity & also understand their latent capacity. The in-depth conversations between the students and teachers lead them to a line of self-introspection; it also illuminates their widespread and special prospects. It is a simple attempt to ingrain basic life skills in the young minds & bring about a transformation which can probably revolutionize the entire thought process of the citizen of tomorrow.

An Open Letter to my Mummy

Dear Mumma,

My guardian angel,



I am near to Nine today and I feel like a big girl. After the birth of Tanya (Six now), I felt ignorant at times. But you have given me a friend for life.

You pamper us with our favourite meals, plan parties for us. When we go out for movies or shopping or travel to different destinations, I feel scared when I don't see you around. I make you tired of running behind us for finishing our meals. At night, you read us stories and give us small examples about life. You help us with our school projects. You have taught us the importance of gratitude.

Mumma, you complete my world. You are my World. Although, I try to be a responsible and caring Child now. You share your sorrows with me we hug and cry it out. When you say, 'Pearl I am so proud to see you behave maturely.'

But, with all this fantasy around. You have also prepared me with the reality of life. We have to grow up, step out and make a life for ourselves. I secretly hear you discuss with papa that all you wish to and try to give us both is a healthy, stable, and content life. I will always remember that you told me "Life will give us choices, choose that touches our heart".

Love you Mumma to the moon and beyond.

PEARLEEN AHUJA, Class III, Zebar School for Children

Painters' Gallery



Avi Dwivedi, Class VI, School Zydsu School For Excellence



Zil Sanghvi Std 4, St Kabir School Navrangpura



Rishit Savaliya, Class V, DPS, Rajkot



Sidhika Thirani, Class VII, Delhi Public School, Bopal



Rudranshi Oza, Class IV, Zydsu School for Excellence



Shaan Patel, Class VIII, Cygnus World School

SCHOOL IS MY ULTIMATE LEARNING DESTINATION

Mention word school and there is a smooth flow of beautiful memories. Like if I talk about activities then playing with my friends and doing drawing are the things that I like the most. I play with my friends in our Physical Education period when our ma'am gives us time. Mostly in our Physical Education, our ma'am makes us play games with the whole class like Dodge ball or Racing with our classmates, etc. In our drawing period, our ma'am teaches us different types of art also like Origami, Pattern drawings, Zen Tangles art and more. I have never failed to impress my teachers with my artwork. My school is not just about academics and

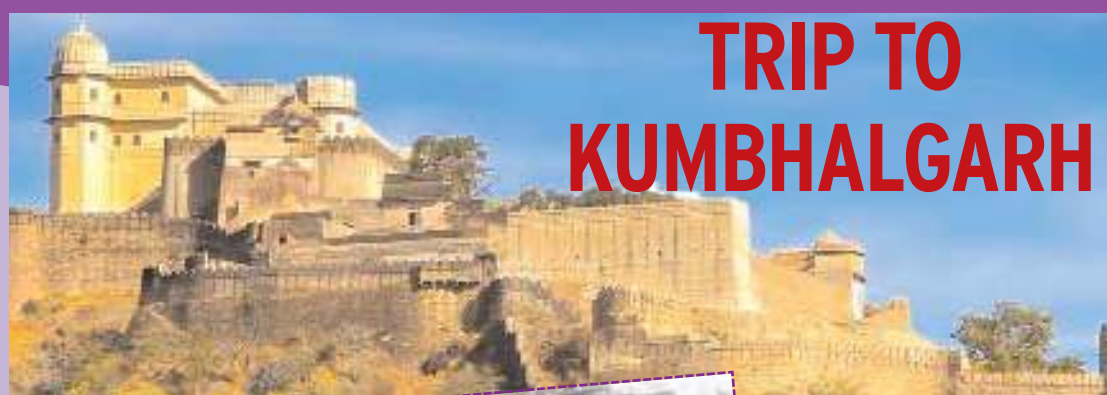


gives me ample opportunities to showcase my talent in singing and dancing. Our dance teacher is excellent and she teaches us many

new dance styles. At times she also shows us movies when some other class is practicing in the dance room. Our music ma'am is also very good. She teaches us new songs which are a lot of fun too. Academics is beautiful too as our teachers make learning fun. My favourite subjects are Maths and

Science. At last, I would like to say that I love my school a lot and I also have a lot of fun in my school and I wish they reopen soon.

NEVA A JAIN, Class IV, udgam School For Children



TRIP TO KUMBHALGARH

Last year, we went on a 3-day trip to Kumbhalgarh near Udaipur, Rajasthan. It is the most important fort of Rajasthan built during the 15th century by Rana Kumbha. I was very excited as it was my first road trip with my family. We started our journey in the morning. We halted at Udaipur to see the scenic beauty of the lake city.

The road was picturesque, and the beauty of Aravalli hills enthralled us. After 8 hours of thrilling and tiring journey, we reached Kumbhalgarh



In the evening. The next day, we visited the Grand fort which was the center of the attraction. It was a long walk up to the top of the Palace which we all enjoyed and took plenty of pictures from the top of the Palace. The fort has 36 Kilometers long wall, the second-longest wall in the

world after the Great Wall of China. It was a prodigious moment for me to walk on this wall. It is also birthplace of Legendary Maharana Pratap, the greatest warrior king of Mewar.

In the evening we enjoyed the Light & Sound show in the fort which narrated the history of the Fort. We checked out the next day and started the journey back home. We visited Ranakpur Jain temple on the way. This is an ancient temple with marvelously carved amber stones.

PRANIL YAGNIK, Class IV, Zebar School for Children



MOUNTAINS AND BEACHES!

It is correctly said that "Travel is the healthiest addiction".

During 2019 vacations, I went to South India along with my parents and grandparents. We reached Kempegouda International Airport, Bengaluru, where my uncle was there to receive us. After a night-long bus journey from Bengaluru, we reached the famous hill station "Ooty". The journey was terrific, we crossed the Bandipur National Park at midnight.

There were many pleasant moments in the Ooty tour, such as Boating in Ooty lake, roaming in Madumalai Reserve Forest, loitering in Rose Garden, Pine forest, etc. I was surprised to watch the live process of tea making from



green tea leaves at a tea factory in Ooty. From Ooty, we traveled to Coonoor, famous for its lush green

tea estates in the surrounding Nilgiri hills.

We then reached Pondicherry Rock Beach. Later on, we visited Sri Aurobindo Ashram, calm & quiet place, idle for meditation. I had a fun time at paradise beach. The trip back home was also enjoyable as my mind was full of memories, I had created.

AGNIVA PAI, Class IV, Zebar School for Children



ENGLAND HAMMERED

Here's a quick look at some of the big factors that contributed to India's win in the second Test

Axar Patel
grabbed maiden
five-for on debut

Photo: ANI



1 ASHWIN, THE HERO OF THE MATCH

R Ashwin, in front of his home audience, surpassed the likes of Gary Sobers and Jacques Kallis to become the second most successful all-rounder in a Test match, behind Ian Botham, in terms of exemplary performance with both bat and ball. Ashwin has now on three occasions scored a ton and taken five wickets in a Test. Botham had done it on five occasions. After taking a fiver in the first innings to bundle out England for 134, Ashwin hammered his fifth Test ton in India's second innings, silencing the critics of the Chepauk pitch, who felt the track was just not possible to bat on. The 34-year-old then took three wickets in England's second innings. The all-rounder was rightfully adjudged Man of the Match for his scintillating ton and the 8-wicket haul in the Test.

2 ROHIT SHARMA'S BIG IMPACT AT THE TOP

O ne of the biggest positives for India that came out of this match was opener Rohit Sharma finding form again. After a not very impressive outing in Australia, where his top score was 52 (129 runs in 4 innings) and scores of 6 and 12 in the first Test vs England in this series, Rohit put on an absolute batting masterclass at the top of the order. He dealt with both pace and spin with efficient ease on a difficult track, scoring a big 161, before falling to Jack Leach. With Shubman Gill falling for a duck, Rohit's big knock at the top played a big role in ensuring that India took full advantage of winning the toss and put on a good first innings score on the board. Virat Kohli, Ajinkya Rahane and Rishabh Pant also made crucial contributions with the bat.

INDIA MOVE TO 2ND SPOT IN WORLD TEST CHAMPIONSHIP POINTS

➤ After recording their biggest Test win against England, India moved to the second spot on the ICC World Test Championship points table. India are now behind only New Zealand, who have already qualified for the final. India have 460 points and a PCT of 69.7 while England have slipped to the fourth spot on the table.

➤ India will have to win at least one more game of the remaining two in the ongoing series, second after New Zealand, to qualify for World Test Championship final. The final of the showpiece event will be played at the iconic Lord's Cricket Ground later this year.

“We were on the money this game in terms of body language and what we wanted to do on the field. The crowd makes a massive difference and you push more as a team when the fans are behind you. This game is an example of the grit and determination we've shown, and fans' support is a big part of that.”

I don't think toss would've mattered much on this pitch. We believed we could score in the second innings and got almost 300.

VIRAT KOHLI, India captain



3 AXAR PATEL MAKES A DEBUT TO REMEMBER

P atel became the 9th Indian player to take a five-wicket haul on Test debut and only the second left-arm spinner after Dilip Doshi to take a five-for on debut. After the third day's play, he pointed the way for bowlers on this surface that turned from the first session itself. “You are getting help from this wicket. So you don't have to do much. You don't need variations. This is what I am doing. I try to bowl in the right places and the wicket takes care of the rest,” said Patel, adding, “I know accuracy is my strength. It helps a lot. You just have to bowl as accurately as possible.” The 27-year-old took 2 wickets in the first innings and five-for in the second (5/60). All 10 wickets in the second innings fell to spin. Axar dismissed Dom Sibley, nightwatchman Jack Leach, Joe Root, Ollie Pope and Olly Stone.

4 ENGLAND TOP ORDER HAD ZERO IMPACT

T he English batsmen, especially the top order, had no answers to the Indian spinners. In their first innings (134 all out), their top 5 batsmen combined made 49 runs. Wicket-keeper batsman Ben Foakes, who batted at number 7, was the top scorer in their first innings with 42. In their second innings, the top five batsmen combined made 87 runs. In this innings, Moeen Ali, who came out to bat at number 9, was the top scorer, with 43. Joe Root, who has been in phenomenal form could score a total of 89 runs (6 & 33). Also, England really missed James Anderson. Though this Chepauk track was a spinners' paradise, England did miss the services of their all time leading Test wicket taker James Anderson.

QUIZ TIME!



Q1: Other than Sachin Tendulkar, who is the only player to have scored 14000 ODI runs?

- a) Brian Lara b) Ricky Ponting c) Sanath Jayasuriya d) Kumar Sangakkara

Q2: After Muttiah Muralitharan, which player has taken the fastest 500 Test wickets?

- a) Courtney Walsh b) Anil Kumble c) Shane Warne d) Glenn McGrath

Q3: Who holds the record of most UEFA European Championship tournament appearances as a captain?

- a) Gianluigi Buffon b) Andrea Pirlo c) Giorgio Chiellini d) Iker Casillas

Q4: Which player has played most matches as captain in Test, ODI and T20I combined?

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

Q5: Which of the following basketball players holds NBA most assists by an individual in a season record?

- a) Magic Johnson b) John Stockton c) Michael Jordan d) Karl Malone

Q6: Ryan Giggs became the goalscorer in 2012. Against which

country did he score the goal?

- a) England b) Germany



Ryan Giggs

- c) United Arab Emirates d) Argentina

Q7: Which player has won most Test, ODI and T20I combined?

- a) Sachin Tendulkar b) Jacques Kallis c) Virat Kohli d) Sanath Jayasuriya

Q8: Who holds the record for second-most ODI wickets in Asia Cup?

- a) Chaminda Vaas b) Lasith Malinga c) Saeed Ajmal d) Ajantha Mendis

Q9: After Glenn McGrath, who has taken most wickets in ICC Men's World Cup?

- a) Muttiah Muralitharan b) Wasim Akram c) Mitchell Starc d) Lasith Malinga

Q10: Who is the first 20,000 points, 8,000 assists and 2,000 steals in an NBA career?

- a) Karl Malone b) Michael Jordan c) Shawn Kemp d) Gary Payton

Q11: Who holds the record for most goals scored in the UEFA Women's Champions League?

- a) Alex Morgan b) Ada Hegerberg c) Anja Mittag d) Sara Däbritz

ANSWERS: 1 d) Kumar Sangakkara
2 b) Anil Kumble 3 a) Gianluigi Buffon
4 d) MS Dhoni 5 b) John Stockton
6 c) United Arab Emirates 7 a) Sachin Tendulkar
8 b) Lasith Malinga 9 a) Muttiah Muralitharan
10 d) Gary Payton 11 b) Ada Hegerberg



THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

➤ Learn about the genetic code stored within the DNA
➤ Peer power is amazing
PAGE 2



➤ The bond between an elephant and the mahout is very special
➤ Follow these tips while exercising outdoors!
PAGE 3



➤ Is it fair on the part of former English players to complain about the spinning tracks?
PAGE 4


STUDENT EDITION

TUESDAY, FEBRUARY 16, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

Right to protest can't be anytime, everywhere: SC

The right to protest cannot be anytime and everywhere", the Supreme Court said, as it dismissed a plea seeking review of its verdict passed last year, in which it had held that the occupation of public ways during the anti-CAA protests at Shaheen Bagh was "not acceptable". The top court said, there may be some spontaneous protests but in case of prolonged dissent or protest, there cannot be continued occupation of public place affecting the rights of others.

VIEWPOINT



1 The apex court had on October 7 last year held that public spaces cannot be occupied indefinitely for demonstrations, expressing that dissent have to be in designated places alone

2 Observing that democracy and dissent "go hand in hand", the apex court had said that constitutional scheme comes with the right to protest and express dissent, but with an obligation towards certain duties

3 It had said that the mode and manner of dissent against the colonial rule during India's freedom struggle cannot be equated with dissent in a self-ruled democracy TNN

**SHARE YOUR VIEWS AT
TOINIE175@GMAIL.COM**



A HUGE ASTEROID TWICE THE SIZE OF BURJ KHALIFA TO HURTLE PAST EARTH NEXT MONTH

NASA has revealed that a mile-wide asteroid twice the size of the world's tallest building will pass the Earth in March. Named 231937 (2001 F032), the asteroid, which has been dubbed as 'potentially-hazardous' by NASA, is unlikely to hit the Earth, as it will be 1.2 million miles from the planet – five times further away than the Moon

1 Asteroid 231937 is the largest space rock to 'come close' to the Earth this year, and at 1.7km is more than twice the size of the tallest building on the Earth – the Burj Khalifa

2 According to a report in Daily Mail, it would be possible to see the asteroid through an eight-inch aperture telescope just after the sunset on March 21 by looking slightly above the southern horizon

3 The asteroid was first detected in 2001 by an array of telescopes in New Mexico that are a part of the Lincoln Near-Earth Asteroid Research (LINEAR) programme

HOW TO WATCH IT

■ The asteroid will be low in the southern sky, so may be difficult to spot from the northern hemisphere, according to EarthSky.org

■ To find it, look

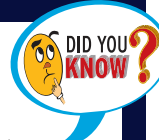
just above the horizon in the southern sky. It will glide through the southern constellations of Scorpius and Sagittarius

■ It will be visible

just above the horizon in the southern sky just after the sunset, if viewed from the UK and just before dawn, if viewed from the southern US

➤ NASA keeps a close eye on all the near Earth asteroids to determine whether any of them could come close to hitting the planet
➤ According to NASA, currently there are no asteroids that pose a significant risk to the life on Earth for at least the next century, with just one having a 0.2 per cent chance of hitting the planet in 2185
➤ Space agencies around the world are investigating potential solutions for deflecting a future asteroid from hitting the Earth
➤ NASA has looked at using gravity from a flying spacecraft to 'pull an asteroid' to a new trajectory

SOURCE: AFP, DAILY MAIL



DID YOU KNOW?

TECH BUZZ

FACEBOOK MAY LAUNCH AN APPLE Watch rival in 2022

Facebook Inc is building a smartwatch that will let users send messages and also offer health and fitness features, The Information reported, citing people with direct knowledge of the device. The social media giant plans to start selling the device next year, according to the report, a move that would mark its entry into a market, currently dominated by Apple Inc and Huawei.



■ Facebook's smartwatch will work via a cellular connection, letting the users send messages through its services and also connect to the services or hardware of health and fitness companies, such as Peloton Interactive, according to the report
■ Facebook has been foraying into the hardware sector in recent years, coming up with products, including virtual reality headset Oculus and video chatting device Portal

Reuters

Would like to see a world where no life is lost due to mental illness: Deepika

Actress Deepika Padukone, who has openly spoken about her battle with depression at the peak of her career, says she would like to see a world, where no life is lost due to mental illness. Deepika posted a picture of her organisation, The Live Love Laugh Foundation on Instagram recently. Alongside the image, she wrote: "Mental health is a cause that is extremely personal and dear to me. Over the last five years, donors, partners, government authorities and our incredible team have all played a crucial role in LiveLoveLaugh's journey, but the greatest impact has been from those who have had a live experience with mental illness and their caregivers." Deepika added: "I would like to see a world, where no life is lost due to mental illness, and LiveLoveLaugh is committed to delivering on that aspiration."



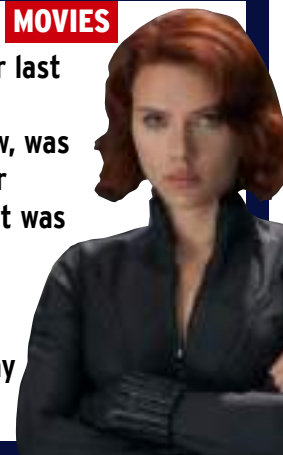
CELEB TALK

One of the highest-paid actors in India, Deepika, who started her career with 'Om Shanti Om' in 2007, has set up a foundation to create awareness on mental health. Named The Live Love Laugh Foundation, it creates awareness about stress, anxiety and depression

Disney wants to release Scarlett Johansson-starrer 'Black Widow' in theatres

Disney CEO Bob Chapek has said that Scarlett Johansson-led superhero movie 'Black Widow' is still on the course to make its debut in theatres worldwide. During an investor call recently, Chapek said, the company has no plans to send the Marvel Studios project to its streamer Disney Plus.

■ 'Black Widow', featuring Johansson in her last appearance as Natasha Romanoff / Black Widow, was originally-scheduled for release in May 2020 but was delayed due to the coronavirus pandemic
■ The film is currently slated to release on May 7 this year



MOVIES

Priyanka Chopra Jonas releases her "honest, raw" memoir 'Unfinished'

Actor-producer Priyanka Chopra Jonas officially turned an author on Thursday with the release of her first book, 'Unfinished: A Memoir', which she described as "honest, raw and vulnerable". The 38-year-old star with over 60 Bollywood and Hollywood films, and shows revealed that her very endeavour into the world of non-fiction came to fruition in the coronavirus pandemic lockdown last year. "I have written all my life but I have never written a book. Writing is something I have tremendous respect for and was also afraid of, which was a big reason I wanted to do it. I'm always someone, who likes to take my fears on, and this is my way of doing that," she said.

■ The memoir promises to offer insights into Priyanka Chopra Jonas' childhood in India and her formative teenage years in the US

■ Her return to India resulted in the newcomer to the pageant world, against all odds, winning the national and international beauty competitions, Miss India and Miss World that launched her global acting career

■ Whether reflecting on her nomadic early years or the challenges she has faced, as she doggedly pursued her calling on a global stage, Chopra Jonas says she has tried to share both her challenges and triumphs in the memoir



BOOK

From earthquakes to floods, the worst natural disasters to hit India since 2001

Emergency workers are racing against time to dig through the mud and rocks, choking a Himalayan tunnel, after a devastating flash flood, thought to have been caused by a chunk of glacier breaking off, killed at least 26 people. More than 170 others were listed as missing after a wall of water and debris barrelled down a tight valley in Chamoli district in Uttarakhand last week, destroying bridges, roads and hitting two hydroelectric power plants. A look at some other nature's fury...

GUJARAT EARTHQUAKE, 2001

An earthquake measuring 7.7 on the Richter scale hit Gujarat in 2001. The epicentre of the quake was 9.2 km away from Ahmedabad in a then-nondescript village called Chobari in Kutch. More than 13,000 people lost their lives in the first 82 seconds itself.



THE BIHAR FLOODS, 2008

More than a million people were marooned in Bihar after the Kosi river breached its banks upstream in Nepal, flooding villages and towns in 2008. Chief minister Nitish Kumar had said then that a breach in the Kosi embankment near Kusaha in Nepal had forced the river to change its course, for the first time since the 1950s.



THE TSUNAMI, 2004

On December 26, 2004, one of the world's-deadliest tsunamis killed over 2,30,000 people in 14 different countries, mostly in Indonesia. It originated in the Indian Ocean and wreaked havoc on multi-

ple countries, including India. Minutes after the earthquake, the waves hit the Andaman and Nicobar islands. In mainland India, Tamil Nadu and Andhra Pradesh were the worst-affected and the death toll in India itself crossed 18,000.



CYCLONE AMPHAN, 2020

Barrelling in from the Bay of Bengal with wind speeds of up to 185kmph, severe cyclonic storm Amphan in 2020 first cut a swathe through northern Odisha before bearing down on West Bengal, where it flattened houses and cast aside trees and electricity poles like matchsticks. Comparing Amphan with cyclone Aila in 2009, CM Mamata Banerjee had said then, "Amphan was 110, if Aila was 10."

NORTH INDIAN FLOODS, 2013

In June 2013, a multi-day cloudburst centered on Uttarakhand, caused devastating floods and landslides. According to the state government, more than 5,700 people were presumed dead in the disaster. As bridges and roads were destroyed, more than three lakh people were trapped in the valley, leading to the Char Dham pilgrimage sites.

KASHMIR FLOODS, 2014

Due to the continuous rainfall, volume of water swelled in Jhelum river, leading to the floods in Kashmir. The flood caused a huge loss to the lives of the Kashmir region in September 2014. The Indian Army rescued the injured and stranded residents of this region.



PROTEIN SYNTHESIS

IT'S ALL IN THE DNA!

LEARNING OBJECTIVES

- To explain the genetic code is stored within DNA
- To describe the process of transcription, translation and translocation.
- To understand the process of protein synthesis

In order for our bodies to function, we need to supply them with a variety of nutrients we get from our diet. Our body cannot use the food as it is when it enters our digestive system. The process of chemical digestion uses different proteins and enzymes to break down the food particles into usable nutrients that our cell can absorb.

The instructions to make protein are contained in our DNA. DNA contains genes. A gene is a continuous string of nucleotides which codes for an RNA molecule. The encoded RNA is used to synthesise a protein. This is the central dogma.

TRANSCRIPTION

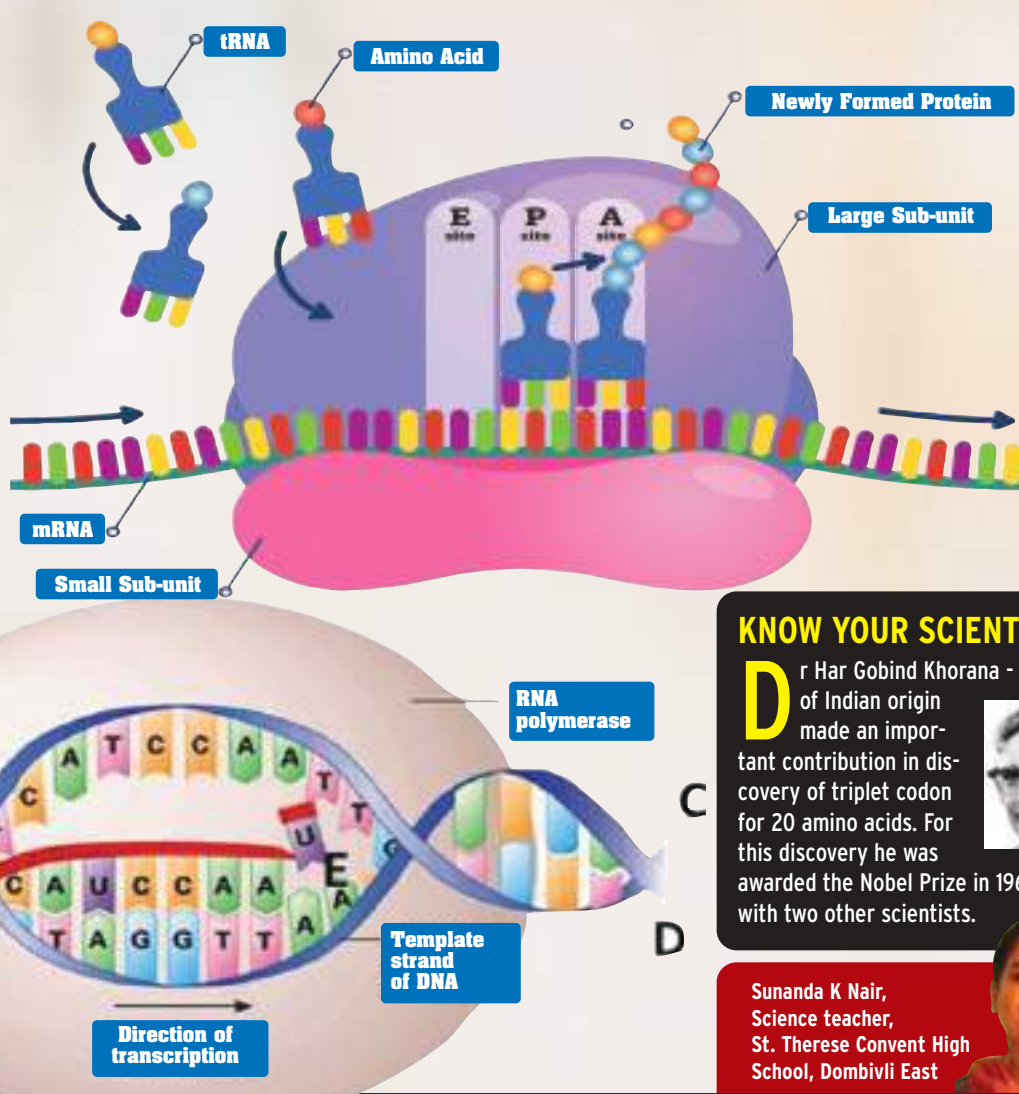
This process occurs in the nucleus where DNA is used as a template to make messenger RNA (mRNA) which occurs in the cytoplasm of the cell. During transcription, the DNA in the gene is used as a template to make mRNA strand with the help of the enzyme RNA polymerase. The strands of mRNA that is made during transcription leave nucleus through nuclear pore and enter cytoplasm to begin translation.

TRANSLATION

The nitrogenous bases are grouped into 3 letter codes called triplet codons. The genetic code includes 64 codons. Most codons code for specific amino acids. There are four special codons: one to start and three to stop. Each amino acid is brought to the ribosome by a specific transfer RNA (tRNA) molecule. The type of amino acid is determined by the anticodon and sequence of tRNA. Complementary base pairing occurs between the codon of the mRNA and anticodon of tRNA.

TRANSLLOCATION

The amino acids brought in by tRNA are bonded together by peptide bonds with the help of ribosomal RNA (rRNA). During this process, the ribosome keeps on moving from one end of mRNA to other end by a distance of one triplet codon. This is called translocation. Proteins are needed for most physiological functions of body to occur properly such as breaking down food particles in digestion and the processes of transcription, translation and translocation make the production of protein possible.



KNOW YOUR SCIENTIST:

Dr Har Gobind Khorana - Scientist of Indian origin made an important contribution in discovery of triplet codon for 20 amino acids. For this discovery he was awarded the Nobel Prize in 1968 along with two other scientists.



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

CHECK YOUR UNDERSTANDING

Q1 Which of the following best describes the process of translation?

- A) Anticodons on the mRNA molecule indicate the correct sequence of amino acids.
- B) Codons on the mRNA molecule are read by a ribosome.
- C) tRNA molecules bind to DNA in order to link amino acids in the correct order.

Q2 What happens to tRNA molecules after they add their amino acid to the growing protein chain?

A) They are released from the mRNA to pick up the specific amino acid coded for by their anticodons.

- B) They degrade, and the RNA nucleotides are recycled.
- C) They pick up new amino acids, whichever one is closest in the cytoplasm.

Q3 Which of the following descriptions of transcription is INCORRECT?

- A) Only certain genes (not the entire DNA strand) are transcribed at a given time.

B) Only one strand of DNA is transcribed.

C) The new mRNA strand elongates in the 3' to 5' direction.

Q4 How does RNA differ from DNA?

- A) RNA contains deoxyribose, and DNA contains ribose.
- B) RNA contains uracil, and DNA contains thymine.
- C) RNA is double stranded, and DNA is single stranded.

ANS. 1-B 2-A 3-C 4-B

PEER POWER



In our life we come across many relationships which have a great impact on us. Whether we are comfortable or not we have to deal with it. 'PEER GROUP' is one such relationship which we are going to explore now.

WHAT IS 'PEER' ?

It's a group of people who are in same age/status/background. Even though they are all equal in peer group, there is difference in belief, upbringing and family background. **You ought to respect them.**

Now let's look into peer pressure which we bring it on ourselves unknowingly.

Eg: when your friends are talking about video game they played and you don't have anything to contribute to that discussion you experience 'FOMO' (Fear Of Missing Out)



WHAT WILL YOU DO?

- a) You try gathering some points for the next day by playing the video game even though it doesn't interest you.
- b) What if your family don't support such activities? You often experience FOMO related to birthday parties, expensive accessories, girl/boy relationship, trendy bikes, smoking and alcohol, choosing reputed colleges, etc. There is no common solution here. As I mentioned earlier, **each individual is different**. You have to be aware of your self and your priorities or else you end up matching yourself with others.

FEW POINTS TO KEEP IN MIND

- Never look down upon yourself or dominate others
- Work on your self esteem i.e. what you feel about yourself
- Learn to say 'NO' assertively.
- Choose peer group that respects your interests.



- Good communication with family and peer group
- Learn to handle FOMO

Having an understanding peer group is a boon. We get updated, encouragement, team work, innovative ideas, healthy competition from peer group.

Hope you are also a part of some healthy peer group.



SO WHAT IS YOUR CHOICE CHAMPS - PEER PRESSURE or PEER POWER?

Ramadevi P V, counsellor and life skill coach,
Nagarjuna Vidyaniketan, Bengaluru

Vernon Barretto is a former professor of Physics at Sophia College for Women. He is also the senior-most faculty at Sophia Junior College. He says the number of hours put in a subject is directly proportional to the results obtained.

PROF'S TIPS TO STUDY PHYSICS:

The interrelation of theory and practical:

Students tend to focus a lot on theory and sometimes fail to apply it practically. Understanding a concept and then applying it practically helps them learn better and faster.

Categorise questions:

Students are often afraid of problem-solving questions, or numerical, a great way is practicing them regularly. When it comes to problem-solving questions and numerical, categorise them into the following categories:

- Simple substitution problems
- Knowledge oriented problems
- Formula based questions
- Skill oriented problems

Go beyond the textbook:

As a student himself, he says he always went beyond the textbooks and discovered new things on his own. He would discover books written by scientists, the trails he/she undertook,

TEACHER'S TIPS

in this way he discovered the root of the subject. He would read the theory, write out derivations, and if he got stuck somewhere, he would approach his teachers and they would simplify it for him.



Inculcate interest in your subjects:

Inculcating interest and love for your subjects helps students build passion and a drive to learn. It is a joy to witness the interrelation between theory and practical, like a tree bearing fruits.

Tests are crucial:

After every single chapter, a test should be conducted. Similarly, an internal assessment after 3 chapters helps the students tremendously. With each test, mistakes surface. These mistakes should be carefully evaluated and eradicated.

As told to Sakshi Kadam, Class XI,
Sophia College for Women, Mumbai

MY SCHOOL PROJECT

WHAT IS IT

1 Zero Mosquito Repellents are made out of naturally available plants such as citronella, lavender and peppermint.

2 These mosquito repellents are 100% natural. Unlike chemicals like DEET (Diethyltoluamide), to which mosquitoes develop resistance over a period of time, these repellents will always succeed in repelling mosquitoes, and will never lose their effectiveness since they are natural.

3 Pollution and mosquitoes, both are bound to reduce when chemical repellents are replaced by these natural and eco-friendly mosquito repellents.

4 It has a wide range of natural mosquito repellents for people with different lifestyles and those at different stages of life - sprays, roll-ons, balms, baby oil, cream, gel.

5 These products are compact, portable and easy to use and give out a heavenly fragrance.

WHAT WE NEED

For the mosquito repellent spray, we require- tulsi, lavender, eucalyptus, phenoxyethanol and a suitable base



HOW WE WENT ABOUT IT

1 For the mosquito repellent spray, a decoction of tulsi was prepared. It contains ocimum and limonene, which are natural mosquito repelling compounds.

2 Oil was extracted from lavender and eucalyptus plants. They contain linalool, limonene and eucalyptol.

3 The oil and decoction were mixed using an appropriate binding base. While the oil increases the intensity of the mosquito-repelling fragrance, the decoction contains compounds that have adverse effects on the mosquito's olfactory receptors for a long time.

4 Phenoxyethanol is added to the mixture. It is an eco-certified preservative.

CONCLUSION

1 There are certain constituents in these mosquito repelling agents which produce a greater effect when combined. For example, when ocimum (which is found in tulsi) combines with alpha-pinene (found in eucalyptus), ocimum repels mosquitoes for a longer time and with more effectiveness. This is known as the entourage effect.

2 Limonene, a compound present in all of the above ingredients, damages the respiratory system of mosquitoes and thus suffocates them.



ZERO MOSQUITO PROJECT

TEACHER'S REFLECTIONS:

- Kanchan Kaul, in-charge teacher

"Prevention is the immediate solution. As we know dengue cases are on the rise every year. To prevent this severity our students came up with the idea of making mosquito repellents in different forms and named it Project Zero Mosquito under the theme Cleanliness and Health. The children applied the scientific concept of spread and prevention of infectious diseases to initiate the project. It's related to a concept in biology which includes causes, prevention and spread of infectious and non-infectious diseases. This project was selected for the CBSE National level science exhibition 2019-2020."

Rishika Gitta and
Greeshma Rao,
class X,
Whitefield
Global School,
Bengaluru



**AVATAR...
THE SHADOW
OF KYOSHI,**
by F.C. Yee. Kyoshi
must stop a myste-
rious threat that
emerges from the
Spirit World.

NOTHING WRONG WITH PITCHES, STOP CRIBBING

No doubt, Chepauk surface has been challenging from Day 1, but to expect otherwise is illogical. There is nothing wrong in host nations preparing pitches to suit its own team. The beauty of cricket is that every country has its own conditions and to be crowned the best team in the world you have to perform in all conditions



Ashwin overtook Harbhajan Singh as India's second-highest wicket-taker at home with 266 scalps on Sunday

BENCHMARK NEEDS TO BE SAME FOR SEAM-FRIENDLY & SPIN PITCHES: ASHWIN

Teams need to set benchmarks for batting on a spin-friendly pitch like the one that has been laid out for India's second Test against England at the M A Chidambaram Stadium just as they do for a pitch that assists fast bowlers.

The pitch has been a topic of debate with commentators and former players divided on whether the conditions are fair for a five-day Test match to be played on it.

Ashwin, who picked five wickets on the second day on Sunday, said he is not aware if the England players themselves have any complaints about the pitch. "I do not know if they have complaints in the first place. If there are, it is quite natural for people to be taken aback when they face adverse conditions. In all honesty, in the seven days of Test cricket we have played so far, England have competed really well," Ashwin said in a virtual interaction with the media after the day's play. He said playing on a pitch that assists fast bowlers is more challenging than playing in spin-friendly conditions.

"From time to time there will be conditions which will challenge you, whether it is spin or seam. The only comparison I can say is that if the ball is moving around at 140-150kph off the deck, that has to be more challenging than somebody bowling 85-90kph and the ball spinning. Clearly challenges are way greater when you come against seam, it's just the same way when you play against spin. Take your time and cash in later, it's just another form of art," he said.

Ashwin said that batsmen tend to have higher expectations of runs when they are playing on a pitch assisting spinners more than fast bowlers.

"I think it's about being patient like when you play on a seaming wicket, you need to tide through the early phase and then start putting runs on the board. When it comes to spin unfortunately people have other expectations. They want to drive and cut... on a seaming wicket you can't do all that and I think the same kind of benchmark needs to be set on a challenging spinning wicket," he said. IANS

You have a seeming pitch in England. Australia get dismissed for 46 – the ball keeps seeming all throughout. No one talks about that. It's always about Indian pitches, and when the ball starts to turn, people pose a problem.



Sunil Gavaskar, former India captain

We need to realise that when we go overseas every country prepares wickets to their own strengths. So once the other teams come home we need to prepare tracks to our advantage as well. So, there should not be a lot of talk when Australia or South Africa or England come home that we should not be preparing turner.



Gautam Gambhir, former India opener

Such a brave wicket to prepare for a Test match in India when India are down in the series. If India had lost the toss, they'd have gone down 2-0. Very very brave! Well tossed, @imVkohli.



Kevin Pietersen, former England captain

It's entertaining cricket as things are happening all the time but let's be honest this pitch is a shocker ... Not making any excuses as India have been better but this isn't a Test Match 5 day prepared pitch ...



Michael Vaughan, former England captain

Come on maaaaaate! The last few days of the 1st test, the wicket started exploding & no one said a word about the pitch when India had no chance. At least this test it's been the same for both teams from ball one. Eng bowled poorly & Rohit, Pant and Jinj showed how to bat.



Shane Warne, former Australia spinner

Serena doesn't need Grand Slam record for validation - coach

The American great has fallen short in four Grand Slam finals since winning the 2017 Australian Open but has another chance after reaching the quarterfinals at Melbourne Park

Tenth seed Williams plays second seed Simona Halep for a place in the semi-finals. Halep beat her for the 2019 Wimbledon title the last time they met



Photo: GETTY IMAGES

Williams is bidding for a 24th Grand Slam title at the Australian Open, which would match Margaret Court's record. "Does she need that validation? I don't think she needs that validation," Patrick Mouratoglou, her coach-told reporters. "But clearly she came back to win some other Grand Slams, so that's for sure the goal. Now, she's not as obsessed with the 24 than most people in the tennis world, but she definitely wants to win Grand Slams. That's the only reason why she came back to tennis," Mouratoglou said it did not really make sense to compare Williams's record with Court, given 13 of the Australian's Grand Slam titles came before the professional era, which started in 1968. "We all know it's two different sports," he said. "It's an amateur sport and a professional sport. But it's probably fun to talk about beating records, which is something that I understand." REUTERS

Real Madrid ease to victory over lacklustre Valencia

Benzema got Zidane's side off to a strong start in the 12th minute when he collected a pass from Kroos on the edge of the area



Photo: AFP

Real Madrid's Karim Benzema and Toni Kroos were on target in the first half as the hosts easily beat listless Valencia 2-0 to make it three wins in a row in La Liga. Kroos, who missed Tuesday's 2-0 home win over Getafe through suspension, doubled their lead shortly before halftime, finishing off a flowing move by driving a first-time shot low into the net from the edge of the area. The victory took Real back into second place on 49 points, five behind leaders Atletico Madrid who beat Granada 2-1 on Saturday and have two games in hand. Valencia are 12th on 24. REUTERS

QUIZ TIME!

Q1: Which Indian player has played most test matches as captain?

- a) MS Dhoni ☐ b) Mohammad Azharuddin ☐
c) Sourav Ganguly ☐ d) Virat Kohli ☐

Q2: Which player has smashed most T20I sixes in the Asia Cup?

- a) Adnan Ilyas ☐ b) Babar Hayat ☐
c) Mahmudullah ☐ d) Rohan Mustafa ☐

Q3: In Test cricket, Ben Stokes has taken most catches in 2020. Which other player equalled his record?

- a) Rassie van der Dussen ☐ b) Ben Stokes ☐
c) Joe Root ☐ d) Ross Taylor ☐

Q4: Rafael Nadal won the 2019 US Open. Who was the runner-up?

- a) Novak Djokovic ☐ b) Daniil Medvedev ☐
c) Dominic Thiem ☐ d) Alexander Zverev ☐

Q5: Who made the fastest 11000 runs in Test cricket?

- a) Ricky Ponting ☐ b) Sachin Tendulkar ☐
c) Kumar Sangakkara ☐ d) Brian Lara ☐

Q6: Which woman tennis player was the runner up of both the 2019 US Open and Wimbledon?

- a) Serena Williams ☐ b) Sofia Kenin ☐
c) Naomi Osaka ☐ d) Simona Halep ☐

Q7: How many Olympic gold medals did American track



Jesse Owens

and field athlete Jesse Owens win?

- a) Five ☐ b) Four ☐ c) Three ☐ d) Two ☐

Q8: Which cricketer made the most One Day International runs in 2020?

- a) Aaron Finch ☐ b) Marnus Labuschagne ☐
c) Steven Smith ☐ d) Paul Stirling ☐

Q9: Which snowboarder has won most gold medals at a Winter Olympics?

- a) Kevin Pearce ☐ b) Mark McMorris ☐
c) Shaun White ☐ d) Tony Hawk ☐

Q10: After Sachin Tendulkar, who won most Player of the Match Award in One Day Internationals?

- a) Virat Kohli ☐ b) Jacques Kallis ☐

- c) Kumar Sangakkara ☐
d) Sanath Jayasuriya ☐

Q11: Who took the most T20I wickets in 2020?

- a) Shardul Thakur ☐ b) Lungi Ngidi ☐
c) Aftab Hussain ☐ d) Haris Rauf ☐

Q12: Who won the 2015 Women's US Open title?

- a) Serena Williams ☐ b) Garbine Muguruza ☐
c) Flavia Pennetta ☐ d) Angelique Kerber ☐

ANSWERS: 1 a) MS Dhoni 2 b) Babar Hayat
3 c) Joe Root 4 b) Daniil Medvedev
5 c) Kumar Sangakkara 6 a) Serena Williams
7 b) Four 8 a) Aaron Finch 9 c) Shaun White
10 d) Sanath Jayasuriya 11 b) Lungi Ngidi
12 c) Flavia Pennetta



THE TIMES OF INDIA

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**TODAY'S
EDITION**

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STUDENT EDITION

MONDAY, FEBRUARY 15, 2021


WEB EDITION
[CLICK HERE: PAGE 1 AND 2](#)

**Begin new session
from April 1:
CBSE to schools**



The Central Board of Secondary Education (CBSE) has suggested that the next academic session be commenced on April 1, in a letter addressed to the heads of schools affiliated to it. The Board has also directed schools to identify and resolve the learning gaps and then conduct class IX and XI exams by following Covid-safety protocols. "While holding examinations/classes, Covid safety protocols should be followed strictly. It would be appropriate to start the academic session 2021-2022 from April 1 'to the extent feasible subject to the instructions of the state government. Schools are requested to follow the suggestions to make the next session more streamlined and ensure that learning gaps, if any, are addressed," Sanyam Bhardwaj, CBSE controller of examination, said in a letter to school principals. "For classes IX and XI, schools should take steps to identify and remedy the learning gaps and thereafter, conduct examinations by strictly following Covid- safety protocols. This exam will also help in identifying learning gaps, which could be addressed by the schools in the new academic session, at the beginning of classes, by having a bridge course specially-designed to address learning gaps," said Bhardwaj.

Schools had shut last March when the pandemic struck. Some of them reopened partially in a few states from October. However, schools in most other states continue to remain closed

THREE-FINGER SALUTE BY MYANMAR PROTESTERS

WHAT

Defying military ban, protesters continue to throng the streets of Myanmar since the armed forces staged a coup recently. The striking feature of this swarming crowd, who has been demanding the release of Aung San Suu Kyi, detained by the army since last few weeks, is the **three-finger salute** displayed by the pro-democracy activists, a symbol of resistance that was also seen in October last year at the demonstrations against the monarchy of King Maha Vajiralongkorn in neighbouring Thailand.

WHY

THIS GESTURE: The gesture, which traces its origins to the Hunger Games books and movies by Suzanne Collins, was first used by the medical workers in Myanmar, protesting against the coup. It was then adopted by youth protesters, and subsequently was seen at the massive protests in Yangon last Monday, a week after the force-



ful takeover.

HOW

THIS GESTURE IS DISPLAYED: The demonstrators display placards calling for the release of detained Myanmar leader Aung San Suu Kyi and flash three-fingered salutes, a symbol of resistance against the military coup during their protest march. The new form of silent protest has resonated across the country for its anti-authoritarian message. According to a Business Insider report, protesters have also attached red ribbons, a symbol of solidarity, to their lapels, and have carried red flower cuttings at various rallies.

X-PLAINED

THE HUNGER GAMES CONNECTION

In the Hunger Games franchise, the salute, in which three middle fingers are raised and the thumb crosses over them to reach the pinky finger, is displayed by the oppressed people to express solidarity in a dystopian world, ruled by a tyrant called President Snow. The gesture was popularised by a character called Katniss Everdeen, played by Jennifer Lawrence in the films



Despite the ban, the salute has been at several protests in Thailand since 2014. The symbol was also seen at Hong Kong's Umbrella Revolution in 2014



INDIAN ASTRONOMERS SPOT A FLARE FROM VERY RARE BLACK HOLE



In a significant discovery, Indian astronomers have reported one of the strongest-flares from a feeding supermassive black hole or blazar called BL Lacertae, some 10 million light years away...

- The analysis of the flare from this blazar, one of the oldest astronomical objects, can help trace the mass of the black hole and the source of this emission
- This, the team believes, can provide a lead to probe into the mysteries and trace events at different stages of evolution of the Universe
- According to the department of science and technology (DST), blazars or feeding supermassive black holes in the heart of distant galaxies receive a lot of attention from the astronomical community because of their complicated emission mechanism. "They emit jets of charged particles travelling nearly at the speed of light and are one of the most-luminous and energetic objects in the Universe," the DST said
- BL Lacertae blazar is 10 million light years away and is among the 50 most-prominent blazars that can be observed with the help of a relatively-small telescope. It was among the three to four blazars that was predicted to be experiencing flares by the Whole Earth Blazar Telescope (WEBT), an international consortium of astronomers
- The data collected from the flare observed will help in the calculation of the black hole mass, size of the emission region, opening doors to the origin and evolution of the Universe, feel astronomers

Donald Trump won't be allowed on Twitter ever again: Twitter CFO

Twitter will not allow former US president Donald Trump back on the platform even if he runs for office again, the company's chief financial officer said. "Our policies are designed to ensure that people are not inciting violence," Segal said. "If anybody is involved in it, we remove them from the service, and our policies don't allow people to come back," he added.

➤ Trump's "de-platforming" by Twitter came after a violent uprising by his supporters, leading to a siege at the US Capitol on January 6. Facebook and other social networks also banned Trump after the incident ➤ Trump was a prolific user of Twitter. ➤ During his campaign, and in his four years at the White House, he used the platform for policy announcements to settle scores, and for his political campaign ➤ He had more than 80 million followers when his account was suspended ➤ Meanwhile, he has been acquitted of impeachment



ZOOM'S 'STUDIO EFFECTS' FEATURE MAKE MEETINGS FUN

VIDEO CONFERENCING APP ZOOM HAS COME UP WITH A FEATURE "STUDIO EFFECTS" THAT ALLOWS USERS TO ADD A VARIETY OF EYEBROWS, FACIAL HAIR AND LIP COLOUR DURING LIVE VIDEO STREAMS..

- 1 According to The Verge, the feature, still in beta, isn't really new - Zoom announced this in September 2020 for Windows and macOS - but it is the first time many Zoom users are discovering it
- 2 Users can start up a Zoom session and go to video settings. From there, select "background & filters" and look for "studio effects (Beta)" in the lower right-hand corner. After that, users can introduce any look they want, the report said
- 3 As of now, the feature is available for the Desktop app, and only select Zoom users have access to it



4 Earlier, the company added features, such as weird backgrounds to use for online family gatherings, friend chats, and for business meetings. Last week, the company announced the general availability of new Zoom Room innovations that will help organisations safely re-enter the office and sustain an "everywhere workforce"



Tobey Maguire & Andrew Garfield won't appear in Spider-Man 3: Holland

Tobey Maguire and Andrew Garfield are definitely not in 'Spider-Man 3', Tom Holland has reiterated. In an interview, the actor said that unless this information has been kept from him, there's no way that the Spider-Man alum are starring alongside him. Holland previously said that he knows all spoilers pertaining to 'Spider-Man 3', adding that Garfield and Maguire's appearance would be too big of a secret to keep. 'Spider-Man 3' will just be a continuation of the story that came before it, which is about as vague as it gets, he pointed out.

- Rumours have swirled in the past few months about the untitled 'Spider-Man: Far From Home' sequel and its massive cast
- From villains to love interests and the web slingers themselves, 'Spider-Man 3' is shaping up to be a massive film, even if only half the rumours are true

Life is as you bake it, says **11-yr-old** Chief Baking Officer Vinusha



malini.menon@timesgroup.com

We all know of children playing and humming to the tunes of 'pat-a-cake, baker's man,' but meet Vinusha M K, a fifth-grader from Amrita Vidyalayam Higher Secondary School, Chennai, who has upped the game to the next level.

A girl who believes 'life is as you bake it' has set up her own pastry shop, Four Seasons Pastry, and likes being addressed to as the 'chief baking officer'—a post she takes rather seriously. The icing on the cake are the accolades she has earned in her journey of setting up shop from September 2019 until now. She has even been featured on magazines, anchored various culinary shows, earned praise from the likes of chef Sanjeev Kapoor, worked with corporates like Amul, won the 'young changemaker award' from a radio channel and what more, 'young baker' from the Govt of Tamil Nadu.

In a tete-a-tete with Times NIE, Vinusha M gives the perfect recipe for success.

What inspired you to take up baking and how did you set up shop?

When I was 8 years old, I loved watching baking and cookery shows but never really tried making anything. After I turned 9, I thought let me give it a shot and baked a cake for my mother on her birthday with some help from my friend. It came out well, and that led me to my second attempt. But my friend found it boring and decided to back out. I realised it was time to fly solo.



I understood that I had the passion for baking but needed to learn techniques to enhance my skills. This made me attend many classes. After I perfected my skills, I thought of going to level 2, which involved meeting entrepreneurs, who inspired me to set up my own brand. This led to Four Seasons Pastry. I thought of this name as I felt every season has its own flavour and sweetness. Desserts should be there all through the year, all through your life.

Which chef inspires you the most and why?

I like Chef Sanjeev Kapoor as I interacted with him and he has played a big role in encouraging me to realise my dreams. He is an entrepreneur and chef, and I close-

ly follow him on social media.

What according to you are the most crucial ingredients to become successful at your age?

I believe life is as you bake it and following your passion with utmost honesty and hard work is the perfect recipe for success. You have to follow steps while baking for a perfect cake and hence, there aren't really any shortcuts.

You are just 11, and so successful. What are your future plans?

I have three plans on my agenda. Firstly, I really wish to establish 'Vi-

nusha's Baking Kit' and I hope to sell it pan-India. Secondly, I want to start a baking institute in this country as there is no world-class baking institute in India. Lastly, I hope to make 'Four Seasons Pastry' the No. 1 brand in the F&B industry.

It would be like an interesting fusion of cheesecake, soufflé and macaroons.

If Vinusha was to be described in one line...

A young enthusiast baker and an entrepreneur.

Your tips to children who plan to take up baking as a profession...

Patience: Always be patient, if one door closes another door is opening for you.

The best moment in your life so far...

When I received appreciation from Nestle CEO Suresh Narayanan and unexpectedly, last week when I visited the Hindustan Cocoa Cola Beverages, I received a warm welcome there. I felt very overwhelmed.



FIX YOUR BODY'S RELATIONSHIP WITH FOOD



If you want to maintain your weight in 2021 and stay healthy, here's all you need to know...

If you are someone who struggles to maintain a healthy weight, don't beat yourself up about it, says British physician and author Dr Rangan Chatterjee. Follow these points to forge a new relationship with your body and food.

Let's start with 'what'

What we eat can directly influence how much we eat. One of the most powerful pieces of health advice is: Eat more real food. That is food that's minimally processed, close to its natural state and instantly recognisable—fish that looks like fish, vegetables that look like vegetables and so on. This one simple habit has three almost magical benefits: You will feel less hungry. Your body will automatically manage your weight for you. You will be less tempted to eat "blissy foods."

'Blissy foods'

These are ultra-processed products that are about as far away as possible from real foods. They are created by scientists to be utterly irresistible to the human brain—and they tend to be high in calories. Once opened, it's extremely hard to stop eating these chocolate bars, crisps, sweets and salty, fatty meals, and they have been engineered to hammer

at your hunger signals. When our food contains these flavours in certain combinations (salted caramel, chips and colas are good examples), the brain releases dopamine, which helps create intense feelings of reward. This motivates us to repeat the behaviour—eating those blissy foods over and over again. It's

actually a vicious cycle.

One-ingredient foods

Real foods are one-ingredient foods. They are the foods that don't come with ingredient labels—wholefoods like vegetables, fruit, lean meat, wholegrains, fish, eggs, nuts, seeds and pulses. They



5 eating tips for healthy weight loss

You don't necessarily need to do all of these; just have fun and see what works for you.

1 Focus on one-ingredient foods: This will help reduce your hunger signals, increase fullness and nudge your weight point down.

2 Dinner for breakfast: Prioritise a real-food meal for your first meal of the day. This can have a dramatic impact on your subsequent food choices, increase your energy and improve your mood and focus.

3 Greens go first: Starting meals with a generous serving of salad or non-starchy vegetables, like broccoli or leafy greens, will help you slow down and eat less.

4 Quench your hunger: Drink one or two full glasses of water 30 minutes before each meal.

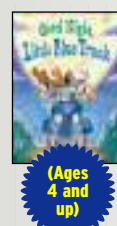
5 Learn to cook: Being able to cook is a crucial part of moving to a real-food diet—teach yourself five simple meals that you really enjoy.

CHILDREN'S BOOKS

CATEGORY: PICTURE

LITTLE BLUE TRUCK'S VALENTINE

by Alice Schertle.
Illustrated by Jill McElmurry.
Little Blue Truck delivers Valentine's Day cards to all his farm animal friends.



(Ages 4 and up)

WE ARE WATER PROTECTORS

by Carole Lindstrom.
Illustrated by Michaela Goade.
Standing up for environmental justice.



(Ages 3 to 6)

CHAMP AND MAJOR: FIRST DOGS

by Joy McCullough.
Illustrated by Sheyda Abvabi Best.
Champ shows Major the ropes of the White House.



(Ages 2 to 5)

IN MY HEART

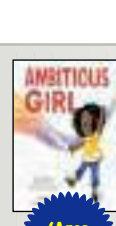
by Jo Witek.
Illustrated by Christine Roussey
An exploration of feelings.



(Ages 2 to 4)

AMBITIOUS GIRL

by Meena Harris.
Illustrated by Marissa Valdez.
A celebration of female ambition.



(Ages 4 to 8)

LOVE FROM THE VERY HUNGRY CATERPILLAR

by Eric Carle.
A ravenous insect returns with its appetite intact.



(Ages 3 to 5)

LOVE FROM THE CRAYONS

by Drew Daywalt and Oliver Jeffers.
The Crayons show the colours of love.



(Ages 5 to 8)

SUPERHEROES ARE EVERYWHERE

by Kamala Harris.
Illustrated by Mechal Renee Roe.
A girl discovers superheroes in her family and friends.



(Ages 3 to 7)

NEWBIE

Heard of 'skincare fridge'?

A skincare or beauty fridge is a sleek and compact mini-version of a regular refrigerator, which is only meant for storing your cosmetics. These portable fridges come in sleek designs and various colours, and make for a great gifting option. They can easily fit in your bedroom, kitchen, bathroom, or even your car, since they come up with compatible chargers and batteries.



SKINCARE PRODUCTS TO STORE IN THE FRIDGE

Fragrances, Nail paint, Eye creams, Sunscreen, Anti-acne products, Lipsticks, Liquid makeup

BENEFITS OF THIS CUTE FRIDGE

- It keeps products fresh and extends their shelf life
- Cold temperature helps keep your skincare products bacteria-free
- Cold products help in exfoliation and removal of dead skin cells
- Depuffing gels, eye gels, jade rollers, or any kind of under-eye creams might have a nice cooling effect and help reduce puffiness if refrigerated

Express YOURSELF

Spread your wings in your style!

In India, there are two ways through which you can be called a good person- either you take the coveted science stream or you make a lot of money through (ahem-ahem) any which way. If all the bright students are going to go across the same path, then what about the other paths? Don't we need good teachers, bankers, policemen/women, policymakers, etc.? What about the writers, poets, actors, musicians, and various artists to entertain us? Is there a profession of 'no importance'? Rather, when we need them the most when we are exasperated by doing something we generally don't like!

To build a good country, to elevate its economy, we need more than the so-called whiz kids who crack grueling entrance exams. We need good teachers, driven by a sense of ethics and morale. Dr.A.P.J. Abdul Kalam considered the work of the teacher to be the best. Good teachers will teach the difference between wrong and right to the children and render them wings to fly high. Teachers have a strong im-

pact on the developing and delicate minds. All change starts with a distant rumble at the grassroots. Even parents, who are your first teachers, should teach their children to be happy, not to be rich.

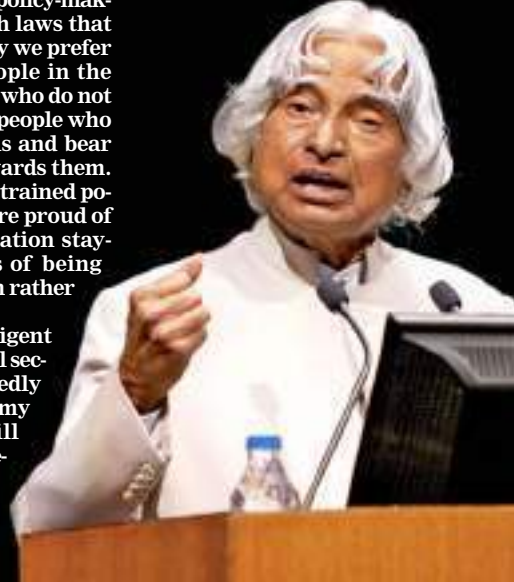
We even need better policy-makers, who formulate such laws that India becomes a country we prefer to live in. We want people in the municipal corporations who do not procrastinate. We need people who make efficient decisions and bear a stringent attitude towards them.

We need honest and trained policemen/women, who are proud of the factor of the population staying without any stress of being harmed because of them rather than to take bribes.

India requires intelligent people in the agricultural sector; which will undoubtedly hoist our fragile economy to such a level that will leave the superpowers bewildered. If you practice what you enjoying doing so, probably you would never need an

alarm to wake you up on a Monday morning. You would be more productive and helpful to others, which would provide your life a purpose.

AADHYA VYAS, Class X, Udgam School, Ahmedabad



Elements that make friendship strong...

"Har ek friend zaruri hota hai", especially those who have made this lockdown a memorable one; by doubling our joy, multiplying our happiness, and dividing our grief. My friends have always been there to cheer me up. Together, we made it more fun, we had the best laugh, we inspired each other's strength, we learned the actual meaning of friendship. I feel Friendship is like a tabletop that survives on 4 legs namely; Trust, Expectation, Empathy, and Communication.

For the table of friendship, the most important is the leg of Trust, wherein not only familiarity with each other matters but 'walk the talk' has a greater significance. Whenever there is a breach of trust the very next moment, gaps are created and soon the friendship gets an expiry date. The second most important is the leg of Expectations. Friends have a lot of expectations from each other,

er, sometimes unsaid. The third leg to provide support to the friendship table is known as Empathy. It's the empathy that carries the ship of friendship for a longer sail.

Even under the bad weather, the ship sails smoothly due to empathy shown towards each other. The last is the leg of communication. If one forgets to communicate for long, then automatically a friend staying far off or near feels neglected. Moreover, a friend very close to you understands your communication through your body language. I feel if we take care of these four legs, we will undoubtedly have a strong friendship for years....

ANANYA GARGARY, Class V, GHS, Ahmedabad



The phrase "Live and let live, do not judge, take life as it comes and deals with it, everything will be okay." Says say that a person should live as he or she chooses and let other people do the same.

In our life, there can be several occasions when we may have differences from others. Two human beings cannot exactly be the same physically and mentally. Variety is there in all nature and it adds up to the beauty of nature.

Live your own way and let others live their own that alone is the principle of good living. 'Do not do unto others what you do not want to be done to you' this is what Christ said. That is the principle of life which alone can make life peaceful and peace brings happiness. Do we want to live happily? If we want to, others

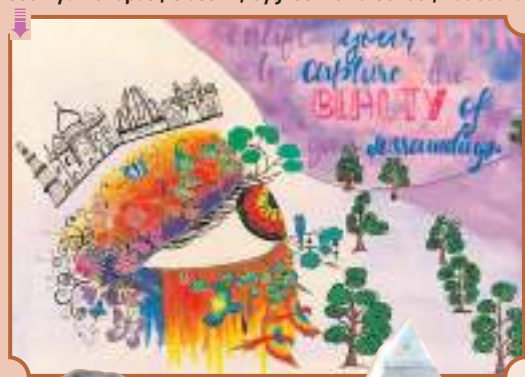
LIVE AND LET LIVE

also want the same. That is possible only when you 'live and let live. There have been many cruelties in the world religion, nation, race, and caste. Innocent animals have heard the brunt of humans. We must all realize that this world is the only place where all of us have to live. We have no other world where we may run away. The best course for us is to adopt the policy of "Live and Let Live." This is what great men like the Buddha and Guru Nanak have taught us.

RUCHITA BHOLE, Class VII, Essar International School, Surat



Soumya Donapati, Class IX, Cygnus World School, Vadodara



Grishma Trivedi, Class VIII, Delhi Public School, Bopal



Anvi Thakore, Class VI, Udgam School For Children



Mahee Sheth, Class VIII, CN English Medium School



Rishit Savaliya, Class V, Delhi Public School, Rajkot



Dhyey Bhatt, Class V, SGVP International School

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THE EDUCATIONIST

Beautiful world of books!

WHAT IS A LIBRARY?

The modern concept of the Library is a well-managed and organized system of keeping books so as to make available to all those who care to learn. It is a collection of books, useful for those who want to be educated.

HISTORY OF LIBRARY

When there was no paper, nor books the Library of was a collection of mud tablets on which information was recorded and preserved. Because of these records, and later printed books on paper, it was possible for the human race to progress. We have advanced so much only because we learned to preserve information so that one does not have to start from zero. Information generation has helped mankind to advance and reach the life we live today. We know little about the Maya civilization, although they were advanced people because their records and books were destroyed by those who conquered their land. We can therefore understand the importance of generating and preservation of knowledge. Books ensure that the knowledge is not lost

and is preserved nicely. The library is not useful only for schools, but to all who care for knowledge. May it be a University, a college, an individual, a society, or a Teacher.

The origin of libraries can be traced out along with the development of civilization. A glimpse into the history of libraries from the remote past to the present day indicates that the library has been playing a vital role in the life of people. In fact, the library not only preserves the knowledge of the past but also reflects a country's cultural heritage by transmitting the preserved culture from generation to generation.

LIBRARY CULTURE IN SCHOOLS

The library has been recognized as a living pool of culture. Culture is closely related to social life. It is passed from generation to generation either through personal contacts or through recorded knowledge. School library encourages curiosity, innovation, and problem-solving. It is integral to the cultural and social life of the school. The school li-

brary is a central point for all kinds of reading, cultural activities, access to information, knowledge building, deep thinking, and lively discussion. Research shows the significant difference well-resourced libraries can make to student learning outcomes. The School library's collections, services, and environment are all designed to help the school meet its targets and goals for raising student achievement.

INFORMATION CAN BE DIVIDED INTO 3 SECTORS.

1 PRIMARY : Journals articles, research reports, and conference proceedings

2 SECONDARY : Periodicals, Abstracts, Indexes, and Reviews

3 TERTIARY : Reference books, Yearbooks, Encyclopedias and Bibliographies

Libraries usually cater to secondary and tertiary information, available in the form of Books, Reference books, and Periodicals. The users should be initiated to use books and periodicals as well as Newspapers, which are essential parts of a reading room.

ZAHEEN PATHAN, Educator, LML



TOGETHER WE STAND

I Remember
Ah, I remember,
It was a sunny Sunday morning,
Of march twenty twenty.
Leaning against the concrete wall,
Of terrace, searching for a place
In the shadows. Never had I ever imagined,
That I would find myself, In such meadows.
There was an outbreak,
An outbreak of viruses,
Which had already killed,
Many in neighbouring countries.
It spread like wildfire in a forest,
Transportation halted, And shops were shut,
The country was under lockdown.
And life came to a standstill,
I know no relation,
As my mind was engrossed in fear,
The fear of getting the virus.
Had already consumed the masses,
The eeriness of the environment,
Sunday had its charm.
But admit such a dreadful right,



Maanvik Harvani, Class III, St Kabir School

There was a sign of relief,
A surge in humanity.
To protect ourselves from the virus,
Made us all stand together,
And today, as I speak,
Together we stand, As a united front,
Against the COVID 19.
COVID 19, you must go, you have to go
As we want to meet our friends,
As we want to meet our teachers,
As we want to meet our relatives,
Together we will win against you very soon.

ANURAG DEY, class V, Ryan School, Dumas, Surat

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FIRST IPL SALARY OF MARQUEE CRICKETERS

The emergence of the Indian Premier League (IPL) has been a big boon for the BCCI and the cricketers. The board has minted crores by successfully staging 13 editions of the tournament while players have also pocketed handsome incomes. Foreign players have also benefited from the league. The likes of Ben Stokes, Chris Morris and others have earned huge amounts by plying their trade in the league. It took years for players to fetch the multi-crore contracts that they now have. Today, we revisit the inaugural season of IPL and have a look at the first salary of marquee cricketers

VIRAT KOHLI (₹12 LAKH)

Despite winning the U-19 World Cup just a few days before the U-19 draft, Delhi Capitals passed on the opportunity to pick Virat Kohli. Royal Challengers Bangalore (RCB) picked him on a contract worth ₹12 lakh. The RCB management trusted him and he was the only player they retained ahead of the IPL 2011 auction. IPL's highest run-scorer, Kohli now sits at the 3rd spot on the list of highest earners. The RCB captain has a salary of ₹17 crore/season, ₹2 crore more than the highest retention amount.

ROHIT SHARMA (₹3 CRORE)

Unlike Kohli, Rohit was already a capped player going into the auction and was considered to be the next big thing. Rohit emerged as one of the top picks in the IPL 2008 auction and joined Deccan Chargers for ₹3 crore. The franchise released him ahead of IPL 2011 auction and he joined Mumbai Indians (MI), a team which he has been leading since 2013. Rohit, who has led MI to five IPL title victories, and has a salary of ₹15 crore.

MS DHONI (₹6 CRORE)

The biggest face in the IPL 2008 auction, MS Dhoni was already a T20 World Cup-winning captain and unsurprisingly emerged as the costliest pick when Chennai Super Kings bought him for ₹6 crore. He has always remained CSK's first-choice retained player and now has a salary of ₹15 crore. Under him, CSK have won 3 IPL trophies and qualified for the second round in 10 out of 11 seasons. He is confirmed to lead the Yellow Army in IPL 2021.

AB DE VILLIERS (₹1.2 CRORE)

One of the five players to have drawn over ₹100 crore from IPL, AB de Villiers had started his career with Delhi Capitals, who had bought him for ₹1.2 crore in 2008. They released him ahead of the IPL 2011 auction and De Villiers joined RCB, a team which he has been representing since then. De Villiers now earns ₹11 crore every year and he will get a pay raise if the BCCI increases the amount to be paid to retained cricketers.

HARDIK PANDYA (₹10 LAKH)

MI's second-choice retained player now, Hardik Pandya had first joined them at his base price of ₹10 lakh, in 2015. A little-known Pandya forced the selectors to take note of him and he was fast-tracked into the national team. Pandya was a capped player before the next IPL season. Since he is MI's second-choice retained player, Pandya has a salary of ₹11 crore now.

Was it a good decision to rest Bumrah?

By selecting a rank rookie over the world's leading new ball bowler, India followed cricket's global trend of resting and rotating players keeping in mind their workload. But, was it a wise move?

I think it is a good decision to rest him. He will be ready to go into the pink ball Test match. There is nothing for the fast bowlers here and he has bowled a lot of overs in Australia and the first Test match, so I think it was a very good decision from the team management's point of view. You would want to have Jasprit Bumrah for the crucial Test matches, the pink ball one and the fourth Test and there will be hardly any gap between the two. So, I think it is the right decision.

GAUTAM GAMBHIR,
former India opener

I don't quite understand the decision to rest Bumrah, especially considering there's a 7-day break between the second Test and the third. These are not the cricketers of the past but belong to a generation of players that is supremely fit.

SUNIL GAVASKAR,
former India captain

Sunil Gavaskar, reflecting on the decision to swap Bumrah with Siraj, said that he doesn't quite understand the 'rest' philosophy considering there's a gap of 7 days between the second Test and the third. Jasprit Bumrah was among the pick of the bowlers for India in the first Test, picking 4 wickets (3 in first innings and 1 in second). It was also his first Test match at home, having played all of his 17 Tests before the game outside India. Siraj, who comes in place of Bumrah, had a phenomenal outing in Australia where he was India's most successful bowler despite not playing the first Test at Adelaide. Siraj was benched for the first Test against England as Ishant Sharma returned to the line-up after missing the entire tour of Australia due to an injury.

Klopp concedes PL title after another Liverpool collapse

The Liverpool manager had just seen his team collapse at Leicester to a 3-1 loss, a third straight defeat in its faltering defense of the English Premier League trophy

Jürgen Klopp composed himself, gave a little chuckle, and rubbed his nose. "Yes," Klopp eventually said. "I can't believe it. But yes." Indeed, Liverpool's meltdown has been bewildering over the last six weeks. Since a 7-0 thrashing of Crystal Palace just before Christmas, the champions have won just two of their 10 games in the league and are drowning in their defensive shortcomings. They find themselves in fourth place and 13 points behind relentless leader Manchester City, which beat Tottenham 3-0 later Saturday for an 11th straight league win. City still has a game in hand over Liverpool and second-placed Leicester, which is seven points adrift. "I don't think we can close that gap this year, to be honest," said Klopp, whose team might be out of the top four by the end of the round.



Photo: AFP

QUIZ TIME!

Q1: Who holds the record of most career catches in Women's Test matches?

- a) Hazel Sanders ☐ b) Carole Hodges ☐
c) Lyn Fullston ☐ d) Sudha Shah ☐

Q2: Who is the first male player to win 100 singles matches at a Grand Slam tennis tournament?

- a) Roger Federer ☐ b) Rafael Nadal ☐
c) Andy Murray ☐ d) Novak Djokovic ☐

Q3: After Chris Gayle, which player has the highest score in IPL history?

- a) Rishabh Pant ☐ b) KL Rahul ☐

- c) Brendon McCullum ☐ d) AB de Villiers ☐

Q4: Which football player has scored most goals in Women's FIFA World Cup Finals?

- a) Alex Morgan ☐ b) Carli Lloyd ☐
c) Toni Pressley ☐ d) Marta Vieira da Silva ☐

Q5: In 2020, who made history by becoming the first fast bowler to take 600 wickets in Test match cricket?

- a) Sam Curran ☐ b) Dale Steyn ☐
c) James Anderson ☐ d) Glenn McGrath ☐

Q6: Who is the first male 'Career Super Player'?

- a) Boris Becker ☐ b) Andre Agassi ☐
c) Thomas Muster ☐ d) Pete Sampras ☐

Q7: In which year did Pullela Gopichand become only the second Indian badminton player to win the All England crown?

- a) 2001 ☐ b) 2002 ☐
c) 2003 ☐ d) 2004 ☐



Pullela Gopichand

Photo: TOI

Q8: Who won the 2014 NBA award? Sixth Man of the Year

- a) Jamal Crawford ☐ b) Lou Williams ☐
c) Joe Johnson ☐ d) Eric Gordon ☐

Q9: Which athlete has won the most Archery Women's Compound World Cup titles?

- a) Alexis Ruiz ☐ b) Jessica Stretton ☐
c) Sara López ☐ d) Natalia Avdeeva ☐

Q10: Who holds the record of most career wickets taken in Test matches, One-Day Internationals and Twenty20 Internationals combined?

- a) Glenn McGrath ☐ b) Mitchell Starc ☐
c) Chaminda Vaas ☐ d) Muttiah Muralitharan ☐

Q11: Who has taken most wickets in a series at ICC Men's World Cup?

- a) Glenn McGrath ☐ b) Mitchell Starc ☐
c) Chaminda Vaas ☐ d) Muttiah Muralitharan ☐

Q12: After Virat Kohli, which Indian cricketer has made the most runs in IPL?

- a) Suresh Raina ☐ b) Rohit Sharma ☐
c) Shikhar Dhawan ☐ d) MS Dhoni ☐

ANSWERS: 1- b) Carole Hodges 2- a) Roger Federer 3- c) Brendon McCullum 4- d) Marta Vieira da Silva 5- c) James Anderson 6- b) Andre Agassi 7- a) 2001 8- a) Jamal Crawford 9- c) Sara López 10- d) Muttiah Muralitharan 11- b) Mitchell Starc 12- a) Suresh Raina



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TODAY'S EDITION

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➤ Who made chewing gum? And lots MORE...
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STUDENT EDITION
SATURDAY, FEBRUARY 13, 2021

GOOD TO KNOW

Types of SCHOOL BAGS

Can you make a style statement with your school bag? Here are different styles to pick from

Utilitarian Backpack

One of the most practical picks, they're always a decent size and have multiple compartments. A school backpack is now available in a range of colours and it's usually the most comfortable option to carry.

Messenger Bag

Traditionally known as a bookbag, these types of bags tend to be large and rectangular to be able to fit in A4 notebooks and textbooks or even a laptop. It usually has a long strap that allows you to wear it cross body.

Duffel Bag

A duffel bag is more sensible than stylish. But there are now cool duffles also available. They tend to be large and can either be boxy or barrel-shaped but mostly the latter.

Finding What Works: Before picking a new bag, shop for the one that suits your personal taste, needs, activities and school life

Weekender Bag

It may not be an often used school bag but a weekender is best for school trips, students who have taken up sports and need to carry equipment. Often made from leather and very sturdy, it can compete with the duffel bag and is easier to arrange.

Backpack Purse

If you're a trend follower and love to showcase the latest arm candy, the backpack purse is it. It's a trendy purse but with two straps so that you can wear it on your back.

Trolley school bag

A school bag that comes with wheels is the trolley bag. If you carry a lot of books and the weight of your bag is too much, this one is for you.

WHY YOU MUST PUT YOUR PHONE DOWN

The bright side of keeping distance from your smartphone

Supriya.Sharma2@timesgroup.com

1. IT STRENGTHENS RELATIONSHIPS

An act actually meant to connect you with another person is ironically distancing you with those around you. Phubbing, defined as the practice of ignoring your current social company to text/surf on your phone, is understood to actually harm relationships. It is considered really bad for our mental health since it threatens our sense of belonging, self-esteem, making us feel excluded. And phubbing doesn't just affect the person being phubbed. It affects the phubber, too. A study found phubbers who used their phones during a meal with friends or family enjoyed their meal less

and felt disconnected from everyone at the table.

2. MAKES YOU SMARTER

It has been seen that smartphones are contributing to more and more people becoming 'lazy thinkers'. In the earlier days, people would remember phone numbers, birthdays, their schedules for the day, and other important information/tasks. But now, almost everyone is dependent on their phones to take care of this. Also, all information is available so easily in seconds, whenever needed, so people tend to show less interest in learning and knowing things in advance.

A study by Murdoch University in Perth found that late-night text messaging and browsing could also reduce the quality of sleep, resulting in depressive moods and lower levels of self-esteem

3. HELPS YOU RELAX

We are so dependent on our phones that it almost feels like an extension of our bodies, or an extra limb. And anxiety is natural when the phone is not around or the battery is dipping low. Also, notifications from WhatsApp, email, Instagram, twitter, Facebook, Snapchat, news alerts make us jump from screen to screen, causing an information overload. The result of this is a scattered brain, poor attention and concentration.

4. SAVES YOUR SPINE

Continuous use of smartphones can lead to various problems, ranging from chronic cervical sprain and tennis elbow and sometimes trigger thumb and carpal tunnel syndrome. All these may occur due to excessive usage of the smartphones in a single posture, so what you need to do is not continuously bend and look down at the phone but keep the gadget at eye level. The

constant slouching linked to poor sitting posture or smartphone use can lead to loss of the natural curve of the neck, according to a new study in Surgical Technology International. While texting with your head bent over your smartphone won't hurt you in the short run, over the long term it will. Most of us spend an average of two to four hours a day with our heads tilted over smartphones, tablets, or laptops, the study author's estimate. Cumulatively this is 700 to 1400 hours a year of excess stresses on the cervical spine.

—Inputs from Bhakti Thakkar Bauva, consultant clinical psychologist and Dr Tejas D Upasani, orthopaedic and joint replacement surgeon



Pics: Istock

HAIR CARE

Tricks to manage bad HAIR DAYS

Pallavi.Shankar@timesgroup.com

PERK UP YOUR PONY

Turn up your ponytail by doubling or tripling up on hair bands. The extra fabric will prop your hair up and give a fuller bouncier effect. You can do this on days you haven't had the time to wash and condition your mane.

CONDITIONER FIRST FOR OILY SCALPS

If your hair is greasy, skip the "first shampoo and then conditioner" routine and do the opposite. Using conditioner first will give hydration to your hair and following it with shampoo will wash away the last traces of grease and prevent hair from becoming limp after a few hours.

BIG TIP: A quick-fix for oily hair is to dab a bit of talcum powder to the roots of your hair to blot away the grease. And stay away from hair serums that add "shine" to hair as they usually have oils that will make your hair greasier. The "shine" serums work for dry hair but makes oily hair look flat and un-bouncy.

MANAGE TANGLES

Get a wide-tooth comb and not a hairbrush. The ones made with wood are especially good. **BIG TIP:** Using an ultra-hydrating hair conditioner also helps in reducing risk of tangles. So, invest in a good conditioner (formulated with almond oil, coconut oil, avocado, macadamia oil). And do make sure you comb your hair well and have it tangle-free before your hair wash time.

NO TEXTURE?

Create some with the help of a toothbrush. Yes, the tiny bristles on a toothbrush are great for adding enough texture to braids and updos. Just move the toothbrush in little circles (do it gently) and see stylish fuzz transform your hair from mundane to manageable and stylish.

MINIMISE CHEMICALS

Young age is a great time to experiment with your hair. However, do understand that excessive heating treatments like straightening and perming are bad for bad hair days. Eventually lead to bad hair days. Overall, embrace your hair type – straight, wavy or curly – and keep it healthy by eating enough green veggies, colourful fruits, getting tons of water, having regular exercise and staying stress free.



A lot like love

This Valentine's Day, nurture your relationships with advice from celebs

Work on yourself WILL SMITH, ACTOR

Speaking to 'Entertainment Tonight' in 2015, Smith explained how he and his wife, Jada Pinkett Smith, had made it work for nearly 20 years. "If there is a secret I would say is that we never went into working in our relationship. We only ever worked on ourselves individually, and then presented ourselves to one another better than we were previously."

Be independent BEYONCE, SINGER

In an interview with 'GQ' in 2013, Beyonce said, "I was independent before I met my husband. I've seen, growing up, when a woman or a man in a relationship, it doesn't matter which one, doesn't feel con-

fident, they feel a bit trapped. Your self-worth is determined by you. You don't have to depend on someone telling you who you are."

Love Yourself DIANE VON FURSTENBERG, DESIGNER

In her memoir 'Diane: A Signature Life', the ace designer wrote an advice for everyone: "The most important relationship in your life is the relationship you have with yourself. Because no matter what happens, you will always be with yourself."

#GOALS

Career before love LADY GAGA, SINGER/ACTOR

In a 2010 interview with 'Cosmopolitan' the singer said: "Some women choose to follow men, and some women choose to follow their dreams. If you're wondering which way to go, remember that your career will never wake up and tell you that it doesn't love you anymore."

Always listen MERYL STREEP, ACTOR

Talking to 'New Zealand Women's Weekly' Streeep said: "You have to talk about all the issues that arise, even the smallest things. You have to listen to your partner's problems, suggestions, and advice, and accept that you're not always right. Conversation is the key."



LATEST BUZZWORDS EXPLAINED

PLANNED OBSOLESCENCE



no new updates, might slow down, cease to function or is just perceived as unfashionable. It started with car companies and then later was adopted as a practice by electronics and tech companies. It's back in news as European Union is looking to grant the citizens the right to repair – something that has been in the works in the US and Europe since 2015. Now, across Europe, legislation is pushing back against a waste-based economy and giving citizens the right to repair what they've bought.

In economics and industrial design, planned obsolescence (also called built-in obsolescence or premature obsolescence) is a policy of planning or designing a product with an artificially limited useful life or a purposely frail design. It's done so that it becomes obsolete after a certain pre-determined period of time. It could stop working with

SELF-CARE

The gift of self-love

Celebrate the Valentine month by gifting yourself some self-care

EAT SMART

Instead of overloading your system, take care of yourself by eating at home most of the week, and practicing portion control when you're out. Nourish yourself with good quality carbs (including vegetables and fruit), protein (lean meats, quinoa, dal, egg and

seafood) and unsaturated fats so that you get your daily dose of vitamins and minerals. And avoid things that come in boxes, packets or tins.

EAT FREQUENTLY

Boost your metabolism by eating small meals every two hours. Did you know that apart from walking, jogging or even breathing, digestion is a calorie-burning activity? By breaking up four main meals (breakfast, lunch,
teatime snack, dinner) into eight small meals (two hours apart), your body burns some of the calories as you eat them.

MOVE IT

Exercise is one of the best ways to show yourself you care. Try exercising for an hour a day: walking, jogging, or



even aerobic dance, coupled with lightweight training. You could break up the hour into 20 or 30-minute blocks in the day.

GET ANTIOXIDANTS

You can do this by drinking a glass of vegetable juice every day. Blend three different raw vegetables in a mixer (not a juicer), add half the pulp to a glass, top with water and season. Drink immediately to enjoy a whole host of wonderful antioxidants that flush out your system of toxins. You'd be doing your body – and your life – a great service.





ILLUSTRATION: ARYA PRAHARAJ

Well, technically, many scientists will argue that dinosaurs are alive in modern times. In fact, you probably see them every day since birds are believed to have descended from dinosaurs. As you know, dinosaurs died millions of years ago, possibly on account of a giant comet hitting the Earth and dramatically altering the planet's atmosphere and causing the giant lizards to go extinct. But what if that giant asteroid had missed Earth? Phil Currie, from the University of Alberta in Canada says, "We wouldn't have the modern animals that we're used to. Giraffes and elephants and so on; they just wouldn't have evolved because dinosaurs would still be here." Instead of elephants, there would be large plant-devouring sauropods. In place of lions on the plains of Africa there would be tyrannosaurs. A world with dinosaurs in it would be at the expense of most, if not all, of the mammals that we are familiar with today — and all that we rely on them for. No cats, no cows, no sheep, so no milk, no leather, no wool, no domestic companionship. But what about us humans? If the asteroid had missed Earth, there probably wouldn't be humans here today either to find out how it would have turned out, says scientists. Researchers have speculated that intelligent "dinosauroids" might have evolved in our place, based on the relatively large brain size of late-emerging troodontid species, which were bird-like predators.



DID COMETS MAKE LIFE ON EARTH POSSIBLE?

A growing cadre of scientists believes the organic material needed to create life may not have been produced on Earth, but was instead brought here by comets. The newly-formed Earth was most likely subjected to a fierce bombardment of comets four billion years ago. These comets may have brought with them the organic compounds that later evolved into living matter. According to the most radical theory, known as "panspermia," life in a ready-made form is ubiquitous in the galaxy and is brought by comets to new planets. However, few scientists subscribe to this hypothesis. But comets/asteroids are of huge academic interest. On November 12, 2014, ESA's Rosetta mission soft-landed its Philae probe on comet 67P/Churyumov-Gerasimenko, the first time in history that such an extraordinary feat has been achieved. The purpose of the mission was to study complex organic compounds believed to be the harbingers of life on Earth.

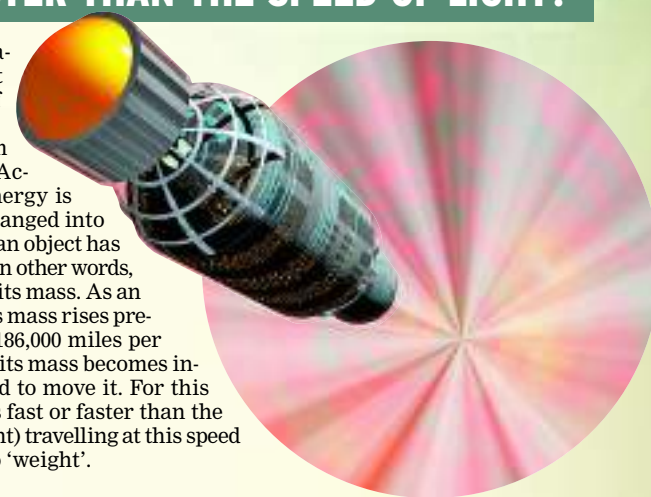


DO NATIONAL SPACE AGENCIES SHARE INFORMATION WITH EACH OTHER?

Yes, after the Space Race of the 20th century (1955-1972) between the two Cold War rivals, the Soviet Union and the United States — for supremacy in spaceflight capability — the approach to space exploration changed. Nowadays almost all information is shared. This is for a number of reasons, the main one being cost. It is very expensive to send missions to do the same thing, it is much more cost efficient to send one and share the results. This also means that expertise can be pulled in from across the globe to design missions and analyse test results. For example, the ISS (International Space Station) programme is a joint project among five participating space agencies. So why do space agencies launch similar exploration missions? There could be a number of reasons, including national pride, proving technological capability, validating data among and so on. One of the payloads of the Indian Mars mission seeks to validate the data about presence of methane on Mars as shown by an earlier mission.

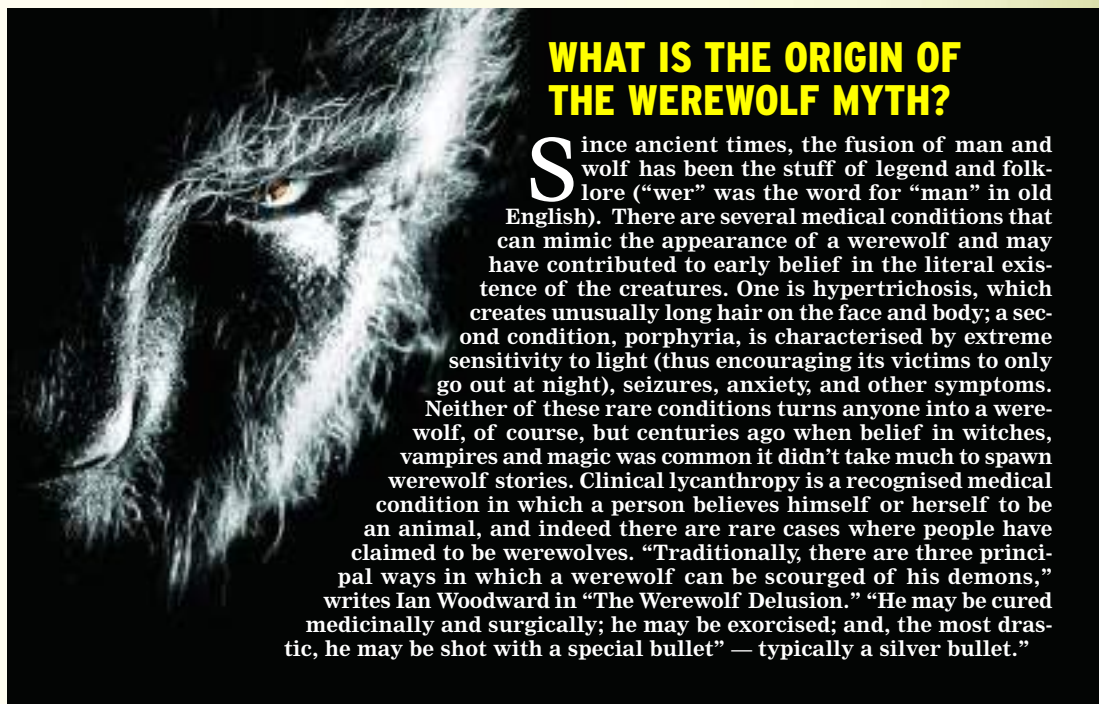
CAN WE TRAVEL FASTER THAN THE SPEED OF LIGHT?

Einstein's theory of special relativity rightly states that we can't travel faster than the speed of light. Remember the scientist's famous equation, $E = mc^2$, where E is energy, m is mass and c is the speed of light? According to this equation, mass and energy is the same physical entity and can be changed into each other. Because of this, the energy an object has due to its motion will increase its mass. In other words, the faster an object moves, the greater its mass. As an object approaches the speed of light, its mass rises precipitously. If an object tries to travel 186,000 miles per second (the speed of light in vacuum), its mass becomes infinite, and so does the energy required to move it. For this reason, no normal object can travel as fast or faster than the speed of light. We perceive photons (light) travelling at this speed because they are mass-less, or have no 'weight'.



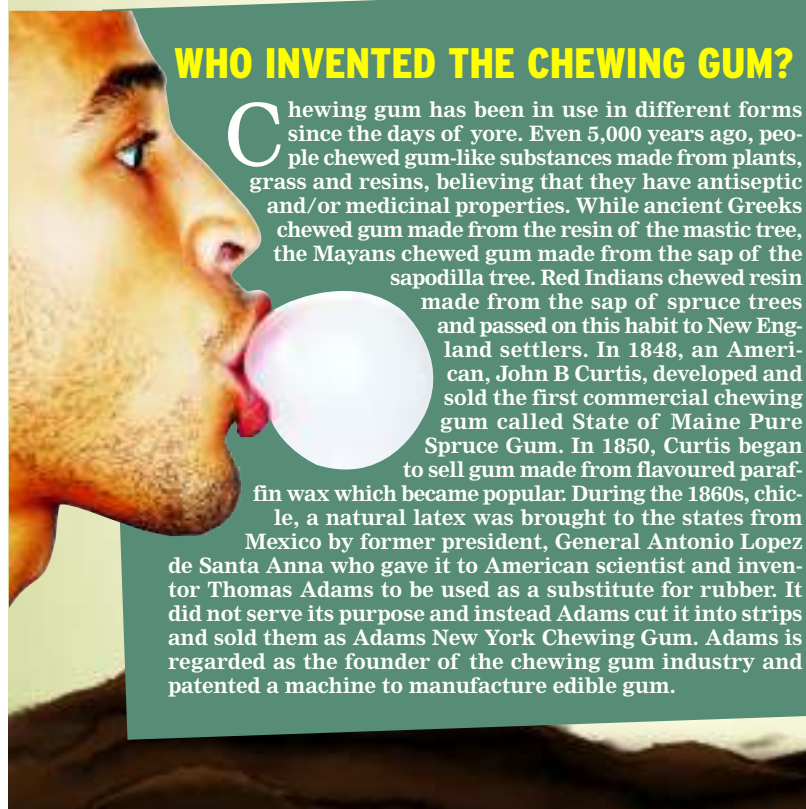
WHAT IS THE ORIGIN OF THE WEREWOLF MYTH?

Since ancient times, the fusion of man and wolf has been the stuff of legend and folklore ("wer" was the word for "man" in old English). There are several medical conditions that can mimic the appearance of a werewolf and may have contributed to early belief in the literal existence of the creatures. One is hypertrichosis, which creates unusually long hair on the face and body; a second condition, porphyria, is characterised by extreme sensitivity to light (thus encouraging its victims to only go out at night), seizures, anxiety, and other symptoms. Neither of these rare conditions turns anyone into a werewolf, of course, but centuries ago when belief in witches, vampires and magic was common it didn't take much to spawn werewolf stories. Clinical lycanthropy is a recognised medical condition in which a person believes himself or herself to be an animal, and indeed there are rare cases where people have claimed to be werewolves. "Traditionally, there are three principal ways in which a werewolf can be scourged of his demons," writes Ian Woodward in "The Werewolf Delusion." "He may be cured medicinally and surgically; he may be exorcised; and, the most drastic, he may be shot with a special bullet" — typically a silver bullet.



WHO INVENTED THE CHEWING GUM?

Chewing gum has been in use in different forms since the days of yore. Even 5,000 years ago, people chewed gum-like substances made from plants, grass and resins, believing that they have antiseptic and/or medicinal properties. While ancient Greeks chewed gum made from the resin of the mastic tree, the Mayans chewed gum made from the sap of the sapodilla tree. Red Indians chewed resin made from the sap of spruce trees and passed on this habit to New England settlers. In 1848, an American, John B Curtis, developed and sold the first commercial chewing gum called State of Maine Pure Spruce Gum. In 1850, Curtis began to sell gum made from flavoured paraffin wax which became popular. During the 1860s, chicle, a natural latex was brought to the states from Mexico by former president, General Antonio Lopez de Santa Anna who gave it to American scientist and inventor Thomas Adams to be used as a substitute for rubber. It did not serve its purpose and instead Adams cut it into strips and sold them as Adams New York Chewing Gum. Adams is regarded as the founder of the chewing gum industry and patented a machine to manufacture edible gum.



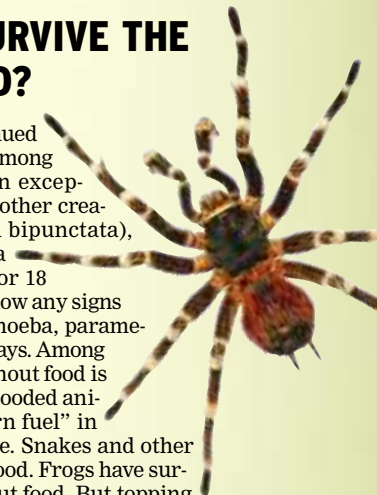
CAN ONE REALLY FIGHT FIRE WITH FIRE?

We are sure you must have come across the expression 'fight fire with fire', which was coined perhaps back in the 16th century. Metaphorically, the phrase implies, matching aggression with aggression. However, does the phrase apply literally too? Can we actually fight fire with fire? Yes, we can prevent and fight forest fires with fire. A forest fire needs vegetation like leaves and grasses (mostly forest floor vegetation) to spread. If the vegetation is removed, the fire will also die out. So when an entire forest is ablaze, firefighters remove combustible underbrush by setting fire under controlled conditions so that the fuel (leaves as well as forest floor vegetation) for the forest fire is cut off, thus containing the fire. So in order to survive big wildfires, forests must experience small fires every five to 25 years. Similarly, while dealing with an oil well fire, fire fighters detonate a small amount of dynamite that eats up the entire oxygen, leaving nothing to keep the fire going.



WHICH ANIMALS CAN SURVIVE THE LONGEST WITHOUT FOOD?

The most remarkable records of continued abstinence from food are to be found among the lower animals. Spiders have an exceptionally low metabolism in comparison to other creatures. The Rabbit Hutch spider (Steatoda bipunctata), which is found throughout North America and Europe, had been kept in captivity for 18 months without water or food, but did not show any signs of distress. Even one-celled organisms (amoeba, paramoecia, etc.) can exist without food for four to 21 days. Among cold-blooded animals the survival time without food is usually much greater than among warm-blooded animals, since the former do not have to "burn fuel" in order to maintain a high body temperature. Snakes and other reptiles easily go for long periods without food. Frogs have survived 16 months and fish 20 months without food. But topping the charts are Olms. These amphibians live in water in underground caves throughout Italy, Croatia and Slovenia. The olm's eyes are undeveloped, leaving it blind, while its other senses, particularly those of smell and hearing, are acutely developed. When there isn't much food around they lower their metabolic rate and become inactive, living from their nutrient reserves. Documented trials have demonstrated that these creatures can live for up to 10 years without food.



Magical musicals of 1950s

The '50s are known as the Golden Age of Hollywood, mostly because of the musical extravaganzas and the stars who catapulted the industry to be the best in the world



An American in Paris 1951

Jerry Mulligan (Gene Kelly) is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier (Leslie Caron). However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.

Singin' in the Rain 1952

When the transition is being made from silent films to

talkies, everyone has trouble adapting. Don and Lina have been cast repeatedly as a romantic couple, but when their latest film is remade into a musical, only Don has the voice for the new singing part. After a lot of practise with a diction coach, Lina still sounds terrible, and Kathy, a bright young aspiring actress, is

hired to record over her voice.

Gentlemen Prefer Blondes 1953

Lorelei Lee (Marilyn Monroe) is a beautiful showgirl engaged to be married to the wealthy Gus Esmond (Tommy Noonan), much to the disapproval of Gus' rich father, Esmond Sr., who thinks Lorelei is after his money. When Lorelei goes on a cruise accompanied only by her best friend, Dorothy Shaw (Jane Russell), Esmond Sr. hires Ernie Malone (Elliott Reid), a private detective, to follow her and

report any "questionable behaviour" that would disqualify her from the marriage.

A Star is Born 1954

Hollywood actor Norman Maine (James Mason) is a celebrity whose star is on the wane, but when he meets aspiring actress Esther Blodgett (Judy Garland), he is inspired to help her, and soon the two appear in a musical

together. Now known as Vicki Lester, she marries Norman and finds herself in demand, while his reputation continues to decline, resulting in heavy bouts of drinking. Eventually, Vicki must choose between moving forward with her career and attempting to save her husband.

Jailhouse Rock 1957

A young man, Vince Everett (Elvis Presley), is convicted of manslaughter after being drawn into a bar fight while trying

to defend a woman. In prison, Everett finds salvation when his cellmate, a country singer named Hunk Houghton (Mickey Shaughnessy), hears him sing and pegs him as a future star. Once released, Everett gets a job in a night club and meets Peggy Van Alden (Judy Tyler), a young woman who works for a record company and who, like Houghton, also sees talent in Everett.

Silk Stockings 1957

When movie producer Steve Canfield (Fred Astaire) attempts to convince respected Russian music composer Peter Illyich Boroff (Wim Sonneveld) to score his next movie, his methods prove a little too effective. Accustomed to rigid communist ideals, Boroff is immediately charmed by the excess of Parisian nightlife and refuses to return to Russia. Unwilling to lose its national treasure, Moscow dispatches a no nonsense bureaucrat Ninotchka Yoschenko (Cyd Charisse) to retrieve the wayward composer.

Gigi 1958

Gaston (Louis Jourdan) is a restless Parisian playboy who moves from one mistress to



another, while also spending time with Gigi (Leslie Caron), a precocious younger friend learning the ways of high society. The platonic relationship between Gaston and Gigi changes, however, when she matures, but the possibility of something lasting seems unlikely since he won't commit to one woman.

Seven Brides for Seven Brothers 1954

During the 1850s, Milly (Jane Powell), a pretty young cook, marries Adam (Howard Keel), a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behaviour,

and most importantly, how to court a woman. The 1980's hit Bollywood film 'Satte pe Satta' was an adaptation of this film.

Carmen Jones 1954

This is a love story of a parachute factory worker and a stalwart GI named Joe, who is about to go to flying school. Conflict arises when a prize-ring champ captures the heart of Carmen. When she leaves Joe for another man, he seeks revenge.

Guys and Dolls 1955

'Guys and Dolls' is a musical romantic comedy involving the unlikely of Manhattan pairings: a high-rolling gambler and a puritanical missionary, a showgirl dreaming of the straight-and-narrow and a game manager who is anything but...

PLUMMER 5

The 5 performances by recently deceased Hollywood legend, Christopher Plummer that you must watch. We're leaving out 'The Sound of Music' from this list because there's hardly anyone who hasn't watched the film, or re-watched it several times over the last few decades.

The Man Who Would Be King [1975]

In this John-Huston directed underrated epic, the lead actors are Michael Caine and Sean Connery. Plummer's role, as the famous author Rudyard Kipling, is mainly of the narrator of the story. But even in a short few minutes, and by the power of his majestic voice, the late Canadian actor makes his presence felt. The 'IndieWire' writes: "This feature is a great example of Plummer's ability to make meals out of minor roles. He's inquisitive and a solid presence for the unbelievable story that unfolds."



Murder By Decree [1979]

In this British-Canadian mystery thriller directed by Bob Clark, Plummer plays Sherlock Holmes, with James Mason as Dr Watson. After learning of mass murderer Jack the Ripper's gruesome reign of terror, Holmes decides to investigate. Plummer, who lived and breathed theatre often said about his acting process: "When I make movies, I immediately go back to the theatre. It not only keeps you alive, but it keeps your craft in order." Whether it was the central character or supporting act, Plummer's presence gave gravitas to every film he starred in.

Star Trek VI: The Undiscovered Country [1991]

Christopher Plummer as General Chang was one of the most menacing villains of the 'Star Trek' franchise. An explosion on the moon causes the Klingons to call for a peace summit. However, things get complicated when Captain Kirk (William Shatner) and Leonard McCoy (DeForest Kelley) get arrested.

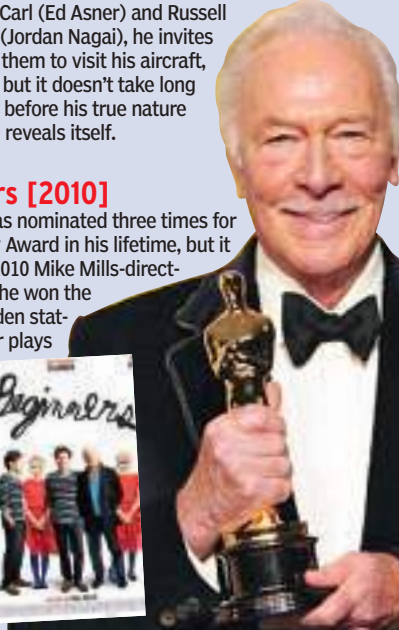


Up [2009]

Plummer did several prominent voiceovers and narrations throughout his career, but the villainous Charles Muntz in this Disney/Pixar classic stands out. When Muntz comes across Carl (Ed Asner) and Russell (Jordan Nagai), he invites them to visit his aircraft, but it doesn't take long before his true nature reveals itself.

Beginners [2010]

Plummer was nominated three times for an Academy Award in his lifetime, but it was in this 2010 Mike Mills-directed film that he won the coveted golden statue. Plummer plays Hal, a man nearing the end who is determined to live on his own terms.



Nitya.Shukla@timesgroup.com

Welcome to Galentine's Day 2021! The cultural phenomena was born in 2010, in an episode of the American TV series 'Parks and Recreation', titled 'Galentine's Day'. In the show, Leslie Knope (played by actress Amy Poehler) hosts a February 13 brunch for her best girlfriends. She explained that the event (held a day before Valentine's Day) was about "ladies celebrating ladies". Since then, Galentine's Day has steadily gained momentum. On this day, we shine the light on our girlfriends who have stood by us, wiped our tears, and encouraged us. Feel like celebrating? Just call your bestie and tell her how much you appreciate her. Literature too is full of examples of heartwarming female friendships. Here are some of our favourite ones.

PUDDIN' BY JULIE MURPHY

It's written by the author of the best-selling, 'Dumplin'', which focused on body positivity and self-acceptance. 'Puddin'' is about the messiness and the beauty of teen girl friendship. The story is about the unlikely friend-



ship between Millie and Callie, who are complete opposites. Millie Michalchuk is tired of attending fat camp every

year since she was a little girl. She is ready to rebel against her parents' wishes and chase her dreams. Meanwhile, Callie Reyes is an unapologetic mean girl and the dance team captain but has no friends. When circumstances bring them together, they realise they have more in common than they thought.

Celebrate #Girlpower on Galentine's Day

According to the Mayo Clinic, strong friendships provide a sense of belonging and purpose, improve our self-confidence, lower stress and help us cope with trauma and life challenges. A strong social network may also reduce the risk of depression and even help us live longer lives

ship between Millie and Callie, who are complete opposites. Millie Michalchuk is tired of attending fat camp every

year since she was a little girl. She is ready to rebel against her parents' wishes and chase her dreams. Meanwhile, Callie Reyes is an unapologetic mean girl and the dance team captain but has no friends. When circumstances bring them together, they realise they have more in common than they thought.

WILDER GIRLS BY RORY POWER

A thriller about three friends stuck in an isolated school under quarantine because of a strange

sickness. Best friends Hetty, Byatt, and Reese, learn to brave dangerous wilderness, mutated animals, and terrifying conspiracies to keep each other safe. When Byatt goes missing, Hetty and Reese rally together to save their friend before it's too late.



FIREFLY LANE BY KRISTIN HANNAH

We beg you to read the book before you watch its adaptation currently screening (by the same name) on online streaming platforms. This 2008 novel is about Kate and Tully, a pair of inseparable best friends who meet in 1974, when they are 14 years old. The story follows them through the next 30 years - the highs/lows of their friendship and the hardships they face as they grow older. With this book, one learns that female friendships can be quite complex, especially, if one commands more attention from the world than the other.



A SONG BELOW WATER BY BETHANY C. MORROW

A special story about Tavia and Effie, two magical girls who have lived together



Girl Squads: 20 Female Friendships That Changed History by Sam Maggs and Jenn Woodall

A fun and feisty tour of famous girl BFFs from history who stuck together and changed the world, including Anne Bonny and Mary Read, the infamous lady pirates who sailed the seven seas and plundered with the best of the men; The Edinburgh Seven, the band of pals who fought to become the first women admitted to medical school in the UK; and The Zohra Orchestra, the ensemble from Afghanistan who defied laws, danger, and threats to become the nation's first all-female musical group.

(Source: www.goodreads.com)

and loved each other as family for years. Their sisterhood is unbreakable, and they have protected each other's secret until a murder in their town threatens to rip their life apart. According to reviews, the fantasy genre book expertly weaves in themes of racism, social justice, current politics.

DIVINE SECRETS OF THE YA-YA SISTERHOOD BY REBECCA WELLS

A group of fiercely loyal and eccentric women known as the Ya-Yas navigate the highs and lows of life in small-town Louisiana - from their childhood in the 1930s to many decades on.



(Source: Goodreads, Bookriot, TIME)

THE CLASSIC BEHIND THE CLASSIC

Behind every great book are the books which influenced it. Thanks to 'www.blinkist.com', a micro-learning app and platform, we now know the works that inspired classics, including 'Oliver Twist,' and '1984.'

Frankenstein: Mary Shelley's 'Frankenstein' was inspired by her parents. Her father William Godwin had written 'An Enquiry Concerning Political Justice' while her mother Mary Wollstonecraft wrote 'A Vindication of the Rights of Women.'



Uncle Tom's Cabin: One of the defining novels of the Civil War era, Harriet Beecher Stowe's

'Uncle Tom's Cabin' was inspired by Frederick Douglass' 'The Narrative of the Life of Frederick Douglass, an American Slave'. Douglass' book was also cited by Toni Morrison for her Pulitzer Prize-winning historical novel 'Beloved.'



Oliver Twist: Charles Dickens' portrait of extreme wealth and poverty in London in 'Oliver Twist' was in part modelled on Edward Gibbon's 'The History of the Decline and Fall of the Roman Empire'.



War and Peace: Tolstoy's 'War and Peace' reflected the author's reading of the

philosophy of Arthur Schopenhauer, along with works about Napoleon and French history. According to Tolstoy scholar Ani Kokobobo, the Russian author was captivated by Schopenhauer and his belief that 'death is the only reality,' a viewpoint expressed by the cerebral Prince Andrei Nikolayevich Bolkonsky in 'War and Peace'.



1984: George Orwell's dystopian political novel reflects in part the British author's reading of two nonfiction studies: James Burnham's 'The Managerial Revolution' and Halford Mackinder's 'Democratic Ideals and Reality: A Study in the Politics of Reconstruction'.



QUIZ TIME

GUESS THE BOOK FROM THE QUOTE

1. "God save us from people who mean well."
2. "The gods grow jealous of too much contentment anywhere, and they show their displeasure all of a sudden."
3. "Man needs difficulties in life because they are necessary to enjoy success."
4. "We may not have sewage, drinking water, and Olympic gold medals, but we do have democracy."
5. "Rains are an act of God in India. And God as we know is a law unto himself."

ANSWERS

1. Vikram Seth's 'A Suitable Boy'
2. R K Narayan's 'Malgudi Days'
3. A P J Abdul Kalam's 'You Are Born To Blossom'
4. Aravind Adiga's 'The White Tiger'
5. Kiran Nagarkar's 'Ravan & Eddie'

WILL THEY, WON'T THEY?

KEY QUESTIONS FOR TROUBLED TOKYO OLYMPICS



As Japanese and International Olympic Committee officials insist the Tokyo Games will go ahead, there are some major questions surrounding cancellation

Olympic super-fan Kyoko Ishikawa cannot wait to welcome the world to Tokyo. The 51-year-old has attended every Summer Olympics in the past 30 years

Photos: AFP

What are officials saying?

Japanese Prime Minister Yoshihide Suga said recently that he was "determined" to hold the Games this July, while a government spokesman dismissed a report claiming officials see cancellation as inevitable.

International Olympic Committee president Thomas Bach also said there was "no reason whatsoever" for the event not to go ahead, but also admitted it may involve fewer fans, or even be held behind closed doors. Decisions on whether to allow overseas fans, and how full venues will be, are set to be taken in the coming months.

What do athletes think?

Athlete pressure was seen as a driving force behind last year's postponement, with the Australian and Canadian Olympic committees pulling their teams out days before the decision was made.

This time, Australia, Canada and the United States have come out in support of the Games, and Greek pole vault champion Katerina Stefanidi — who led

calls for last year's postponement — has said she would prefer it to be held with no fans than not at all.

Top US gymnast Simone Biles said the decision had to be based on "what's safe for the world", but added she was "hoping the Olympics can be put on, even if it means we're in a bubble". But Japanese gymnastics star Kohei Uchimura sounded a note of caution, saying the event "can't be held if the athletes and the people don't feel the same way".

What would cancellation cost?

Tokyo 2020's latest budget was revealed as 1.64 trillion yen (\$15.8 billion) in December — up 294 billion yen (\$2.8 billion) because of costs linked to the delay and virus countermeasures.

There are suggestions the final price-tag may be significantly higher, possibly making the event the most expensive Summer Olympics in history. Calculating the cost of cancellation is complicated, especially as running the Games only accounts for about 0.1 percent of Japan's GDP.

Tomoaki Iwai, a political science professor at Nihon University, said cancella-

tion could have a "tremendous economic impact" at a time when coronavirus is already a major headwind. "The tourism sector and related businesses would see huge damage," he told AFP. But other analysts argue tourism and spending linked to the Games is not that significant, meaning a cancellation would not necessarily involve massive losses.

How would Japan's government react?

Suga, who has only been in office since September, has seen his approval ratings nosedive over his handling of the coronavirus.

The greater Tokyo region and several other parts of the country are under a state of emergency, but the government has been accused of waiting too long to impose the measure and of mixed messaging.

Polls show around 80 per cent of the public oppose holding the Games this year, so a cancellation might not be all bad news for Suga politically.

"It would strike me that the political

risks of holding the Games and having them result in a new outbreak are greater than admitting that the risks are too great and working with the IOC to find some alternative plan that is more suitable," said Tobias Harris, a Japan analyst at Teneo Intelligence.

What would it mean for Olympic sports?

The IOC has vast reserves that have allowed it to cope with postponement, but experts say cancellation would have disastrous consequences for individual sports.

Many national and international sporting federations would find themselves in financial danger, with some relying on IOC payouts to survive. Athletes who have trained for years to appear on the Olympic stage would find their hopes dashed, with many unsure whether they'll be able to qualify for the next Games, Paris 2024.

Cancellation would also deal a blow to the Olympics' image in an era when fewer cities have been coming forward to host the costly Games.

AFP



My concern would be the general safety of everyone else because you're opening the country. Everyone is flying in from different places. I would just want the public to feel safe.
Naomi Osaka, Japanese tennis sensation

AFP



Mary Kom feels her vast experience of boxing at the top level will hold key to her chances at Tokyo Olympics

Photo: TOI

We are hopeful of medals in the Tokyo Olympics: Kiren Rijiju, Sports Minister

India has been participating in the Olympics for a very long time but our results have been limited to hockey and some individual sports, such as shooting, badminton, wrestling and boxing. We have had a limited presence. This base needs to be broadened. We can't go to the Olympics hoping to win only one or two medals. That is why the preparation for Tokyo is in full swing. We have inculcated scientific

training methods and a support system. We are creating the best possible environment for our sportspersons.

We are in the process of sending the largest Olympic contingent ever. At the same time, you can't produce champions in one or two years. That takes eight to 10 years. I had very limited time (of one year) for Tokyo 2020 when I took charge. I have tried to make the best

use of the time and resources we had.

But the real task we have will be after Tokyo 2020 — for Paris 2024 and Los Angeles 2028. That is when the talent we are scouting and training now will bring in results. More than 50,000 young sportspersons are undergoing training at national camps. The PM had set up an Olympic task force in 2017 and we are implementing its

recommendations. I am confident all these efforts will bear fruit.

We have identified 14 disciplines, including wrestling, boxing, weightlifting, athletics, badminton, table tennis, archery, shooting, fencing and hockey. We must go fully prepared. But to predict how many gold medals we will win is not wise. I should not name any athlete just like that.



THE TIMES OF INDIA

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TODAY'S EDITION

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➤ Can India stage a comeback in the 2nd Test against England?
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STUDENT EDITION

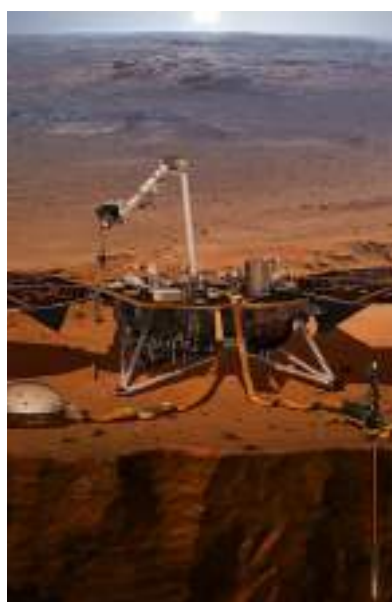
FRIDAY, FEBRUARY 12, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

MISSION MARS

THE RACE BEGINS!

Two spacecraft from the United Arab Emirates (UAE) and China, respectively, reached Mars' orbit recently. Their successful entries into the Red Planet's orbit have raised a new hope among the scientists to unravel the mysteries of the Martian atmosphere...



1 The United Arab Emirates' Hope spacecraft entered the Martian orbit on Tuesday, making it the fifth agency to successfully reach the Red planet's gravitational zone. With its three scientific instruments, Hope Probe will map a complete portrait of the Martian atmosphere and study its seasonal and daily changes.

Earth. In about three months, Tianwen-1 will attempt to send a landing capsule carrying a 240-kg rover in a rapid seven-minute descent on to a massive plain in the northern hemisphere of Mars, known as the Utopia Planitia. If the landing is successful, the solar-powered rover will explore the Martian surface for 90 days, studying its soil. It

will also seek signs of ancient life, including any sub-surface water and ice, using a ground-penetrating radar.

3 Finally, on February 18, NASA will attempt to land its largest rover yet, an SUV-sized behemoth called Perseverance, in an ancient lake bed.

In addition to the new arrivals, six more orbiters are currently studying the planet from space. Three were sent by NASA: Mars Odyssey, Mars Reconnaissance Orbiter and MAVEN. Europe has two spacecraft in the orbit. India operates the sixth spacecraft, the Mars Orbiter Mission, which was launched in 2013



Big tech needs clearer laws on online speech: Nadella

VIEWPOINT


Microsoft Corp Chief Executive Officer (CEO) Satya Nadella said, social-media services like Facebook, Twitter and YouTube need clearer laws and rules to govern whether controversial accounts, like former US President Donald Trump's, have a place on their services, rather than being asked to make free-speech decisions themselves.

"Unilateral action by individual companies in democracies like ours is just not long-term stable, we need to be able to have a framework of laws and norms," Nadella said in a wide-ranging interview with Bloomberg Television's Emily Chang. "Depending on any one individual CEO in any one of these companies to make calls that are going to help us maintain something as sacred and as important as our democracy in the long run, is just no way, which at least I, as a citizen, would advocate for," he added.

1 Microsoft doesn't currently run a consumer social media service, but it is among the cloud-computing providers that have been pulled into the debate over the de-platforming of certain individual voices, social-media accounts and entire apps, especially, following the violent pro-Trump riot at the US Capitol last month

2 Some time back, Amazon.com Inc's cloud unit had pulled its hosting services from Parler LLC, a social network that touts itself as anti-censorship, and was popular among the conservative and extremist figures

3 Apple Inc and Alphabet Inc's Google had in the past removed Parler from their app stores. The three tech companies' actions essentially took the service offline

4 Similarly, Trump's account was banned from Twitter Inc, and remains suspended on Facebook Inc

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Quote unquote

India and China have reached an agreement on disengagement in the north and south banks of Pangong Lake in eastern Ladakh. The Chinese troops will move back to Finger 8 and the Indian troops will pull back to the Dhan Singh Thapa post between Finger 2 and 3 of the north bank of Pangong Tso. There would also be a temporary moratorium on military activities, including patrolling the traditional areas



KOO: THE DESI ALTERNATIVE OF TWITTER



In the midst of an ongoing scuffle between Twitter and the government over the blocking of tweets and accounts related to farmers' protest, an Indian app, Koo, is gaining a big push from the IT department in the country. In fact, the app has seen a substantial hike in the number of users in the last few days. It has already been installed by more than one million users and has received a 4.7 rating on the Google Play Store.

■ Koo, an Indian-made micro-blogging platform, was launched 10 months back as part of the AatmaNirbhar Bharat App Innovation Challenge ■ Available in English and some Indian languages, it works, looks like Twitter, and lets you express your thoughts on the platform. You can share your views, videos and follow other users on this platform



They're staging a Koo!

COCA-COLA TO SELL SODA IN 100% recycled plastic in US

Coca-Cola will soon begin selling sodas in completely recycled plastic in the United States for the first time, the beverage giant said. The initial items will be introduced this month in a group of states, including California and Florida, for items such as Coke and Diet Coke in 13.2-ounce bottles made from 100 per cent recycled plastic.


FOR A CAUSE

1 The company, which has been named a top plastic polluter by a leading NGO, will distribute additional soda and bottled water items from completely recycled packages in select markets this month and later this year

2 The US is the 19th market worldwide, where Coca-Cola will be selling items entirely made of recycled packaging, the company said on its website. The new measures amount to a 20 per cent reduction in the company's use of new plastic across North America, compared to 2018

3 Coca-Cola has set a target of using at least 50 per cent recycled content in packaging by 2030



In December, the group, Break Free From Plastic placed Coca-Cola, along with PepsiCo and Nestle, as the world's 'top plastic polluters' for the third year in a row, and called on the groups to end single-use plastic packaging worldwide

Michelle Obama teaming up with puppets for a kids' food show on Netflix

Former First Lady Michelle Obama is all set to launch a Netflix children's food show with a pair of puppets to bring a bit of light and laughter to homes around the world.

■ The new show, called 'Waffles + Mochi', launches on March 16, and will be "all about good food, discovering it, cooking it, and of course, eating it," the former First Lady posted on Instagram recently. The 20-minute episodes will combine live action and puppets, and

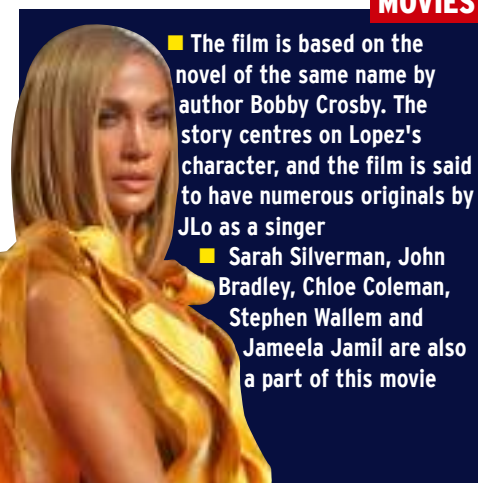

ENTERTAINMENT

Obama will be a series regular ■ The show centres on two best puppet friends, who dream of becoming chefs and travel across the world looking for ingredients and making dishes "alongside renowned chefs, home cooks, kids and celebrities"

In 2018, the Obamas signed a multi-year agreement with Netflix. Michelle released her Netflix documentary 'Becoming' in May. She is also the host of 'The Michelle Obama Podcast' on Spotify

Jennifer Lopez-Owen Wilson rom-com 'Marry Me' pushed to next year

The romantic comedy 'Marry Me', starring Jennifer Lopez and Owen Wilson, has been pushed off the 2021 release calendar. The film, originally slated for a release on May 14 this year, has now been scheduled for February 11, 2022, reports The Hollywood Reporter. The decision comes due to the uncertainty in the film exhibition business, with theatres still struggling to tide over the Covid impact.


MOVIES

■ The film is based on the novel of the same name by author Bobby Crosby. The story centres on Lopez's character, and the film is said to have numerous originals by JLo as a singer ■ Sarah Silverman, John Bradley, Chloe Coleman, Stephen Wallem and Jameela Jamil are also a part of this movie

Online safety conversations between parents and kids should become part of everyday life, just like conversations about 'stranger danger' or crossing the road, and they should start early, suggest cyber experts. Children are often exposed to devices from birth, even just observing their parents, so, parents should talk to their kids about online safety every now and then, they feel. Apart from teaching their wards on how to be cyber safe, parents also have a role to play in keeping themselves and others safe online. **AMBER HAWKES**, Head of Safety, Facebook, Asia Pacific, tells us how parents can navigate online safety for their young ones...

1 STAY INVOLVED IN THEIR DIGITAL WORLD: Spend time with your kids online. If your kids like playing video games, sit with them while they're playing. 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 that they can come to you, if they see or experience something online that makes them feel uncomfortable

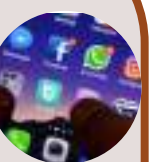


How to keep kids safe online

2 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 the minors, but parents should also run through the privacy and security settings regularly

3 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

4 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



MAKE A MARK WITH SAVVY FINANCE SKILLS



CLASS: XII - 2020-21

SUBJECT:
ENTREPRENEURSHIP (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 70

GENERAL INSTRUCTIONS

- The question paper is divided into 5 parts. There is no overall choice in the paper.
- SECTION A has 21 objective questions carrying 1 mark each.
- SECTION B has 5 questions carrying 2 marks each. Answer may be within 50 to 75 words.
- SECTION C has 3 questions carrying 3 marks each. Answer may be about 100 words.
- SECTION D has 3 questions carrying 4 marks each. Answers may be about 150 words.
- SECTION E has 3 questions carrying 6 marks each. Answer may be about 200 words.

SECTION-A

Q1. Sonia lives in Jharkhand near an industrial area where a lot of laborers work. She observed that despite of the pandemic, the laborers were not wearing masks. Later, she came to know that they were not having sufficient money to buy the masks to which she was very disappointed and thought of finding a solution to this problem. She came up with an economic idea of making masks from the small pieces of cloth available at home and sell it to them for only 3 rupees which cost her only 2 rupees. For this opportunity, she knew that she had a definite market for the masks as the labour force was big in number but wanted to be sure about the other requirements. State the other requirements from the following that can help Sonia make her idea a successful economic opportunity.

- Attractive and acceptable rate of return.
- Vision and Creativity
- Intermediaries
- All of the above

Q2. John has a small shop where he sells woollen clothes. The demand is usually high right before and during winter, so he earns a really good profit at that time but during the off season he has to clear the stock for which he sold the woollens at a discounted price. He thinks that both the social and economic factors are being considered together by creating a demand in an off season for the woollens. State whether John's thinking is True or False.

Q3. After the invention of Play Station 5, the developers are planning to develop a console with various features to make gaming experience easier, convenient and more fun. While evaluating the idea, they came across a very important point which was the realistic approach to implement the features in the console to make it better and ultimately understand its purpose through one of the measures of idea and opportunity assessment known as _____.

Q4. Disposing of the waste or any sort of emission needs to be discussed in which plan?

- Production Plan
- Operational Plan
- Business Plan
- Financial Plan

Q5. Sunaina works as a marketing head in a real estate firm. The firm is now coming up with a new luxurious housing scheme for which it is generating funds from its existing investors as well as new investors for which Sunaina has prepared an interesting entertaining slide show to explain the business plan to the in-



vestors. Name the format of the Business Plan used by Sunaina.

- Elevator Pitch
- A pitch deck with oral narrative
- A written presentation

Q6. _____ idea can have an experiential process but cannot become an opportunity.

Q7. All those persons who are required to deduct tax at source or collect tax at source on behalf of IT Department are required to apply for and obtain _____.

- TIN
- PAN
- TAN
- EPF

Q8. Shridhar wants to start his own venture of making sanitizer devices which takes UV Rays into consideration for sanitizing the small objects around. He discussed the idea with his father who told him to undergo an evaluation of the feasibility of the product before launching it into the market where he can understand the various aspects like demand, existing innovations etc. What exactly Shridhar should do?

- Idea Opportunity Assessment
- Market Assessment
- Environment Scan

Q9. _____ pricing method doesn't take into account the competitor's actions and their effect on the pricing of the product which cannot prove to be good for the organisation.

- Skimming Method
- Penetration Method
- Cost Plus Pricing Method

Q10. Identify the media used for advertising from the below picture.



- Outdoor Advertising
- Point of Sale
- Window Display

Q11. "Born Tough" is the Tagline of which of the following brand?

- Range Rover
- CEAT
- Bajaj Auto

Q12. Match the following:

Type of Merger	Name of the Companies
1 Horizontal Merger	A AT&T and Time Warner
2 Vertical Merger	B eBay and PayPal
3 Conglomerate Merger	C Frito Lay and Uncle Chips

- 1-B, 2- C, 3-A
- 1- A, 2-B, 3-C

Q13. Blackberry and Treo entered a merger with the aim of incorporating

cell phone capability and e-mail connectivity in one device. _____ was the core reason behind the merger:

- Acquiring competency
- Acquiring New Technology
- New markets

Q14. Radhe optics is a local store in Ahmedabad that sells eye wear products. Their range of products included spectacles, sun-glasses and lens. Few years later they decided to expand the range and included various accessories and eye care products which were manufactured by EYE CARE FOR YOU which was a company based in Ahmedabad making eye care products. Both the companies joined hand and even started online consultations for their customers. Identify the form of expansion opted by both the companies.

- Horizontal Merger
- Product Extension Merger
- Internal Expansion

Q15. Identify the company to which the following Logo belongs.



- HDFC Bank
- HSBC Bank
- DBS Bank

Q16. Which one the Following is given a legal protection and is a much wider concept?

- Trade Mark
- Brand Mark
- Both A and B

Q17. A company uses 900 units of an item per day and the order lead time is 4 days. What should be the level of inventory when a new order is to be placed again?

- 27000 units
- 225 units
- 3600 units

Q18. Annual Consumption is 120 units, placing the order cost is rupees 20, purchase price is 100 rupees and the cost of holding is 12 rupees. Calculate the EOQ.

- 40 units
- 20 units
- 60 units

Q19. The Gross working capital is rupees 2,01,000 rupees and the total current liabilities are 1,51,000 rupees. What is the total Current Assets?

- 2,01,000
- 50,000
- 3,52,000

Q20. The reduced values of the intangible assets is known as _____

- Depreciation
- EBITDA
- Amortisation

Q21. _____ is a managerial tool for control and reduction of costs, elimination of wastage and achieving better efficiency.

- Break Even Analysis
- ROE and ROI
- Economic Order Quantity

SECTION-B

(Answer the following in brief: 10 Marks)

Q22. Saara wants to do a business which is unique, earns good returns and has the scope for growth but she doesn't know which business to start. Suggest various sources to obtain the basic ideas from which she can select the idea and start her business.

Q23. How is targeted market identified while preparing the marketing plan?

Q24. Devesh has made a business plan for his product which is customizable. He went through all the details but was stuck with the decision of selecting the channel of distribution. He went to his friends and they suggested him to go for a direct channel of distribution but still he was not convinced. Explain him what can be the favourable reasons for opting a direct channel of distribution.

Q25. State any two advantages of Inventory Control.

Q26. Startups focused on "commercializing" cow by-products like dung and urine in addition to dairy could get up to 60% of their initial investment as govt funding, the chairman of the newly established Rashtriya Kamdhenu Aayog said. The Kamdhenu Aayog, set up by the Modi govt. in February with an initial corpus of Rs.500 crore, aims to be the growth engine for these new businesses. The chairman also went on to display a chip produced with cow dung and said, "This is a radiation chip that can be used in mobile phones to reduce radiation. It'll safeguard against diseases if kept in phones. He further added "we will encourage youths to go for cow-based entrepreneurship and earn not only from products like milk and ghee, but also by products like urine and dung that can be used for medicinal and agricultural purposes. Keeping in mind the above article, answer the following questions:

i) Which source of idea field is being discussed above?

- Existing products or services
- Natural resources
- Trading related ideas
- Creative efforts

ii) If an entrepreneur likes the above idea started by the government and contemplates to start his/her own enterprise, which step of the creative process he/she would start from:

- Idea germination
- Preparation
- Incubation
- Illumination

Explain the steps in detail applicable in the above question

SECTION-C

(Answer the following questions: 9 Marks)

Q27. State any three steps that are involved in incorporating a private or public company in India.

Q28. Hariharan wanted to start his own mobitech company for which he was making a business plan. While making the financial Plan, he did not know how to take decisions regarding the various investments to be made. He then referred a lot of financial books and listed down the various items that fall in the list that would make his investment decision smooth. List down the areas in which investments are to be made.

Q29. Shriya wants to run her organic fruit juice center. For this she is required to make a comprehensive project report encompassing the entire range of activities which she has planned in the business.

- Identify the concept of project report discussed here.
- Name the different components outlined here in the identified concept.

SECTION-D

(Answer the following questions in detail: 12 Marks)

Q30. Explain in detail the elements of Operational Plan.

Q31. Calculate the Break Even for the following

	A	B	C
Sales price (rupees)	30	45	60
Variable Cost (rupees)	15	30	20
Sales Mix %	30%	30%	40%
Total Fixed Cost- 50,000 rupees			

Q32. For a cosmetic product, an advertising company is preparing a commercial ad. The base is prepared after a lot of brainstorming keeping in mind the response the consumers would give. You are the creative head of the advertising agency so elaborate the various responses that you should bag for your cosmetic producing client.

SECTION-E

(Answer the following in detail: 18 Marks)

Q33. You are a big tycoon of the Textile Industry. Explain giving examples how PESTEL Model affect your business.

Q34. While there are benefits of going public, at the same time additional obligations and reporting requirements on the companies and its directors means disadvantages. What are they, explain.

Q35. Asian Paints is India's leading paint company with a group turnover of Rs 193.50 billion. The group has an enviable reputation in the corporate world for professionalism, fast track growth, and building shareholder equity. The company's earnings before interest, tax, depreciation and amortisation (EBITDA) grew by 7.7 percent year-on-year to Rs 1,189.4 crore, and margin expanded 96bps to 21.94 percent in the December quarter - both better than analysts' estimates. Vertical integration has seen Asian Paints diversify into chemical products such as Phthalic Anhydride and Pentaerythritol, which are used in the paint manufacturing process. Today, the Asian Paints group operates in 15 countries across the world across four regions viz. Asia, Middle East, South Pacific and Africa In Decorative paints, Asian Paints is present in all the four segments viz Interior Wall Finishes, Exterior Wall Finishes, Enamels and Wood Finishes. It also offers Water proofing, wall coverings and adhesives in its product portfolio. Asian Paints also operates through 'PPG Asian Paints Pvt Ltd' (50:50 JV between Asian Paints and PPG Inc, USA, one of the largest automotive coatings manufacturer in the world which is a vertical merger) to service the increasing requirements of the Indian automotive coatings market. The second 50:50 JV with PPG named 'Asian Paints PPG Pvt Ltd' services the protective, industrial powder, industrial containers and light industrial coatings markets in India. Asian Paints manufactures wide range of paints for Decorative and Industrial use in many countries of the world and has a promising future. Keeping in mind this article, answer the following questions:

Q1. Name at least four segments in which Asian paints diversify?

Q2. Define Vertical merger citing an example from the above article.

Q3. It takes place on intangible assets. Identify the term and define.

Multiply work to get perfect score

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

Q1) A) MCQ.

1) Find the value of $\begin{vmatrix} 5 & 3 \\ -7 & -4 \end{vmatrix}$ [4m]

- 1
- 41
- 1
- 41

2) The roots of x^2+Kx+k are real and equal. Find k?

- 0
- 4
- 0
- 4

3) What is the sum of first 30 natural number?

- 464
- 465
- 462
- 461

4) $n(A)=2$, $p(A)=1/5$ then $n(s)=?$

- 10
- 2/5
- 1/3
- 5/2

B) Solve the following. (any four)

1) 70, 60, 50, 40, ...

$t_1=\square$, $t_2=\square$, $t_3=\square$, Find 'd'.

2) $x=5$ is root of $kx^2-14x-5=0$ Find the value of k.

3) $2x-y=4$, If $x=-2$, find 'y'

4) $\begin{vmatrix} 3\sqrt{3} & 9 \\ 2 & -4\sqrt{3} \end{vmatrix}$ Find the determinant.

5) Decide whether $x=-1$ is root of $x^2+4x-5=0$

6) If α, β are roots of $2x^2-4x-3=0$ $\alpha+\beta=$ ____, $\alpha \times \beta=$ ____

Q2) A) Solve the following activity (any two). [4m]

1) Draw the co-ordinates for equa-

tions

$X+Y=4$; $2x-y=2$

$X \begin{vmatrix} -1 & 6 & 1 \\ 0 & 0 & 1 \end{vmatrix} X \begin{vmatrix} 1 & 3 & -1 \\ 0 & 0 & 0 \end{vmatrix}$

$Y \begin{vmatrix} 0 & 0 & 0 \\ 0 & 0 & 0 \end{vmatrix} (X,Y) \begin{vmatrix} 0 & 0 & 0 \\ 0 & 0 & 0 \end{vmatrix}$

2) $m^2-14m+13=0$

$\therefore m^2-\square m-\square m+13=0$

$\therefore m(m-\square)-1(m-\square)=0$

$\therefore (m-13)(m-\square)=0$

$\therefore m=\square$, $m=\square$

3) 5, 12, 19, 26

$t_1=\square$, $t_2=\square$, $t_3=\square$

$d=\square$, $a=\square$

4) Three coins are tossed sample points are

$S=\{\square, \square, \square, \text{HHT}, \text{HTH}, \square, \square, \text{THT}, \square\}$

B) Solve the following. (any four) [8m]

1) If one die is rolled then find the probability of each.

i) number to upper face is prime.

ii) number to upper face is even.

2) $\begin{vmatrix} 7/3 & 5/3 \\ 3/2 & 1/2 \end{vmatrix}$, Find the determinant.

3) Solve $3x-y-2=0$; $2x+y=8$

4) Write the value of a,b,c by comparing given quadratic equations to the general form.

$2m^2=5m+5$



5) $3/2, 1/2, -1/2, -3/2$ is a A.P Find the next two terms.

6) $n(A)=26$, $p(A)=1/2$, find $n(S)$

Q3) A) Solve the following (Any1). [3m]

1) When one coin is tossed

Sample points $\{\square, \square\}$

$n(S)=\square$

find probability of getting head.

$A=\{\square\}$. $\therefore n(A)=1$

$\therefore p(A)=$ _____

Find the probability of getting tail.

$B=\{\square\}$. $\therefore n(B)=\square$

$\therefore p(B)=$ _____

2) One of the roots of $5m^2+2m+k=0$ is $-7/5$. complete the following to find the value of 'k' Solution:

\square Is the solution of $5m^2+2m+k=0$

Put $m=\square$ in the solution

$\therefore 5 \times \square^2+2 \times \square+k=0$

$\therefore \square+k=0$

$\therefore K=\square$

3) 3, 8, 13, 18 are in A.P, find 30^{th} term

$a=\square$, $d=\square$

$\therefore n=\square$

$\therefore t_{30}=a+\square \times d$

$\therefore t_{30}=3+(\square-q) \times 5$

$\therefore t_{30}=\square$

B) Solve the following (any2).

1) 11, 8, 5, 2, In this A.P which term is number -151?

2) A box contains 30 tickets, bearing only one number from 1 to 30 on each. If one tickets is drawn at random, find the probability of an event that the ticket drawn bears.

i) an odd number.

ii) an complete square number.

iii) multiple of 3.

3) solve the equation graphically.

$3x-y=2$; $2x-y=3$

4) solve by formula method

$x^2+10x+2=0$

Q4) Solve the following (any2) [8m]

1) Solve by Cramer's rule.

$4m+6n=54$; $3m+2n=28$

2) Out of 1900km 'A' travelled some distance by bus and other by aeroplane. Bus travels with average speed of 60km/hr and aeroplane 700km/he. It takes 5 hrs to complete the journey. Find distance travelled by bus and aeroplane.

3) The difference between square of two numbers is 120. The square

of smaller number is twice. The greater number find the number.

4) 10^{th} term and 18^{th} term of A.P are 25 and 41, find 37^{th} term.

Q5) Solve the following (any one) [3m]

1) In an auditorium with 27 rows. There are 20 seats in 1^{st} row, 22 seats in 2^{nd} row, 24 seats in 3^{rd} row and so on. Find the number of seats in 15^{th} row and also find total seats.

2) Find how many three digits natural number are divisible by 5.

3) A two digits number is formed with digit 2,3,5,7,9 without repetition. What is probability.....

i) an odd number

ii) a multiple of 5.

DO YOU HAVE 'MOMMY BRAIN' too?



Have you ever searched for your sunglasses only to realise that you are wearing it on the top of your head? Or walked in the room and felt clueless about why you are here. If this happens with you occasionally, you don't need to worry but if it is a regular occurrence, and you happen to be a new mommy, chances are you are experiencing 'mommy brain.'

What is it?
The term mommy brain might

Understanding mommy brain

The term mommy brain or momnesia is used to describe the spacey, sleep-deprived state when new moms tend to forget things

and often appear absent-minded. As per a study carried out by the University of British Columbia, motherhood has a permanent impact on the cognitive function. It can trigger brain growth and even lead to changes in the area responsible for social cognition or empathy. Studies study that these kinds of changes even take place in a father's brain.

What leads to 'mommy brain'?

There is more than one factor that can lead to mommy brain. First and foremost is a demand for caring for the newborn for which you often have to sacrifice your sleep. This leads to brain drain, making you more absent-minded. Apart from this, pregnant moms undergo neurobiological changes in the brain during and after pregnancy, which impact their memory. Their priority is the newborn child, so the rest of the things become a little foggy. It is a normal part of pregnancy and with time, it just gets better.



The best way to deal with forgetfulness is to maintain a "to-do list". So, keep a notepad and pen around you and jot down the tasks for the day, next day, coming week and so on. It will keep you organised and stress free.

How to deal with this...

Even though we know that little forgetfulness is a part of embracing motherhood, it becomes frustrating to forget important tasks at times. It is nothing serious or anything to worry about. You cannot escape from this side-effect of pregnancy, you can only try to deal with it in a better way. Here are a few tips that might help.

MAINTAIN A TO-DO LIST: The best way to deal with forgetfulness is to maintain a to-do list when you have to remember a lot of things. Keep a notepad and paper around you, so you can immediately take a note



when something important is to be remembered. You can also set an alarm or reminder in your phone for important tasks. This will help to keep you organised and you feel less pressured to remember every detail.

GET PLENTY OF SLEEP: Sleep deprivation is very common in the first few months after the delivery. Your sleep time actually starts depending on your newborn's sleep cycle. In the long term, it becomes tiring and grueling. Getting plenty of rest is important for the normal functioning of your brain and body. Plan your sleep cycle as per your little ones and try to get enough shut eye. The best thing is to ask for help from other family members.

DON'T BE HARD ON YOURSELF: It is normal to experience such changes and you are not responsible for it. So, do not engage in negative talk and blame yourself for being a little absent-minded. Have patience and plan your day well in advance to avoid any kind of last-minute chaos. Also, do tell yourself that you are doing your best and you are a great mom!

With increase in screen time, there is a rise in myopic children



Digital eye strain is a reality

To understand the impact of screen time on children as well as adults, we spoke to leading eye surgeon and ophthalmologist Dr Rushad Shroff. "Children and even adults have reported increased watering, redness, irritation in the eyes during the pandemic. There is an increase in myopia among children. Since there is less exposure to sunlight, children are coming to us with refractive disorders."

Adult children should not be exposed to screen time more than 2.5 hours.

Proper nourishment

Talking about the importance of diet, Dr Shroff recommends a healthy nutritional diet. Omega 3 fatty acids help greatly in treating dry eyes. "Take two tea-

Slowing the damage

Talking about the concerning impact of increased screen time on eyes, Dr Shroff says, "Children who are attending classes online clearly have no escape but there are certain things that parents can do to minimise the harm. They need to understand that smaller and brighter screens are bad. They should make the children sit in a bright room, preferably with a desk-top or a laptop." He adds that children who are younger than two years should avoid screen time altogether. "Screen dependence at an early age can lead to development and speech delays. It tends to reduce their attention span and socialising pattern."

Dr Shroff recommends children as well as adults to ensure they have proper lighting coming from behind them while using screen; also their monitors should not have bright light, it should be medium. They should use blue light filters to prevent damage to eyes. Also, it is extremely important to follow the 20-20-20 rule where every 20 minutes, you take a 20-second break and look 20-feet away for 20 seconds.

spoons of flaxseed everyday; fish is also a healthy addition to the diet. Children should have a Vitamin A rich diet; they should eat soya, pulses, green leafy vegetables."

The solution

While it may seem like an easy option to allow screen time to keep the children busy or keep their tantrums down, a lot of us are causing them more harm than we realise. Limiting screen time, ensuring a healthy diet, proper exposure to sunlight and focusing on eye health by making regular eye check appointments are all crucial for your well-being and also of your child.



Why kids should spend time with their grandparents

Many of us have fond memories of growing up with our grandparents – be it visiting them during vacations, enjoying special treats or listening to stories. They also make for the best babysitters! As more and more families go nuclear now, we tell you ways kids benefit by spending time with their grandparents.



Children learn resilience

When kids know a lot about their family history and share emotional things with their grandparents, they are in a more resilient and sharper state of mind. They also appear smarter and mature than others. This is because when they learn of their family history and difficulty, they know how to bounce back and fight their battles.

Kids turn out to be less ageist and more respectful

All parents want their children to turn out kind, loving and respectful. Staying close to their grandparents can be super helpful in this context. According to a study, kids who share a loving, helpful relationship with their grandparents are least likely to be disrespectful or ageist.

Best for grandparents' health and well-being

Staying with grandparents is good for the kids but it works the other way too. In fact, grandparents who stayed in touch and took care of the kids add an average of five years to

their lives and are less likely to suffer from problems of loneliness, anxiety, etc.

Promotes stability and growth

For growing kids, it is very important to have some kind of stability in an ever-changing environment. When kids have working parents, it can be hard for them to connect with them. Grandparents can help and fill in those shoes this way. It is also helpful for children of divorced couples or those who undergo a traumatic incident involving their immediate family.

Kids learn familial and moral values

Primarily, it is the parents' job to instil good values and morals in their kids and teach them empathy and kindness but grandparents can be a bigger help in this matter. Acting as pillars of support, love and nourishment, they can teach them good stories, impart wisdom and morality and have a good influence in the little one's life.

Your child can help grow into a beautiful, respectful adult with a little help and plenty of love from their grandparents.

QUIZ TIME

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

February is so called because of Februa, an ancient Roman festival celebrated in spring. Februs (god of purification) is also named after that annual cleansing ritual and not, as one might expect, the other way round. Choose correctly!

1. Which month always ends on the same day of the week as February?
A. August B. December
C. October D. July

2. Which is a February zodiac sign?
A. Aries B. Aquarius
C. Leo D. Libra

3. What, traditionally, is the February birthstone?
A. Amethyst B. Emerald
C. Ruby D. Sapphire

4. Which country celebrates Independence Day on February 4?
A. Bangladesh
B. Myanmar
C. Pakistan
D. Sri Lanka

5. On what February date is the UN World Day of Social Justice observed?
A. 20 B. 15
C. 10 D. 5

Answers:
1) C. October
2) B. Aquarius
3) A. Amethyst
4) D. Sri Lanka
5) A. 20

KNOWLEDGE BANK (CULTURE)

Aranmula Mirror

It is a hand-made metal-alloy mirror with GI tag. This front-surface reflection mirror which eliminates the secondary reflections and aberrations found in normal mirrors is made in Aranmula in Pathanamthitta district, Kerala. The alloy is a mix of tin and copper made in a ritualistic way by members of an extended family in Aranmula and linked to the Parthasarathy temple there.



IDIOM OF THE DAY

NECK OF THE WOODS

Meaning: A neighbourhood or nearby area; the area around where one lives.

INDIA RARING TO GO

“We know India is going to come back hard at us. They are a very proud team with a great record. It's very important that we keep looking to find ways to get there all the time.”

Joe Root,
England captain

I want to see commitment from Rohit Sharma and Ajinkya Rahane in the next match, that they should win or save the match.

VVS Laxman,
former India cricketer



Virat Kohli

Photo: PTI

With Virat Kohli's captaincy under the radar, India will be looking to bounce back to winnings ways and level the series 1-1. A defeat in the second Test might inflict serious damage on India's chances of qualifying for the final of the ICC World Test Championship as the hosts need two wins in the remaining three games to make it to the summit clash

ENGLAND SHOULD EXPECT INDIA TO COME BACK AT THEM: NASSER HUSSAIN

■ Joe Root's men came out with a "perfect performance" against India in the first Test, which they won by 227 runs at the MA Chidambaram Stadium, says former England captain Nasser Hussain. Hussain, however, believes that England should expect India to "come back at them" in the remaining matches of the four-Test series, the second of which begins from Saturday at the same venue.

■ "People were writing England off, saying this series could be 4-0 to India. No one really gave this side much of a chance. India had been on top of their game. Had won in Australia. Virat Kohli was back and India is a very difficult place to go and win in Test match cricket," wrote Hussain in his latest column for Sky Sports. "So, this

win for England has to be right up there, especially away from home. They put in the perfect performance. From ball one to the final delivery, it was outstanding. They now need to carry it on," he added.

■ India had lost the first Test in Adelaide against Australia in their last tour, which saw them getting bowled out for their lowest-ever Test total of 36. However, under the leadership of stand-in skipper Ajinkya Rahane, Team India registered a stunning comeback to win two of the remaining three matches against Australia and retain the Border-Gavaskar Trophy.

■ "England are going to have to expect India to come back at them," said Hussain. "India lost the first Test in Australia, when

they were bowled out for 36, but came back and won the series, while England might also lose the toss in the second Test and it will be harder. But they have done everything they can do so far," he added.

■ The 52-year-old further praised Root, who scored a brilliant 218 in the first innings and then followed it up with a quick-fire 40 in the first Test. Root, 30, has played 100 Tests scoring 8,507 runs with the help of 20 hundreds and 49 half centuries and is third on the list of leading run scorers for England. "Root sure is one of England's greats. He will probably end up breaking all records, he will probably go past Sir Alastair Cook's 161 Test matches and probably tally of runs as well," said Hussain.

FIT AXAR SET TO REPLACE NADEEM

India could go for one change to their playing XI in the second Test against England starting Saturday with Jharkhand left-arm spinner Shahbaz Nadeem making way for fit-again all-rounder Axar Patel after his poor show in the series-opener in Chennai. India skipper Virat Kohli was open in his criticism of Sundar and Nadeem, both of whom didn't bowl good enough to put pressure on the

England batsman. While Nadeem is all but certain to be benched from the squad for the second Test, Sundar might also make way despite his impressive contribution with the bat in the series opener. "His primary job is to bowl off-spin where he was a bit of a letdown. If Axar comes in, he can bat at No. 7 and the management may look to try a wrist-spinner," a source told the Times of India.

WOULD STU BELIEVE IT?



Stuart Broad

Photo: GETTY IMAGES

Has it crossed my mind to play both (Broad & Anderson) of them? Yes - they're both class acts. Things are working at the moment, but we do have to look after our players and I just feel very lucky we've an abundance of talent, that means we can do this if we want.

I'm not reluctant to change a winning team now if it's the best thing to do for the players, the team and their longevity. You run the risk of the result being different, but you could play the same team and the result would be different as we know India will come back hard at us.

We know we will have to do our prep because we've a fight on our hands in the next Test, but no, I'm not reluctant to change it because I think it's the best thing for us to do over a long period.

If Anderson does make way, he has at least left the bar impressively high for Broad.

CHRIS SILVERWOOD,
England coach

Bowling hero Jimmy could make way for Broad as England weigh up benefits of rotation policy. Wicketkeeper Jos Buttler has already flown home to be rested, with Ben Foakes taking over the gloves

'ANDERSON IN THE BEST SHAPE OF HIS LIFE'

After their fabulous start to the series in Chennai, where Anderson's virtuoso exhibition of reverse swing "blew open" the path to a famous 227-run win, England coach Chris Silverwood says England still plan to rotate the squad for Saturday's sequel at the same venue. All-rounder Moeen Ali could be recalled to replace off-spinner Dominic Bess, while Stuart Broad (above), who sat out India's first home Test defeat in four years, is likely to get a gallop.

At 38, Anderson's fitness levels are impeccably high, but England have already nailed their colours to the mast of rotation for a year in which they will

play 17 matches, culminating in an Ashes tour of Australia, with a Twenty20 World Cup in India this autumn. On leaving out Anderson, Silverwood said: "It is hard, he's a class act. But you'll have to wait and see. Broad didn't play in the last game and we've many bowlers here who we could play at any given point.

Silverwood has not ruled out Anderson playing Test cricket into his 40s. There is no sign of his swing losing its venom, as his final-day double wicket maiden showed. "That's Jimmy's choice but he's in the best shape of his life and it hasn't gone unnoticed he's worked ex-

tremely hard on his fitness," he said. "He's in great shape and bowling beautifully so as long as he's fit, strong, healthy and wants to play, then he throws his hat into the ring, doesn't he? "He blew the game open for us and it was quite remarkable to watch. When you see an over like that, it's inspirational."

England were not consulted on plans to allow up to 15,000 fans a day to attend the second Test. Spectators must wear face masks and maintain social distancing, while entry will be refused to anyone showing Covid symptoms. Silverwood said: "We've no concerns. We trust them to do it right."

QUIZ TIME!

Q1: After Rohit Sharma, which Indian cricketer has smashed most sixes in T20 Internationals?

- a) MS Dhoni ☐ b) KL Rahul ☐
c) Yuvraj Singh ☐ d) Virat Kohli ☐

Q2: After Muttiah Muralitharan, which Sri Lankan bowler has taken second-highest ODI wicket in the Asia Cup?

- a) Lasith Malinga ☐ b) Ajantha Mendis ☐
c) Chaminda Vaas ☐ d) Sanath Jayasuriya ☐

Q3: Which team has made the lowest total against Sri Lanka in ICC Men's T20 World Cup history?

- a) The Netherlands ☐ b) New Zealand ☐
c) Ireland ☐ d) Hong Kong ☐

Q4: Which grand slam tournament was not held in 2020?

- a) Australian Open ☐ b) Wimbledon ☐
c) French Open ☐ d) US Open ☐

Q5: In 2016, who made the highest T20I score in the Asia Cup?

- a) Rohan Mustafa ☐ b) Sabbir Rahman ☐
c) Babar Hayat ☐ d) Rohit Sharma ☐

Q6: Who was the 2020 French Open runner-up in men's singles?

- a) Daniil Medvedev ☐ b) Dominic Thiem ☐

- c) Alexander Zverev ☐ d) Novak Djokovic ☐

Q7: Sofia Kenin won the 2020 Women's Australian Open. Who was the runner-up?

Photo: GETTY IMAGES

Sofia Kenin



- a) Garbine Muguruza ☐ b) Serena Williams ☐
c) Ashleigh Barty ☐ d) Victoria Azarenka ☐

Q8: Who won the 2017 NBA Rookie of the Year award?

- a) Luka Doncic ☐ b) Ben Simmons ☐
c) Malcolm Brogdon ☐ d) Ja Morant ☐

Q9: Which Chinese athlete became the first person to win gold as both a player and a coach at the 2016 Rio Olympics?

- a) Zhang Changning ☐ b) Lang Ping ☐
c) Zhu Ting ☐ d) Yuan Xinyue ☐

Q10: Who has made the highest score in ICC Women's T20 World Cup?

- a) Meg Lanning ☐ b) Deandra Dottin ☐

- c) Heather Knight ☐ d) Harmanpreet Kaur ☐

Q11: Who won the 2019 NBA Coach of the Year award?

- a) Mike Budenholzer ☐ b) Nick Nurse ☐
c) Dwane Casey ☐ d) Mike D'Antoni ☐

Q12: How many Olympic medals has Romanian gymnast Nadia Comaneci won?

- a) Three ☐ b) Five ☐
c) Seven ☐ d) Nine ☐

ANSWERS: 1 d) Virat Kohli

2 a) Lasith Malinga

3 a) The Netherlands 4 b) Wimbledon

5 c) Babar Hayat 6 d) Novak Djokovic

7 a) Garbine Muguruza 8 c) Malcolm Brogdon

9 b) Lang Ping 10 a) Meg Lanning

11 a) Mike Budenholzer 12 d) Nine



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Check out five musical podcasts that have the potential to teach and delight audience

PAGE 2


➤ Know about your friends' weekend plan
➤ What are you reviewing this week?

PAGE 3


➤ Explained: How the failure of India's top order to get big 100s is hurting the team

PAGE 4

STUDENT EDITION

THURSDAY, FEBRUARY 11, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

FSSAI NOTIFIES REGULATIONS TO LIMIT trans fat in food items

The food regulator Food Safety and Standards Authority of India (FSSAI) has said that regulations to limit the content of trans fat in all the food items have been notified...

Under the regulation notified on December 29 last year, the FSSAI said, it has limited industrial TFA (trans fatty acids) to not more than 3 per cent in all fats and oils by January 2021, and not more than 2 per cent by January 2022

The Food Safety and Standards (Prohibition and Restrictions on Sales) Second Amendment Regulations, 2021, was notified earlier this month

This regulation states that all the food products, in which edible oils and fats are used as an ingredient, should not contain industrial trans fatty acids more than 2 per cent by mass of the total oils/fats present in the product, on and from January 1, 2022

It also defines industrial trans fatty acids as "all the geometrical isomers of mono-unsaturated and polyunsaturated fatty acids having non-conjugated, interrupted by at least one methylene group, carbon-carbon double bonds in the trans configuration." It, however, excludes trans-fatty acids from dairy, meat, fish and their products

■ Industrial trans fats are produced by adding hydrogen to liquid vegetable oils to make them solid, thereby increasing their stability at room temperature

■ Trans fats are largely present in partially-hydrogenated vegetable fats/oils, vanaspati, margarine and bakery shortenings. They are found in baked and fried foods

■ According to 2017 estimates, every year more than 1.5 million deaths in India is attributed to coronary heart diseases, of which nearly 5 per cent (71,000) are due to trans fats intake

India joins the club of around 40 countries that have already enacted policies best suited to eliminate trans fats, and would be among the first countries in Asia after Thailand in achieving policies to eliminate trans fat



■ Elimination of industrial TFA has been recognised as one of the modifiable risk factors to prevent heart diseases

■ In 2018, the WHO had called for the elimination of industrially-produced trans fat from the food supply by 2023 and released an action package 'REPLACE' for the same



ELON MUSK TO OFFER \$100 MILLION PRIZE FOR 'BEST' CARBON CAPTURE TECH

Tesla Inc chief and billionaire entrepreneur Elon Musk, who had promised a \$100 million prize for the development of the "best" technology to capture carbon dioxide emissions, few days back, has now revealed more details about the competition. In his tweet, he has mentioned that the 'XPrize' team will manage the \$100mn carbon capture prize.

FOR A CAUSE

■ The \$100 million prize will be given away in a four-year global competition to find a way to reduce carbon dioxide from the Earth's atmosphere. "This is not a theoretical competition; we want teams that will build real systems, which can make a measurable impact and scale to a gigaton level," Musk said in a statement

■ Full guidelines of the competition will be announced on April 22. The competition will last for four years through the Earth Day, 2025, XPrize, which will be organising the competition, said

■ The top 15 teams will

receive \$1 million, while 25 student scholarships worth \$200,000 will also be distributed to the competing student teams

■ The grand prize winner will get \$50 million, while the second place holder will get \$20 million; \$10 million will go to the third place holder

■ To win the competition, the teams would have "to create and demonstrate a solution that can pull carbon dioxide directly from the atmosphere or oceans and lock it away permanently in an environmentally-benign way," XPrize added

DID YOU KNOW? Capturing planet-warming emissions is becoming a critical part of many plans to keep climate change in check, but very little progress has been made on the technology to date, with efforts focussed on cutting emissions rather than taking carbon out of the air. The International Energy Agency said late last year that a sharp rise in the deployment of carbon capture technology was needed, if countries are to meet net-zero emissions target



RANVEER SINGH-STARRER '83 TO RELEASE IN THEATRES IN JUNE 2021: REPORT


MOVIES

If Bollywood sources are to go by, Ranveer-starrer '83 is all set to release in theatres in June this year. "Reliance, along with the many other producers of the film, have decided to release the sports flick in the month of June. It makes sense, as normalcy would have kicked in firmly by then. Also, getting it in theatres before, in April, is not feasible, as 'Sooryavanshi' is releasing on April 2," Bollywood Hungama quoted a source as saying.

The sports drama film, which was earlier scheduled for a theatrical release on April 10, 2020, was pushed to December 25 due to Covid-19 pandemic. In November 2020, the film was again delayed to the first quarter of 2021. The makers are yet to give a final release date

TOM HOLLAND would love to play JAMES BOND

'Spider-Man' star Tom Holland says he would love to suit up and play British spy James Bond in future. The 24-year-old actor, who is best known for essaying the role of Peter Parker/ superhero Spider-Man in the Marvel Cinematic Universe, quipped, at 5' feet-6 inches, he will be a "really short" Agent 007. "Ultimately as a young British lad, who loves cinema, I'd love to be James Bond. So, you know, I'm just putting that out there. I mean I look pretty good in a suit! I'd be like a really short James Bond," Holland said.



■ The actor was last seen in the psychological thriller 'The Devil All the Time', which released on Netflix in

September

■ Before starring in the third chapter of 'Spider-Man', Holland will again change gears with crime drama 'Cherry', in which he will reunite with Russo Brothers after 'Avengers: Endgame', and 'Chaos Walking', a sci-fi action adventure thriller



'JALLIKATTU' OUT OF THE OSCARS RACE, FAILS TO MAKE THE CUT

Jallikattu, India's official entry in the Best International Feature category at the 93rd Academy Awards, is out of the Oscars race but the country is still in the fray, with short film 'Bittu' advancing to the next round in the Best Live Action Short Film segment. Thomas Vinterberg's 'Another Round' has made it to the shortlist.



Now, a made-in-India WhatsApp alternative for govt officials

If reports are to go by, some government officials have started using a desi alternative to WhatsApp. Called Sandes, it could change the game for WhatsApp, feel many. The government had confirmed on working on a WhatsApp-chat-like feature last year. With the latest developments, it seems that the app is ready and going through the initial testing phase by the ministry officials. According to a report, currently, the use of Sandes is restricted to government officials only.

ICC TEST RANKINGS: VIRAT KOHLI DOWN TO FIFTH, JOE ROOT MOVES UP TO THIRD

Indian skipper Virat Kohli was on Wednesday pushed to the fifth spot by his English counterpart Joe Root, who rose two rungs to third in the latest ICC Test rankings for batsmen, even as Jasprit Bumrah and R Ashwin moved up in the bowlers' chart.



Kohli, who scored 11 and 72 in the opening Test against England, has 852 points. Root, who helped his team to a memorable 227-run victory in Chennai that kept England in contention for the ICC World Test Championship final, has reached 883 rating points

FACTOID

**£2,62,000
(₹2.61 CRORE)**

Price of a cow bred in Central England that was sold at an auction recently. Named after Spice Girl, Posh Spice, the four-month-old Wilodge Poshspice, a pedigree heifer, has broken the world sales record. The previous best breed was sold for £1,31,250 in 2014.

Post Spice has not only broken the world sales record but has also become UK and Europe's most-expensive bovine animal



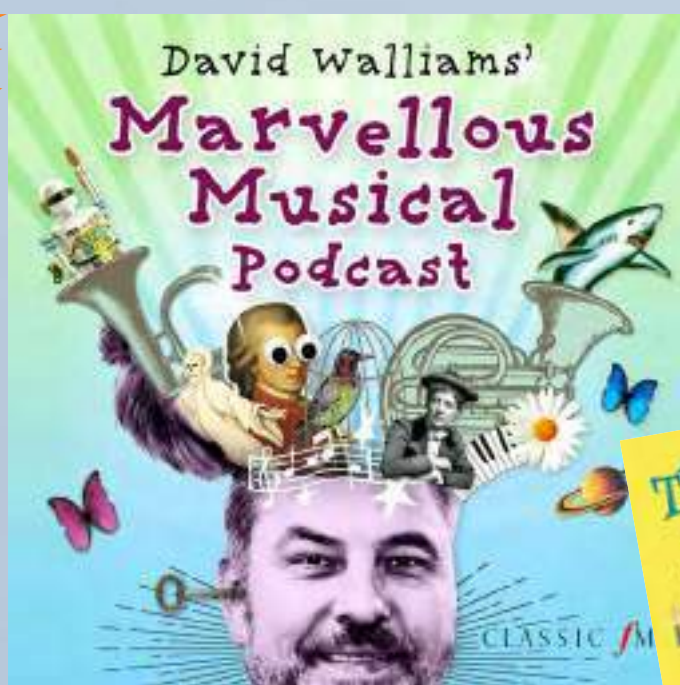
FIVE MUSIC PODCASTS

Good news parents! There is a way to give kids a screen break without forgoing engrossing and educational content. Podcasts, and in particular musical ones, offer a dynamic, attention-grabbing learning opportunity that by their very nature, incite a theatre in the minds of little listeners. Below are some hidden gems of musical podcasts that have the potential to teach and delight...

for Kids

DAVID WALLIAMS' MARVELLOUS MUSICAL PODCAST

1 David Walliams, the English comedian, children's author and television personality, is perfectly suited to host this utterly silly yet somehow thorough romp through classical music history. Walliams deftly engages his audience with historical adventures, telling stories of the piano, Franz Liszt and Wolfgang Amadeus Mozart with the help of cartoonish scenes and goofy reenactments from across the eras of musical history. This 10-part program manages to pack a joke into every beat without feeling forced, and provides a rare example of humour in a children's program that tickles kids and adults alike.



THE MUSIC PODCAST FOR KIDS!

3 In this music education podcast, the hosts explain a different musical topic every episode. Whether its tackling rock, jazz or country, or instruments like the trumpet and electric guitar, this podcast explores the history, mechanics and application of every musical topic imaginable. With a joke of the day submitted by young listeners and silly antics between the hosts, this show balances information and entertainment.



KIDS Q THE MUSIC

5 Should you name your instrument? How can you tame the butterflies in your stomach before a performance? And how can you make instruments sound like animals? On this show, the mother-daughter duo Rebecca and Zara Lane ask musical performers, composers, conductors and young musicians all the right questions about classical music learning and performance. Whether they are asking conductor Andrés González what he is actually doing when he waves his arms around in front of the orchestra, or composer Iman Habibi how he can tell if his work will sound good before it has ever been played, their interviews are always imbued with the unique fun and curiosity of a program made for and by kids.



SPARE THE ROCK, SPOIL THE CHILD

2 Every Sunday tap into an indie music hour that just so happens to be made for kids but has the vibe of a local college radio station (one with age-appropriate subjects, lyrics and guest DJs). Each weekly episode is organised into 'sets' and has well-curated tunes to help introduce your child to cool bands like They Might Be Giants and musicians such as Andrew Bird, guaranteeing your child will stay engaged. And if you have a budding DJ on your hands, check out 'The Saturday Morning Cereal Bowl' which provides two hours of 'kindie music from today to yesterday' once a week out of Chattanooga State Community College in Tennessee.

NOODLE LOAF

4 Noodle Loaf is a play based world of music, created by musician, early childhood music educator and children's book author, Dan Saks. In roughly 12-minute bites, this interactive podcast lets younger children participate in the 'Noodle Loaf Choir'. Hosted by Saks, a musician and music education specialist (as well as a dad), this show uses 'echo songs' to get those 6-years-old and under to participate in the singalongs, themed in such a way that they provide both learning and great rhythmic practice. If you haven't heard it yet, include in your to-do list.



c.2021 The New York Times Company

Photo: FREEK

RECIPE

Healthy Beetroot Halwa

If you have only tried gajar halwa before this, get set for this recipe where instead of carrots, beetroots are used to make a delicious halwa.

INGREDIENTS

- Grated beetroot (approximately five) - 4 cups
- Ghee - 2 tbsp
- Sugar - 5 tbsp
- Cardamom powder - 1 tsp
- Finely chopped cashew nuts (fried or roasted) - 2 tbsp
- Full fat milk - 1 + cups
- Handful of cashew nuts - for garnishing

HOW TO MAKE

Wash beetroot in running water. Peel them and slice off the bottom part and grate



them. Now, heat some ghee in a non-stick frying pan. Add grated beetroot and cook for about three to four minutes, stirring occasionally. Add sugar, milk, cardamom powder, and cover with a lid. Let it simmer for 10 minutes. Stir occasionally. Remove the lid, stir continuously and cook till the liquid mostly evaporates. Garnish with cashew nuts and serve hot or freeze for a while if you like it cooler. TNN

STAY HEALTHY

Foods with more Vitamin C than an orange

PAPAYA

Studies show that eating papaya can improve your digestion, brighten your skin, clear your sinus and strengthen your bones. One cup papaya has 88.3 mg of vitamin C.



PINEAPPLE

Pineapple has bromelain, a digestive enzyme that helps break down food and reduces bloating. Bromelain acts as a natural anti-inflammatory agent that helps you recover faster after a tough workout. One serving of pineapple contains 78.9 mg of vitamin C.



Keeping our immunity up and about has been one of the top priorities since the onset of the coronavirus pandemic. Vitamin C has a big role in boosting immunity. Talking about vitamin C, the first food that comes to our mind is orange. No doubt orange is abundantly rich in vitamin C, but there are many other daily foods that are packed with more vitamin C than an orange. Check them out and include in your daily diet for your share of vitamin C.



Photo: GETTY IMAGES

RED BELL PEPPER

Red bell pepper is low in calories and densely rich in various nutrients. This helps improve your mood and thus make for ultimately happy food. 100 grams of red bell pepper contains around 127.7 mg of vitamin C.

MANGO

Mango is abundantly rich in Vitamin A. One medium-sized mango has around 122.3 mg of vitamin C.



CAULIFLOWER

Whether roasted or steamed, eating a small head of cauliflower gives you 127.7 mg of vitamin C along with 5 grams of fibre and 5 grams of protein.



BROCCOLI

Broccoli has cancer-preventing properties. One serving of this cruciferous vegetable has 132 mg of vitamin C and fibre.



STRAWBERRIES

One cup of strawberries has around 87.4 mg of vitamin C. Not just this, strawberries provide you with decent doses of folate and other compounds that promote heart health. Strawberries can also make your pearly white shine.



THE ULTIMATE READING LIST FOR

MIDDLE GRADE BOOKWORMS!

THE ICKABOG

by J K Rowling

A fearsome monster threatens the kingdom of Cornucopia.



Ages 8 to 18

LITTLE LEADERS

by Vashti Harrison

The biographies of 40 African-American women who made a difference.



Ages 8 to 12

AMARI AND THE NIGHT BROTHERS

by B B Alston

Amari Peters competes for a spot at the Bureau of Supernatural Affairs.



Ages 8 to 12

WONDER

by R J Palacio

A boy with a facial deformity starts school.



Ages 8 to 12

REFUGEE

by Alan Gratz

Three children in three different conflicts look for safe haven.



Ages 9 to 12

All aboard to enjoy and learn with Storytime

Storytelling, surely, is one of the methods of teaching young learners effectively. Educators of SGVP International school planned a whole week of story-telling session recently for the children where everyday children narrated a story using props and pup-

STORY EXPRESS

pets, which took the little angels to a new world of imagination.

Stories are a great way to introduce new words and ideas into a child's language. Stories help children to learn concepts such as shapes, size, space, colours etc. They can also teach our little ones everyday tasks such as brushing their teeth, taking care of the animals, cleaning, sharing, values,



traditions, about families etc.

Children learn so many life and social skills by participating in story time and it also broadens their vocabulary and horizons. These are real world skills, skills that are not only necessary for school readi-



ness but also continue to be helpful for children as they navigate through life.

As children are continuously exposed to the same stories, they start recognising the words which help them in their growth and development. Stories help with their confidence lev-



els, coping up with their feelings, language and learning. Stories help children to relax and break the monotonous routine of the class. The beauty of the telling stories is that they can be super realistic and help children understand their feelings and to express themselves.

India is a land of festivals

Festivals promote feelings of social cohesion and communal harmony. Echoing these sentiments, students of class VI and IX of St. Kabir School, Navrangpura, conducted a special assembly virtually celebrating festivals including Uttarayan, Bihu, Lohri, and Pongal.

A power-point presentation showcasing the significance of these festivals was shared during the online assembly. Students narrated how the Harvest festival is celebrated in various States of India. Some unknown facts were shared on the festival of Uttarayan and a short quiz was also conducted. Students presented dance performances on themes of different festivals. A short skit creating awareness about safety of birds during Festival of Kites was also present-



ed by class VI students.

Director Shubra Kumar appreciated the efforts put in by the students. The special virtual assembly was conducted with zeal and enthusiasm.

Celebrations in honour of the Armed Forces

In order to instill in our students an appreciation of the role played by the Armed Forces in keeping our borders secure, Jamnabai Narsee School, GIFT City observed a week-long celebration on the eve of the 72nd Army Day.

The students of class IX & XI was taken on an inspirational tour through the corridors of the Indian Armed Forces by Col. Arun Agarwal on Day One. In this hour-long session, Col. Agarwal threw light on the all-encompassing role played by the Armed Forces. The students were left stunned with the Colonel's experiences of the Kargil War!

The Second Day saw Lt. Col. VN Sundar Ram imparting life lessons to the students where he spoke



about the importance of discipline, teamwork, and sports in one's life. On day three, the students were

given a glimpse into the life of a Coast Guard by Commandant R.K. Kadam and his associates. Guarding our frontiers on the coast, the Indian Coast Guard's responsibility ranges from saving human lives at sea and assisting fishermen in peril. At the end of the session, the students seemed visibly inspired.

Republic day celebration

The students of St. Kabir School Drive-In-New were excited as they celebrated Republic day virtually and expressed their love and dedication for their country.

The celebration started with the unfurling of the National flag by the school heads. The school had then organized an online celebration for the students.

The function began with power-packed speeches followed by beautiful poems giving due respect to our constitution and to our motherland. Exuberant dance per-



formances, playing musical instruments and a wonderful skit portraying the importance of Republic day added glam and glory to the celebration. It was indeed a memorable carnival that was enjoyed and appreciated by everyone.



SAS marches back to school

Schools and other Educational Institutions were shut since March 2020, when Prime Minister Narendra Modi announced a nationwide lockdown to curb the spread of the pandemic. After a span of about nine months, classes for students of X and XII resumed from January 11, 2021, as per the directives of the State Government of Gujarat.

On January 18, 2021, the Team SAS has embraced the New Normal and welcomed the students after a long wait. The school campus was engulfed with vivacity with the presence of students. The sanitization and other precautionary measures were taken care of and the arrangements were accomplished as per the SOP guidelines.

The consent forms were sent to the parents beforehand and the students brought the signed forms with them when they reported to the school. The nec-



essary and precautionary measures have been set in place to ensure a safe environment for the students. All the stakeholders including the students, teachers, and the support staff were explicitly informed about the social distancing and other norms that are prerequisites to follow. Utmost care has been taken to ensure hygiene and safety protocols within the premises.

The students were made to sit in social distancing. All the students of Science Stream were occupied with a practical demonstration of their subjects.

The students were made to sit in social distancing. All the students of Science Stream were occupied with a practical demonstration of their subjects.

Students' Corner



Yukta Khandelwal, Class X, St Mary's School, Dahod



Aakanksha Khot, Class VIII, Kendriya Vidyalaya



Dhriti Kundu, Cygnus World School, Vadodara



Ved Bhatia, Class IV, Krishna School, Jamnagar

Rejuvenation time for all

The weekend is all about freedom and to do all the crazy things we want to do. It is basically time to rejuvenate. It's a holiday for all of us. It is the time to be with family and friends. From completing all my pending homework to cleaning my room is what I do every Saturday evening so that on Sunday, I can play with friends for a longer time and pursue my hobby.



Dhyan Barot, Class V, SGVP

It is a welcoming break as I do not need to pursue any fixed routine and we can do whatever we feel like. More so, it is a family time, where every family member can connect with others. We can share our activities done during weekdays with our families and friends and take inputs if required. Engaging in reading books, art and craft and sports like cricket and volleyball helps me in many ways. I look forward to the weekends as we have a cricket or volleyball matches. I also love playing indoor games like chess, ludo, with the family. Trying a variety of dishes and eating different flavours of ice-cream is a perfect way to end super Sunday.

Dhyan Barot, Class V, SGVP



ODE TO THE PEN

OUR FLAG SHINES BRIGHTLY...



Our flag shines brightly on Republic day, Its colours glow magnificently, Depicting our diversity.

The hue of the sky, The grit of our warriors, Saffron for the Hindus.

The mediator of the flag, Symbolizing peace, The torch of Christianity, White colour, having its own glow in the flag. Green of Islam, Spreading serenity all over, Definitely, our nation's name rouses the hearts of our land.

The root of it all, the Ashok Chakra, Unifying the mirrored values of the tri-colors, The core of our flag, This majestic is our country India.

We salute to it on this Republic day...

AAHANA, ANGEL, NAVYA, NANDINI, TAASHVI, MAANYA

BOOK : IMAGINATIVE AND INSPIRING!



Roald Dahl's Matilda is beautiful heartwarming, a mix of humour, adventure, and mystery. It gives a positive message to all the children who dream to do big things in life.

Matilda is a genius girl who discovers her love for books at the age of three. By the age of four, she had read all the children's stories in the nearby library. She has super powerful eyes. But her narrow-minded parents never notice that Matilda is a genius child.

When she starts school at Crunchem Hall, Matilda meets the frightening headmistress, Agatha Trunchbull. But her teacher Miss Honey is kind and they both develop a strong bond. Later, Matilda finds out that Miss Honey lived with her abusive aunt Miss Trunchbull,

who had taken her niece's inheritance so that Miss Honey had to live in poverty. Soon, Matilda puts her special talents to protect other children in the class from Miss Trunchbull and she helped Miss Honey to get her house back. Later, Miss Honey and Matilda lived happily together. Everyone in the school were also happy with their new head Mr. Trilby.

This book is simply amazing as there is fantastic imagination. Full of magic, this book keeps you engaged till the end. Everyone will love Matilda show her strength and courage to solve the problems. This is one of the best books that I've read.

SAKSHI VYAS, Class III, Essar International School, Surat

BOOK : PERFECT BLEND OF HUMOUR AND MORALITY!



The book Diary of a Wimpy Kid by Jeff Kinney is a perfect non-fiction read. When Greg Heffley and his family hit the road on a cross-country camping trip they are ready for the adventure of a lifetime but their plans hit a major snag and they find themselves stranded at a campsite that's not exactly a summertime Paradise. Things go worse for the Heffleys when the skies opened up and the water started to rise, making them wonder if they could save the holiday or if they were already too deep. I give the

book in laughter 10 out of 10 because the story starts with a problem and then they find a solution it is like a taco the outer part is the problem and the vegetables inside are the solutions then the salsa sauce in the middle with a bit of twist and turns. The funniest thing is when the Heffleys expect something to go right it always goes wrong. My favourite character in the film is Suzanne - the super mom who always tries to send the right message to her children.

NEEV PATEL, Class VII, Global Indian International School

WHERE ARE DADDY HUNDREDS?



Photo: PTI

Notwithstanding India's remarkable series win over Australia on the recent tour Down Under, their entire batting unit has managed just one individual century over the last 11 Test innings since the tour of New Zealand in February 2019

Former India spinner Pragyan Ojha believes it's only a matter of time before Shubman Gill hits a big knock

ROHIT IS NOT EXACTLY A TEST OPENER: PRABHAKAR

Left-handed batsman Washington Sundar came close to scoring a ton in the first innings of the first Test against England, which ended with a 227-run defeat for India on Tuesday, but ran out of partners and remained unbeaten on 85. Rishabh Pant and Shubman Gill too have scored in the nineties. But a big innings like what England captain Joe Root has been playing over the last three Tests has eluded India.

India's top five batsmen, who have the responsibility of scoring the bulk

of runs, managed just one hundred and nine half-centuries across seven innings in Australia, discounting the second innings in the second Test in Melbourne where India had a target of just 70.

The opening partnerships have been abysmal: 16, 27, 30, 8, 0, 7, 0, 16, 70, 71, 11, 18, 19 and 25, just two 50-run partnerships in 14 innings. "If you have someone like Rohit Sharma, who has not exactly been a Test opener, to face the new ball, then the batting structure gets affected. Opening in Test match-

es is a professional and specialised job. Rohit is a great batsman but he is not exactly a Test opener. He was not groomed as an opener," former India all-rounder Manoj Prabhakar, who has in the past opened for India, told IANS.

Rohit did well in 2019 when he was promoted up to open in Visakhapatnam against South Africa, getting scores of 176, 127, 14, 212, 6 and 21, totalling 556 at an average 92.66, at home. But since then, he has scored 26, 52, 44, 7, 6 and 12, at an average of 24.50.

WE WANT BIG PARTNERSHIPS, FOCUS NOT ON CENTURIES: KOHLI

Gill, who made his debut at Sydney, has been getting half-centuries but the job of an opener is to get the ball old for the middle-order batsmen. Former India batsman Anshuman Gaekwad says the toss mattered in Chennai a lot. "It happens. I think it was the toss that made the difference. If India had won the toss, things might have been different," he said. India skipper Virat Kohli also hinted at it. "If you look at the second innings of both sides, they were both struggling," Kohli told the media on Tuesday.

However, that doesn't explain India's inability to get centuries in previous games. Kohli said that he is not overly worried about individual players' failure or ability to get centuries. "Whether someone has scored a century in the last five games doesn't matter to us. We want to be able to get long partnerships. In that process, if people get to a big milestone it is good," the India skipper said.

"Even if someone had gotten a hundred in either innings we would have

still pretty much been behind the game. That is something we need to understand rather than thinking about milestones instead of thinking about what we couldn't achieve as batsmen in terms of scoring centuries."

But as Joe Root has shown over the last three Test matches, two against Sri Lanka and one against India, big centuries do matter. His 228, 186 and 218 have helped England score big in the first innings and register big victories.

Clamour for Kuldeep's inclusion in 2nd Test grows louder



Photo: GETTY IMAGES

If you are not confident about playing him, don't carry him as a tourist or a passenger. I can't think of a reason why he's not played, except that they might not be happy with his performance in the nets. And if that is so, the team management should inform the selectors. Yadav will be the X-factor (for England) as there are not many Chinaman bowlers around. Ideally, I would like to see a leg-spinner in the XI against England.

MANINDER SINGH,
former India left-arm spinner

Maybe they will bring Kuldeep Yadav for the next Test in place of Nadeem or Washington Sundar, whoever it is. But they need to look at dismissing England for lesser than what they scored in the first Test. I think Shahbaz Nadeem got just a little bit nervous. I'm not even talking about the way he bowls but the no-balls, it's always an indication that the bowler is a little too anxious.

SUNIL GAVASKAR,
former India captain

Chinaman bowler Kuldeep Yadav has played six Test matches in four different countries, since making his debut early in 2017. His last Test was the fourth and final match against Australia in 2019 in Sydney, where he took five wickets in the only innings he bowled. Since then he has been forgotten, though he watched India succumb to England from the dressing room in the first Test in Chennai

INDIA HAS NO OPTION BUT TO PLAY KULDEEP YADAV: PRASANNA

In six Tests, 26-year-old Yadav has bagged 24 wickets at an average of 24.13, and is still reckoned as the X-factor and a dangerous bowler for batsmen around the world. After India's embarrassing 227-run defeat at the MA Chidambaram Stadium in Chennai on Tuesday, voices seeking Yadav's inclusion in the Indian XI for the second Test, beginning at the same venue on Saturday, have started growing.

Legendary Indian off-spinner Erapalli Prasanna said the team should play Yadav in the second Test. "Now, we have no choice but to give him a chance. He should be given a fair deal. There was a lack of spinning (penetration) in this particular first Test match," Prasanna told IANS.

Kuldeep was selected for Australia's tour recently but he wasn't played in any of the four Tests, despite all the preferred players being sidelined with injuries. India preferred off-spinner R Ashwin, off-spinner Washington Sundar, and Ravindra Jadeja while Yadav watched India win their second consecutive Test series Down Under from the dressing room. Former India left-arm spinner Maninder Singh, too, threw his weight behind Yadav, and said if he's not in the Indian team's scheme of things he should not be carried as a passenger.

"In the Chennai Test, (left-arm spinner) Ravindra Jadeja was missed. Had he been in the side, the game would have been far more interesting

than it was. And, if I were the captain, I'd have Washington (Sundar, off-spinner) at one end and specifically tell him to bowl a tight line," said 80-year-old Prasanna, who bagged 189 wickets in 49 Tests.

"I would tell him that because he is not a big spinner of the ball, and he couldn't turn the ball on this wicket; he's a tight bowler and definitely an excellent bat. So, Washington needs to be in the side, and I would preferably use him from the pavilion, and operate the two other spinners from the other end," said the Bangalore-based Prasanna. Will one of the 'other' spinners be Yadav in the second Test against Joe Root's England starting in Chennai on Saturday?

QUIZ TIME!

Q1: Who took the fastest 150 wickets in One Day Internationals?

- a) Brett Lee ☐ b) Mitchell Starc ☐
c) Trent Boult ☐ d) Saqlain Mushtaq ☐

Q2: Who won the 2016 US Open singles title?

- a) Rafael Nadal ☐ b) Novak Djokovic ☐
c) Stan Wawrinka ☐ d) Andy Murray ☐

Q3: Which of the following two players hold the record of most ducks in ICC Men's T20 World Cup?

- a) Tanvir Afzal and Andre Fletcher ☐
b) Luke Wright and Ashish Nehra ☐

- c) Lendl Simmons and Sanath Jayasuriya ☐
d) Shahid Afridi and Tillakaratne Dilshan ☐

Q4: Who was the runner-up in the first Women's Wimbledon Cup?

- a) Maud Watson ☐ b) Lillian Watson ☐
c) Blanche Bingley ☐ d) Laura Knight ☐

Q5: Who is the fastest to 7000 runs in Test cricket?

- a) Virender Sehwag ☐ b) Steven Smith ☐
c) Sachin Tendulkar ☐ d) Wally Hammond ☐

Q6: Who is the 2014 NBA Rookie of the Year?

- a) Michael Carter-Williams ☐ b) Ja Morant ☐
c) Karl-Anthony Towns ☐ d) Andrew Wiggins ☐

Q7: When did Garbine Muguruza win her 1st Wimbledon championship?

- a) 2016 ☐ b) 2017 ☐ c) 2018 ☐ d) 2019 ☐



Photo: AP

Q8: Who won the 2017 Women's Australian Open singles title?

- a) Sloane Stephens ☐ b) Jelena Ostapenko ☐
c) Garbine Muguruza ☐ d) Serena Williams ☐

Q9: Who is Russia's first-ever skater to achieve the feat of winning Olympic gold and the World Figure Skating Championship?

- a) Alexandra Trusova ☐ b) Alena Kostornaia ☐
c) Evgenia Medvedeva ☐ d) Alina Zagitova ☐

Q10: Who holds the record of most catches in One Day Internationals?

- a) Mahela Jayawardene ☐
b) Sachin Tendulkar ☐ c) Ricky Ponting ☐
d) Mohammad Azharuddin ☐

Q11: Who was the youngest cricketer to have captained a team in Test matches?

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

Q12: Who was the runner-up in the first Men's Wimbledon championship?

- a) Frank Hadow ☐ b) William Marshall ☐
c) Spencer Gore ☐ d) John Hartley ☐

ANSWERS: 1 b) Mitchell Starc
2 c) Stan Wawrinka
3 d) Shahid Afridi and Tillakaratne Dilshan
4 b) Lillian Watson 5 b) Steven Smith
6 a) Michael Carter-Williams
7 b) 2017 8 d) Serena Williams
9 d) Alina Zagitova
10 a) Mahela Jayawardene
11 b) Rashid Khan 12 b) William Marshall



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Martial arts is not just limited to self-defence. It also keeps your body and mind fit

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➤ Students share their travel diary
➤ Relive your school experiences with your friends

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➤ England crush India by 227 runs in the 1st Test to take 1-0 lead

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STUDENT EDITION

WEDNESDAY, FEBRUARY 10, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

VACCINE PASSPORT

WHAT

With countries across the world focussed on coronavirus vaccination, governments and airlines are resorting to 'vaccine passports' as a feasible certificate that would make travelling, amid the pandemic era, hassle-free. A **vaccination pass or passport** is a documentation, which states that an individual has been vaccinated against Covid-19. Some versions will also allow people to show that they have tested negative for the virus.

WHY

Governments and the developers around the world are exploring the potential use of vaccine passports as a way to

reopen the economy by identifying those protected against the coronavirus. In fact, according to Zurab Pololikashvili, the secretary-general of the United Nations World Tourism Organisation, such passes could be essential to restart the tourism industry.

HOW

THE PASS WILL BE MADE: There is no clarity as to how these passes will be developed. Biometrics company iProov and cyber security firm Mvne, which have built a vaccine pass, now being tested within Britain's National Health Service after receiving the UK government's funding, are of the view that apart from the facial identity of the traveller, such vaccine passports will require information on whether a person has been vaccinated.


X-PLAINED

TECH BUZZ

TELEGRAM BECOMES MOST-DOWNLOADED APP IN JAN, HIGHEST INSTALLS FROM INDIA

Driven by a renewed surge in India amid WhatsApp privacy row, Telegram has become the most-downloaded non-gaming app worldwide for January 2021, with more than 63 million installs, 3.8 times its downloads in the same month a year ago, according to latest data released by app analytics firm Sensor Tower.



- India, with 24 per cent, was ranked at number one, followed by Indonesia at 10 per cent
- Telegram reached the top position in the overall downloads (non-game) on Google Play Store, moving from ninth position in the previous month, December 2020
- The app also entered the list of top 10 most-downloaded (non-game) apps on the App Store, directly gaining the fourth position

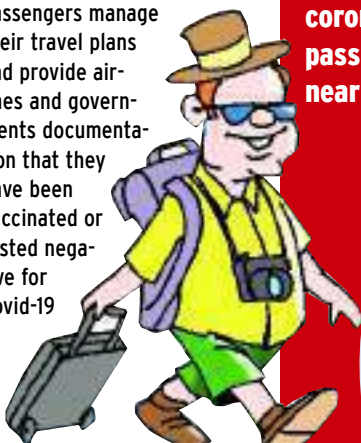
WHICH COUNTRIES & AIRLINES ARE LOOKING FORWARD TO IT?

➤ US President Joe Biden has asked his government agencies to "assess the feasibility" of linking coronavirus vaccine certificates with other vaccination documents

➤ Two Nordic countries, Sweden and Denmark, have announced that they would start the development of digital vaccine certificates to be used for travel, and potentially more. The countries said, the certificates would be designed to enable citizens to travel abroad. They have also hinted that they could potentially be used to check whether someone was vaccinated, and if they were attending something like

a sports or any cultural event

➤ The Etihad Airways and Emirates are set to start using a digital travel pass, developed by the International Air Transport Association, to help passengers manage their travel plans and provide airlines and governments documentation that they have been vaccinated or tested negative for Covid-19



ARE THE PASSES AVAILABLE IN INDIA?

The Indian government is unlikely to issue coronavirus vaccine passports in the near future

WHAT DOES WHO HAVE TO SAY ABOUT THE PASSPORT?

While the World Health Organisation (WHO) is in favour of countries issuing vaccination certificates, the WHO Europe director Hans Kluge has said that he was opposed to the idea of vaccination passports required for travel. "We don't want to have a situation where there are so-called vaccine passports, as it will increase inequities," he said

MAJOR CHALLENGES

1 Some experts feel that vaccine certificates raise huge social and political issues. Potential issues could arise around discrimination, privilege, and exclusion of the younger generation, who would be last in line to be vaccinated

2 Moreover, experts apprehend that creating a document or app that is accepted around the world, which protects the privacy of the user and is accessible to people regardless of their wealth, or access to smartphones, is the biggest challenge. In a world, where more than one billion people aren't able to prove their identity because they lack passports, birth certificates, driving licenses or national identification cards, digital documents that show vaccine status may heighten inequality and risk, leaving many people behind



cation cards, digital documents that show vaccine status may heighten inequality and risk, leaving many people behind

3 Technologists and travel industry experts believe that although it is possible to rush tech solutions that allow people to have one-use apps, creating long-lasting ethical technology or systems that will not store people's data, or make it possible to track where they are, will be time consuming

Stephen King's 'Rita Hayworth' out as standalone book

Acclaimed author Stephen King's 'Rita Hayworth and Shawshank Redemption', a tale of unjust imprisonment and offbeat escape, which was the basis for Oscar-nominated 'The Shawshank Redemption', is now available for the first time as a standalone book.


BOOK

■ 'Rita Hayworth and Shawshank Redemption' is regarded as one of King's most-iconic stories, and it helped make Castle Rock a place readers would return to over and over again

■ Suspenseful, mysterious, and heart-wrenching, this novella, populated by a cast of unforgettable characters, is about a fiercely-compelling convict named Andy Dufresne, who is seeking his ultimate revenge

■ Originally published in 1982 in the collection 'Different Seasons' (alongside 'The Body', 'Apt Pupil', and 'The Breathing Method'), it was adapted on the big screen in 1994. Starring Morgan Freeman and Tim Robbins, it was nominated for seven Academy Awards, including the Best Picture

■ This new book is published by Hodder & Stoughton, an imprint of Hachette

Amanda Gorman becomes first poet to perform at the Super Bowl

Amanda Gorman, the 22-year-old poet, who stirred America at the inauguration of President Joe Biden last month, again commanded the spotlight on one of the country's biggest stages, the Super Bowl.

■ Gorman read an original poem on Sunday during the pre-game festivities in Tampa, Florida ■ The poem, titled 'Chorus of the Captains', was a tribute to three people for their contributions during the pandemic: educator Trimaline Davis, nurse manager Suzie

Donner and Marine veteran James Martin ■ Gorman, previously the country's first National Youth Poet Laureate, was the youngest person to ever recite a poem at the US presidential inauguration ■ Her reading of 'The Hill We Climb' at the Capitol immediately became a sensation


NEWS IN CLUES

In which country is Asia's highest-volcano located?

CLUE 1: It's home to the third-highest number of UNESCO World Heritage Sites in Asia.

CLUE 2: It's also known as the 'nose job capital of the world'.

CLUE 3: 70% of the world's saffron is produced here.

ANSWER: Islamic Republic of Iran. The country's Supreme Leader Ayatollah Ali Khamenei has said that Iran will return to compliance with the 2015 nuclear deal, only if the US lifted the sanctions imposed on it by the Donald Trump administration in 2018

Henry Cavill's Superman not a part of 'Shazam! Fury Of The Gods'

Actor Henry Cavill will not appear as Superman in the upcoming film, 'Shazam! Fury Of The Gods'. In an attempt to address rumours of Cavill's appearance in the sequel, the film's director David F. Sandberg tweeted: "Not going to comment on casting rumours for several reasons. One being you can't be sure about anything until it's happened. Halfway through shooting 'Shazam!', the plan was still for Cavill to be in it. Scoopers could have scooped that and been right at the time but wrong in the end," Sandberg posted.



➤ Actor Zachary Levi will reprise superhero Shazam in the film that also stars Asher Angel, Jack Dylan Grazer, Meagan Good, and Faithe Herman

➤ The film was originally scheduled to release in April 2022, but has been pushed due to the Covid outbreak

➤ The first Shazam was released in 2019, and the film went on to make \$365 million at the box office

MOVIES

Climate change may have directly influenced the emergence of Covid virus

Researchers at the University of Cambridge have revealed a mechanism that suggests how climate change could have played a direct role in the emergence of SARS-CoV-2, the virus that caused the Covid-19 pandemic. The new study revealed large-scale changes in the type of vegetation in the southern Chinese Yunnan province, and adjacent regions in Myanmar and Laos, over the last century

■ According to researchers, climatic changes, including an increase in temperature, sunlight, and atmospheric carbon dioxide, which affect the growth of plants and trees, have changed natural habitats— from tropical shrubland to tropical Savannah and deciduous woodland, creating a suitable environment for many bat species that pre-dominantly live in forests

■ The number of coronaviruses in an area is closely linked to the number of different bat species present

■ The study found that an additional 40 bat species have moved into the southern Chinese Yunnan province in the past century, harbouring around 100 more types of bat-borne coronavirus, becoming a global hotspot

■ This 'global hotspot' is the region where genetic data suggests SARS-CoV-2 may have arisen

■ As climate change altered habitats, species left some areas and moved into others, taking their viruses with them. This not only altered the regions where viruses are present, but most likely allowed for new interactions



The world's bat population carries around 3,000 different types of coronavirus, with each bat species harbouring an average of 2.7 coronaviruses, most without showing symptoms



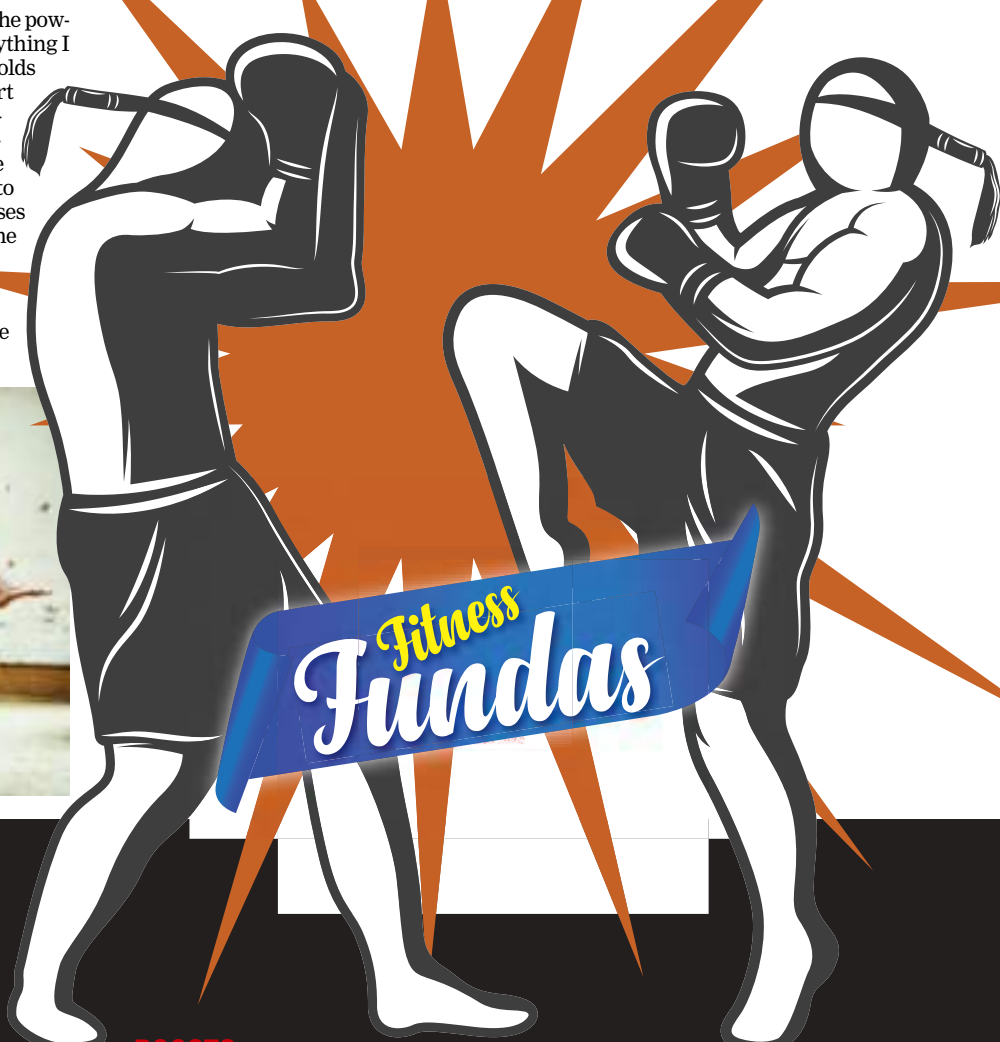
between animals and viruses, causing more harmful viruses to be transmitted or evolve

■ An increase in the number of bat species in a particular region, driven by climate change, may have increased the likelihood that a coronavirus harmful to humans is present, transmitted, or evolves in that region

5 reasons why learning MUAY THAI is good

Martial arts is not just limited to self-defence. It comes with a lot of benefits for your body and mind and who better than India's fittest actor Akshay Kumar to tell you this. The actor and father of two is proficient in martial arts and has been learning this sport from an early age. He has always spoken about the importance of the same in old interviews. He famously said: "My passion for martial arts goes back to my early teens when I went to Bangkok to master them. Even today, I practice for two hours. It disciplines me. Martial arts is not just about

violence and fighting, but about the power to change your life. I owe everything I am to martial arts." Kumar also holds a black belt in another martial art combat form, Muay Thai. The traditional sport is now gaining popularity all over the world and is the preferred way for a lot of people to stay in shape. The combat sport uses the power of the limbs to deliver the best results. So, it is also called the 'Art of Eight Limbs', which utilises all major parts of the body, giving you more flexibility and fluidity.



MORE ABOUT IT...

Muay Thai is a popular martial art form preferred by many because of its simplicity. Children, men, and women of any age can start learning the craft. It combines the benefits of running, jumping rope, kickboxing and shadowboxing to give you a more intense, fulfilling workout. It works towards making you healthier, stronger, sharper and sounder in one go. Here are more specific benefits of Muay Thai.

PROMOTES WEIGHT LOSS

A martial art form like Muay Thai lays stress on the core muscles around the abdomen, chest and thigh area, all those places where it is easy for the fat to deposit. It also burns a lot of calories in less time, so it is one of the best ways to burn fat and maintain your weight.

IMPROVED CARDIOVASCULAR HEALTH

Regular practice of Muay Thai also keeps you from developing cardiovascular complications and keeps the heart healthy. If this is started in teens, the benefits will be seen even in old age.

BOOSTS SELF-CONFIDENCE

The intense training with Muay Thai makes you look for challenges, find opportunities, stay on top and also stay one step ahead of the opponent by teaching some core self-defence moves involving the knees and elbows.

MAKES YOUR MIND SHARPER

Muay Thai is a gruelling sport. However, regular practice does a lot more for you than conditioning your body. It aligns the body and the mind and makes you better equipped to deal with stress. It also forces you to give your 100% in a given situation, making you better equipped to handle extreme situations. TNN

STAY HEALTHY

CASE FOR CRUCIFEROUS VEGETABLES



Cruciferous veggies belong to a special vegetable group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, brussels sprouts, collards, watercress and radishes. The reason behind the name is that 'cruciferous' is an informal categorisation for members of the mustard family and comes from the Latin word 'Cruciferae', which means 'cross-bearing', as the four petals look like a cross. These veggies are very beneficial for health, so include them in your regular diet and reap the benefits.

DISHES WITH CRUCIFEROUS VEGGIES



CAULIFLOWER: You can roast it, make a puree of it and also steam it. Cauliflower puree is the healthiest alternative for cream sauce and you can add it to your soups to give them a rich texture.



RADISH: Radishes are perfect as a salad. You can also add it to your soups, barbecue it or stir-fry in it with some butter. You can also make radish pickle by soaking thin slices of radish in 2-3 cups of vinegar.



BROCCOLI: Just cut broccoli into small pieces, stir fry in 2 tablespoons of butter, sprinkle salt, pepper as per your taste and enjoy the crunchy snack. You can also make broccoli soup or broccoli sabzi by mixing some other veggies with it.



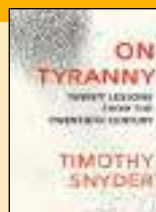
CABBAGE: You can eat cabbage raw, cooked, half-boiled or as many other ways you want. Cabbage leaf can be used as a food wrapper; diced cabbage can be added to salads and you can even make a sabzi by mixing it with potatoes and peas. TNN

HEALTH BENEFITS

- Cruciferous vegetables are rich in vitamins and minerals such as folate, vitamin K and calcium.
- Dark green cruciferous veggies like broccoli and kale also are good sources of vitamins A and C. These vitamins help in lowering inflammation and reduce the risk of cancer.
- These veggies are rich in fibre and low in calories, which means they will give you full for long without taking a toll on your tummy.

BOOKS

Have you read this bestseller?



ON TYRANNY

by Timothy Snyder

Twenty lessons from the 20th century about the course of tyranny.



THE BODY KEEPS THE...

by Bessel van der Kolk

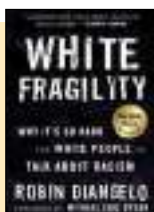
How trauma affects the body and mind, and innovative treatments for recovery.



THE TRUTHS WE HOLD

by Kamala Harris

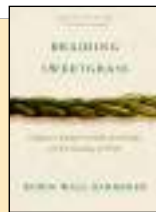
A memoir by the daughter of immigrants who is currently serving as the 49th vice president.



WHITE FRAGILITY

by Robin DiAngelo

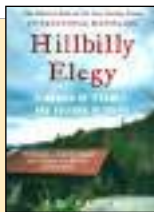
Historical and cultural analyses on what causes defensive moves by white people...



BRAIDING SWEETGRASS

by Robin Wall Kimmerer

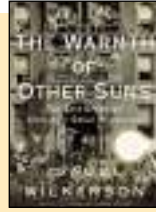
A botanist and member of the Citizen Potawatomi Nation espouses having an understanding.



HILLBILLY ELEGY

by J.D. Vance

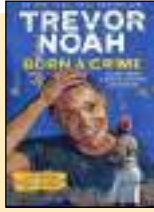
A Yale Law School graduate looks at the struggles of the white working class...



THE WARMTH OF OTHER...

by Isabel Wilkerson

An account of the Great Migration of 1915-70, in which African Americans abandoned the South.



BORN A CRIME

by Trevor Noah

A memoir about growing up biracial in apartheid South Africa by the host of 'The Daily Show.'

SOME SHUT EYE

Try Brahmi Almond Milk to sleep soundly!

Are you struggling to sleep peacefully at night? Worry not as there is an ayurvedic concoction that helps in relaxing nerves and inducing sleep. The combination of almond milk and brahmi is a great sleep supporter. Check the recipe that uses these two wonder ingredients to improve your sleep cycle naturally.

INGREDIENTS

- 5 sprigs of brahmi
- 4 almonds
- 1 teaspoon sugar/honey
- 180 ml almond milk

METHOD

Wash Brahmi leaves and soak almonds for a few hours. Add



The amalgamation of Brahmi and almond milk helps in healing the nervous system and relaxing the nerves, which helps in improving sleep

these ingredients in the blender with sugar/honey and blend until frothy. Have this 30 minutes before bed

time and enjoy restful sleep. Good Night. This is a great alternative to prescribed sleep medication and has no side effects. TNN

Don't cry like a girl.
Don't chatter like a girl.
Will you sit like a girl.
Oh, please dress like a girl.
All these weasel words made my mind whirl,
what is it like to be a girl?

"I am different than others",
I went through that phase,
because to be like 'one' seemed more like insult than praise.
Fragile, timid, dramatic and delicate,
were all that I associated being a girl with,
without realising I was brewing hate,
against my own being for just a myth.
When will this mystery unfurl,
what is it like to be a girl?
"Must be a lady driver", uncle said,
as the road was blocked by the car ahead.
I was then determined to drive like a man instead.
To win a fight or to fix a light,
the solution to every plight,
seemed to require the

What is it like to be a girl?

arrival of my knight.
My mind was in a constant burl,
what is it like to be a girl?

To be manly is honourable,
but to be girly is not admirable.
What femininity allegedly implied,
was everything I ever despised,
until this year opened my eyes.
Leaving the clichés behind, I started to look

around.
Every woman had power and courage abound.
Not a sight of a damsel in distress,
in no need of a king, each was an empress.
From beneath the fallacy, the truth started to unfurl,
what is it like to be a girl.

To be emotionally vulnerable,
to share feelings that are intense is not being dramatic but it's actual strength.
Bold, confident, ability to reach the zenith,
is all that I now associate being a girl with.
My respect towards being womanly has had a hike,
as being tough yet kind, is all ladylike.
Late but the journey has begun,
to love being like any other 'one'.
Rare, unique and bright like a pearl,
I finally understand what is it like to be a girl.

BHAVYA RAWAT, Class XII A,
The Pace Junior Science College,
Andheri, Mumbai



QUIZ TIME (MIXED BAG)

Q.1) Upamanyu Dutta is associated with which of the following sports?
A. Carrom B. Judo C. Sailing D. Wrestling

Q.2) Which Asian country hosted the Special Olympics Summer Games 2019?
A. UAE B. India C. Indonesia D. Vietnam

Q.3) The United Kingdom has issued a new 'black hole' coin in honour of which of the following renowned personalities?
A. Isaac Newton B. Charles Darwin C. Stephen Hawking D. Time Berners-Lee

Q.4) Which Indian sportsperson has been selected as a Barbie role model?
A. Saina Nehwal B. Dipa Karmakar C. Mithali Raj D. Mary Kom

ANSWERS

1. C) Sailing
2. A) UAE
3. C) Stephen Hawking
4. B) Dipa Karmakar

SCHOOL IS COOL

WEDNESDAY, FEBRUARY 10, 2021

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, **SCHOOL IS COOL!**

03



GREEN ACCOLADE FOR JNS

Jamnabai Narsee School, GIFT City has been ranked India's #4 and Gujarat's #1 Environment-friendly school in the Education World Grand Jury Awards 2020-21. This award felicitates schools making extraordinary efforts to introduce innovative 21st-century practices. Reducing our carbon footprint and creating awareness about climate change is an issue very close to the heart of Trustee Sujay Jairaj.

In compliance with its vi-

sion of adhering to the norms of a Green School, Jamnabai Narsee School, GIFT City practices a number of environmentally responsible and resource-efficient processes like segregation of solid waste, recycling of wastewater in horticulture, installation of photo-voltaic solar panels and acoustic enclosures, to name just a few.

The school's commitment to a more sustainable future is also reflected in the myriad initiatives are undertaken by the school to incorporate environ-

mental awareness into its curriculum. The kitchen garden maintained by the students of class I and II, celebration of Water Week and Van Mahotsav, observation of the 3R's (Reduce, Reuse, Recycle) and gifting of saplings instead of bouquets are some of the activities which set the school apart.

Another project worth mentioning is 'Ecotopia' - a joint venture by the four schools of the Narsee Monjee Educational Trust, JNS GIFT City being one of them. It aims to combat

climate change among other environmental issues by establishing a school culture of sustainability and collaboratively working towards different sub environmental initiatives. This achievement has indeed infused our commitment towards the growth of our nation with a fresh fervour as aptly stated by our Principal, Anupama Singh, "Let us pledge to continue to espouse a sustainable and eco-friendly approach".

Srijan 2020-Vigyanam

Delhi Public School-Bopal, Ahmedabad, hosted a Science Research Paper Presentation Competition held under the aegis of Srijan 2020, an annual event recently. Srijan is a thriving initiative undertaken by DPS-Bopal.

The final round of the event, Vigyanam 2020, commenced with energy and enthusiasm. Event started with a poem recitation, 'Thinking like a scientist' written by Jennie Munson. This was followed by guru Vandana. Thereafter, the gathering was addressed by the school's principal Surender Pal Sachdeva. The jury for the competition included Dr. Sharad Seth, Dr. Deb-dutta Bandyopadhyay and Anup Joshi.

The rules for the competition were declared after which first of the teams of group A consisting of class IX students were invited. DPS East Ahmedabad, presented on the topic- India's efforts in harnessing solar energy followed by Maharaja Agrasen Vidyalaya presenting on the same topic, Udgam School for Children and Shanti Asiatic School, Vastrapur, each presented on the topic: A comparative account: Usage of soaps and sanitizers, DAV International School and DPS-Bopal each presented the topic- Vaccine: Inception to culmination. Each presentation was followed by a



Question-and-Answer session by the jury. Then Anup and Dr. Bandyopadhyay were invited to give everyone an insight on how competitions like VIGYANAM help in inculcating scientific and innovative attitudes in students.

Following this, the second round for the competition commenced consisting of teams from category B. First up the team from DAV International School presented their topic: Recent advances of genetics: Ray of hope for mentally challenged children. This was followed by the team of DPS East Ahmedabad presented the topic- What

is dark matter and why is it important, Maharaja Agrasen Vidyalaya presented the topic- Medical use of Nanotechnology, St. Kabir School, Drive-in branch presented- What is dark matter and why is it important, Sakar English School again presented the topic- What is dark matter and why is it important and lastly once again the home team of DPS-Bopal presenting the same topic. Here too each presentation was followed by a Question-and-Answer session by the jury.

Once the scores were decided the school's principal Surender Pal Sachdeva declared the results and granted the rewards to the awardees. Udgam School for Children was declared as the runner up while DAV International School was the winner in group A. For group B, DAV International School stood in the runner up position and Maharaja Agrasen Vidyalaya was announced the winner.

Kabirians welcome new year

To welcome New Year 2021 and to infuse joy and merriment to the festive time, a special virtual assembly was conducted by Grade VIII students of St Kabir School, Navrangpura. Assembly started with a beautiful powerpoint presentation which showcased all the achievements of 2020. Children shared different New Year resolutions with their teachers and classmates. Making New Year's resolutions was a positive experience for kids as it will help them keep



in touch with their goals all year long. Different instrumental music was played by children to welcome New Year on a musical note. Foot tapping dance performances added a befitting musical treat for everyone. The occasion was graced by the blessed presence of our Director Shubra Kumar. In her address, she praised the efforts made by the students. The fun-filled

celebrations concluded with special wishes from our HM Madam to the students.

Makar Sankranti celebrations

Indian is a land of festivals. One of the festivals which is celebrated differently in different parts of India is Makar Sankranti. 'Makar' means Capricorn and 'Sankranti' means transition. In Haryana and Punjab it is celebrated as 'Lohri', in Tamilnadu as 'Pongal', in Bihar as 'Khichdi' and in Gujarat as 'Uttarayan'.

It is the festival of welcoming spring and transition of the sun in 'Makara' rashi. It is considered the major harvest festival of India. The

tradition of kite flying is followed as we get exposure to the sun. In Gujarat people fly kites and celebrate this festival which is named as 'Uttarayan' as the sun begins its northward journey. The students of Siddharth's Miracles School celebrated Makar Sankranti with full zeal. Students shared their drawings, crafts, videos, poems virtually on this occasion. It is a festival of prosperity, togetherness and joy which is celebrated with family.



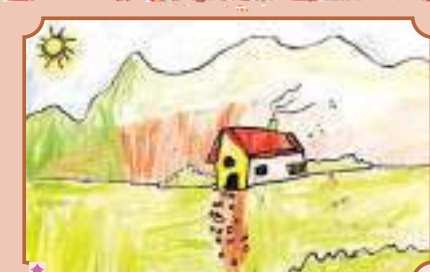
Health camp at Joyous School

Joyous English School organised Free Cardiac Health Check Up Camp sponsored by a multi-specialty Hospital and a clinic. This camp was organised in the School Auditorium on January 17 from 9:30 am to 1:00 p.m. This step was conducted for physical fitness. The doctors checked random Blood Sugar, Blood Pressure and even ECG was done. Free Consultation was given by the team of Dr. Narendra Tanwar M.D., D.M. (Cardiologist) and Dr. Rajiv Kharwar M.D., D.M. (Cardiologist). It was not limited to parents but also



outsiders were welcomed. Even School staff enthusiastically took part. Visitors were offered 50% discount for 2D ECHO and TMT Test, also those who have Maa Card and Ayushman Bharat Card will get free heart treatment.

Painters' Gallery



Jiyan Padaliya, Class SR. KG, SGVP International School



Ruhaan Desai, Class Sr.KG, Shanti Asiatic School, Bopal



Manya Shah, Class V, C N Vidhyalaya



Shanaya Chomal, Class I, Lalji Mehrotra Lions School



Madhura Mashankar, Class V, Podar World School, Sherkhi



Daksh Modi, Class VIII, HB Kapadia School

WISH TO GO BACK TO THE SCHOOL!

I really miss those school days when I played on PT grounds, loved to do swimming, sitting in class, studying, and sharing food with teachers and friends. Those days were really fun. But the COVID-19 pandemic took away my school days. This pandemic took away the fun of each child studying in the schools. I am studying through online classes.

Online classes can never take the place of school's fun. I love going to school as I learn many things over there. School is a temple of knowledge and wisdom. It is also a medium of exposure to the outside world. Teachers are the main constituents and are the building pillars in a student's life.

My favourite place is PT ground and playing with



friends gives me real relief. School is a combination of education, exposure, knowledge, and fun. In this pandemic, I am really missing going to school. It has been more than 1 year that I haven't gone to school.

The school really matters to me as I have many memories of my school and one of the golden memories is

that of class IV when I received an award from my father. I was really amazed as my father was the chief guest. It was a proud moment for me. I really enjoyed that day.

I pray schools to reopen as before so that I create new memories!!!!

MAYNNA PANDEY, Class IX, Ryan Int'l School, Surat



DESTINATION FOR FAMILY FUN!

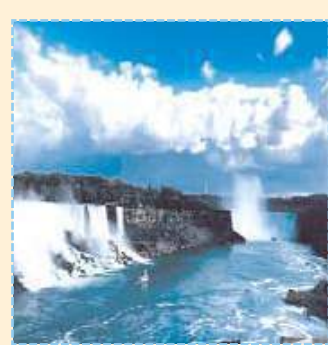
Toronto is a destination filled with positive vibes and sensations. I visited the place in 2017. The Toronto Pearson International Airport is so tidy and the work takes place systematically. From the airport

itself we can make out that the people there are loving and cooperative. So after I landed I had to go to the hotel for check-in. My hotel was in downtown and what I noticed was there were luxurious hotels all around with large towers and the view at night was so splendid with lighting in all the hotels and the cars moving. The next day was a tour to Niagara Falls. Words cannot express the beauty of Niagara Falls. The fast-flowing water from the falls and having a boat ride in those falls is adventurous and breath-taking. Seeing the fast-flowing water from the caves



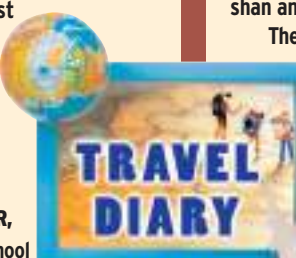
is just fantastic and the speed of water is just unbelievable.

It can be seen from both Canadian as well as American side. But I suggest see it from the Canadian side as it gives a larger view. For Indians, who worry about having Indian food, there shouldn't be because there are lots of Indian restaurants that serve delicious Indian food. The next day was a visit to CN Tower. The tower once recorded being the longest one. The tower has a glass floor, if we look down it is scary and seems that we are floating in the air. I have heard that even 10 elephants



cannot weaken the tower. The place is even of great value for young children as there are many adventurous rides especially the edge walk at CN tower. Toronto is indefinable as there are many tremendous tourist spots apart from these. So if you and your family wish to explore a place do visit Toronto.

SHARAN THAKKAR, Class X, Udgam School



Last year, during summer vacation we planned a trip to Somnath and Gir. My cousin sister comes to Ahmedabad from Pune every year during summers, so we all were very happy about this trip. I was very excited as I was going to Somnath. It took almost five hours to reach there. We stayed in the hotel, then in the evening, we went to Somnath temple. There we did darshan and saw 'Light and Laser show'.

The next day, we started for Gir. After three hours drive, we reached Gir. Maa and papa took rest while I and my sisters started exploring the resort.

We saw a swimming pool there and I wanted to know the depth of it, so I

DATE WITH LIONS!

went near it and I slipped in it. My sisters started laughing. I came out of it, as the water was cold, so I rushed to Maa. She told me to change the clothes immediately. After that, we went for lunch and we slept. In the evening, we played ludo and with a ball in the garden. Then there was a documentary shown about Gir and the lion story in the open area. I really enjoyed it.

The next day we went on a safari early morning. We saw many animals like deer, vulture, jackal, and monkeys, but

couldn't see the lion or lioness. I was very sad and felt very bad. After coming, Papa said that we have booked an evening safari also. We were happy to see another safari. There we saw lion and lioness and their cubs resting under the tree, leopards, and nilgai. I enjoyed these two safaris a lot. While coming out of the Gir jungle we weren't allowed to take a single thing as it is illegal. Then we went to the resort and had dinner. The next day early morning, we brought famous Gir mango cartons, and then after breakfast, we started our journey back home. For me, it's a worth remembering trip.

ADHIP MUKHERJEE, Class III, Zebur School



WHAT WENT WRONG?

James Anderson rattled Shubman Gill, Ajinkya Rahane's stumps with scintillating in-swingers



Photo: PTI

Jack Leach picked four while James Anderson scalped three wickets as England defeated India by 227 runs in the first Test at the MA Chidambaram Stadium in Chennai. With this win, England has taken a 1-0 lead in the four-match Test series. The win has also propelled England to the top of the ICC World Test Championship standings. Let's analyse where it all went wrong for Team India?

Our body language and intensity was not up to the mark, second innings we were much better. We were better in the second half of the first innings with the bat, not the first four batters. We have to understand the things that we have done decently in this game and the things that we haven't and as a side we are always looking to improve. England were far more professional and consistent throughout the Test match than we were.

VIRAT KOHLI, INDIA CAPTAIN

1 AJINKYA RAHANE FLOP SHOW WITH BAT

Ajinkya Rahane drew many plaudits from the who's who of cricket after leading India to a 2-1 series triumph against Australia Down Under. Many even asked for Rahane to be made the captain in the longest format but it's his form with the bat that has got people worried. After the vice-captain was dismissed by James Anderson for a duck in the second innings at Chennai, Sanjay Manjrekar rose questions on Twitter. Rahane hasn't been as good in Tests at home as he has been away. In his last 7 innings at home, the veteran has only aggregated 64 runs at an average of 9.1. His last hundred came in Melbourne against Australia but barring that, Rahane didn't even manage to cross the 50-run mark. "My issue with Rahane the captain is Rahane the batsman. After that 100 his scores are - 27*, 22, 4, 37, 24, 1 & 0. After a 100, class players carry their form & carry the burden of players out of form," he tweeted.

2 WAITING FOR HIT-MAN SHOW

Veteran opener Rohit Sharma jeopardised India's chances of clinching the series opener against Joe Root's England as the premier batsman recorded another forgetful outing with the willow on Monday. Asked to chase down a challenging target of 420, Virat Kohli-led Team India got off to a worst possible start on Day 4 of the 1st Test match at the MA Chidambaram Stadium, Chennai. Rohit, who has failed to get going in the ongoing four-match Test series departed in the final session after a mediocre individual score of 12 off 20 balls. At a time when Rohit has failed to live up to expectations in the ongoing home series, the Indian opener was trolled by Team India fans following his lacklustre performances with the bat for the Kohli-led side. Virat Kohli called upon the top-four batsman to contribute more in the upcoming matches.

3 POOR BOWLING FROM NADEEM & SUNDAR

India's bowling unit failed to fire collectively as Shahbaz Nadeem and Washington Sundar were expensive in both innings. India were far from disciplined on the field. They conceded plenty of extras and failed to take their half-chances. "I don't think we put enough pressure on them with the ball. Collectively as a bowling unit. The fast bowlers and Ash were good but we needed all the bowlers to contain runs and create pressure. Having said that, it was probably a pretty slow wicket with not much happening in the first 2 days with the ball," Virat Kohli said. This is India's first defeat at Chepauk in 22 years and their first loss to England on home soil since Kolkata 2012. India will look to bounce back when they take the field for the second Test, which will be played at the same venue from February 13.

4 OMISSION OF KULDEEP YADAV

The left-arm wristspinner found himself excluded once again as Kohli's men went in with R Ashwin, Shahbaz Nadeem and Washington Sundar as the three spinners. Nadeem was drafted into the squad at the eleventh hour after Axar Patel complained of knee pain during training on Thursday. And yet, Kuldeep, who took a five-wicket haul in his last Test in Sydney more than two years ago, was overlooked. Former England skipper Michael Vaughan lashed out at the Indian team management for ignoring match-winner Kuldeep. Vaughan tweeted, "Ridiculous decision by #India not to play @imkuldeep18!! If he isn't going to play at home with the injuries they have when is he going to play!!!!" Former England woman cricketer Isa Guha wondered why the Indians decided to bench the Uttar Pradesh spinner. The Chinaman could have been pretty effective on Chennai's placid track.

We are a proud team and it's important to keep finding ways to get better. The idea was to get to 400 and declare and it didn't materialise like that. The most important thing was to take the Indian win out of the equation and we could just focus on taking the wickets. I think the guys handled the pressure well and looking forward to the rest of the series.

JOE ROOT, ENGLAND CAPTAIN

HOW CAN INDIA QUALIFY FOR THE INAUGURAL WORLD TEST CHAMPIONSHIP FINAL?

With the huge win, England toppled India to claim the top spot in the ICC World Test Championship points table. England are now on top of the WTC points table with a PCT of 70.2% and 442 points from six series. India slipped to the fourth spot on the WTC points table after their crushing defeat. India have a PCT of 68.3%. They now face an uphill task ahead of them to qualify for the World Test Championship final. All is not lost for the Indian team yet as they



Photo: PTI

still stand a decent chance at making it to the final of the inaugural edition of the World Test Championship. India will have to win at least two of their remaining three matches against England in the ongoing Test series to make it to the summit clash, which will be played at the iconic Lord's Cricket Ground later this year. Meanwhile, England look all but certain to qualify for the final after getting off to a winning start in the Test series.

QUIZ TIME!



Q1: Who is the first cricketer to take 100 wickets in Men's Twenty20 Internationals?

- a) Rashid Khan ☐ b) Shakib Al Hasan ☐
c) Shahid Afridi ☐ d) Lasith Malinga ☐

Q2: Who was the first Indian shooter to win an individual gold at the Olympics?

- a) Gagan Narang ☐
b) Rajyavardhan Singh Rathore ☐
c) Anjali Bhagwat ☐ d) Abhinav Bindra ☐

Q3: Which wicket keeper holds the record for most dismissals in One-Day

International (ODIs)?

- a) Jos Butler ☐ b) Kumar Sangakkara ☐
c) Adam Gilchrist ☐ d) MS Dhoni ☐

Q4: Which country won the most number of medals at the 2012 London Olympics?

- a) Great Britain ☐ b) Russia ☐
c) USA ☐ d) China ☐

Q5: Which cricketer has scored most fifties in IPL history?

- a) Virat Kohli ☐ b) Chris Gayle ☐
c) Rohit Sharma ☐ d) David Warner ☐

Q6: The most UEFA Champions League matches won by a team is 159. This record has been achieved by ____

- a) Real Madrid ☐ b) Manchester United ☐
c) Arsenal ☐ d) Liverpool ☐

Q7: The fastest recorded century in Test cricket in terms of balls faced is held by Brendon McCullum. In which year

Photo: GETTY IMAGES



Brendon McCullum

did he score the century?

- a) 2014 ☐ b) 2016 ☐ c) 2018 ☐ d) 2020 ☐

Q8: Which cricketer has made the fastest 2000 runs in T20Is?

- a) Martin Guptill ☐ b) Brendon McCullum ☐
c) Aaron Finch ☐ d) Virat Kohli ☐

Q9: Who will enter the Tokyo Olympics as the first Asian tennis player to reach World No 1?

- a) Kim Clijsters ☐ b) Naomi Osaka ☐
c) Li Na ☐ d) Simona Halep ☐

Q10: Who is the first women cricketer to take 100 wickets in Twenty20 Intls?

- a) Katherine Brunt ☐ b) Anisa Mohammed ☐
c) Anya Shrubsole ☐ d) Ellyse Perry ☐

Q11: Who claimed his fourth CL title, when AC Milan beat Liverpool in 2007?

- a) Clarence Seedorf ☐ b) Paolo Maldini ☐
c) Fabio Cannavaro ☐
d) Alessandro Del Piero ☐

Q12: Which country has won the most Olympic gold medals in hockey?

- a) Netherlands ☐ b) India ☐
c) Pakistan ☐ d) Germany ☐

ANSWERS: 1 d) Lasith Malinga

- 2 d) Abhinav Bindra 3 b) Kumar Sangakkara
4 c) USA 5 d) David Warner 6 a) Real Madrid
7 b) 2016 8 d) Virat Kohli 9 b) Naomi Osaka
10 b) Anisa Mohammed 11 a) Clarence Seedorf
12 b) India



THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

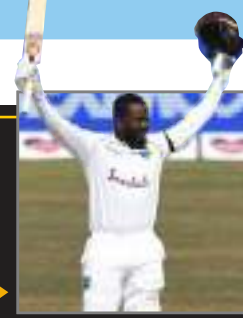
► We share tips on how to master biology
► Solve few case study questions
PAGE 2



► Six tips to score big in your upcoming examinations
► Check out the movies of Christopher Plummer
PAGE 3



► New age cricketers are not scared to take risk. Cases in point: Pant, Sundar & Mayers
PAGE 4


STUDENT EDITION

TUESDAY, FEBRUARY 9, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2


Why Uttarakhand is prone to frequent DISASTERS

A glacial broke in the Tapovan-Reni area of Chamoli district in Uttarakhand on Sunday, leading to massive flooding in Dhauliganga and Alaknanda rivers, and damaged houses and the nearby Rishiganga power project. As many as 15 people have been rescued so far, while 14 bodies have been recovered from different locations, when reports last came in. Few years back, the state had faced the ire of nature, courtesy the Kedarnath floods as a result of glacial lake outbursts in the region, triggered by heavy rains. So, why is this state so vulnerable? We find out...


X-PLAINED

ADVERSE GEOLOGICAL SETTING

1 Located on the southern slope of the Himalayan range, Uttarakhand is one of the most disaster-prone states in India. Due to its topography and geology, the state faces the risk of calamitous events like flash floods, cloudbursts, avalanches, landslides, mudflows, and earthquakes, among others. Most part of the state is covered by the Himalayan peaks and glaciers. The Himalayas are young fold mountains, formed a few million years ago. Tectonic activities like thrusts, faults and plate collisions are very common in this region, making it very unstable and sensitive. The adverse geological setting makes the state highly-susceptible to intense seismic

DID YOU KNOW? According to a report submitted in Parliament in 2016, Uttarakhand has the highest number of unstable zones

shaking (earthquakes) and landslides.

TOURISM

2 The ecologically-sensitive state's economy is majorly based on tourism. The number of people visiting the state as tourists is huge. Therefore, to cater to the tourists, deforestation, mindless construction of hotels and lodges on the river edges, widening of narrow lanes

is happening on a large scale. These activities are cutting right into the toes of the delicate slopes of the state, thereby adding to the destabilising process, and exposing the state to nature's fury.

CLIMATE CHANGE

3 As a result of climate change, the rate of melting of the Himalayan snow has accelerated significantly since the beginning of the 21st century, leading to the weakening of glaciers, and increasing the water level in various river systems. However, scientists project that this swelling of water systems will reduce within decades as glaciers lose mass. This would eventually lead to water scarcity.

WHAT LED TO THIS GLACIAL BURST?

■ Calling the glacial burst a "very rare incident", scientists said, satellite and Google Earth images did not show a glacial lake near the region, but there's a possibility of 'water pockets' (lakes inside the glaciers), which might have burst, leading to this extreme event

■ Glacial lakes, which contain ice boulders or glacial sediment, aren't as stable as open lakes and can burst their banks, they added

EXPERTS' TAKE ON THE HIMALAYAN GLACIERS



► A 2019 study spanning 40 years of satellite observations across India, China, Nepal and Bhutan, had warned that the Himalayan glaciers have been melting twice as fast since the start of this century due to climate change. It said that the glaciers have been losing the equivalent of more than a vertical foot and half of ice each year since 2000 – double the amount of melting that took place from 1975 to 2000

► Another study of glacial lakes published in 'Nature' last year had observed that the volume of lakes formed by the melting of glaciers jumped by 50% since 1990, as glaciers retreat due to climate change

CELEB TALK

Young must lead old on climate: William

Prince William believes that we can "change the tide" of the climate crisis, if young people educate their relatives about the damage they cause. The Duke of Cambridge made the rallying call in a chat with seven young people named as 2020's Young Champions of the Earth by the UN Environment Programme (UNEP). "I'm incredibly-inspired and just so proud about everything you guys have done. If young people have a tiny bit of that passion that you have, then there's a really good opportunity to do good in the environmental world," he said. Lauding their efforts towards curbing climate change, the prince added, "You are the shining lights of climate change movement. Your passion allows people to see your path, your journey and get ideas from you."



“If every young person educates their family on the environmental impact they are having, it will make a difference and change the tide in creating a momentum towards a new future”

► One of the young champions, who took part in the online chat was **Nzambi Matee** from Kenya. Nzambi, who makes sustainable building materials said: "It was not hard to convince my granny and her friends to stop using plastic bags. 'In fact, they were telling me, 'Don't throw those bags away'. If we can convince my grandmother not to use plastic bags, we can do any-thing," she added

► The champions, aged 18 to 30, also included **Lefteris Arapakis** from Greece, whose organisation teach people how to fish sustainably and promote plastic clean-ups

► William recently launched the Earthshot Prize, which will hand out a series of awards over the next decade to solve the environmental problems

The whole world is struggling with several challenges. Who would have thought that humankind would have to witness such pandemic circumstances... The eyes of the world are on India. There are expectations from India, and there is a confidence that India will contribute to the betterment of our planet. India is truly a land of opportunities. Several opportunities are awaiting us. So a nation, which is young, full of enthusiasm, and a nation that is making efforts to realise the dreams with a resolve, will never let these opportunities pass by

NARENDRA MODI, PM, in his reply to the Motion of Thanks on the President's Address, in Rajya Sabha



Myanmar gets its Hong Kong moment

Police fired water cannons at the protesters in the Myanmar capital on Monday as thousands of people joined a nationwide demonstration against the military's removal of elected leader Aung San Suu Kyi, a week ago. Calls to join the protests and to back a campaign of civil disobedience have grown louder, and have become more organised since last Monday's coup, which drew widespread international condemnation.



1 Aung San Suu Kyi, the 75-year-old leader, has been kept incommunicado, since their army chief Min Aung Hlaing seized power in the early hours of Feb 1, to counter, what the military said was widespread election fraud. Myanmar's electoral commission has

rejected those claims

2 Suu Kyi has been charged of illegally importing six walkie-talkies, and is in police

detention for investigation until Feb 15. Her lawyer said, he has not been allowed to see her

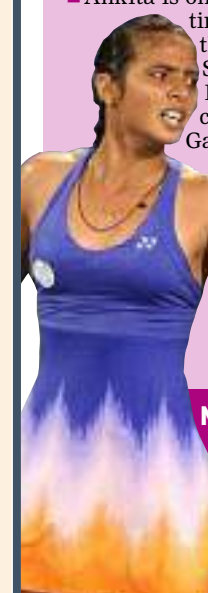
3 The UN Security Council has called for the release of Suu Kyi and other detainees and the US is considering targeted sanctions against the country

A TENNIS MILESTONE FOR INDIA

Ankita Raina on Sunday became the fifth Indian woman tennis player in the Open era to secure a place in the main draw of a Grand Slam, as she made the cut for the women's doubles event of the Australian Open. The year's first Grand Slam started in Melbourne on Monday.

■ Ankita is only the second Indian after Sania, a six-time Grand Slam champion, to compete in the women's doubles of a tennis major. She will partner Romania's Mihaela Buzarnescu, and the pair will take on local wild cards Belinda Woolcock and Olivia Galdecki in the first round.

■ India will have four Indians competing in the season's first Grand Slam. Sumit Nagal will compete in the men's singles, while Rohan Bopanna and Divij Sharan will present their challenge in the men's doubles with their respective partners.



Nirupama Mankad (1971), Nirupama Vaidyanathan (1998), Sania Mirza and Indian-American Shikha Uberoi (2004) have competed in the Grand Slam main draws for the country

HOME APPLIANCES THAT CAN TAKE CARE OF YOUR

PET

With companion animals becoming a fad among a huge chunk of population, South Korean home appliance makers have started rolling out products that highlight pet care features...

■ LG Electronics have introduced a washer and a dryer that come with steam functions, which remove allergens. LG said, using pet care cycles on their new clothing care appliances will kill dog allergen or cat allergen by 99.99 per cent in clothes. The company said, its new 24-kg washing machine can also efficiently remove pet-related stains and odours in people's clothes, while upgrading the pet hair removal feature for its 17-kg dryer. The company released the washer with a price tag of \$1,645

■ Samsung unveiled its artificial intelligence (AI)-powered vacuum cleaner, the JetBot 90 AI+, at the all-digital Consumer Electronics Show (CES) 2021 last month.

■ Using the robot cleaner's camera



and sensors, Samsung also introduced SmartThings Pet, a companion animal care service, where people can monitor their companion animals remotely

through the company's Internet of Things (IoT) platform

■ In fact, Samsung plans to launch the JetBot 90 AI+ vacuum cleaner and its pet care service in South Korea and the United States in the first half of the year

■ The company has been also promoting the Galaxy SmartTag as a useful tool to locate pets. Samsung said, people can easily find their companion animals, if they get lost, through the tracking tag attached to their pet's collar, courtesy the Bluetooth low energy technology



SAIL THROUGH ENGLISH EXAM

Exams play a key role in the progression of knowledge. The fact that students adapt their learning practice according to the requirements of examinations might well be insignificant.

Perspiring palms, apprehensive grins, incessant patter of feet are all signs that make board exam students noticeably recognisable from the others. Pointless to say, additional pressure from parents and insufficient training are sure shot recipes for adversity of a milestone occasion of student's life. The key to this concern is organised and shrewd preparation for the boards.

Here are 10 tips to crack your board exam like a topper:

- Be familiar with the examination pattern.
- Practice the habit of preparing short notes of all the content you learn.
- Underline and highlight the key points.
- Concentrate more on text books rather than reference books.
- Solve all the past years question papers.
- Systematically revise the concepts.
- Give importance to languages.
- Prepare a list of formulas and rules for grammar and practice it thoroughly.
- Draft and follow a balanced study schedule
- Presentation is very important.

Here are a few points which will help students score good marks in class X English..

I. READING

- Improve reading speed.
- Read the passage thoroughly and comprehend the passage.
- Classify the core points of the passage.
- Notice the tone of the passage.
- Learn how to skim & skip
- Answer the questions in your own words.
- Strengthen your vocabulary.
- Relate the questions with context.
- Try to find the links for the answers in the passages.

II. WRITING

- Stick to the format.
- Contemplate, standardise and present concepts with grammatical accurateness.
- Grid the story on specified outlines wisely.
- Stick to the context
- Use suitable words and correct spellings
- Have a clear understanding of the template and mark allocation.
- Read the question carefully and understand.
- Write neatly, briefly and legibly.
- Think before you write.

III. LITERATURE

- Read the text line by line and understand.
- Underline the key words.
- Prepare a mind map in order to comprehend the content better.
- Familiarise yourself with the theme, author, characters and events of the lesson.
- Read the question carefully.
- Write the answers without grammatical & spelling mistakes.
- Use appropriate vocabulary and punctuation.

Eveline Cranab G, English teacher,
Shree Niketan Patasala,
Thiruvallur



TIPS AND TRICKS TO LEARN BIOLOGY

READ THE TEXTBOOK BEFORE CLASS

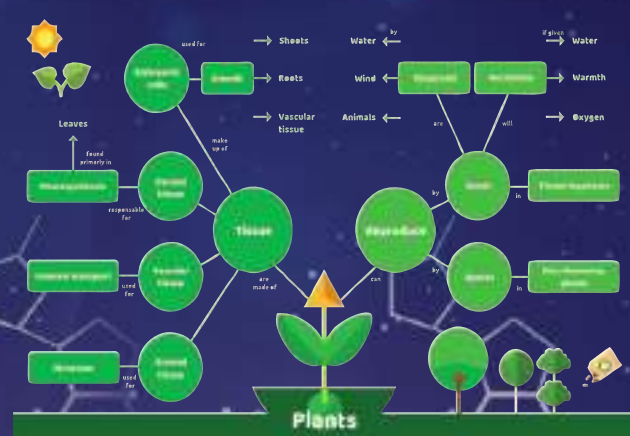
Biology is not a subject that can be absorbed in a short period of time. Reading the material before it is covered in class will give you a headstart on the concepts and you'll know what is coming up. The text will introduce the topics to you and you will get much more out of class if you come prepared to ask questions based on your reading.

PRACTICE FROM PAST PAPERS

Practice questions from past exam papers, which should be available from your teacher. Biology tests can vary widely so it is important to know how you will be evaluated so study accordingly. Leave nothing to chance. Practice, practice, and practice!

MIND MAPS

Mind maps are an effective educational resource for students as they help organise information in a very easy and visual way. Mind maps can be extremely useful for learning and understanding the principles of biology. One example of a mind map of a plant cycle is shown above, you can make mind maps for all the topics of biology in a similar way.

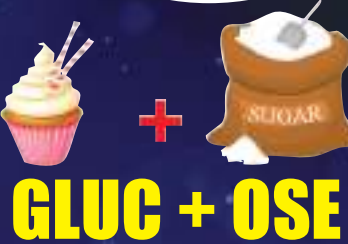
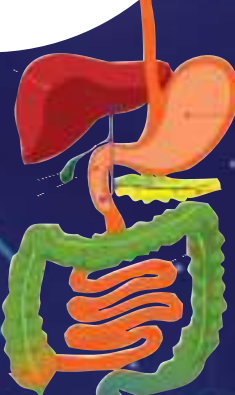


DRAWING MAKES LEARNING EASY

Drawings can help you understand a concept and remember information that would be difficult to define in words. You should get used to drawing diagrams such as the human heart, as you can be asked to draw and label such a drawing in your biology exam.

GENERAL TO SPECIFIC

To follow a process of effective learning of biology, you must master the general concepts before being able to tackle specific ones. For example, you need to have generalised knowledge of what is digestion before you proceed with the details of parts of the digestive system and other systems connected to it.



BREAK DOWN COMPLEX WORDS INTO THEIR BASICS

You might find the vocabulary of biology complicated and difficult to spell. However, most words in this subject come from Latin and have a prefix and suffix. Knowing the prefixes and suffixes that compose the terms can help you spell difficult words and grasp their meaning. For example, the word "glucose" can be separated into two parts, "gluc" means sweet, and "-ose" means sugar. As "-ose" means sugar, you will know maltose, sucrose, and lactose are all sugars as well.

MAKE FLASHCARDS FOR THE VOCABULARY WORDS

Flashcards are one of the best ways to learn the meanings of the many words you'll come across in biology. You can carry them around with you and study them at any time. While the process of making flashcards is a helpful way to study, the cards themselves are only useful if you actually study them as well. At the beginning of each new unit, identify the vocabulary words that you don't know and make flashcards of them and stick it on your study table. Study these cards all throughout the unit and by the time the test comes, you will know them all!



Biology is the study of life and teaches us about ourselves and the natural world around us. A good starting point when studying biology is to admire the perfection of nature and the principles of life. As an educator I have observed students find it difficult to learn the concepts of biology, so here are a few tips and tricks to make biology learning easy...

Binal Nair, Educator, SGVP International School, Ahmedabad

CASE STUDY QUESTIONS

- It's a new inclusion in 2021 CBSE Math paper
- Case study questions are based on real life situations.
- Case study questions carry 4 marks each.
- Each case study has five multiple choice questions. An examinee is to attempt any 4 out of 5 questions.
- Class X Mathematics paper (standard and basic) has four Case Study questions (16 marks)
- Two sample case study questions are given here..

01. In the Indian map shown on the graph sheet, some of the cities are labelled. Observe these cities closely and answer the following questions.



- (i) The co-ordinates of Mumbai and Bangalore are _____ respectively
(a) (3,11) and (6,5) (b) (11,3) and (5,6)
(c) (-3,-11) and (5,2) (d) (11,3) and (6,5)
- (ii) The co-ordinates of Ernakulam and Jaipur are _____; respectively
(a) (5,2) and (-5,-18)
(b) (2,5) and (18,4)
(c) (-5,-2) and (-5,-18)
(d) (5,2) and (5,18)
- (iii) The distance between Mumbai and Bangalore is _____
(a) 5√3
(b) 3√5
(c) 9√5
(d) none of these
- (iv) From which point of y-axis Mumbai and Bangalore are equidistant?
(a) (8,0)
(b) (0,8)
(c) (0,23/4)
(d) None of these
- (v) What is the midpoint of Ernakulam

and Jaipur?

- (a) (5,10)
(b) (10,5)
(c) (-5,10)
(d) None of these

02. Given below is the picture of a village in Kerala where all the families cultivate paddy. Frequency distribution table of agricultural holdings of the village is also given. Study the table thoroughly and answer the following questions.



Area of land(in hectares)	1 - 3	3 - 5	5 - 7	7 - 9	9 - 11	11 - 13
Number of families	20	45	80	55	40	12

- (i) What is the lower limit of Model Class?
(a) 80
(b) 7
(c) 5
(d) none of these
- (ii) Find the Model agricultural holdings of the village.
(a) 5.16
(b) 6.16
(c) 5
(d) 3.84
- (iii) Find the median class.
- (iv) How many families have less than 7 hectares of land?
- (v) How many families reside in the village?
- (vi) How many families have less than 7 hectares of land?

Jancy Mary Tomson, HOD,
Mathematics department,
Assisi Vidyamketan
Public School,
Ernakulam



A PRODUCTIVE STUDY PLAN

1 Understanding and solving all questions from the NCERT Textbooks: The time has come when you should be focusing on getting all the fundamentals right. For this, you should first be completing your NCERT Textbooks thoroughly one more time (If done already). Even the experts & toppers recommend doing this. Solve Every Question Type. With that said, it's also necessary that you solve



questions; of varying types & difficulty levels according to the "Latest & Reduced" syllabus. Oswaal CBSE Question Banks contain Chapter-wise & Topic-wise questions with solutions. They also include Previous Years' Questions with Marking.

STUDY THE WEIGHTAGE OF EVERY TOPIC

2 CBSE is well known for coming up with surprises. It keeps the students on their toes. Moreover, the syllabus students are required to cover for the Board Exams is vast. So, knowing the weightage of each topic or chapter will help you allocate time optimally. Oswaal Books has published CBSE Sample Paper for CBSE Board Exams 2021. These are strictly in line with the latest changes and reduction done by the CBSE Board. Solving them will help you understand the weightage of each topic for a particular subject. They include Visual Case Study Based; Passage Based & Objective Type Questions as prescribed by the Board for this year's exams.



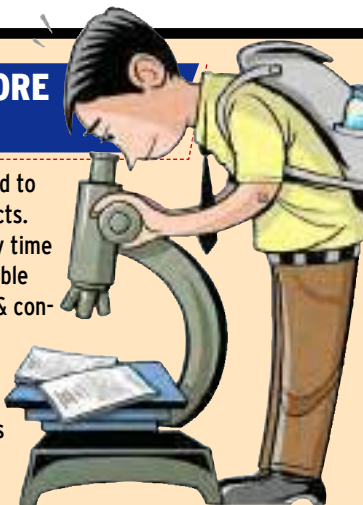
Before the exam, remember to look forward, not backwards. Don't think about all the things you don't know

6 KEY TIPS TO SCORE BIG

With the outbreak of the pandemic, the whole of the country went into lockdown. So did the educational institutions. The schools did not have a good set-up to start with online education. However, in a short period, schools picked up nicely, and now the CBSE Board students are just three months away from the Board Exams as the Education Minister has finally announced the Date sheet for CBSE Boards 2021. CBSE Board Exams for Class 10 & 12 will begin on 4th of May. CBSE Board Exams for Class 10th will end on June 7 while for Class 12th the exams will conclude on 11th of June. Here are some tips by experts at Oswal Books that could help students to reduce stress and ace their upcoming exams.

REVISE WELL BEFORE THE EXAMS

3 By now, the students need to start revising their subjects. Start by forming a weekly time table. Set clear & achievable goals for a day. The satisfaction & confidence you'll get after crossing out completed tasks for a day, will be to another level. Make sure you revise at least 2-3 times before the exam to remember all the studied concepts.



TAKING BREAKS IN BETWEEN

4 Every student must take a break after every 45-60 minutes of study time. They can listen to a song, talk to their family, or dance to music, anything that they wish to do. It will refresh their mind and revive their energy to continue their preparation.

RELAX AND WRITE EXAMS

5 Many times, it happens that students know the entire paper but they are unable to present it properly. Examiners not only evaluate the correctness of your answers but also pay equal attention to how they are presented. The CBSE Sample Paper provides Answering Tips, Board's Marking Scheme & Commonly Made Errors that students can follow to learn to write perfect answers in the exam.



EXERCISE AND MEDITATION

6 Thoughts and doubts get accumulated in the brain irrespective of how well you prepare for your exams. When you are studying, you usually stay in the same room for hours. This creates lethargy, sleepiness and sluggishness. A

tried and tested method to eliminate these issues is to exercise/go for walk every single day. Something as simple as a 15-20 minutes of walking or yoga can do wonders for you.

FINAL WORD...

Don't think of Board Exams as the end of the world, they are just one very important phase of your life. Just give it your best and ace them with a firm strategy and the right practice resources.

If you are feeling nervous, it means you want to do well. And if you want to do well, your nerves might get in the way. That is why it is so important

to stay as calm as possible on exam day. It is completely natural to feel a little nervous but for some, it can be consuming and can lead to panic during an exam. Before the exam, remember to look forward, not backwards. Don't think about all the things you don't know. You will never know everything, and you will always feel like you could have revised more. More importantly, you can't change the past but you can control what happens now.

WELLNESS/SKINCARE

Are you washing your Face Properly



Washing your face takes off all the excess oil, gunk and grime from your face and helps in setting your skin up for the rest of your skincare routine. But your wash-and-go routine might not work as well as you think. There are a few things you must know to check if you are cleaning your skin well.

Your skin feels too oily or too dry: If you are someone with dry skin and use a cleanser that strips away all the sebum, it will end up irritating your skin. Likewise, if you use a moisturising cleanser on oily skin, it makes your skin oilier. The right cleanser will strip excess oil and keep the moisture intact. So, pick a cleanser or face wash that treats your skin concerns directly, the right way.

Your skin feels congested: Skin cell build-up on your skin can very much cause dryness and dullness. This is due to uneven skin cells

that won't reflect light as well as a clear surface. You can use an exfoliating face wash that helps in making sure you are revving up cell turnover.

Your skincare products are piling: If the product that you applied is peeling off rather than getting absorbed, it could be because you haven't cleaned your skin enough. When you skip a full cleansing routine, you leave behind an invisible layer of film that creates a barrier and prevents your products from seeping into their best abilities.

Your skin seems more prone to irritation and rashes than before: When you wash your face too little, it can cause a lot of problems. But, over-washing your face can be as problematic too. When your skin barrier is compromised, the products that sit on top of your skin can end up causing allergies or rashes. So, it's important to understand your skin and clean it properly. **TMW**



Stream these great

CHRISTOPHER PLUMMER



Movies



Canadian actor Christopher Plummer, who died recently at 91, made his first appearances on the Broadway stage

and in Hollywood movies in the 1950s, when he was still in his 20s. He left behind a wealth of unforgettable work in film, theatre and television, including Oscar-, Emmy- and

Tony-winning performances. Originally introduced to the public as a dignified leading man in the classical English mold of Laurence Olivier and James Mason, Plummer would go on to play a

range of roles — from adventure heroes to villainous creeps — and would find some of his greatest success in supporting parts. In his lat-

er years especially, Plummer specialised in bringing a sense of depth and weight to characters who sometimes appeared on-screen for just a handful of scenes.

Here are some of Plummer's best roles, all available to stream:



'THE SOUND OF MUSIC'

1 Throughout the late 1950s and early 1960s, Plummer focused much of his creative attention on the theatre in the US and the UK. Then he played a stuffy Austrian naval officer in 'The Sound of Music,' and became a bona fide movie star. The picture is beloved for many reasons...



'BEGINNERS'

2 Plummer became the oldest actor ever to win an Academy Award when he took home his first Oscar at 82 for writer-director Mike Mills' semi-autobiographical drama 'Beginners.' He plays Hal, a septuagenarian who belatedly comes out as gay and subsequently strengthens his bond with his mixed-up middle-aged son Oliver.



'THE SILENT PARTNER'

3 In the cult favourite 'The Silent Partner,' he plays a brutal thief who matches wits with a devious bank teller (Elliott Gould) after a heist goes awry. The director Daryl Duke focuses primarily on the teller, treating Plummer's master criminal as a shadowy force of evil...



'MURDER BY DECREE'

4 Another venerable Canadian director, Bob Clark, guided Plummer through one of his juiciest roles, playing Sherlock Holmes in a movie about the Jack the Ripper murders. James Mason plays the part of Dr Watson, while Donald Sutherland plays the real-life medium Robert Lees.



'AN AMERICAN TAIL'

5 One of Plummer's most useful tools as a performer was his voice: deep and resonant, with just enough rasp to add a little edge. He was in-demand as a voice-over artist and he brought gusto to several classic animated films, including 'Up' and 'My Dog Tulip.' His first turn in a cartoon was playing a Pigeon who encourages the hero to follow his dream.

BIRDS IN 'VENICE'

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

The answer to each of these questions on Shakespeare's 'The Merchant of Venice' is a bird that is mentioned in the play. Act V (not for the Board Exam) is omitted. Choose correctly from the four options.

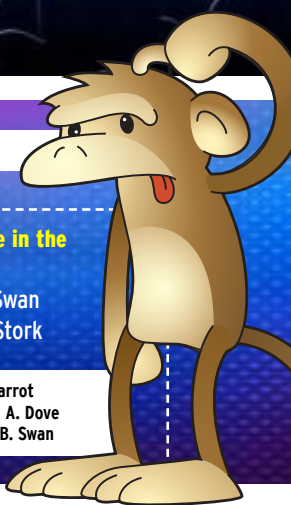
1. According to Salarino, what laughs at a bag-piper?
A. Sandpiper B. Starling C. Pigeon D. Parrot
2. Whose song sets Monsieur Le Bon 'a-capering'?

A. Lark B. Nightingale C. Thrush D. Wren
3. Which of these features in Old Gobbo's conversation with Launcelot?
A. Dove B. Duck C. Goose D. Gull

4. According to Arragon, what 'builds in the weather on the outward wall'?
A. Robin B. Raven C. Martlet D. Magpie
What does Portia associate with Bassanio's

possible failure in the casket test?
A. Swallow B. Swan C. Sparrow D. Stork

Answers: 1) D. Parrot 2) C. Thrush 3) A. Dove 4) C. Martlet 5) B. Swan



YOUNG & FEARLESS

The new generation of players are brimming with confidence, and are skilled and fearless in their approach. This showed up in the remarkable innings of Rishabh Pant, Washington Sundar and Kyle Mayers

RISHABH PANT

► Pant joined Cheteshwar Pujara in the middle when India were reeling at 73/4, having lost Virat Kohli and Ajinkya Rahane in quick succession. He took his risks against Jack Leach and dispatched the spinner out of the park on a few occasions to get into the groove. Pant posted a 119-run stand for the 5th wicket with Pujara, who scored 73 off 143 balls before getting dismissed in an unlucky manner.

► Pant was the game-changer for India in the series-deciding fourth Test against Australia on the recently-concluded tour slamming an unbeaten 89 to help India pull off a record chase at Australia's fortress The Gabba. Pant has continued his stellar run in the ongoing Test series against England.

"We have to back his approach and I am sure the team management is backing that approach. Now and then he can play a loose shot and get out but more-over I thought it was a mature innings with caution and aggression."

VVS LAXMAN, FORMER INDIA BATSMAN

► "Rishabh Pant is an incredible, game-changing talent. Arguably a series-changing talent. If he hadn't batted in his no-fear style, if he lacked any self-belief, then India would not have won that match in Brisbane last month that completed their greatest ever series victory," Hussain wrote in his column for Daily Mail.

► "Pant does not think about getting out, he just sees the attacking option. If he was a cricketer that worried about what things look like when you get out cheaply, he would not be engineering the kind of result that shocked Australia and thrilled the world," he added.

► Hussain compared Pant's attitude to that of star England all-rounder Ben Stokes. "His attitude is like that of Ben Stokes. What is the difference, when you have scored 91, if you are caught at short leg or the mid-wicket boundary?" - Hussain wrote.

WASHINGTON SUNDAR



Photo: ANI

► India's latest Test all-rounder Washington Sundar is receiving praise from all over for playing yet another crucial knock with the bat for the team in the ongoing first Test against England. Sundar has become the eighth Indian cricketer to register a 50+ score in debut innings at home and away. Washington Sundar made his Test debut in his previous game against Australia in Brisbane, scoring 62 in the first Test innings of his career.

► Former India captain Sunil Gavaskar heaped rich praise on Washington Sundar: "Look at the way Washington Sundar batted. Some of the shots he played were fabulous. That lofted shot of James Anderson for a six and then the shot against Joe Root as well. A well-deserved half-century, he deserved a 100 but unfortunately, batting at No. 7 you don't get a lot of hundreds. That 85 not out is as good as a hundred."

KYLE MAYERS

► After guiding his team to an impressive win over Bangladesh, West Indies' Kyle Mayers said that his heroics in his debut Test match should "inspire all youngsters to work hard".

► West Indies chased down a target of 395 on the final day in Chattogram to win the match by three wickets and secure a 1-0 lead against Bangladesh in Chattogram. It was the fifth-highest successful run-chase in Test history and the highest ever in Asia. The chase was made possible by Mayers' unbeaten knock of 210.

► "I am always a positive person. I always believe in my abilities and the team, and I always was positive [to finish the chase]. We never gave up. We always said we need to keep fighting. The captain and coach told bowlers you need to keep fighting on a pitch like this. Shannon (Gabriel) put in great effort to lead the way," ESPNcricinfo quoted Mayers as saying.

"Consider the inexperience. Consider that it's tough condition on the final day of a test in Asia. This has to be one of the most significant achievements in the history of West Indies cricket. Well played Kyle Mayers, Nkrumah Bonner @Coachsim13 Kraigg and the team."

IAN BISHOP, FORMER WI CRICKETER

► The southpaw now claims the record of highest runs in the fourth innings by a debutant. Moreover, the Barbados-born has become only the second to score a double hundred in a successful chase. His overall score of 250 (1st and 2nd combined) is the 4th highest aggregate on Test debut.

► Former India batsman, Sehwag, termed it "one of the greatest chases". "West Indies. Unbelievable. One of the greatest chases. 210 on debut for Mayers. Beating Bangladesh at home chasing 395. Wow, WI. Looks like a year where away teams will dominate. #BANvWI," he tweeted.

Super-sub MESSI leads Barcelona comeback against Betis

Messi was among several key players rested, with Ronald Koeman seemingly prioritising Wednesday's Copa del Rey semi-final against Sevilla ahead of Barca's fading title challenge in La Liga

HE CHANGED THE GAME: KOEMAN

► Lionel Messi scored his fastest league goal as a substitute as his strike 136 seconds after coming on inspired Barcelona to a 3-2 victory over Real Betis on Sunday. Defeat would have called that decision into question but Messi drove in an equaliser less than three minutes after coming on in the second half and then helped set up Francisco Trincao to score a late winner, the 21-year-old's first goal for Barcelona. Koeman's side sit seven points behind La Liga's leaders

Atletico Madrid, who have played two games fewer and face Celta Vigo at home on Monday night.

► "He changed the game," said Koeman, when asked about Messi. "It's a bit about the cup game but we also have to decide when the best moment is to rest players. The cup is the shortest route to a title this season." Koeman's side sit seven points behind La Liga's leaders Atletico Madrid, who have played two games

fewer and face Celta Vigo at home on Monday night. Success also came at a cost as Barca's best available central defender Ronald Araujo was forced off with an ankle injury early on.

► With Gerard Pique already a long-term absentee, Araujo's fitness will be a huge concern, especially with a Champions League last 16 first leg at home to Paris Saint-Germain to come, a week after the test against Sevilla.

The International Federation of Football History and Statistics (IFFHS) has named Lionel Messi as the best men's player of the last decade.

Photo: AFP

Man City win in Anfield to strengthen lead

Manchester City have taken a huge step towards the Premier League title with their recent 4-1 win away to Liverpool, a triumph that owed a large amount to their impressive finishing and two bad errors from Liverpool keeper, Alisson Becker, who gifted their second and third goals with dreadful passes from the back. The result leaves Liverpool 10 points behind Manchester City, who have a game in hand over them and over Manchester United and Leicester, five and seven points behind respectively, reports Xinhua news agency. Two goals from Ilkay Gundogan (also missed a penalty) and one each from Raheem Sterling and Phil Foden gave Pep Guardiola's men a record-equaling 14th consecutive win in all competitions. **IANIS**

Ilkay Gundogan

Photo: GETTY IMAGES

QUIZ TIME!



Q1: Which tennis player won singles title? the 2015 Wimbledon

- a) Rafael Nadal ☐ b) Novak Djokovic ☐
 c) Stan Wawrinka ☐ d) Andy Murray ☐

Q2: Who has played most cricket matches as captain in One Day Internationals?

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

Q3: Who won the NBA Coach of the Year award in 2017?

- a) Gregg Popovich ☐ b) Mike D'Antoni ☐
 c) Dwane Casey ☐ d) Mike Budenholzer ☐

Q4: The 2017 Women's US Open singles title was won by which of these tennis players?

- a) Sloane Stephens ☐ b) Jelena Ostapenko ☐
 c) Garbine Muguruza ☐ d) Serena Williams ☐

Q5: Who is the fastest to 8,000 runs in Test cricket?

- a) Kumar Sangakkara ☐ b) Garry Sobers ☐
 c) Sachin Tendulkar ☐ d) Rahul Dravid ☐

Q6: Who won the 2017 Women's French Open title?

- a) Madison Keys ☐ b) Jelena Ostapenko ☐
 c) Garbine Muguruza ☐ d) Venus Williams ☐

Q7: Who was the first runner-up of the US Open in 1881, then called the US National Championship?

- a) William E Glyn ☐ b) John Hartley ☐
 c) William Renshaw ☐ d) Richard D Sears ☐

Q8: During which Olympics did Sakshi Malik become the first Indian women wrestler to win a medal?



Photo: GETTY IMAGES

Sakshi Malik

- a) 2012 London Olympics ☐
 b) 2016 Rio Olympics ☐
 c) 2000 Sydney Olympics ☐
 d) 2008 Beijing Olympics ☐

Q9: Who has scored most runs in the Asia Cup ODIs?

- a) Sanath Jayasuriya ☐ b) Shoaib Malik ☐
 c) Kumar Sangakkara ☐ d) Sachin Tendulkar ☐

Q10: Who won the 2015 French Open women's singles title?

- a) Maria Sharapova ☐ b) Lucie Safarova ☐
 c) Garbine Muguruza ☐ d) Serena Williams ☐

Q11: Who holds the record of the highest score in ICC men's T20 World Cup?

- a) Alex Hales ☐ b) Chris Gayle ☐

- c) Brendon McCullum ☐ d) Ahmed Shehzad ☐

Q12: Who was the 2016 NBA Rookie of the Year?

- a) Ja Morant ☐ b) Malcolm Brogdon ☐
 c) Karl-Anthony Towns ☐ d) Andrew Wiggins ☐

Q13: Which tennis player was the winner of the first women's singles championship at Wimbledon?

- a) Maud Watson ☐ b) Lillian Watson ☐
 c) Blanche Bingley ☐ d) Laura Knight ☐

ANSWERS: 1 b) Novak Djokovic 2 d) Ricky Ponting
 3 b) Mike D'Antoni 4 a) Sloane Stephens
 5 a) Kumar Sangakkara 6 b) Jelena Ostapenko
 7 a) William E Glyn 8 b) 2016 Rio Olympics
 9 a) Sanath Jayasuriya 10 d) Serena Williams
 11 c) Brendon McCullum 12 c) Karl-Anthony Towns
 13 a) Maud Watson



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Must know restaurant etiquette: Some of the biggest faux pas that you shouldn't commit
PAGE 2



➤ Educators and students share their views on various issues engulfing the country and the world
PAGE 3



➤ Former cricketers slam India's poor fielding standards
PAGE 4


STUDENT EDITION

MONDAY, FEBRUARY 8, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

Quote unquote

We are not dependent on the existing two vaccines, as the country is working on seven more indigenous vaccines. Simultaneously, we are also working on the development of more vaccines because India is a huge country and we need more players and research to reach out to everyone. The Covid-19 inoculation process for people above 50 years of age will start next month. Presently,

Covid-19 vaccines are being administered on an emergency basis, under full observation and in a controlled manner. If the vaccines are released in the open market, there won't be any control over them. The decision will be taken as the situation demands

HARSH VARDHAN,
Union health minister, on the Covid-19 vaccine



WORLD'S FIRST FLYING RACE CAR UNVEILED

In one of the far-reaching inventions of this century, scientists have unveiled the world's first flying race car. With top speed of 75mph and 'octocopter' speeders that will see it compete in a new event later this year, it is being touted as the Formula One of the skies!

FEATURES

➤ According to experts, Airspeeder Mk3 is a 'giant technical leap forward, as it includes a suite of technologies never seen in an electrical flying vehicle before
➤ This includes LiDAR and Radar collision avoidance systems, creating a 'virtual forcefield' around the craft, a carbon fibre frame and fuselage designed for strength, stiffness and lightweight properties
➤ Compared to the Mk2, unveiled earlier this year,

COST

According to Morgan Stanley, the electronic vertical take off and landing industry is likely to be more than \$1.5 trillion by 2050

the new version has seen its power increased by 95 per cent with only a 50 per cent weight increase
➤ It has a 96 kW electric powertrain and weighs

100kg without a pilot, allowing speed of up to 75 miles per hour
➤ The craft is in an 'octocopter X formation' that gives advantage to pilots when it comes to manoeuvrability and stability when racing, the firm claimed
➤ While racing, the pilot will be able to make the same sharp hairpin style turns as a Formula 1 car, but with the added third dimension of being able to move vertically

(Source: Daily Mail)

1 Named Airspeeder, it will initially be flown by a remote pilot and can take off and land vertically, according to its developers Alauda Aeronautics

2 According to a report in Daily Mail, its first foray into the world of racing will see it operated remotely for a racing series that will act as a 'technical test-bed', ahead of a crewed racing series in 2022

3 The flying vehicle has been in development for more than three years and is part of a bid to create a sport that can 'accelerate a new clean-air aerial mobility revolution'

INDORE GIRL GETS ADMISSION IN COLLEGE AT THE AGE OF 13, CREATES A RECORD



Tanishka Sujit has created history by passing the class XII examination at the age of 12, and is now pursuing graduation at Devi Ahilya Vishwavidyalaya in Indore at the age of 13. Tanishka passed her class X examination at the age of 11 and was allowed to jump to class X, soon after giving her fifth-grade exams, and then she was directly promoted to class XII by the school authorities, seeing her extraordinary abilities and skills. It may be noted that there is no such provision in the education policy of Madhya Pradesh that allows any student to jump classes. Tanishka's parents had to struggle to get special permission for their ward to jump classes and promote her to higher classes.

➤ After passing the class X and XII exams, Tanishka made it to the India Book of Records and Asia Book of Records, respectively

Virat Kohli remains India's most-valuable celeb, actors Akshay Kumar & Ranveer Singh follow

Team India skipper Virat Kohli retains the top position as India's most-valuable celebrity for the fourth consecutive year. His brand value remains steady at \$237.7 million in 2020, despite the Covid-19 pandemic



1 Bollywood actor Akshay Kumar ranked second with a brand value of \$118.9 million, a jump of 13.8 per cent, followed by Ranveer Singh with a brand value of \$102.9 million

2 The overall brand value of the top 20 celebrities in 2020 is estimated at \$1 billion, a dip of approximately five per cent from last year

3 While established celebrities continue to dominate the rankings, notable millennials with a strong social media presence have managed to climb the ladder. Ayushmann Khurrana, Tiger Shroff and Rohit Sharma, all jumped a few spots to grab the No. 6, No. 15 and No. 17 spots, respectively

4 Further, Kartik Aaryan debuted at No. 20. These rising millennial celebrities were in greater demand during the pandemic, owing to their popularity among the youth

Pulitzer prize-winning Jhumpa Lahiri's new book will release in April



Pulitzer prize-winning author Jhumpa Lahiri will be coming out with a new novel in April, Penguin India has announced. The new book, titled 'Whereabouts', follows Lahiri's 2013 novel 'The Lowland' and 2006's 'The Namesake'. Written in Italian and translated into English by Lahiri, 'Whereabouts' is the story of a woman protagonist and her journey through life.

The woman protagonist, who longs to belong but dares not conform, is moving through her life in a city that almost becomes her companion. "From the side-walks, parks, and bridges to the pool and the train station that leads her to her grieving mother after her father's untimely death, she moves through the city, one season after another. Until one day, her perspective changes"



Instagram to launch vertical feed for Stories soon

Facebook-owned Instagram is now working on a new vertical feed for Stories, the way TikTok first used. Reels on Instagram has already cloned the feature.



➤ According to a TechCrunch report, navigating with vertical swipes up and down would make Stories experience more like Reels, recently launched by Facebook to compete with the Chinese short-video making app
➤ Vertical swiping feels more natural than taps and horizontal flicks, the way we do on smartphones and other apps
➤ The feature is not live yet
➤ Short video making app Instagram Reels is rolling out a new update, allowing users to make 30-second videos instead of 15 seconds
➤ The company has also increased the timer from 3 seconds to 10 seconds. It is also adding trim and delete clips options to make editing simpler

VIEWPOINT

BID ADIEU TO DRIVING TESTS TO GET A DRIVING LICENCE

In order to impart quality driver training to citizens to reduce road accidents in the country, the Central government is planning to provide accreditation certificates to driver training centres in all the states and Union Territories (UTs) by the end of this year:

■ Those who will receive successful driver training from such centres will be "exempted from the requirement of driving test while applying for a driving licence"

■ But the certificates will be provided to institutes or training centres, after they achieve certain standards

■ The ministry of road transport and highways has initiated the move so as to improve driving excellence, in order to

save thousands lives during road accidents every year

■ The ministry has also issued a draft notification regarding accreditation of driver training centres

■ Further, the ministry has also said that any individual, on successful completion of driver training from such centres, will be "exempted from the requirement of driving test while applying for a driving licence"

Scientists 'teach' spinach to send emails

Imagine receiving emails from 'paalak'. Well, scientists have actually taught spinach to send emails. Nope, we aren't talking about a futuristic science fiction film. Engineers at the MIT in the US have transformed spinach into sensors, capable of warning pollution and other environmental changes, and even detecting explosive materials.

INTO THE future



■ The researchers used nanotechnology to turn spinach into sensors that picked up on nitroaromatics in the groundwater. Once detected, the spinach would send a signal to an infrared camera, which in turn, triggers an email alert to the

MIT scientists

■ According to scientists, the process could be used to receive early warnings about pollution and other environmental changes, as plants are constantly absorbing a "vast amount of data" from their surroundings

Scientists say plants are uniquely-qualified to detect microscopic changes in the soil. "They have an extensive root network in the soil, are constantly sampling groundwater, and have a way to self-power the transport of that water up into the leaves" they add



IS IT A GOOD MOVE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

Avoid these mistakes while dining in a restaurant

A delicious and hearty meal accompanied by laughter and happiness is something that we all crave for. However, sometimes when we are enjoying our meal at a restaurant, we forget about rules that we should adhere to. Here are some of those biggest faux pas that you shouldn't commit.

NOT NOTIFYING THE SERVER OF ALLERGIES BEFORE ORDERING

If you are allergic to a particular ingredient, it is your duty to inform the server before placing your order. This way, he/she can ensure that the dish you are ordering doesn't contain the ingredient you are allergic to. This will help you to keep allergic reactions at bay.

Next time you visit a restaurant, stay off your phone, soak in the ambience of the restaurant and have a conversation with your friend



NOT BEING COMPLETELY PRESENT DURING YOUR DINING EXPERIENCE

Your food tastes best when you are completely present while eating it. This means that you have to be really in the moment while eating, without any distractions or deviations. So next time you visit a restaurant, stay off your phone, soak in the ambience of the restaurant and have a conversation with your dining partner.

REQUESTING ITEMS OR ORDER CHANGES FROM SOMEONE OTHER THAN THE SERVER

Sometimes, you need something urgently, and your server is not around. So you end up asking a different server what you need. Though this is not wrong, it often results in confusion among them. Your request might get miscommunicated when it goes through more than one person.

PUTTING DIRTY CUTLERY ON THE TABLE

In between the meal courses, it is common for some people to place the fork used for their appetiser on the table when waiting for the main course or dessert. This is gross as a restaurant table may not be a very clean place (more so in pandemic). Besides, it is bad manners to dirty a table.

NOT ASKING ABOUT ITEMS YOU ARE UNFAMILIAR WITH

If the menu isn't clear to you, don't hesitate to ask questions. The server and staff members in the restaurant can inform you about the menu options. There is no point in sending a meal back because it's not what was expected!

LEAVING YOUR PHONE ON THE TABLE

You will understand this if you have spilled water or curried over your expensive phone while dining out! Yes, it is a very common thing to happen, so it's advisable to keep your phone in your bag or pocket to avoid such mishaps.

NOT ASKING THE SERVER FOR EVERYTHING YOU NEED ALL AT ONCE

Please avoid sending your server back and forth when they have several other tables to tend to. That would be greatly appreciated.



Rewild to unwind in 2021

From forest bathing to walking barefoot on the grass – the wellness trend of 'rewilding' is all about reconnecting with nature

Tired of a sedentary lifestyle and staying indoors in artificial lights amid the pandemic, people are yearning to reconnect with nature, leading to 'rewilding' becoming a key trend in 2021. Rewilding is all about getting in touch with our 'caveman/woman' side by soaking in the sun, walking barefoot on sand and grass, enjoying an ice bath, drinking water from natural streams, and bathing in hot springs.

Forest-Bathing

The Japanese term Shinrin-yoku (forest-bathing) is the latest way to beat stress. You can forest-bathe anywhere where there is an abundance of trees, including a nearby park. The Duchess of Cambridge Kate Middleton is a fan of the trend.

Friluftsliv

Coined in the 1850s by the Norwegian playwright and poet, Henrik Ibsen, the term 'friluftsliv' means 'outdoor living'.

The Nordic concept is all about spending time in nature, irrespective of the weather, through simple activities that are free of cost, like walking, camping or fishing with loved ones.



Earthing

This therapeutic activity can be performed anywhere. All you need to do is take off your shoes and place your bare feet and hands directly on the earth, be it in a park or at the beach. Gwyneth Paltrow is among the celebs who swear by the trend. **TNN**

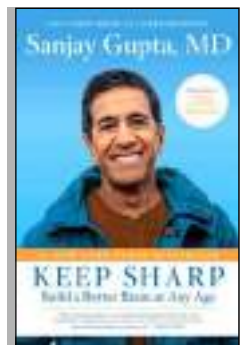
Books to guide you to leadership, personal growth

The beginning of the year is the perfect time to re-focus on personal and business growth. From a practical book on preventing your brain from ageing to a guide to leadership and entrepreneurship, here are our picks from the literary world

'KEEP SHARP: BUILD A BETTER BRAIN AT ANY AGE'

by Dr Sanjay Gupta

An exciting new science-driven guide to protecting your mind from decline. Throughout our lives, we are always looking for ways to keep our mind sharp and effortlessly productive. In this book, globe-trotting neurosurgeon Dr Sanjay Gupta offers insights from top scientists all over the world, whose cutting edge research can help you heighten and protect brain function and maintain cognitive health at any age. 'Keep Sharp' debunks common myths about ageing and cognitive decline, it explores whether there's a 'best' diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from 'super-brained' people who are in their eighties and nineties but showing no signs of slowing down – and whether there are truly any benefits to drugs, supplements and vitamins. Dr Gupta also addresses brain disease, particularly Alzheimer's, answers all your questions about signs and symptoms, and shows you both how to ward against it and how to care for a partner in cognitive decline. The book also provides readers with a personalised twelve-week programme featuring practical strategies, etc.



'CHANGE: HOW TO MAKE BIG THINGS HAPPEN'

by Damon Centola

From the spread of Covid-19 to the rise of political polarisation, from implicit bias to genetically modified food, from NASA to Netflix – it's time to think differently about how change works. Professor Damon Centola is the world expert in the new science of networks. His groundbreaking research across areas as disparate as voting, health, technology and finance has highlighted powerful and highly effective new ways to ensure lasting change. In this book, Centola distils over a decade of deep experience into a fascinating new theory that challenges previous assumptions that new ideas are either contagious or not. **Change** shows that beliefs and behaviours are not transmitted in the simple way that a virus is.



'ENTREPRENEURSHIP'

by Rajeev Roy

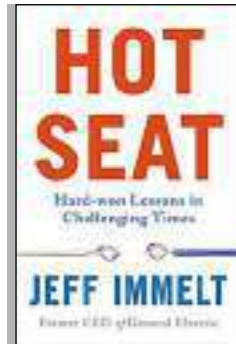
The third edition of 'Entrepreneurship' by Rajeev Roy is designed to meet the needs of management students and entrepreneurs. The book explains concepts based on original research and the author's own experience in setting up and running entrepreneurial ventures. It aims to combine theoretical elements with a practical outlook. The book is meant to be used not just as a textbook for a course, but also lends itself well to being an actual guide to students wishing to start their own ventures. The book starts with the concept of understanding entrepreneurship and throws light on contemporary approaches to it. It discusses the various issues related to doing business in India and support given to SMEs and entrepreneurs; elaborates on the steps involved in composing a pitch deck; helm of one of America's most iconic companies. Marked by straight talk and humility, it is not a typical business book. As Immelt writes in the prologue: "In October 2017, as I stepped down after thirty-five years at General Electric, I wasn't sure I could write this book. My sixteen years as CEO had given me a front-row seat to history, and I'd learned some tough lessons I believed others could benefit from..."



'HOT SEAT: HARD-WON LESSONS...'

by Jeff Immelt

Hot Seat offers a candid self-interrogation of Jeff Immelt's tenure, detailing for the first time, his proudest moments, missteps, and the lessons he learned battling one crisis after another as he led GE in the 21st century. In 'Hot Seat', Immelt, the former CEO of General Electric shares the hard-won lessons he learned during his sixteen years at the



GLEAM IN THE GLOOM

Suryakumari Dennison, Teacher, Avishkar Academy, Bengaluru

The titular character of 'The Little Match Girl' suffers greatly but is eventually reunited with the person she loves. Answer these questions on Hans Christian Andersen's short story (from 'Treasure Trove') by choosing correctly.

- On what date in December is the little girl selling matches?
A. 12 B. 19 C. 25 D. 31
- What does the girl lose while running across the street?
A. Sandals B. Shoes C. Slippers D. Socks
- Who is unkind to the girl at home?
A. Father B. Mother C. Brother D. Sister
- Which bird seems to hop off the table and approach the girl?
A. Hen B. Duck C. Goose D. Turkey
- Which of these words is not used about the girl's grandmother?
A. Gentle B. Caring C. Kind D. Loving

Answers:
1) D. 31 2) C. Slippers
3) A. Father 4) C. Goose
5) B. Caring

QUIZ TIME (GEOGRAPHY)

- The formation of ozone hole is maximum over...
A. Africa B. India C. Antarctica D. Europe
- Dykes are specially constructed in which country?
A. Norway B. Holland C. France D. United Kingdom
- Which is the largest metals trading centre in the world?A. Johannesburg B. London C. New York D. Singapore
- New Britain and New Ireland are part of which country?
A. USA B. Canada C. Australia D. Papua New Guinea
- Which of the following is referred to as the Garden of Eden?
A. Dead Sea B. South Iraq C. Nile Valley D. Congo Valley

ANSWERS

- C. Antarctica 2. B. Holland 3. C. New York 4. D. Papua New Guinea 5. B. South Iraq

KNOWLEDGE BANK

AQUA REGIA: It is an extremely corrosive mixture of nitric and hydrochloric acid, used as an etchant (an acid or corrosive chemical used in etching), for some analytical chemistry procedures and to refine gold. The versatile Aqua regia dissolves gold, platinum, and palladium, but not other noble metals. It is primarily used to produce chloroauric acid, the electrolyte in the Wohlwill process for refining the highest quality (99.999%) gold.

Activities BOX



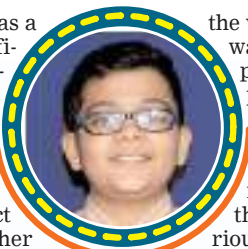
Express

YOURSELF

PERFECT PRACTICE = SUCCESS

One day regular classes were going on and suddenly our class teacher Anjana asked for me and my friend. The class teacher handed us a speech and asked us to prepare ourselves to deliver it the very next day before our principal. The next day, I was a bit nervous but as I had practiced before so I was confident about myself.

Whereas my friend was a little overconfident. After entering into principal's cabin my nervousness flew away like a new bird taking his perfect flight. On other hand, my friend continuously babbled during his speech and lost his chance. Finally, the results were out, which eventually surprised me. The selection made me full of joy and made me shine my talent. From



the very next day onwards I started my practice with my partner. We learned many new things. There were many more students for the upcoming glorious event. Finally, the day had arrived. It was a mesmerizing day because I was going to do anchoring. But, the surprise was yet to come. The time had come when my gift was about to get unwrapped, the present was me becoming "A Prince of Ryan International School 2018-19".

Yes of course it is not a dream but a real phase of happiness for me and my beloved parents.

DHRUVIN PRAJAPATI,
Class VII, Ryan School, Dumas, Surat



WHAT IF CORONAVIRUS DISAPPEARS SUDDENLY?

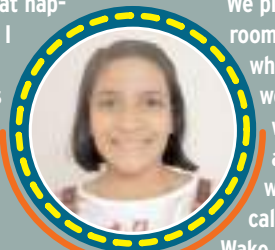
"Pranaya! Wake up. Wake up." Mom woke me up excitedly. "What happened, mom?" I asked. 'Pranaya coronavirus has vanished! Coronavirus has vanished!' Mom said excitedly. I asked 'Really?'. Mom answered 'Yes'. I got ready in a hurry and took permission from mom if I could meet my friends. I met my friends and we all were so happy that we decided to throw a party in the evening. Then I went home and baked a cake with mom for the party.

I also texted my classmates and teachers. I watched television and danced. I was so happy that I couldn't control my excitement. Lockdown was over so I could go outside and I don't have to wear masks and sanitize my hands when I am outside. I went to the market to buy chips, juice, muffins for the party, and a new school bag as I received an email that school would reopen in a few days. After I came home, I received a phone call

from a friend inviting me to play, so I went to her home before the party.

We played hide and seek, dark-room, and many more games, which was so enjoyable. Then we proceeded to the party which was full of excitement and loads of fun. While we were dancing, I heard mom calling me 'Pranaya! Wake up. Wake up.' I opened my eyes and realized that it was all a dream. Oh My God! I hope this comes true very soon.

PRANAYA GUPTA, Class V, GISS, Ahmedabad



PLANT A TREE TODAY FOR TOMORROW

It's true if we spend a few hours under trees, we feel relaxed and trees indeed give us many rewards. As we all know, one of the major problems the world is facing today is global warming. Deforestation plays a vital role in increasing global warming. Soil erosion which in turn makes the land less fertile and unsuitable for crop production.

Trees maintain the oxygen level in the atmosphere and if they are hacked indiscriminately humans are at the highest risk of dying next. Many animals also lose their homes because of our cruel acts. Cutting trees helps us to make furniture, beautiful houses, and aids the development of mining and industrialization. However, by doing so we create an imbalance in nature because trees and forests are an integral part of our ecosystem. Planting trees is the best way to save mother Earth.

We must not cut trees



on purpose, because by doing so we are harming ourselves only. Trees are also biotic components of the environment and can grow faster if we sing a song for them. Trees also need a nap and even sleep at night so we must not disturb them by watering them at night. I would like to end this with a quote, "Trees are the poems the earth writes upon the sky." I am planting a tree today, request you to do the same.

MITRANSH GUPTA, Class VI, GISS, Ahmedabad



LET'S MAKE THIS PLANET PLASTIC-FREE

In the dictionary, plastic refers to a typically organic polymer of high molecular mass and often contains other substances. But in my opinion when we come out of the books, in the real world plastic refers to a substance that is destroying the world every hour, every minute, and every second. This is not an exaggeration this is the truth. Plastic destroys the ocean, the land, and the air. The planet is choking on our unwanted misspend.

Now, Why is plastic so toxic, it is just a minor thing, isn't it? NO, this substance contains 1000 chemicals in which 80 % of which are unknown. BPA is an industrial chemical that has been used to make certain plastics since 1960. BPA is one of the chemicals, which is toxic. Plastic takes 10000 years to decompose. So

easier way, they burn plastic or cloak it down in the water bodies. But burning plastic exudes poisonous substances in the air and cloaking it in the water bodies exudes toxics in the water bodies which kills the aquatic animals. We have not yet found any natural way to disintegrate plastic so the only way is to reduce the use. But everywhere from the outer covering of the pen to the tank holding the water we drink is made of plastic. Everything is made of plastic as it is very durable and effective, but if we go deep in this matter there are many alternatives for plastic-like stainless steel, glass, silicon, natural fibers, cloth, wood, and paper.

I can tell you many ways to reduce plastic, but, I suggest that you find your own ways because all our daily activities are different from others and each one of us can surely make a big difference.

AAMENAA SYED, Class VII, St. Kabir School, Navrangpura, Ahmedabad



THE EDUCATIONIST EMBRACE GRATITUDE

We, at St. Kabir School, Navrangpura believe that our mind is cluttered with desires.

Gratitude is that state of mind that enables us to live the highest form of life. As we grow, we gain knowledge and experience. We realize one should be grateful to life. We teach our students that they must adopt the attitude of gratitude to their teachers in order to gain the best of education from them. If one has to enjoy the best of relationships, then it is possible through gratitude to one another only. We teach them to be grateful for each and every moment, every relationship, every blessing in their life. They can express their admiration for the



boons that have been best out for mankind. Gratitude activity is practiced by our students on a daily basis. Different occasions like birthdays, festivals, etc. they make cards or gift something to people as a sign of gratitude. They realize gratitude is necessary and the person practicing gratitude is considered great.

MITALI DUTTA, Educator, St Kabir School

Painters' Gallery



Manav Purohit, Class V, Delhi Public School, Bopal

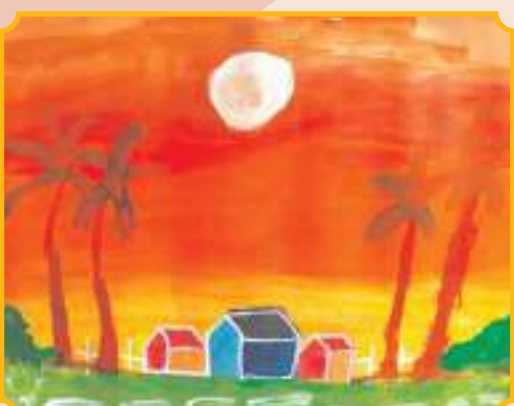
Jenil Dalki, Class IV, Zydus School For Excellence



Aarohi Joshi, Class VI, Cygnus World School, Vadodara



Yukta Khandelwal, Class X, St Mary's School, Dahod



Rishit Savaliya, Class V, Delhi Public School, Rajkot



Sachaniya Kirti, Class VI, Krishna School, Jamnagar

AT DAWN

At dawn time, it is lawn time, I take my bat and watch my pet. I jump, and fill my pump, And climb up, and snatch a cup, I come back to my house and catch a mouse. I study too., and top in an exam like you, I sleep at night, with clothes tight,

VIVAAN PATEL, Class III, Udgam School For Children

At dawn time, it is lawn time. I wake early, and comb my hair curly, I make a rocket, and turn on the socket, I play with my ball and go to the mall. I don't mess, and so I have no stress, I love to clean, and cut the bean, At dawn time, it is lawn time!"

LIFE AND CORONA

You see it's almost December, A year passed by but we can't remember. The spread of coronavirus, One sneeze and everyone is anxious. But let's be thankful for the doctors, For, they are our real protectors. I miss my friends, I miss my school, But going out now is just not cool. Online we study, online we play, Hoping things are back to normal someday. Let's join our hands and pray for the coming year, That corona will soon disappear.

KAHAN SHAH, Class I, St. Kabir School, Navrangpura

MY MOTHER

I tease you and make you angry, But I love you because you make me happy. I miss you when you are not around me, Because you are God's best gift to me.

HIYAN SHETH, Class I, St. Kabir School

SCHOOL DURING CORONA

I miss my school, The online classes make me uncool. Still, I enjoy studying on my laptop, Thanks to the teachers who never stop.

DIYAN SHAH, Class I, St. Kabir School

ONLINE STUDIES IS FUN

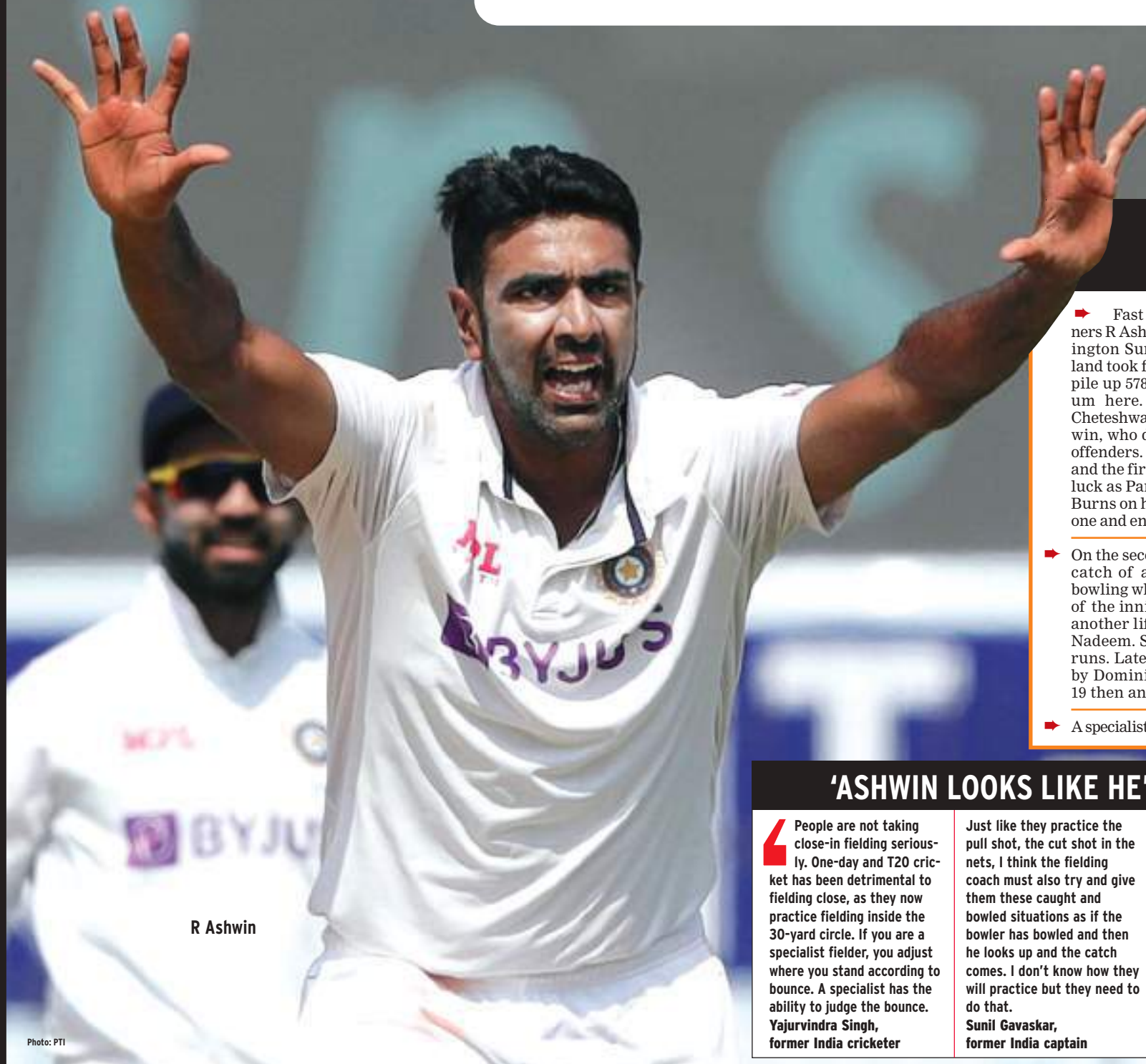
Best school of all is St. Kabir, Yes, we are studying online with zest and zeal. What fun it is when at home we study, It carries away all my worries.

No bags, no school van, no traffic, and no hurries Just my teachers, my peer like cherries n berries. Still missing my school; those steps, door n diaries, But thank you my teachers for making my education fun without furies. Just like delicious dishes served as homemade curries.

DEEVA SOLANKI, Class V, St. Kabir School, Navrangpura



IS INDIA NOT TAKING FIELDING SERIOUSLY?



R Ashwin

Photo: PTI

Indians have dropped four catches in the first two days of their first Test against England, leading to the visitors piling up a huge score

'THEIR FOCUS WAS ON BATTING AND BOWLING, AND NOT ON FIELDING'

Fast bowler Jasprit Bumrah and spinners R Ashwin, Shahbaz Nadeem, and Washington Sundar were the sufferers as England took full advantage of the reprieves to pile up 578 at the MA Chidambaram Stadium here. Wicketkeeper Rishabh Pant, Cheteshwar Pujara, Rohit Sharma, and Ashwin, who dropped a return catch, were the offenders. Bumrah, playing in his 18th Test and the first one in India, was left ruining his luck as Pant dropped England opener Rory Burns on his right-hand side. Burns was on one and ended up scoring 33 on the first day.

On the second day, Ashwin dropped a tough catch of all-rounder Ben Stokes off his bowling when he was on 31 in the 110th over of the innings. In the next over, Stokes got another lifeline as Pujara dropped him off Nadeem. Stokes, on 32, went on to score 82 runs. Later, Rohit dropped a sitter offered by Dominic Bess off Sundar. Bess was on 19 then and he ended up scoring 34.

A specialist close-in fielder, Yajurvindra Singh,

who took seven catches in 1977 to equal the world record of Australia's Greg Chappell before Ajinkya Rahane broke it by grabbing one more in 2015, was at a loss to explain the reasons for Indians dropping catches regularly. "How do you explain these dropped catches? Maybe the players are not taking enough catches in practice. The Indian team got three days to practice before the first Test against England started on Friday. Maybe their focus was on batting and bowling, and not on fielding or catching," Yajurvindra, 68, told IANS.

Yajurvindra, who took five catches in England's first innings in Bengaluru and added two more in the second, said only specialists should be fielding in close-in positions. "Fielding at close-in requires lot of practice; the positions, including mid-wicket and cover, are not to be fooled around with. When non-specialists like Rohit Sharma and Shubman Gill field in close-in positions, how do you expect them to take catches? It was funny that Rahane, who specialises in close-in fielding, wasn't close to batsmen," he observed.

'ASHWIN LOOKS LIKE HE'S 20 YEARS OLDER THAN HIS REAL AGE'

People are not taking close-in fielding seriously. One-day and T20 cricket has been detrimental to fielding close, as they now practice fielding inside the 30-yard circle. If you are a specialist fielder, you adjust where you stand according to bounce. A specialist has the ability to judge the bounce. Yajurvindra Singh, former India cricketer

Just like they practice the pull shot, the cut shot in the nets, I think the fielding coach must also try and give them these caught and bowled situations as if the bowler has bowled and then he looks up and the catch comes. I don't know how they will practice but they need to do that. Sunil Gavaskar, former India captain

Ashwin's not the 'best mover' in the Indian side. He always looks like he's 20 years older than he really is sometimes out there. He's bowled a lot of overs, he's looking a little bit tired and that's the chance (Ben Stokes' return catch) you desperately want to hang on to. Mark Boucher, former South Africa keeper

Fielding demands volume practice. If you are doing it in less volume, it affects the performances. They had to quarantine themselves at various stages. So, I don't know if the team got enough time for fielding drills. Earlier, practice sessions used to have warm ups, around 45 minutes to one hour fielding sessions, then nets and gym training in the evening.

Frequent quarantine has thrown the schedule for a toss. The Indian team was in quarantine in Chennai. This period would have been used for preparatory camp. Now, they don't have enough time for that. It gets more difficult when you have limited time to prepare for all different balls (pink, red and white). Dishaant Yagnik, Rajasthan Royals' fielding coach

VETERANS WHO MIGHT PLAY THEIR LAST IPL THIS YEAR

This year's complete tournament looks all but set to be played in India. The auction will take place on February 18th



Photo: TOI

CHRIS GAYLE

Even though he has been among run-scorers for Kings XI Punjab, his age and the fact that there will be a mega-auction next year could see the franchise offloading him. In the mega-auctions, the franchises build a team for the next 3 years and Gayle can't be part of any team's plans at the age of 42. Not to forget, he has gone unsold once in IPL. And in 2018, KXIP only bid for him after his name came up for the 3rd time. Though, the 'Universe Boss' had said that he still sees himself at the crease battling it out with the best in the business for another five years. "I believe that I still have five more years."

HARBHAJAN SINGH

Should he manage to draw a bid in IPL 2021 auction, Harbhajan might call it quits after the season as there will be a mega-auction next year and he can't be in a team's future plans at that age. Harbhajan doesn't play domestic cricket and hasn't played any form of cricket since IPL 2019. A full-time commentator for the past few years, he might find it difficult to draw a bid in IPL 2021 auction.



Photo: TOI

AMBATI RAYUDU

The former Indian batsman is expected to take a call regarding his career after the next IPL season. In 2019 as well, Ambati Rayudu had retired from international cricket but he made his return back then. With the franchises building new teams from IPL 2022, Rayudu isn't expected to be part of their plans and might retire from the league after IPL 2021.



Photo: GETTY IMAGES

MS DHONI

The highest earner in the history of the league, MS Dhoni had confirmed his participation in IPL 2021 before CSK's final league stage match last year. But he isn't expected to continue playing the league after IPL 2021. Since there will be a mega-auction next year, the franchises will have an opportunity to build a new team with an eye on the future. At 39, Dhoni can't be part of CSK's future plans and he is highly expected to quit the game after the next edition. Of course, Dhoni can continue his association with CSK as a mentor or in any other role. One of the most successful international captains, Dhoni retired from international cricket in August 2020 and now only plays in the IPL.



Photo: GETTY IMAGES

QUIZ TIME!

Q1: Which cricketer has played most matches as a captain in the Ashes?

- a) Ricky Ponting ☐ b) Allan Border ☐
c) Archie MacLaren ☐ d) Mark Taylor ☐

Q2: Name the first English club to win the European Cup in 1968?

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

Q3: Who is the first Indian woman to win a boxing gold at the 2018 Commonwealth Games?

- a) Saina Nehwal ☐ b) PV Sindhu ☐
c) Mary Kom ☐ d) PT Usha ☐

Q4: Which of the following competitor is all set to become the youngest Olympian at the Tokyo Olympics 2021?

- a) Sky Brown ☐ b) Marjorie Gestring ☐
c) Margery Hinton ☐ d) Hend Zaza ☐

Q5: Which of the following players hold the record of most catches in the Wisden trophy?

- a) Brian Lara ☐ b) Clive Lloyd ☐
c) Garry Sobers ☐ d) Gordon Greenidge ☐

Q6: Who is the youngest football manager to reach 100 UEFA Champions League matches?

- a) Sir Alex Ferguson ☐ b) Mauricio Pochettino ☐
c) Jose Mourinho ☐ d) Ole Gunnar Solskjaer ☐

Q7: How many FIFA Club World Cups has Real Madrid won till date?



Real Madrid's Eden Hazard

- a) One ☐ b) Three ☐ c) Five ☐ d) Four ☐

Q8: In which year did Di Stefano become the only player in the world to win a Super Ballon d'Or?

- a) 1986 ☐ b) 1987 ☐ c) 1988 ☐ d) 1989 ☐

Q9: Lasith Malinga has taken the highest wickets in the history of IPL. How many wickets has he taken?

- a) 170 ☐ b) 165 ☐ c) 169 ☐ d) 171 ☐

Q10: Which of the following players have made fastest 2000 runs in T20 Internationals?

- a) Martin Gupthill ☐ b) Brendon McCullum ☐
c) Aaron Finch ☐ d) Virat Kohli ☐


Q11: Who holds the record for fastest Champions League opening goal for Bayern Munich against Real Madrid?

- a) Luis Suarez ☐ b) Roy Makaay ☐
c) Salva Ballesta ☐ d) Diego Tristan ☐

Q12: Which of the following countries won most gold medals in the 2012 London Olympics?

- a) Great Britain ☐ b) Russia ☐
c) USA ☐ d) China ☐

ANSWERS: 1 b) Allan Border
2 c) Manchester United 3 c) Mary Kom
4 d) Hend Zaza 5 a) Brian Lara
6 c) Jose Mourinho 7 d) Four 8 d) 1989
9 a) 170 10 d) Virat Kohli
11 b) Roy Makaay 12 c) The United States




THE TIMES OF INDIA

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STUDENT EDITION

SATURDAY, FEBRUARY 6, 2021

GOOD TO KNOW

HUES WHO

Unleash the power of chromo or colour therapy by understanding these seven colours that represent seven chakras

RED

The root chakra located at the base of the spine is represented by red. The chakra has to do with our connection with the Earth.

ORANGE

The sacral chakra located 2 or 3 inches below the navel is represented by orange. This chakra is said to be associated with reproduction, kidneys, adrenals and happiness.

YELLOW

The solar plexus chakra is associated with liver, pancreas, digestive system, gallbladder, empowerment and wellbeing. It is located between the navel and sternum.

GREEN

The colour represents the Heart chakra. It's associated with heart, lungs and immune system, energy, nervous system, mental focus, compassion and empowerment.

BLUE

The chakra is associated with thyroid and metabolism and also with a peaceful expression.

INDIGO

The third eye chakra is located between the eyebrows. It is associated with the pituitary gland and pineal gland. It influences our sleep cycle, clarity, wisdom, self-esteem and intuition.

VIOLET

The crown chakra that is located on top of the head. It is associated with clarity, dreams, spirituality, sleep cycles, dreams, pineal gland and light sensitivity.

CLICK HERE: PAGE 1 AND 2

Spring' up YOUR HOME



mer, get most of the 'good' weather. Create a nice little corner in your balcony, terrace or garden. You can pick and choose the size but what you'd need is good seating, a table and décor accents, especially plants. You can also use old broken cups as planters in this corner.

Bring flowers home

Place flowers in every corner to get the spring feel. There are various contemporary décor that you can follow: using vintage milk bottles as vases, breaking down one bouquet into singular arrangements or simply interspersing artificial flowers with real flowers. Go whimsical with your flower décor and avoid an overtly perfect arrangement. Tip: Using wildflowers is a great way to update a flower arrangement. From craspedia to lavender, even just baby's breath (known as filler flowers) use unusual flowers for your posy.

Do up the walls

If you can't wallpaper it, get some spring feel with floral painting or collages. You can even hang a tapestry in spring colours or add a few shelves to put some spring-inspired curios. You can get wall decals too. Tip: Frame a huge monstera leaf in a clear glass base or create a décor piece with flowers embedded in resin for your walls.

Clean the clutter

Start prepping the home by cleaning the clutter. It's called springcleaning, isn't it? Get rid of all the winter woolies and quilts. Take stock of any décor accents you need to change or add now to welcome the new season.

Colour up

Spring is nothing without colours. Add colour to your home. Some simple ways are to add a rug or go old-school with a chatai. Cushions, curtains, bed-sheets, dining table runners are simple ways of adding colours. A good décor item to invest in is a charpai (strung up with colourful ropes) for your balcony or your garden. Tip: You can repurpose old saris/dupattas to make your table runners or covers.

Create a chai corner

Before the onset of the hot Indian summer, get most of the 'good' weather. Create a nice little corner in your balcony, terrace or garden. You can pick and choose the size but what you'd need is good seating, a table and décor accents, especially plants. You can also use old broken cups as planters in this corner.

Start gardening

Spring is undoubtedly the season of gardens. As the winter gloom begins to lift and bulbs and branches come alive with their colourful sprouts, it is a sign of new beginnings. Thankfully, it doesn't take a well-seasoned gardener to plant and grow fresh herbs and veggies during springtime. Here's what would grow well...

1 CILANTRO: Cilantro grows easily from seed, and will grow prolific in a garden filled with healthy, well-draining soil. It loves full sun so plant it where your garden or balcony receives the most light.

2 LEMON GRASS: You can grow lemongrass by rooting a market-bought stalk. First keep it in a jar of water. Change the water every day till the lemongrass grows about 2 inch tall and then transfer it to a sunny pot and keep it hydrated. Lemongrass can be used for cooking and aromatherapy.

3 BEETS: A good source of many nutrients, beetroot can be a fantastic addition to your spring season garden. In addition to being easy to grow, they grow best in the cool season. Provide them with fertile soil and choose a spot where it gets plenty of sunlight.

4 SPINACH: The best and healthiest of the leafy greens, spinach, is a rich source of iron. You can grow spinach in your spring garden too. Though planting it early, right at the beginning of the season, is the right choice, as the temperature stays cold by that time.

5 SPRING ONIONS: As the name defines, spring onions can easily be grown in the spring season. They require a moderate kind of temperature to grow well.

GREEN GYAN

Some handy tips for budding gardeners

1 Do you want to plant a vegetable garden? An herb garden? If you choose vegetables and herbs, plant ones your family will eat or be willing to try.

2 Almost all vegetables and most flowers need 6-8 hours of full sun each day. So you need to observe your gardening space throughout the day to figure out which spots receive full sun versus partial or full shade.

3 Check for windbreaks (such as your house or your neighbours' house) that will keep plants from being harmed by strong winds.

4 Your soil could be excessively wet, poor and infertile, or too acidic or alkaline. The solution is usually simple: Add organic matter. Add 2- to 3-inch layer of compost, decayed leaves, dry grass clippings, or old manure to the soil when you dig or till a new bed.



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HOGGING THE LIMELIGHT

According to a North American tradition, if a groundhog does not see his shadow after emerging from his burrow on Groundhog Day (February 2), spring will come early; if he sees his shadow, winter will last for 6 more weeks. In the US, the most famous such prognostication is held at Punxsutawney town (pronounced "punks-uh-taw-nee") in Pennsylvania state. The tradition began during the Middle Ages in Europe, when it was believed that badgers and bears interrupted their hibernation to appear on this day. The Punxsutawney event started in 1988. This year, the groundhog Punxsutawney Phil spotted its shadow, predicting another month and a half of winter. However, Phil is not always right. The 1993 film 'Groundhog Day' catapulted the reticent rodent to instant fame.

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Soon the sun will be warming you from the outside, and your body will call for something different than coffee. According to traditional Chinese medicine, spring is liver and gallbladder season. Just as buds and plants are getting ready to reappear, our bodies want to regenerate as well. "Spring energy is all about moving upward and outward, opposite of the contractive direction of winter that pulls our energy inward for storage," says Sandra Lanshin, acupuncturist and Chinese herbalist. According to nutritionist Ritika Samaddar, "With spring, it's the start of the new annual cycle. Change in weather, harvest season, even change in digestion happens. Spring brings a dip in appetite and cravings, good time to lose weight." Here are some liver-friendly foods:

Leafy munch: Diuretics, sometimes called water pills, help rid your body of salt (sodium) and water. Cabbage, made up of 92% water, is a natural diuretic that can help expel excess fluids from the body, so you can't go wrong by filling up on this water-based food.

Juicy kick: Fresh pineapple is not only sweet and delicious, but it also aids in detoxing the body, thanks to the presence of bromelain, a powerful digestive enzyme. This enzyme has been proven to aid in digesting protein, breaking down fats, and reducing inflammation.

Go green: Load your diet with microgreens, which are loaded with micronutrients as compared to the matured leaves. So have a lot of the fresh greens. Detox drinks like green tea, vegetable or fruit smoothies, coconut water.

Go nuts: Include nuts like almonds in your daily diet. Studies have proved that almonds help in reduced central adiposity (belly fat) and waist circumference.

Bitter bite: Bitter foods have cleansing properties for your blood and liver. They cut through that "stuck" feeling and ease congestion. Eat them both cooked and raw. A few options are rocket leaves, radicchio, bitter melon, daikon radish, and dandelion greens.

Beet it: Beets activate liver enzymes which helps break down and absorb healthy fats and fat-soluble nutrients like vitamin E.

SPRING CLEAN YOUR SYSTEM

In Chinese medicine, spring is liver and gallbladder season. Detox with these foods



The liver works hard to process the food you eat, the cosmetics you use, the air you breathe and even those angry emotions

REARRANGE YOUR PANTRY

The first foods you see are often the first foods you grab to eat. Rearrange your pantry by pushing the food with refined carbs and added sugars like cookies or candy at the back

DID YOU KNOW that chromotherapy is an alternative therapy, it is done by shining an appropriate colour on the particular area of the body. It aims to improve your overall health and mood

Can you negotiate well WITH YOUR PARENTS?

To know how to build the bridge of trust, here are some clever tips

Pallavi.Shankar@timesgroup.com

CASE STUDY 1

PROBLEM: You want to extend your curfew time by a couple of hours on your best friend's birthday.

SOLUTION: Bring the evening train/bus schedule with you to show your parents how you intend to get back home. Share your friend's phone number with them so that they are assured of your safety. Talk to them about your planning for the event/party and tell how many more hours do you need as an extension.

CASE STUDY 2

PROBLEM: Your curfew is 7 pm. Post-negotiations, your parents extend it to 8.30 pm. But you want to return at 10 pm. Should you push further?

SOLUTION: No. As a family member, by now you are well aware of the boundaries set by your family. And each family is different in what's permissible. A 1½ hour extension is a fair enough deal. It's futile to compare it if your friend's family is different. You have to manage and operate within your family's boundaries. And also negotiate within those.

NO TANTRUMS, PLEASE

Make sure you don't resort to a shouting match to get what you want. Talk firmly for sure but losing temper while putting forth your demands will only show you in a poor light. There can be times when you face setbacks in a parent-child negotiation. You may mess up and not stick to your word. However, setbacks once in a while are normal and part of the journey towards adulthood. If you end up making a mistake by not being able to keep your end of the bargain, apologise sincerely to your parents. In all likelihood, you will be forgiven and your family will not hold a couple of your 'deal breaks' against you.

PLAN YOUR CONVERSATION

Is talking to your parents is on your mind. It

could be ask them for more access (than usual) to the Internet or a new mobile or to join a soccer class. Look for the right time to talk. Choose a time when they are relaxed and not in the rush. Mention what you would like to talk about and suggest a time of the day or week. This approach will make your parents take your 'need to talk' seriously.

BE PREPARED

"Learn the art of negotiation, which needs assertiveness and when you do that with parents, you need clarity along with realisation of pros and cons of whatever you are asking for," suggests psychiatrist Dr Sanjay Chugh.

BUILD CREDIBILITY

Once you have promised your family that you will be back home by a certain time, stick to it. Reaching late and not keeping your promise will undermine your credibility. "Remember, with more liberty comes more responsibility. If you misuse your relaxation the first time, you lose credibility," says Chugh. Ditto for other post negotiation promises made by you like cleaning up your room. Build credibility and this will pave the way for more freedom in future.

9 WORDS AND PHRASES that are actually right

HOME IN

If you're nearing a particular target or objective, and you say you're "honing in" on something, this would make a language expert cringe. The standard expression is to "home" in, not to "hone." As a verb, "home" means to return to one's place of origin from a far distance, like the aptly-named homing pigeon. People began using "home in" in a figurative sense in the 1950s, according to the Merriam-Webster, and within 10 years, people were already misusing "hone" for "home". But the "home in" remains the more popular variant of the expression, and the dictionary advises you to use it if you want to avoid criticism.

HANGED

"Hung" is the most common way used to turn "hang" into past tense. "Hanged" sounds incorrect – and in most cases it is. But there's one context when "hanged" is the proper way to inflect the word "hang," and that's when you're talking about executing someone by hanging. The reason for the distinction is that the word comes from two distinct Old English words – hon and hangian – that eventually fused together, according to the Online Etymology Dictionary. So, to recap: Christmas decorations are hung, while criminals are hanged.

LITERALLY

One of the most-widely held language peeves is the use of the word "literally" in any sense other than "exactly according to definition." In recent years, the meaning has shifted from its original meaning to one that means "figuratively" – essentially, the opposite in meaning. But it turns out

that development isn't nearly as recent as most people think. "Literally" has been used to exaggerate for hundreds of years in English, including by esteemed authors like Charles Dickens, Charlotte Brontë, F. Scott Fitzgerald, and James Joyce. According to the Merriam-Webster, the practice dates back to at least 1789, and in 1909, the dictionary noted that the word is "often used hyperbolically; as, 'he literally flew.'" So there's nothing wrong, uneducated, or even new about using "literally" for hyperbolic effect – people have been doing it for centuries.

BETWEEN YOU AND ME

Did you know "between you and I" is hyper-corrected? In language, a hypercorrection occurs when someone incorrectly applies a grammatical rule in an inappropriate context, usually to appear more formal or educated. For example, "seldom" is an adverb, but some people hypercorrect it to "seldomly." In the case of "between you and I," it should really be "between you and me." That's because the pronouns "you" and "me" form what is known as a compound object.

There's a good reason for people's confusion, according to Mignon Fogarty of Grammar Girl.

According to her, "the theory is that people have been so traumatised by being corrected when they say things such as 'Ashley and me went to the mall' instead of 'Ashley and I went to the mall' that they incorrectly correct 'between you and me' to 'between you and I.'"

HI FRIENDS. WE ARE HOPPER & CROCKY.

Here are nine examples of English words and phrases that sound wrong, but simply aren't

ANOTHER THINK COMING

If you think the common expression is "you've got another thing coming," well, you've got another think coming – that's right, the popular expression actually uses the word "think," not "thing." That's according to the Oxford English Dictionary, and NPR, which tracked down some early uses of the idiom from the 19th century. "Chicago thinks it wants a new charter. Chicago has another think coming," one example cited by NPR read. "Think" eventually changed to "thing" due to enough people misinterpreting the expression, and today "thing" is the more likely word to appear in print.

MATHS

Don't be alarmed by the curlicues at the end of math – it's just the standard way British people shorten "mathematics." It's not entirely clear why Americans began saying "math."

FISHES

Your English school teacher may have taught you that the plural of "fish" is just "fish." And they were right – mostly. Some scientists break from tradition and distinguish different species of fish with the word "fishes."

MOUSES

"Mice" is the classic plural of "mouse" you've known and loved, but that all changed with the dawn of the computer age. Nowadays, most dictionaries list "mouses" as an acceptable plural for a computer mouse. That said, some writers sidestep the controversy altogether and just say "mouse devices."

PLEADED

Another verb with a tricky past tense is "plead." Most people say "pled," following the patterns of bleed and bled, speed and sped, feed and fed, and lead and led. Although most dictionaries acknowledge the popularity of "pled," they'll also note that "pleaded" is the preferred form among most experts. While saying someone "pleaded" guilty may sound clunky, data show that it's much more popular than "pled" in the courtroom.

Source: Business Insider

5 steps to improve COMMUNICATION SKILLS



Good communication involves proper listening and speaking skills. In the age of virtual connections, organic communication is faltering. This article shall guide you in being an excellent communicator.

1. OBSERVE YOURSELF

Self-awareness is the foundation of good communication. By inculcating greater awareness about your verbal and non-verbal communication skills, you will be able to isolate areas that need improvement. Start by watching the way you speak or react to commonplace situations and understand the motivation behind your actions. This will bring out your strengths and weaknesses.

2. LEARN FROM OTHER PEOPLE

Human beings are born to emulate others and it is by emulation that they can improve upon or learn new skills. Find a communicator whom you admire. It can be your colleague, your best friend or anyone else. Observe their communication style closely. Studying others will help you identify key traits and select appropriate methods of communication. Watching speakers on television will let you pick up helpful tips.

3. TRY DIFFERENT COMMUNICATION STRATEGIES

Having picked up skills, you need to practise them regularly. Imitating what you see is also a good practice to follow. Study different mannerisms, speaking styles and inculcate them into

your speaking technique. With a host of strategies available, find out the one you're most comfortable with and put them to use.

4. EXERCISE YOUR SKILLS

Practice makes perfect. Without practising your verbal, physical and written communication skills, you will never be able to improve upon them. Identify your weaknesses and work on improving them. Whether it's public speaking or low comprehension skills, practising will boost your communication skills. You can try reading text aloud, speaking to yourself in the mirror and keeping a creative journal to document your progress.

5. BUILD YOUR CONFIDENCE

With improvement in communication skills, one also needs to pay special attention to improving confidence. Having a realistic measure of the situation will allay your fears and let you express yourself in a better way. The lack of confidence tends to turn down the effectiveness of any communicator. Confidence is an integral part of effective communication, which allows one to have a better control over the situation and communicate in a better way. Bad communication can adversely affect interpersonal relationships. Hence, follow the above steps to build your skills.

IDIOMS ON WEATHER

STEAL SOMEONE'S THUNDER

MEANING: To garner the attention or praise that one had been expecting or receiving for some accomplishment, announcement, etc.
EXAMPLE: My brother is the star athlete of our high school, so no matter what I succeed in, he's constantly stealing my thunder.

COME RAIN OR SHINE

MEANING: No matter the circumstances.
EXAMPLE: I will stand by you come rain or shine, you are my best friend.

A STORM IN A TEACUP

MEANING: A disproportionate reaction of anger, concern, or displeasure over some minor or trivial matter.
EXAMPLE: If you ask me, these



protests are nothing but a storm in a teacup that's been stoked by a media campaign of misinformation.

ANY PORT IN A STORM

MEANING: In an emergency any solution will do, even one that wouldn't normally be acceptable.
EXAMPLE: That horrible hotel was a case of any port in a storm as we couldn't find any place to spend the night.

A STORM IS BREWING

MEANING: There is going to be trouble or an argument.
EXAMPLE: Everybody is getting on John's last nerve with all these questions. A storm is brewing.

AS RIGHT AS RAIN

MEANING: To feel well, alright.
EXAMPLE: I took some medicine before I went to bed and the next morning I was as right as rain.

CHASE RAINBOWS

MEANING: Waste time trying to achieve something impossible
EXAMPLE: He thought he could convince the boss to appoint him as the new manager, but in fact he was chasing rainbows.

HEAD IN THE CLOUDS

MEANING: Having unrealistic or impractical ideas, daydreaming
EXAMPLE: I don't believe it's possible for me to ever have a serious conversation with you, you always have your head in the clouds.

RAINING CATS AND DOGS

MEANING: Raining heavily.
EXAMPLE: They cancelled the football game because it was raining cats and dogs.

LIGHTNING FAST

MEANING: extremely fast.
EXAMPLE: I don't think we can keep up with him, he's got a lightning fast bike.

TRAVEL: a verb used to show when someone goes from one place to another.
Example: I like to travel a lot, I've been to every continent!

TRIP: A noun that denotes a visit to a new environment, usually for a short amount of time.
Example: We had a fantastic trip to the Alps, but it was cold!

JOURNEY: The amount of travelling required to reach a destination.
Example: It was a long journey, it took 6 hours!

TOUR: Travelling to many different places during one trip.
Example: We took a tour of

Travel Vocabulary

Italy, we visited Milan, Rome and Florence. It was great!

VOYAGE: The same as journey, but an older word.



Example: The pirates went on a long voyage looking for treasure.

CRUISE: As a travelling noun, it means to travel on a boat in which you also sleep and stay.
Example: It's like a resort on water. We took a luxury cruise to the Caribbean, it was amazing.

CROSSING: The process of travelling across a body of water, usually a short trip.
Example: The crossing from England to France is much longer by boat than by plane!

EXCURSION: A short journey or trip, especially one taken for leisure.
Example: They went on a brief excursion to the coast.

Queries relating to language skills

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

toinie175@gmail.com

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match."

MIA HAMM, American soccer player and two-time gold medalist

UNFORGETTABLE ROBOTS IN FILMS

Some made us fall in love with them, some scared us, but robots have always fascinated audiences the world over.

Here are six cinema creations we will always remember...

R2D2 (Star Wars)

R2-D2 is a fictional character in the 'Star Wars' franchise created by George Lucas. He has appeared in 10 of the 11 'Star Wars' films till now. At various points throughout the course of the films, R2-D2, an astromech droid, is a friend to C-3PO, Padmé Amidala, Anakin Skywalker, Leia Organa, Luke Skywalker, Obi-Wan Kenobi, BB-8, Rey and D-O. R2-D2 and his companion C-3PO are the only characters to appear in every 'Star Wars' film, with the exception of 'Solo: A Star Wars Story' (2018). English actor Kenny Baker played R2-D2 in all three original 'Star Wars' films. However, Jimmy Vee also co-performed the character in some scenes.

C-3PO (Star Wars)

C-3PO, short for Cyborg 3 protocol, is also an android in the 'Star Wars' franchise, who appears in the original trilogy, the prequel trilogy, and the sequel trilogy. Built by Anakin Skywalker, C-3PO was designed as a protocol droid intended to assist in etiquette, customs, and translation. He often boasts that he is "fluent in over six million forms of communication". Along with his astromech droid counterpart and friend R2-D2, C-3PO provides comic relief within the narrative structure of the films, and serves as a foil. Anthony Daniels has portrayed

the character in 11 of 12 'Star Wars' cinematic films, including 'Rogue One' and the animated 'The Clone Wars'. C-3PO and R2-D2 are the only characters to appear in all of the films except 'Solo: A Star Wars Story'.

Bumblebee (Transformers)

Bumblebee is a fictional robot superhero in the many continuities in the 'Transformers' franchise. The character is a member of the Autobots, a group of sentient self-configuring modular extra-terrestrial robotic lifeforms. In most versions, Bumblebee is a small yellow Volkswagen Beetle. The character is named after the bumblebee, a black-and-yellow striped bee that inspired his paint scheme. Bumblebee appears in most of the series and later becomes the main protagonist in 'Transformers: Robots in Disguise', 'Bumblebee', and 'Transformers: Cyberverse'. Bumblebee is the mascot of the Autobot faction, who constantly strives to prove himself in the eyes of the other robots-especially his leader, Optimus Prime. This often causes him to take risks that put him in danger.

Optimus Prime (Transformers)

Optimus Prime, known in Japan as Convoy, was created by the 'Transformers' franchise. He is a Cybertronian, a fictional extra-terrestrial species, who can turn into self-configuring modular robotic life forms (e.g.: cars and other objects). Optimus Prime is a synergistic blend of biological evolution and technological engineering. In almost every version of the mythos, Optimus is the leader of the Autobots, a faction of Transformers who are rivals of the Decepticons, the villains. He is defined by his strong moral character and is almost always portrayed as the primary hero of the story, opposing the evil Deception leader Megatron. Over the history of the 'Transformers' franchise, Optimus has been portrayed by a variety of actors, such as Peter Cullen, Garry Chalk, Neil Kaplan, David Kaye and Jake Tillman. He is considered an icon of popular culture.



Pics: Istock

Terminator (The Terminator)

'The Terminator', released in 1984, directed by James Cameron and starring Arnold Schwarzenegger as the Terminator, catapulted both the director and the actor to immense fame and gave them legendary status in the pantheon of sci-fi films ever made in the history of Hollywood. Schwarzenegger as the Terminator, is a cyborg assassin sent back in time from 2029 to 1984 to kill Sarah Connor (Linda Hamilton), whose son will one day become a saviour against machines in a post-apocalyptic future. The Terminator topped the US box office for two weeks. The film's success led to a franchise consisting of several sequels, a television series, comic books, novels and video games. In 2008, 'The Terminator' was selected by the Library of Congress for preservation in the National Film Registry as "culturally, historically, or aesthetically significant".

A.I. (A.I. The Artificial Intelligence)

'A.I. Artificial Intelligence' (also known as 'A.I.') was directed by Steven Spielberg. The screenplay by Spielberg and screen story by Ian Watson were loosely based on the 1969 short story 'Supertoys Last All Summer Long' by Brian Aldiss. Set in a futuristic post-climate change society, 'A.I.' tells the story of David (Haley Joel Osment), a childlike android uniquely programmed with the ability to love. He is adopted as a test case by a Cybertronics employee (Sam Robards) and his wife (Frances O'Connor). Though he gradually becomes their child, a series of unexpected circumstances make this life impossible for David. Without final acceptance by humans or machines, David embarks on a journey to discover where he truly belongs, uncovering a world in which the line between robot and machine is both vast and profoundly thin.



The wealthiest SUPERHEROES

Emma Frost - Net Worth \$1-3 billion

As chair of the board and CEO of Frost International, a multi-billion dollar electronics conglomerate, Emma Frost has considerable financial resources. The reformed telepath now helps lead the X-Men with her psychic powers — and her enormous fortune. According to estimates online, even though there is no specific figure placed on her wealth, her liquidated holdings were to fund the X-Men's island base for the foreseeable future.

Tony Stark aka Iron Man - Net Worth \$12.4 billion

Tony Stark, aka Iron Man, was born with a silver spoon in his mouth. While he invested his billions into saving the world, Stark also built himself a fine sea-side mansion, as also a sparkling headquarters for the Avengers in New York. Interestingly, while 'Forbes' ranks Stark's wealth ahead of Batman, the publication lists

OZYMANDIAS - NET WORTH \$7 BILLION

Born as Adrian Veidt, the villain in chief of the 'Watchmen' franchise, Ozymandias has quite a few notable achievements: He's the smartest man on Earth, is in peak physical fitness (enough to catch a bullet, literally), and runs a ruthless business enterprise with criminal efficiency. In fact, he was so confident of his ability to make billions that at the age of 17, he gave away his entire fortune to charity. He then started all over again, and went into business by selling toys modelled on himself.

Stark Industries' revenue (\$20.3 billion) as less than that of Wayne Enterprises.

T'Challa aka Black Panther- \$90 trillion

Black Panther is not only the first Black superhero in a mainstream comic book series, he's also the richest. While other superheroes may derive their wealth from business or commercial interests, T'Challa has his own country. And not just any country, but the kingdom of Wakanda, home to the entire world's reserves of vibranium, the most

precious and strongest metal in the Marvel Comic Universe. According to the comic books, it retails for close to \$10,000 per gram, giving the country more than \$90 trillion worth of vibranium reserves, giving T'Challa a net worth that's \$10 trillion more than the entire real world's GDP.

Bruce Wayne aka Batman - Net worth \$9 billion

'Forbes' estimates Bruce Wayne aka Batman's net worth to be in the region of \$9.2 billion, while the Bruce Enterprises is said to have an annual revenue of \$31.3 billion. All pretty cool, especially, for someone whose superpower is money. Spiderman can spin a web; He-Man is the strongest man in the universe, Batman? He has cool cars. But it's perhaps for the best. The future of the world depends on Bruce Wayne's money, considering Ra's Al Ghul is literally immortal and himself is worth \$ 1 billion.

Charles Xavier aka Professor X - Net Worth: \$3.5 billion

The founder of the X-Men and Xavier's School for Gifted Youngsters is worth \$3.5 billion according to Fantomex, who tried to extort Xavier (New X-Men #129). You'd think the same person who can read everyone's mind might have a little bit more money on hand, but Professor Xavier seems to have bigger priorities than acquiring cash.

DIALOGUEBAAZI

Here are 10 inspiring quotes from children's films...

- "It's not until you lose everything that you truly appreciate everything." Belle, 'Beauty and the Beast', 1991
- "To live. To live would be an awfully big adventure." Peter Pan, 'Hook', 1991
- "Nobody but me is gonna change my story." Matilda, 'Matilda', 1996
- "Never look back, darling. It distracts from the now." Edna Mode (pic. right), 'The Incredibles', 2004
- "Ohana means family, family means nobody gets left behind. Or forgotten." Stich, 'Lilo and Stich', 2002
- "Oh yes, the past can hurt. But, you can either run from it or learn from it." Rafiki (pic. below), 'The Lion King', 1994
- "Love is putting someone else's need before yours." Olaf, 'Frozen', 2013
- "It takes a great deal of bravery to stand up to your enemies, but a great deal more to stand up to your friends." Professor Dumbledore, 'Harry Potter and the Philosopher's Stone', 2001
- "Sometimes the right path is not the easiest one." Grandmother Willow, 'Pocahontas', 1995
- "A man who never made mistakes never made anything." Frank Heffley, 'Diary of a Wimpy Kid', 2012

Source: bamni.co.uk



OLYMPIC THEME SONG

A list of the best theme songs as the Tokyo Games approaches...

- 'Olympic Hymn' by Spyridon Samaras, 1896
The Olympic Hymn was the first music composed for the Olympic Games and is the official Olympic anthem. It was first sung at the 1896 Olympics in Athens.
- 'Bugler's Dream' by Leo Arnaud, 1968
This is the music that many Americans would associate with the Olympics because of its use by US TV networks in their coverage of the Games. The piece was commissioned for a music album called Charge!
- 'Olympic Hymn' by Leonard Bernstein, 1981
This version was written by Bernstein. The lyrics were written by German author and poet Günter Kunert, and it was performed at the height of the Cold War between the Moscow 1980 and Los Angeles 1984 Games.
- 'Olympic Fanfare and Theme' by John Williams, 1984
Legendary composer John Williams wrote this piece for the opening ceremony of the 1984 Los Angeles Olympic Games. Its triumphant fanfare and majestic strings have been associated with the Olympics ever since.
- 'Javelin' by Michael Torke, 1994
This vibrant piece was commissioned by the organisers of the 1996 Atlanta Olympics - the centenary games. It premiered in 1994 in Atlanta by the Atlanta Symphony Orchestra.

Source: classicfm.com



Sympathy is an odd thing: you lose friends and respect when you seek it for yourself, but seeking it for someone else can make you rich and famous. Successful storytellers — both writers and filmmakers — know this. That's why almost all famous stories across the world have sympathetic plots. 'The Ramayana' and 'The Mahabharata' are among the best examples of sympathetic plots. At every twist in the tale, they force you to take sides sympathetically. Fast-forward to our age and you get 'Harry Potter'. In fact, 16 of this year's 20 topgrossing Hollywood films are "complete sympathetic tales," writes Manvir Singh, a PhD candidate at Harvard University's department of Human Evolution Biology, in the magazine 'Aeon'. If you are planning to write a blockbuster, you could use these hints from Singh's essay, 'Orphans and Their Quests'.

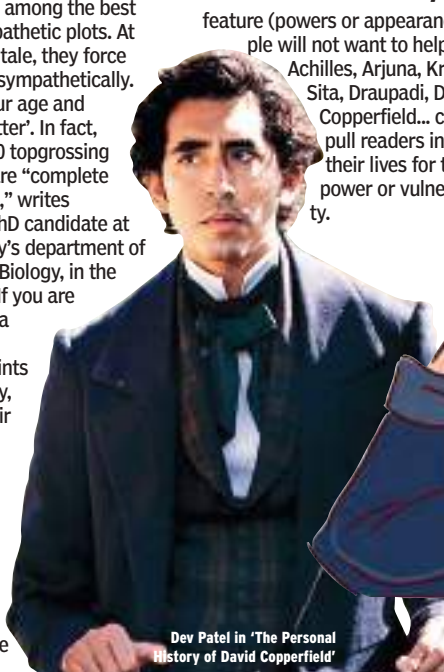
HERO'S USP

Remember, you are seeking sympathy. If your hero/heroine does not have an instantly attractive

How to write a BLOCKBUSTER

A four-step guide to the most successful, time-tested storytelling style

feature (powers or appearance), people will not want to help them. Achilles, Arjuna, Krishna, Sita, Draupadi, David Copperfield... could all pull readers into their lives for their power or vulnerability.



Dev Patel in 'The Personal History of David Copperfield'

MAKE THEM UNFORTUNATE

"The quickest way to an audience's heart is to kill off one or both of your character's parents," says Singh. Rama loses his father, so do the Pandavas. Oliver Twist is a street urchin; Harry Potter is a "doorstep baby". The audience should feel a strong urge to help your hero/heroine. So, make them needy. Pile misfortune, if you must, because people love it. For example, Peter Parker (Spider Man) is an orphan, and then he loses Uncle Ben, too.

PUT HURDLES IN THEIR WAY

It could be demons, monsters, cruel step-parents, difficult bosses... "If you need someone to pay attention, tell them about a person who has difficulty getting what they want," says Singh. Why do problems elicit sympathy? Perhaps, because we are a problem-solver.

7 BASIC PLOTS

Late British journalist Christopher Booker reviewed 450 stories, spanning films, plays, novels, ancient epics and fairy tales. He organised them into his book, 'The Seven Basic Plots' (2004):

- 1 Overcoming the monster ('Dracula'; 'Theseus and the Minotaur')
- 2 Rags to riches ('Aladdin and the Enchanted Lamp'; 'The Ugly Duckling')
- 3 The quest ('Aeneid'; 'The Lord of the Rings')
- 4 Voyage and return ('Alice in Wonderland'; 'Goldilocks and the Three Bears')
- 5 Comedy/romance ('Emma'; 'Some Like It Hot')
- 6 Tragedy ('Faut'; 'Romeo and Juliet')
- 7 Rebirth ('Beauty and the Beast'; 'The Frog Prince')

solving species always curious about how others solve their problems.

BE SMART

Your protagonist's adventures are the glue that holds your story together. Let them run into hurdles, but not endlessly. Eventually, the audience expects them to succeed. That's why they are keen to help. Reward them for their sympathy with a taste of success.

Photo: GETTY IMAGES



Sakshi Malik, who won a bronze medal at the Rio Olympics in 2016, became the first woman wrestler from India to win an Olympic medal

GREATEST OLYMPIC MOMENTS

With the Olympic Games in Tokyo around the corner, let's take a look at the top Indian athletes who made us proud at the world's greatest sporting event

1 FIRST GOLD IN HOCKEY AFTER INDEPENDENCE

August 12, 1948, will always have a special place in India's sporting history. It was on this particular day that the country won its first-ever gold medal at the Olympics as an independent nation. The Olympics were held in Britain. Before the historic triumph, India had won three gold medals at the Olympics but all of them came under the rule of the British Empire. Indian men's hockey team regis-

tered a historic triumph over Great Britain by 4-0. Free from British Raj, those 11 men united a whole nation and gave them a proud moment to celebrate. Balbir Singh, who made his Olympics debut in the same edition, stole the show with his impeccable show throughout the tournament. He scored two goals in the final. The other two scorers in the final were Tarlochan Singh and Pat Jansen.

2 JADHAV, FIRST INDIVIDUAL ATHLETE TO WIN A MEDAL

Long before Leander Paes, Abhinav Bindra, Sushil Kumar and Vijender Singh, who became the nation's darlings, a certain wrestler by the name of Khashaba Dadasaheb Jadhav had fought financial hurdles and government ignorance to bring home a bronze medal. At the 1952 Helsinki Games, Jadhav, hailing from Goleshwar a village in Maharashtra, won bronze in the bantamweight cate-

gory. What makes his success remarkable is that his calls for monetary help to finance his trip to Helsinki were met with rejection from all quarters. However, the principal of Rajaram College, where Jadhav studied, came forth with the necessary help and as per historical accounts, mortgaged his house to arrange the funds for his former student.

3 INDIA'S FIRST INDIVIDUAL OLYMPIC MEDAL IN 44 YEARS

The bronze medal around Leander Paes' neck marked India's first solo Olympic medal in 44 years. It also doubled the Olympic medal for the Paes family as Leander's father Vece, former Indian hockey midfielder, won bronze during the 1972 Olympics in Munich. His world ranking was 126 at that time and he was a wildcard in singles. Leander defeated Brazil's Fernando Meligeni 3-6, 6-2, 6-4 before losing to eventual winner and America's Andre Agassi 6-7, 3-6. In an interview to TOI, Paes recalled that he would have won the men's doubles medal long back in 1992 at the Barcelona

Games along with his mentor Ramesh Krishnan had he reached the semi-final. Paes and Krishnan had lost to the Croatian pair of Goran Ivanisevic and Goran Prpic 6-7, 7-5, 4-6, 3-6. "I could have clinched my maiden Olympic medal at Barcelona itself partnering Ramesh. We were in the quarter finals playing against Ivanisevic and Prpic. We were up 4-3 in the third set and if we had won that match we would have won an Olympic medal there itself. Till that time the Olympics had the provision of awarding losing semi-finalists the bronze, which we could have won," he said.

4 MALLESWARI BECOMING FIRST WOMAN TO WIN A MEDAL

Hailing from Andhra Pradesh, weightlifter Karnam Malleswari became the first Indian woman to win an Olympic medal (individual/team) at the Olympic Games. The year was 2000, the venue, Sydney, where she lifted 110 kg in the snatch and 130 kg in the clean and jerk for a total lift of 240 kg. Later, Malleswari stated that she was disappointed on missing out the gold medal. To this day, she maintains

that gold was in her grasp. According to her, a miscalculation on the part of her coaches had Malleswari lift 137.5 kg in her last attempt to be in the gold medal contention. However, she failed. Even if she had lifted 132.5 kg, she could have won gold. "I had practised lifting that amount of weight (137.5) too, but it was sheer bad luck that I wasn't able to pull it off on that day," said Malleswari in an interview in 2012.

5 RATHORE CLINCHES SILVER AT 2004 ATHENS OLYMPICS

The Indian contingent went into the Athens Olympics with more hope than a real shot at glory. After just a solitary bronze in the previous Olympics of 2000, not much was expected. But the talented Rajyavardhan Singh Rathore had other ideas as he became independent India's first silver medalist at the Athens Olympics 2004 in the double trap shooting event. In an interview to TOI, Rathore said: "I remember that

after two rounds I was number 13th. There was one more round to go. All through the buildup to the Olympics, I had been number one or number three in the world. So I had proven to myself in the run-up to the Olympics that you are among the best in the world. So I told myself that there is no reason for you to be out of the top six. I shot a brilliant third round and I jumped to the 5th spot and that is how I got into the finals."

6 BINDRA WINS HISTORIC GOLD AT 2008 BEIJING OLYMPICS

The Indian flag rising high, in all its glory, and an Indian athlete on top of the podium, brimming with pride — the sight of Abhinav Bindra winning India's first ever gold medal at Olympics still gives us goosebumps to this day. It had never happened before for India, and it hasn't happened after, till now at least, that an individual has won a gold for the country at the global extravagant event. Bindra was tied with Finnish shooter Henri Hakkinen heading into his final shot. Bindra scored his highest of the finals — 10.8 while Hakkinen shot 9.7

to settle for the bronze medal. It marked the start of a revolution in Indian sports — it is no coincidence that 10 of the country's 28 medals came since Bindra's remarkable feat. It took 100 years to win the first 18 and eight years to win the next 10. The shooter had missed a near second Olympic medal in the Rio Olympics 2016. Apart from Abhinav Bindra, Sushil Kumar and Vijender Singh bagged bronze in men's freestyle wrestling and boxing events, respectively. It was the first time in the history of Olympics that India won three medals.

7 2012 - INDIA'S MOST SUCCESSFUL OLYMPIC OUTING EVER

It was India's most successful Olympics in terms of total medal tally, having won a total of six medals (2 silver and 4 bronze). Wrestler Sushil Kumar won a silver medal, his second Olympic medal, in the men's freestyle 66kg event. Yogeshwar Dutt won bronze in the men's freestyle 60kg event. Saina Nehwal became the first Indian athlete to win an Olympic

bronze medal in badminton women's singles after her opponent retired from the match after an injury. Boxer Mary Kom settled for bronze in the women's flyweight category. India also won two medals in shooting. Vijay Kumar won silver in men's 25m rapid fire pistol event, while Gagan Narang had to settle for bronze in the men's 10m air rifle event.

8 SINDHU & SAKSHI SAVED INDIA THE BLUSHES IN 2016

Three unassuming women became the redeemers for India at the Rio Olympics in 2016. Defying all odds and showing killer instinct, PV Sindhu, Sakshi Malik and Dipa Kakkar, became the unlikely heroines and saved the country's pride from returning empty-handed for the first time since Barcelona 1992. The trio notched a few firsts for In-

dia; Sindhu, at 21, became the youngest to win an Olympic medal, a silver which was never achieved in badminton; and Sakshi's bronze was also a first for women's wrestling. India's first female gymnast Dipa went on to miss a bronze by 0.15 points but her clean finish in the high-risk Produnova vault won the hearts of a nation.

Abhinav Bindra's gold inspired a new legion of sports stars

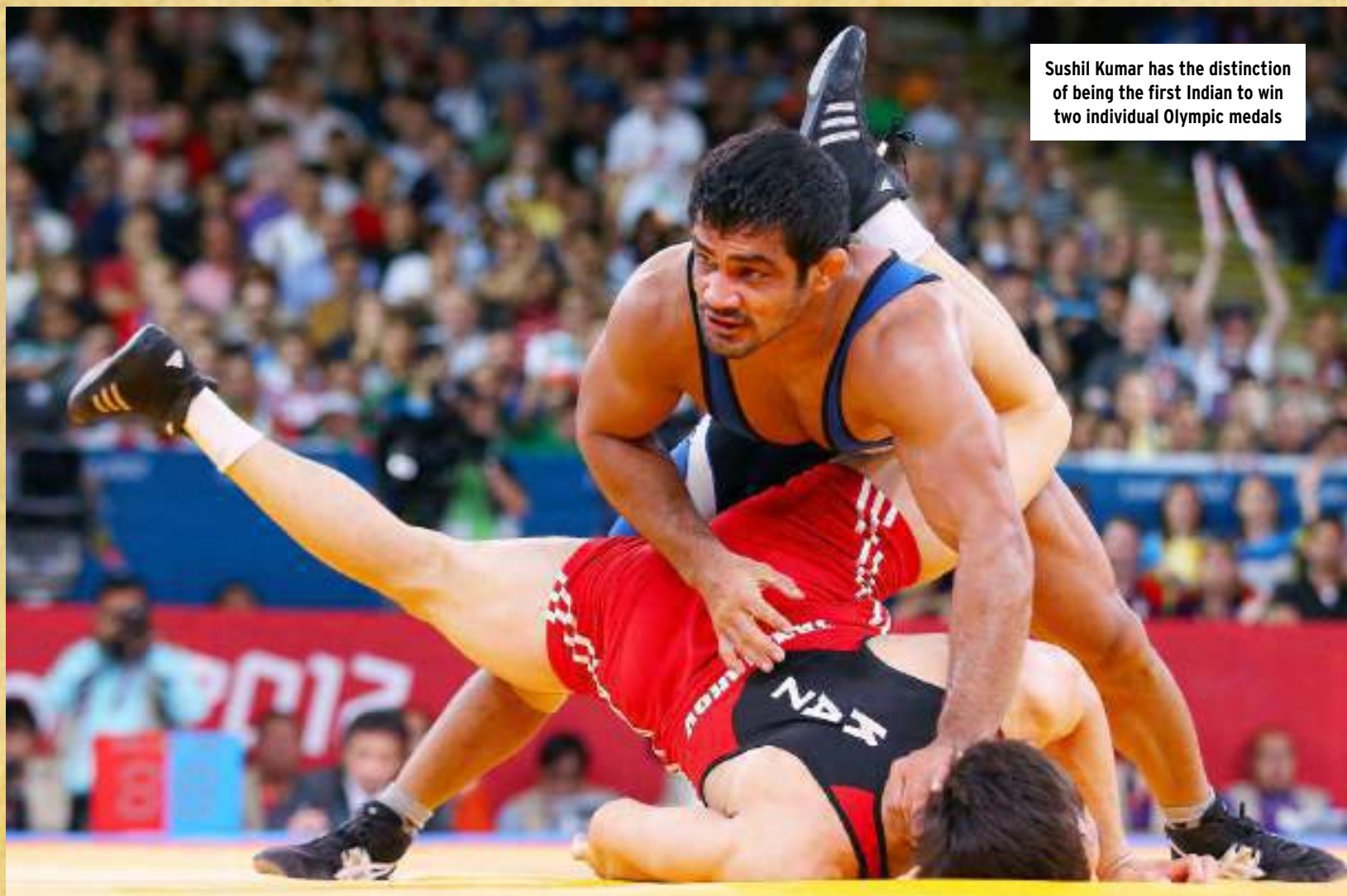


Photo: TOI



On 19 August in 2016, PV Sindhu became the first Indian shuttler to win Olympics silver medal

Photo: TOI



Sushil Kumar has the distinction of being the first Indian to win two individual Olympic medals

Photo: GETTY IMAGES



THE TIMES OF INDIA

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TODAY'S EDITION

➤ We are back with the sample papers. This week, we bring you maths & chemistry paper
PAGE 2



➤ We tell you why more and more parents are raising their child as gender-neutral in today's world
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➤ ICC World Test Championship: India favourite to reach the final
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STUDENT EDITION

FRIDAY, FEBRUARY 5, 2021


WEB EDITION
[CLICK HERE: PAGE 1 AND 2](#)

COVID-19 VACCINE DRIVE

India fastest to reach 4mn mark

India has inoculated around 45% of healthcare workers across the country against Covid-19 in 18 days since the launch of its vaccination drive on Jan 16, becoming the fastest country to vaccinate over 4 million, official data till February 2 shows. On Wednesday, 2,48,662 beneficiaries were vaccinated taking the total to over 43.9 lakh till late evening, accounting for 47% of the total 92,61,227 health workers enrolled from the public and private sector.



- Compared to India, the US took 20 days, whereas UK and Israel took 39 days to vaccinate four million people
- Among the major states (with large pool of beneficiaries), Madhya Pradesh vaccinated the highest— 69.4% of its healthcare workers till February 2, followed by Rajasthan at 64.7%

Wanna curb wildlife loss? Shift to PLANT-BASED DIET

If reports are to go by, the world is on the verge of losing wildlife. A worldwide shift away from meat is 'urgently needed' to curb wildlife loss, claims a new report backed by the UN. The report, from the UN-backed Chatham House, warns that the global rate of extinction of wild species is now 'orders of magnitude' (an exponential change of plus-or-minus 1 in the value of a quantity or unit) higher than the average over the past 10 million years.

According to researchers, the global food system is the primary driver for this state of affairs, as wildlife-rich forests and Savannah have been converted into land to grow crops or graze livestock, while efforts to produce cheap food has driven harmful intensive agriculture



Photo: Getty Images

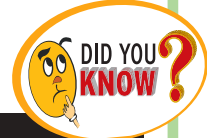
Nearly four-fifths of the world's agricultural land is used for livestock grazing or growing animal feed crops, even though the majority of calories and protein comes from plant-based foods

WHY A VEGETARIAN DIET IS THE NEED OF THE HOUR

- According to scientists, a dietary shift from meat to eating more plant-heavy products would help in combating the outsized impact that farming animals has on nature, land use, and greenhouse gas emissions, across the world
- It would also benefit people's health around the world, and help reduce the risk

of pandemics, which mostly come from farmed or wild animals

Moreover, scientists are of the view that a vegetarian diet, away from meat can help in freeing up the lands, which can be returned to nature. This would also allow widespread adoption of nature-friendly farming without increasing the pressure on the farmers to switch to more natural land for cultivation



NO DECISION ON COUNTRYWIDE ROLL-OUT OF NRC, MHA TELLS PARLIAMENTARY PANEL

The Centre has not taken any decision on the roll-out of the National Register of Citizens (NRC) for the whole country, the ministry of home affairs has told a parliamentary panel. The parliamentary committee had earlier observed that there is a lot of dissatisfaction and fear among the people regarding the National Population Register (NPR) and census.



- The update of the NRC was carried out in Assam to identify bona fide Indian citizens living in the state but the initiative had created a nationwide uproar
- A total of 3.3 crore people in Assam had applied to be included in it. Of them, 3.1 crore have been included in the document and 19.06 could not find place in the NRC, according to the final report published in August 2019

INDIAN DOCUMENTARY 'WRITING WITH FIRE' WINS AUDIENCE AWARD AT SUNDANCE FILM FESTIVAL

Writing with Fire, an Indian film chronicling the rise of Khabar Lahariya, India's only newspaper run by dalit women, has won the audience award in the World Cinema Documentary category at the Sundance Film Festival 2021.

HONOUR


FOUR-YEAR-OLD GIRL DISCOVERS 220 MILLION-YEAR-OLD DINOSAUR FOOTPRINT AT A BEACH IN WALES

A four-year-old girl has made a big discovery. Walking along a beach in Wales with her father and their pet dog, she spotted an extremely well-preserved dinosaur footprint that has excited paleontologists worldwide. Lily Wilder made the discovery near Bendricks Bay in south Wales, UK, finding an imprint thought to have been left 220 million years ago.

DISCOVERED

- According to experts, it's likely that the footprint was made by a dinosaur that stood about 29.5 inches tall and about 8 foot long
- It would have been a slender animal with a tail that walked on its two hind feet, and actively hunted other small animals and insects
- The specimen footprint, known as a 'grallator', could help scientists to know more about how dinosaurs walked

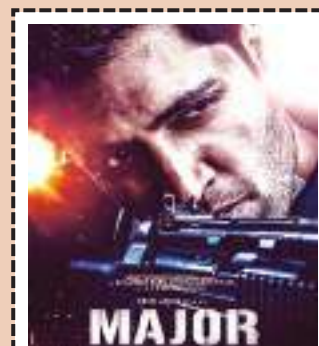


MEET INDIA'S YOUNGEST FEMALE PILOT: AYESHA AZIZ FROM KASHMIR

GET INSPIRED


Ayesha Aziz, the 25-year-old from Kashmir, who is the youngest female pilot in the country, is a source of inspiration and a beacon of empowerment for numerous Kashmiri women. In 2011, Aziz became the youngest student pilot to get a license at the age of 15 and underwent training to fly a MIG-29 jet at Russia's Sokol airbase, the following year. She later graduated in aviation from the Bombay Flying Club (BFC) and obtained a commercial license in 2017.

I chose this field because I have loved travelling since a very young age, and was very fascinated by flying. It is quite challenging because this is not like a normal 9-5 desk job. There is no fixed pattern and I have to constantly be ready to face new places, different types of weather and meet new people


MAJOR

Actor Adivi Sesh will portray the role of 26/11 martyr and Ashok Chakra recipient, Major Sandeep Unnikrishnan, who served in the Special Action Group of National Security Guards. Produced by Mahesh Babu, the film is being shot simultaneously in Telugu and Hindi.

MEN OF HONOUR: REEL HEROES BRING ALIVE REAL HEROES

Biopics have traditionally been an easy way to stack up the box office numbers, more so if the subject has a patriotic edge. Men of honour fighting for the nation always make for engaging and inspiring stories. Over the next months, Bollywood has several stories lined up that focus on valour in uniform. While

the Indian soldier as a fictional entity has been around for a while, these films draw from true accounts of uniformed personnel, who fought to protect the nation. While some of these films have announced the cast, others are still in pre-production stage. We take a look at the ones that should make waves upon release...


SAM MANEKSHAW

Actor Vicky Kaushal will essay the role of Field Marshal Sam Manekshaw in the biopic, directed by Meghna Gulzar. Manekshaw was the Chief of the Army Staff during the 1971 India-Pakistan war.


BULL

The film accounts the story of army man-mountaineer Colonel Narendra Kumar, who was pivotal in Indian Army claiming the Siachen Glacier in 1984.

IFTIKHAR

The film tells the story of Major Mohit Sharma, who was posthumously awarded the Ashok Chakra. The Para Special Forces Officer infiltrated Hizbul Mujahideen under the alias of Iftikhar Bhatt. While the cast has not yet been revealed, the film is based on Shiv Aroor and Rahul Singh's book 'India's Most Fearless 2: More Military Stories Of Unimaginable Courage And Sacrifice'.


SHERSHAHAH

A biopic of Param Vir Chakra recipient Captain Vikram Batra, the Vishnuvardhan directorial, will see actor Sidharth Malhotra play the lead role. During the Kargil War, Captain Batra was instrumental in capturing the crucial peak Point 4875, sacrificing his life. He was called Sher Shah among his unit members for his bravery. The film is produced by Karan Johar.

FIND THE FORMULA TO EXCEL IN CHEMISTRY



CLASS:
XII - 2020-21

SUBJECT:
CHEMISTRY (CBSE)

SECTION-A

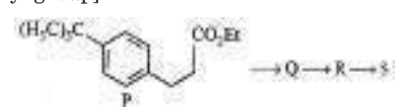
(OBJECTIVE TYPE)

Q1. Read the passage given below and answer the questions: (Each correct answer carries 1 mark in exams)

Columns 1, 2 and 3 contain starting materials, reaction conditions and type of reactions respectively.

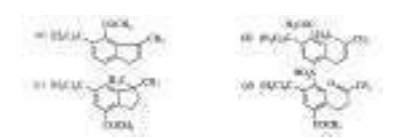
Column 1	Column 2	Column 3
(I) Toluene	(i) NaOH/ Br ₂	(P) Condensation
(II) Acetophenone	(ii) Br ₂ /hν	(Q) Carboxylation
(III) Benzaldehyde	(iii) (CH ₃ CO) ₂ O/ CH ₃ COOK	(R) Substitution
(IV) Phenol	(iv) NaOH/ CO ₂	(S) Haloform

The reaction of compound 'P' with CH₃MgBr (excess) in (C₂H₅)₂O followed by H₂O gives 'Q'. The compound 'Q' on treatment with H₂SO₄ at 0° C gives 'R'. The reaction of 'R' with CH₃COCl in the presence of anhydrous AlCl₃ in CH₂Cl₂ followed by treatment with H₂O produces compound 'S'. [Et in compound P is ethyl group]



The following questions (i) - (iv) are multiple choice questions. Choose the most appropriate answer:

- (i) The only correct combination in which the reaction proceeds through radical mechanism is
(a) (II) (iii) (R) (b) (III) (ii) (P)
(c) (IV) (i) (Q) (d) (I) (ii) (R)
- (ii) For the synthesis of benzoic acid, the only correct combination is
(a) (III) (iv) (R) (b) (IV) (ii) (P)
(c) (II) (i) (S) (d) (I) (iv) (Q)
- (iii) The reactions, Q to R and R to S, are
(a) Friedel-Crafts alkylation and Friedel-Crafts acylation. (b) dehydration and Friedel-Crafts acylation. (c) Friedel-Crafts alkylation, dehydration and Friedel-Crafts acylation. (d) aromatic sulphonation and Friedel-Crafts acylation.
- (iv) The product S is



Q2. Read the passage given below and answer the following questions: (Each correct answer carries 1 mark)

The particles of colloidal solution possess electrical charge which is responsible for the stability of these solutions. The charge on colloidal particles

PRACTICE PAPER SET BY NAVITA DIXIT PGT-CHEMISTRY, UDGAM SCHOOL, AHMEDABAD



arises because of selective adsorption of ions which are common with their own lattice. The presence of charge on colloidal particles can be determined with the help of a phenomenon known as electrophoresis. However, when some electrolyte is added, the charge on the particles of dispersed phase gets neutralised and precipitation takes place. This process is also called coagulation. The coagulation is given by Hard-Schulze rules. According to these rules the ions carrying the charge opposite to that of sol particles are effective and coagulating power of an electrolyte is directly proportional to the fourth power of the valency of the ion. Coagulation can also occur by mutual precipitation, by electrophoresis, by persistent dialysis or by heating or cooling.

In these questions (Q.(i)- (iv), a statement of assertion followed by a statement of reason is given. Choose the correct answer out of the following choices:

- a) Assertion and reason both are correct statements and reason is correct explanation for assertion.
b) Assertion and reason both are correct statements, but reason is not correct explanation for assertion.
c) Assertion is correct statement, but reason is wrong statement.
d) Assertion is wrong statement, but reason is correct statement.

(i) **Assertion:** When silver nitrate solution is added to potassium iodide solution, it results in negatively charged colloidal solution.

Reason: The precipitated silver iodide adsorbs iodide ions from the dispersion

medium.
(ii) **Assertion:** The conversion of fresh precipitate to colloidal state is called Peptization.

Reason: Peptization is caused by addition of common ions.

(iii) **Assertion:** Ultrafiltration stops the flow of colloidal particles.

Reason: Pore size of ultrafilter papers is more than the size of colloidal particles.

(iv) **Assertion:** Coagulation power of Al³⁺ is more than Na⁺.

Reason: Greater the valency of the flocculating ion added, greater is its power to cause precipitation.

In the following questions, (Q.No.3 - 7) a statement of assertion followed by a statement of reason is given. Choose the correct answer out of the following choices:

- (a) Assertion and reason both are correct statements, and reason is correct explanation for assertion.
(b) Assertion and reason both are correct statements, but reason is not correct explanation for assertion.
(c) Assertion is correct statement, but reason is wrong statement.
(d) Assertion is wrong statement, but reason is correct statement.
(e) Assertion and reason both are wrong statements.

Q3. Assertion: The two DNA strands are complementary to each other.

Reason: Adenine forms two hydrogen bonds with cytosine and thymine forms three hydrogen bonds with Guanine.

Q4. Assertion: Sulphur exist as S₈ but oxygen exists as O₂.

Reason: Oxygen forms pπ-pπ multiple bond due to small size and small bond length but pπ-pπ bonding is not possible in sulphur.

Q5. Assertion: When a solution is separated from the pure solvent by a semi-permeable membrane, the solvent molecules pass through it from pure solvent side to the solution side.

Reason: Diffusion of solvent occurs from a region of high concentration solution to a region of low concentration solution.

Q6. Assertion: p-nitrophenol is more acidic than phenol.

Reason: Nitro group helps in the stabilisation of the phenoxide ion by dispersal of negative charge due to resonance.

Q7. Assertion: Boiling points of alcohols and ethers are high.

Reason: They can form intermolecular hydrogen-bonding.

SECTION-B

The following questions, (Q.No.8-16) are Short Answer Type I questions (SA-I). (These carry 2 marks each)

Q8. Write the structures and names of the compounds formed when compound 'A' with molecular formula, C₇H₈ is treated with:

(i) Cl₂ in the presence of FeCl₃.

(ii) CrO₂Cl₂ in CS₂ followed by H₂O⁺.

Q9. The vapour pressure of water is 12.3 kPa at 300 K. Calculate vapour pressure of 1 molal solution of a non-volatile solute in it.

Q10. (a) Predict the geometry of [Ni(CO)₄].

(b) Calculate the spin only magnetic moment of [MnBr₄]²⁻ ion.

Q11. The following results have been obtained during the kinetic studies of the reaction: 2A + B → C + D

Experiment	[A] mol L ⁻¹	[B] mol L ⁻¹	Initial rate of formation of product (mol L ⁻¹ s ⁻¹)
1	0.1	0.1	0.5 × 10 ⁻²
2	0.2	0.2	7.2 × 10 ⁻²
3	0.3	0.4	2.88 × 10 ⁻²
4	0.4	0.2	0.8 × 10 ⁻²

Determine the rate law expression for the reaction.

Q12. The half-life for radioactive decay of ¹⁴C is 5730 years. An archaeological artifact containing wood had only 80% of the ¹⁴C found in a living tree. Estimate the age of the sample.

Q13. Explain the mechanism involved when HCl is added to isobutylene.

Get the equation right with Maths

Paper set by Shipra Budhiraja, coordinator - Math, DPS Whitefield, Bengaluru

PART-A (SECTION-I)

Q1. Find the ratio between the LCM and HCF of 5, 15, 20.

Q2. If α and β are zeros of polynomial p(x) = x² + 5x + a and αβ = 2, find the value of 'a'.

Q3. Find the value of k so that the following system of equation has infinite solutions
3x - y - 5 = 0; 6x - 2y + k = 0

Q4. The students of a class are made to stand in a rows. If 3 students are extra in a row, there would be 1 row less. If 3 students are less in a row, there would be 2 rows more. Take number of rows as x and number of students in each row as y. Write linear equations in two variables to represent the situation.

Q5. The 17th term of an AP exceeds its 10th term by 7. Find the common difference.

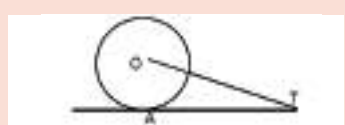
Q6. Find the roots of the quadratic equation 100x² - 20x + 1 = 0

Q7. If (1-p) is a root of the equation x² + px + 1 - p = 0, then find roots of the equation.

Q8. ΔABC is circumscribing a circle. Find the length of BC.

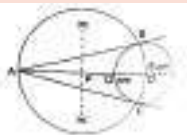


Q9. In the figure, AT is tangent to the circle with centre O such that OT = 4cm and ∠OTA = 30° Then



find the length of AD.
Q10. In triangle ABC, DE || BC and AD = 3/5. If AC = 4.8 cm, find AE

Q11. In the given construction, what is the length of tangents?



Q12. If sin α = 1/3, then find the value of (2 cot α + 2).

Q13. If cosec A - cot A = k, then find the value of cosec A + cot A.

Q14. A piece of wire 20 cm long is bent into the form of an arc of a circle subtending an angle of 60° at its centre. Find the radius of circle in terms of π.

Q15. Volume and surface area of a solid hemisphere are numerically equal. What is the diameter of hemisphere?

Q16. Two different dice are tossed together. Find the probability of getting a doublet.

(SECTION-II)

Case study questions

Q17. A dilation stretches or shrinks a figure. The image created by a dilation is similar to the original figure. The scale factor (k) of a dilation is the ratio of corresponding side lengths. The center of a dilation is a fixed point in the plane about which all points are expanded or contracted.

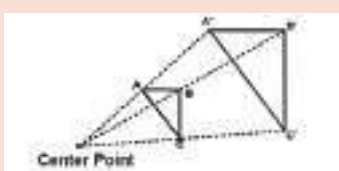


image pre-image $\frac{A'C'}{AC} = \frac{CB'}{CB} = \frac{A'B'}{AB} = k$ (say)

Scale Factor, k:
If k > 1, enlargement
If 0 < k < 1, reduction
If k = 1, congruence

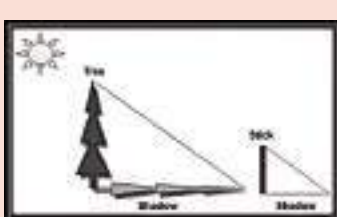
a) From the above given information, triangles ABC and A'B'C' are similar. Which of the following options will hold good?

- (i) ΔBAC ~ ΔA'B'C'
(ii) ΔBCA ~ ΔC'B'A'
(iii) ΔCBA ~ ΔB'C'A'
(iv) ΔCAB ~ ΔC'A'B'

b) With what scale factor 0.9m is to be multiplied to get the value of 'h' in the above given real life situation.



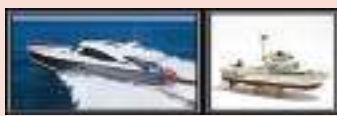
(i) 3:1 (ii) 1:2 (iii) 1:3 (iv) 2:1
c) The shadow of a stick 5m long is 2m. At the same time the shadow of a tree 12.5m high is



(i) 3m (ii) 3.5m (iii) 4.5m (iv) 5m
d) The dimensions of the model of a multi-storey building are 1.2m × 75 cm × 2m. If the scale factor is 1:30, what is the actual dimensions of the building.

(i) 36m × 22.5m × 60m
(ii) 10.2m × 2m × 15m
(iii) 120cm × 150cm × 200cm
(iv) 24m × 14.4m × 80m

e) A model of a boat is made on the scale of 1:4. the model is 120cm long. The full size of the boat has a width of 60cm. What is the width of the scale model?



(i) 20cm (ii) 25cm
(iii) 15cm (iv) 240cm

Q18. The Kendriya Vidyalaya Sangathan is a system of premier central government schools in India that are instituted under the aegis of the Ministry of Education (MHRD), Government of India. As of October 2020, it has a total of 1243 schools in India, and three abroad. It is one of the world's largest chains of schools. Its schools are all affiliated to the Central Board of Secondary Education (CBSE). Its ob-

jective is to educate children of the Indian Defence Services personnel who are often posted to remote locations.



One of the Kendriya Vidyalaya prepared a table of marks obtained by 100 students

Marks obtained	0-20	20-40	40-60	60-80	80-100
Number of Students	15	18	21	29	p

Mean marks obtained are 53

a) How many students obtained marks in the interval 80 -100?

i) 20 ii) 17 iii) 28 iv) 26

b) What is the lower-class limit of modal class?

i) 20 ii) 40 iii) 60 iv) 80

c) What is the modal marks?

i) 68 ii) 58 iii) 48 iv) 78

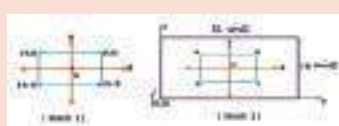
d) What is the median marks?

i) 68 ii) 58 iii) 48 iv) 78

e) What is the upper limit of the median class?

i) 20 ii) 40 iii) 60 iv) 80

Q19. A plotter is a device which is attached to a computer like a printer. It is used for drawing complicated sketches. Plotter accepts only positive coordinates where the point (0,0) is the left bottom corner of the paper. Suresh has a rectangular sketch, which he needs to draw on a paper of length and breadth, 32 units and 16 units respectively, using plotter. The sketch ABCD needs to be centrally aligned on the paper.



a) The coordinates of point o in sketch 2

i) (8,16) ii) (16,8) iii) (-8,16) iv) (-16,8)

b) The coordinates of point A in

sketch 2

i) (32,10) ii) (19,10)

iii) (13,10) iv) (10,32)

c) In sketch 2, point O divides AC in the ratio k:1. The value of k is

i) 2 ii) 1/2 iii) 1 iv) 3

d) The point on x axis (sketch 2) which is equidistant from points D and C.

i) (8,0) ii) (0,8) iii) (0,-8) iv) (-8,0)

e) The point on y axis (sketch 2) which is equidistant from points B and C.

i) (8,0) ii) (0,8) iii) (0,16) iv) (16,0)

Q20. It's A Rollercoaster



Designing a roller coaster is not easy. They have to be exciting but not jerky. Mathematics equations are used to design shape of a smooth curve, including loops and many other features.

a) The figure shows the graph of a section of roller coaster ride. What are the number of zeroes of the polynomial represented by graph?

i) 1 ii) 2 iii) 3 iv) 4

b) A yet another ride is designed using the polynomial y = x² - 3x + 2. Which of the following would be the shape of the graph?

i) Straight line ii) parabola iii) circle iv) none of these

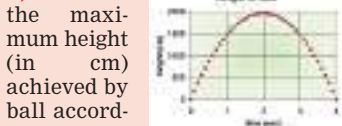
c) What is the value of polynomial, y = z² - 5z + 1 at z = -1?

i) 4 ii) 5 iii) 6 iv) 7

d) What is the maximum height (in cm) achieved by ball according to this

time - height graph of a ball?

i) 500 ii) 1000 iii) 1500 iv) 2000



e) What are the zeroes of the polynomial? p(x) = (x - 2)² - 4

i) (0,4) ii) (0,2) iii) (2,4) iv) (2,6)

PART-B

Q21 to 26 carry two marks each

Q21. In a school, there are two sections - section A and section B of class X. There are 32 students in section A and 36 students in section B. Determine the minimum number of books required for their class library so that they can be distributed equally among students of section A or section B.

Q22. Find the points on the x axis which are at a distance of 2√5 units from the point (7, -4).

Q23. Find the value of k such that x² + k(2x + k - 1) = 0 has real and equal roots.

Q24. Draw AB = 10cm. Find a point P on AB such that AP:AB = 1:3.

Q25. Find the value of tan 45° sin 30° tan 30° cos 30°

Q26. If PQ = 28cm, then find the perimeter of ΔPLM

Q27. Prove that 7-2√5, is an irrational number.

Q28. The sum of three numbers in AP is 24 and the sum of their squares is 194. Find the numbers.

Q29. In the given figure, PSR, RTQ and PAQ are three semi circles of diameters 10cm, 3cm, 7cm respectively Find the area of shaded region. (use π = 3.14)

Q30. In the below left figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q31. In the below right figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q32. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q33. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q34. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q35. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q36. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q37. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q38. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q39. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q40. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q41. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q42. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q43. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q44. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q45. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q46. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q47. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q48. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

Q49. In the below figure, ∠1 = ∠2 and ΔNSQ ≅ ΔMTR. Then prove that ΔPTS ~ ΔPRQ

How to Raise a Gender-Neutral Child

More and more parents are deciding to raise their kids gender-neutral. Experts explain what it is, when parents should start, and how it affects a child's development

WHAT IS GENDER-NEUTRAL PARENTING?

Gender-neutral parenting can take many forms. Some stricter applications of this parenting style can keep the child's gender hidden from the outside world until they are ready to identify as male or female. The most famous example of this is a family covered by the Toronto Star in 2011, who wouldn't reveal the gender of their child - Storm Stocker-Witterick. Other iterations don't take gender-neutral as literally, instead exposing their child to toys, clothes, and activities that cross gender lines. Christia Spears Brown, Ph.D., associate chair at the University of Kentucky, is a gender-neutral parenting expert. She uses this parenting style with her two daughters because she doesn't think the alternative best serves their future.



➤ Watch out for attributing gender stereotypes and any stressing of difference between boys and girls. Never associate pink with a girl and blue with a boy. This can change their thinking and behaviour to adapt to norms...

HOW TO RAISE A GENDER-NEUTRAL CHILD

Gender-neutral parenting psychology can be tricky. Here are a few science-backed tips:

Reduce the Importance of Gender

1 Don't use the term gender-neutral, but help your kids be free of any gender restrictions. You can do this by removing labels on gender from your language. For example, replace 'What a smart girl you are!' with 'What a smart kid you are!'.

Avoid the Pink and Blue Themes

2 Watch out for attributing gender stereotypes and any stressing of difference between boys and girls. Never associate pink with a girl and blue with a boy. This can change their thinking and behaviour to adapt to norms early on. You can get them gender-neutral clothes, and encourage them to wear neutral colours. However, if your child naturally gravitates towards either pink or blue, don't discourage them. Teach them that all colours are equal, and they can choose whatever they like.

Encourage Girls and Boys to Play Together

3 It is vital for children to be comfortable playing with the opposite gender, as this will make them ready for future relationships at work, at home, and in school. You can enter your child in mixed-gender activities, sports, and play groups.

Don't Eliminate Gender Entirely

4 Your goal should not be to erase gender, but to encourage your child to look past gender norms, and pursue all interests, careers, and hobbies. By making sure their opportunities and choices are not restricted by gender, you can better emphasise how irrelevant gender is in society.

Introduce Them to Role Models

5 Expose your children to role models like male nurses, female engineers

and mechanics, and so on. Your child will be encouraged if they learn about people who challenge gender stereotypes, and express themselves in a gender-fluid manner.

Focus on Your Kid As an Independent Individual

6 Studies show that there is no difference between a male brain and a female brain. Although both genders have biological differences, in other aspects, they have a mix of traits that are characteristic of both sexes. Hence, it is essential to focus on your child as a single human, rather than a gender-related boy or girl.

Teach Them That Being Different is Okay

7 It is important to teach and reassure your child that being gender-neutral might be slightly different to others, but is still completely okay, positive, and normal.



Encourage Free Expression in a Safe Space

8 Allow your child to explore and experiment in a safe environment, in activities like role play.

Dental habits you do not want your kids to have

All parents want their kids to have healthy teeth and gums. This is why they spend hours making dental care fun for them. While you make sure that your kids brush their teeth twice a

day and don't miss their dentist appointment, there are a few harmful habits that often go unnoticed. These habits might seem harmless, but that is not actually the case. Here are five dental habits you do not want your kids to have.



THUMB SUCKING

One of the most common and worst habits is thumb sucking as it impacts the teeth and jaws. Not many parents know that the psychological reason behind the habit is your child craving for love, affection and security. You need to train your child to discontinue it. You can use habit breakers like thumb guards, bitter liquids or visit the dentist to treat the habit.



TONGUE THRUSTING

The habit is a hard one to notice. It happens when a child pushed his tongue forward between the teeth while swallowing. The habit is usually a harmless one but over the years it can cause a shift in the tooth position.

BOTTLE TO BED

Many kids have a habit of going to bed with their bottles, which parents think is comforting and harmless. This can lead to baby-bottle decay, which is a lethal condition, where the teeth get softened by the rapid action of decay-causing bacteria leading to pain and infection in the mouth.

HARMLESS HABITS

List of harmless habits includes lip biting, pencil chewing and putting everything in the mouth.

FREQUENT SNACKING

Frequent snacking can cause food sticking to the teeth for numerous hours, which can cause tooth decay and gum problems. Teach your kids to rinse your mouth after every meal, or at least twice a day.



TEETH GRINDING

This habit is also a fairly common one among children. It is sometimes accompanied by an alarming sound of gnashing, which can scare you. The reason behind the habit can be genetic predisposition, mispositioned teeth, deficiencies and worms in the gut.

These statements can trigger disordered eating in kids

It is important to instil healthy eating habits in children early in life to shape their relationship with food. But talking to kids about food and weight can be a tricky task. In a world where people have a habit of labelling things and people, it can be challenging to teach kids about food in a positive way. Children are like a sponge. They absorb everything said and done around them and mimic the actions and even adopt them. So, the way you talk about food around them is vital. It can either help them build a healthy relationship or in the worst case trigger disordered eating.

Disordered eating vs eating disorder

There is a huge difference between an eating disorder and disordered eating. Extreme cases of disordered eating are Anorexia and Bulimia. The signs of eating disorders are easy to identify like obsessing over food, which can interfere with their ability to carry out their daily activities and even damaging mental health. But cases of disordered eating are more subtle and difficult to pinpoint. It is generally a term used for unhealthy eating behaviours and worries about body image like dieting and restrictive eating. We

Some major differences between an eating disorder and disordered eating is the frequency and degree of severity. Parents must help their kids improve their eating habits and self-esteem



mostly take these things lightly, but it can lead to grave damage later in life. Some major differences between an eating disorder and disordered eating is the frequency and degree of severity. Those deal-

ing with disordered eating habits engage in similar behaviours as those with an eating disorder, but it is sporadic and less severe. Parents must help their kids improve their eating habits and self-esteem.

To do so they must be careful about what they say and how they act around their little one. Here are common phrases that you must avoid around your kids to prevent disordered eating.

"I am watching my weight"

It seems like an innocent comment that many people make regularly. You might just mean that you are taking care of your eating habits and are conscious about what you eat, but it can have a negative impact on your kid. As per research published in the 'Journal of Adolescent Health', talking about your own weight in front of your daughter may increase the likelihood of her practising unhealthy and extreme methods to control the weight. She can take drastic steps

like cutting calories, skipping meals, without your knowledge that can turn out to be dangerous for her health.

"You are always hungry" or "Your appetite has increased"

This is another common statement we make on a general basis without realising how much harm it causes to your kid. Statements like this make your kids feel that they are eating more and they start feeling uneasy about their weight and body shape. The best thing to do is to avoid commenting on how much they are eating. Rather, make them understand the importance of healthy eating and drinking more water.



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Arinjeeta Dey won a medal for India in World Youth Cup 2019.

- A. Gold
B. Silver
C. Bronze
D. None of these

Q.2) Who is the author of the book

'Whispers of Time'?

- A. Krishna Saksena
B. Jhumpa Lahiri
C. Vikram Seth
D. Rohinton Mistry

Q.3) What amount did the Union Budget 2019 target

through the disinvestment of CPSEs including Air India?

- A. ₹6,05,000 crore
B. ₹1,05,000 crore
C. ₹2,05,000 crore
D. ₹1,08,000 crore

ANSWERS

1. B) Silver 2. A) Krishna Saksena 3. B) ₹1,05,000 crore

KNOWLEDGE BANK (FUN FACT)

Eiffel Tower

This tower becomes 15 cm taller in summer because when a substance is heated up, its particles move more, taking up a larger volume. This is known as thermal expansion. Conversely, a drop in temperature causes it to contract again. This effect is most dramatic in gases but occurs in liquids and solids such as iron too. For this reason, large structures such as bridges are built with expansion joints which allow them some leeway to expand and contract without causing any damage.



WORD WISE

quintessential: (n) of the pure and essential essence of something. Of or relating to the most perfect embodiment of something.

Synonymous words: typical, ultimate, classic, ideal, best.

Examples: ■ This is the best Jewish delicatessen

in the city.

■ It was the **quintessential** performance of the Brandenburg Concertos.

■ In reality, he is a **classic** example of how Washington corrupts.

■ It was so **typical** of Angela's aunt to play fairly godmother and shower her favourite niece with gifts.

COMMON GRAMMATICAL MISTAKES

EFFECT / AFFECT

THE RULES:

- An **effect** is a result or a consequence. (usually a noun). **Effect** may also function as a verb meaning "to bring about something."
■ An **affect** is to have an impression, influence, or effect on something. (usually a verb)

HOW NOT TO DO IT:

- This has greatly **effected** his mental state.

HOW TO DO IT PROPERLY:

- This has greatly **affected** his mental state. ■ The **effect** was catastrophic.
■ He **effected** the change in the existing system.



ALL EYES ON WTC FINAL SPOT

A dream took flight during an unforgettable Australian summer and a confident India will aim to soar higher with the return of Virat Kohli against Joe Root's England during a four-Test series starting Friday with both sides bidding to qualify for the World Test Championship final – set to be played from June 18 to 22 at Lord's

INDIAN SIDE HAS EVERYTHING TO OVERCOME THE ENGLISH CHALLENGE

- The four-match Test series Down Under was not only about cricket, it was a mental, physical and temperamental test of the players which they passed successfully. Virat Kohli-led side is on higher morale as compared to England, who are coming after a 2-0 series win against depleted Sri Lanka. Both the teams are fighting for a finals spot in the World Test Championship (WTC). New Zealand on Tuesday had become the first team to qualify for the inaugural ICC WTC final as the Test series between Australia and South Africa was postponed. The Kiwis will now be joined by either India, England or Australia in the WTC finals.
- To book their place in the WTC finals, India will have to win the series against England by 2-1, 2-0, 3-1, 3-0, or 4-0 margin. For England to qualify and join New Zealand, they will have to win the series against India by 3-1, 3-0, or 4-0 margin.

While looking at the home squad, it seems like the side has all to overcome the English challenge. Rohit Sharma will continue to pair with his rookie partner Shubman Gill in the opening. Kohli, vice-captain Ajinkya Rahane and Cheteshwar Pujara will power the middle-order while it will be a tough call to pick between Rishabh Pant and Wriddhiman Saha for behind the stumps duty. India have always given preference to Saha in home conditions while Pant is considered as a foreign tour wicket-keeper by the management. But after the Australia tour; Pant has done it all to cement his place in the team irrespective of the conditions.

It will be interesting to see whether India goes with four bowlers or five. Most likely the hosts will opt for three spinners. Off-spinner Ravichandran Ashwin and chinaman Kuldeep Yadav will be the first two choices while there will be a toss-up between offie Washington Sundar and orthodox left-armers Axar Patel.

England lose Zak Crawley to wrist injury

➤ On the other hand, England struggled with the opening pair in the Sri Lanka tour and Zak Crawley's injury has added another worry for the side. Crawley injured his right wrist and as a result, the top-order batsman didn't train on Wednesday at the practice session.

➤ In Crawley's absence, Rory Burns can join Dominic Sibley for the opening. Root, who will be playing his 100th Test on Friday, will bolster the middle-order while Jos Buttler, Ben Foakes, Dan Lawrence and Ben Stokes will further power the batting line-up.

➤ Jofra Archer will lead the fast bowling for visitors while there could be a toss-up between James Anderson and Stuart Broad. If Moeen Ali gets a chance in the XI, either Dom Bess or Jack Leach will play as the other spinner.

'EXTREMELY DIFFICULT FOR THE VISITORS TO OVERCOME THE CONDITIONS'

➤ I hate predicting because it's a sport. And it's very difficult to predict. But then, again, I think the venue for the first two Test matches, obviously we'll put India as favourites because Chennai has always been a happy hunting ground for India. Plus, obviously, spin plays a huge part, and if you compare both the sides with their spinning options, (Ravichandran) Ashwin, probably the

best in the world right now. You have got Kuldeep Yadav. And on the other side here, they've got an inexperienced spin bowling attack. **Gautam Gambhir, former India batsman**

If a third team of India can beat Australia at their backyard, I feel they will go into the series as clear favourites. Any Test series is expected to be 'competitive,' it will be

extremely difficult for the visitors to overcome the conditions. The last time England played a full Test series in India in 2016, they were walloped 4-0 while it was Alastair Cook's men who could last turn the tables on India in 2012 with James Anderson and Stuart Broad at their peak. **K Srikanth, former opener, India**

I think India is going to win this series 3-0, or 3-1. I think England

will have their day at Ahmedabad in the third Test match. But I think that India will come in and win the final Test match of the series in Ahmedabad. India are definitely going to win the two Test matches in Chennai. So 3-1 and they will go to the World Test Championship final at Lords. **Brad Hogg, former Australia spinner**



Virat, the leader of the pack, is back and will be raring to go against the English attack

Photo: GETTY IMAGES

WE DON'T SHARE EVERY TRICK OF TRADES WITH FOREIGN PLAYERS IN IPL: AJINKYA



The top England players like Jos Buttler, Jofra Archer and Ben Stokes may all be IPL regulars but it doesn't mean that they always get a sneak peek into a top Indian player's mindset or strategies

➤ What we do in IPL, it's not like we tell them all the things and I think that is very important. Yes, we have played a lot of cricket together, but when you represent the country, it is all about how best you can give individually and as a team. **Ajinkya Rahane**

Photo: GETTY IMAGES

'WE MUST PLAY AS A TEAM'

➤ The IPL has made it easier for players across the globe to come closer and also exchange notes on each other's games while sharing the dressing room for two months. How much will that help England during the upcoming series? Ajinkya Rahane was asked that question during the day. "See, we definitely play in the IPL, but Test cricket and IPL are completely different. We do know how their bowlers bowl here, but length (that one bowls) is completely different in Test cricket from what they are in white ball (formats)," Rahane replied.

➤ While he admitted that Archer and Stokes are key players for England, Rahane said one can't ignore the kind of balance that the opposition squad as a whole possesses. "Ben Stokes and (Jofra) Archer, they are really good players. They did really well for England, so it is not about any individual. I think it is all about a team, England team, they are a very balanced outfit which did really well recently against Sri Lanka. So for us, what is important is that we plan against all their guys and just play as a team here and back our strengths."

Liverpool stunned by Brighton as Man City go 3 points clear



Liverpool's Premier League title defence suffered a damaging blow as Brighton earned a shock 1-0 win at Anfield, while Manchester City moved three points clear at the top with a 2-0 victory against Burnley. Jurgen Klopp's side paid the price for a sloppy display as Steven Alzate's second half strike gave struggling Brighton a memorable success at the expense of the injury-hit champions.

Brighton's first away league win against Liverpool since 1982 was secured in the 56th minute when Dan Burn headed a cross towards Alzate and the Colombia midfielder flicked his shot inside the far post. Liverpool are languishing in fourth place and trail Manchester City by seven points, with the leaders holding a game in hand. The Reds' dismal defeat leaves them in desperate need of three points when in-form City visit Anfield for a crucial clash on Sunday. **AFP**

Photo: REUTERS

QUIZ TIME!

Q1: Who is the leading run-scorer matches? (15,921) of all time in Test matches?

- a) Brian Lara ☐ b) Sanath Jayasuriya ☐
c) Don Bradman ☐ d) Sachin Tendulkar ☐

Q2: In which year, Muhammad Ali was chosen to light the flame during the Opening Ceremony of the Atlanta Olympic Games?

- a) 1996 ☐ b) 2010 ☐ c) 2014 ☐ d) 2016 ☐

Q3: Which South African cricketer has scored the fastest century in One Day International (ODI) cricket?

- a) Graeme Smith ☐ b) Hashim Amla ☐
c) AB de Villiers ☐ d) Jacques Kallis ☐

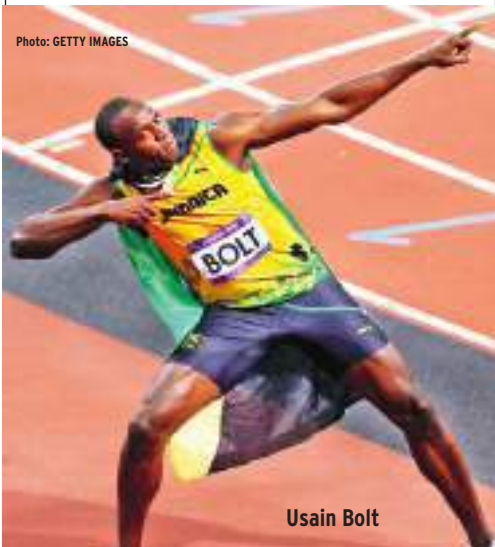
Q4: Other than George Bailey, which of the following male cricketers hold the record of most runs scored by a player in a Test match, in one over?

- a) Don Bradman ☐ b) Sanath Jayasuriya ☐
c) Brian Lara ☐ d) Sachin Tendulkar ☐

Q5: Which Indian male shooter broke world record at the ISSF World Cup 2019 to claim 10m Air Pistol gold and maiden entry into Tokyo Olympics quota?

- a) Divyash Singh Panwar ☐ b) Abhishek Verma ☐
c) Sanjeev Rajput ☐ d) Saurabh Choudhary ☐

Q6: During which Olympics, Usain Bolt made his debut as a 17-year-old sprinter where he went out in the opening round of the 200m?



Usain Bolt

- a) Athens Olympics, 2004 ☐ b) Beijing Olympics, 2008 ☐
c) Rio Olympics, 2016 ☐ d) London Olympics, 2012 ☐

Q7: Which women cricketer hold the record of most dismissals by a wicket-keeper in Twenty20 Internationals (T20Is)?

- a) Rachel Priest ☐ b) Taniya Bhatia ☐
c) Sarah Taylor ☐ d) Alyssa Healy ☐

Q8: Who won the gold medal in men's javelin throw at the Rio Olympic Games in 2016?

- a) Julius Yego ☐ b) Thomas Rohler ☐
c) Johannes Vetter ☐ d) Andreas Thorkildsen ☐

Q9: In which year, Thomas Bach was elected as the ninth President of the International Olympic Committee (IOC)?

- a) 2013 ☐ b) 2012 ☐ c) 2011 ☐ d) 2010 ☐

Q10: Which of the following players has hit the most number of sixes in a Test match?

- a) BB McCullum ☐ b) Wasim Akram ☐
c) Navjot Singh Sidhu ☐ d) Rohit Sharma ☐

ANSWERS: 1 d) Sachin Tendulkar
2 a) 1996 3 c) AB de Villiers
4 c) Brian Lara
5 d) Saurabh Choudhary
6 a) 2004 Athens Games 7 d) Alyssa Healy
8 b) Thomas Rohler 9 a) 2013
10 d) Rohit Sharma



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TODAY'S EDITION

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➤ Students share their weekend diary
➤ Reviewing your favourite movie/book can be fun
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➤ Bio bubble can have an adverse effect on the cricketers, warn psychologists
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STUDENT EDITION

THURSDAY, FEBRUARY 4, 2021


WEB EDITION
[CLICK HERE: PAGE 1 AND 2](#)


Elon Musk to send 1st all-civilian MISSION TO SPACE THIS YEAR

Elon Musk-run SpaceX has announced the world's first all-civilian mission to space at the end of 2021, in a charity-driven mission named Inspiration4, commanded by tech entrepreneur Jared Isaacman. The 37-year-old Isaacman is the founder and CEO of an integrated payment processing company Shift4 Payments and a trained pilot...

■ SpaceX will choose three people to ride alongside Isaacman to orbit the planet aboard SpaceX's Crew Dragon capsule every 90 minutes, along a customised flight path

■ Upon conclusion of the multi-day journey, the Dragon will re-enter the Earth's atmosphere for a soft water landing, off the coast of Florida

■ Inspiration4 will fly to inspire support for St Jude Children's Research Hospital. Isaacman is donating the three-mission seats alongside him to crew members, who will be selected to represent the mission's pil-



lars— leadership, hope, generosity and prosperity

■ Isaacman and the Inspiration4 crew will undergo commercial astronaut training by SpaceX on the Falcon 9 launch vehicle and Dragon

spacecraft, including a specific focus on orbital mechanics, operating in microgravity, zero gravity, and other forms of stress testing

■ They will receive emergency preparedness training, spacesuit and spacecraft ingress and egress exercises, as well as partial- and full-mission simulations

■ The mission will launch from Launch Complex 39A at NASA's Kennedy Space Center in Florida and "will be carefully monitored at every step by SpaceX mission control"

■ Isaacman has given St Jude two seats on the Inspiration4 mission

1 The Inspiration4 mission marks SpaceX's latest private astronaut mission

2 The company's Ax-1 mission, also planned for the end of 2021, hosts a crew of four private astronauts, paying \$55 million each for an eight-day trip

to the International Space Station (ISS)

3 In 2018, Musk announced that Japanese billionaire Yusaku Maezawa will hitch a ride around the Moon on SpaceX's new rocket system Starship, which is under development

MINTING MONEY

152 crore and counting: MS Dhoni becomes first cricketer to earn ₹ 150 crore in IPL

MS Dhoni has created history by becoming the first-ever cricketer to earn more than ₹ 150 crore in the Indian Premier League (IPL). The Chennai Super Kings (CSK) captain had an earning of over ₹ 137 crore before the IPL 2020 retention day. And the moment CSK extended Dhoni's contract, the India legend recorded his name in the history books.

1 Dhoni, who has been leading the Yellow Army since IPL 2008, has a salary of ₹ 15 crore/season now. He has been earning the same amount since IPL 2018



2 Dhoni was the biggest player in the IPL 2008 auction. Unsurprisingly, he emerged as the costliest pick, when CSK bought him for ₹ 6 crore. He earned the same amount for the next 3 years

3 The three-time IPL-winning captain has earned ₹ 60 crore at CSK since their return to the league in 2018

ALEXEI NAVALNY, WHO, GRETA & DONALD TRUMP AMONG NOMINEES FOR NOBEL PEACE PRIZE

Russian dissident Alexei Navalny, the World Health Organisation and climate campaigner Greta Thunberg are among those nominated for this year's Nobel Peace Prize, all backed by Norwegian lawmakers, who have a track record of picking the winner. The Norwegian Nobel Committee, which decides who wins the award, does not comment on the nominations, keeping secret for 50 years the names of nominators and unsuccessful nominees. But the nominators can choose to reveal their picks. Thunberg was named as one of "the foremost spokespeople in the fight against the climate crisis", with the campaigning group she co-founded, Fridays for Future, also receiving a nod.



■ Other names are Belarusian activists Sviatlana Tsikhanouskaya, Maria Kolesnikova and Veronika Tsepikalo, for their "fight for a fair election and inspiration for peaceful resistance"

■ Also on the list is Aminatou Haidar, for her peaceful campaigning towards an independent Western Sahara, the International Space Station, and the International Scout Movement

■ The 2021 laureate will be announced in October

Up, Up and Away

Food items that have been sent to **SPACE**

An Indian restaurant owner, Niraj Gadher, who runs a restaurant named Chai Walla in Bath, recently sent a samosa into space. While his first two attempts to launch the savoury snack into the great beyond ended in failure, he succeeded in his third attempt. The story didn't end there. He lost track of the snack, when the GPS signal failed. However, after returning to the Earth the following day, the GPS tracker revealed that the package had made its way across southern England, crossed the Channel, and had crash-landed in Caix in northern France. Well, the samosa isn't the strangest thing to be sent into space. Check out the other strange items that has been sent out there...

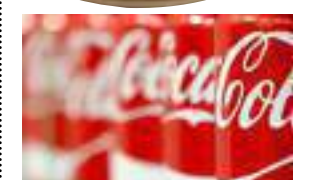


PIZZA: While this order would not have taken 30 minutes or less, in 2001, Pizza Hut became the first company to deliver a pizza into space. The brand struck a deal with the Russian space agency Roscosmos to have a pizza delivered to Russian cosmonaut Yuri Usachov at the International Space Station (ISS). The delivery was reportedly worth \$1 million at the time



CHEESE: In 2010, SpaceX launched a wheel of Gruyère cheese into space. While CEO Elon Musk was secretive about the cargo at first, once the mission was accomplished, he revealed that it was a homage to a Monty Python skit, where John Cleese tries to order cheese from a cheeseless cheese shop

STEAK: In 2019, lab-grown meat made its debut aboard the ISS. Israel-based start-up Aleph Farms created the world's first steak grown inside a laboratory and decided to send it out into the atmosphere. They sent the necessary tools as well, and the astronaut had to make a piece of steak, using cow cells and a 3D printer



COLA: Coca-Cola and Pepsi took their rivalry into the great beyond. In 1985, modified cans carried both the companies' fizzy sugar drinks into the low Earth orbit on a space shuttle Challenger mission. However, the astronauts were banned from showing the cans on TV to avoid tainting NASA with advertising

Mars' Gale crater was similar to Iceland over 3 billion years ago: Study

SPACE


A latest study has found that Mars' Gale crater had seasons and terrain that were close to that of Iceland, more than three billion years ago. Using the data from NASA Curiosity rover, the scientists concluded that the crater, which was home to an ancient lake, had similar geologic formations that underwent weathering in different climates when compared to places on the Earth.

According to scientists, the Gale crater was home to a lake but there is an argument whether the conditions were warm and wet or cold and dry, which would make glaciers and snow more common and similar to Iceland

How to combat the epidemic of loneliness

If the pandemic kept you apart from near and dear ones, turn to these tips to fight the feeling of being alone

Humans can survive three minutes without air, three days without water, three weeks without food and – according to lore – three months without companionship. Whether true or not, it's clear that people need people. And pandemics, many of us are learning, can be lonely times. If you find yourself lacking social support, here are some helpful pointers:

IDENTIFY LONELINESS

Loneliness is a complicated emotion. You can feel lonely in a crowded room or content in solitude. People even vary widely in how much connection they need. Holt-Lunstad says a useful way to gauge loneliness is the difference between the connection a person needs and the amount they get. And although it's subjective, researchers have begun identifying signals in the brain that put the need for social interaction on par with the need to eat. And without that social connection, people often become depressed, which further feeds feelings of loneliness. Chronic loneliness is also linked to higher rates of heart disease, Alzheimer's, suicide and even death.

FIND A FRIEND

If the loneliness is interfering with your ability to function, or if you are thinking about self-harm, seek professional help. For milder forms of loneliness, the best strategy is to seek support from friends. People with stronger social relationships have a higher likelihood of living longer. Just knowing that people are there for them, Holt-Lunstad says, leads to a reduction in stress. If you are called upon to offer support, this might involve calling, texting to check in, dropping off a gift, or even just waving from a distance.

In fact, research suggests you don't even need to know the people you are helping. Just donating money to a

good cause might help, says Bert Uchino, professor of psychology at the University of Utah. It was also revealed in an experiment that people who gave money to others were happier than if they spent it on themselves. If social interactions bother you, given that we are in a pandemic, try hobbies like cooking, gardening, writing or listening to music. Creative arts can reduce loneliness.

REACH OUT

Although group calls and social media conversations have compensated for the lack of in-person interactions during the pandemic, we still don't know how effective virtual communication is when it comes to loneliness. A 2012 study had found that phone or in-person conversations reduced stress, while text messages did not. In fact, heavy social media use has even been linked with higher rates of loneliness.

— The New York Times

Trap Yourself in Time (Again)

'SOURCE CODE'

In this rocket-paced science-fiction mystery, the time loop encompasses a frantic eight minutes aboard a commuter train about to explode. Jake Gyllenhaal plays an Army pilot whose consciousness keeps getting projected back to the moments before the bombing, where he has been assigned by his shadowy superiors to figure out who's responsible.

'HAPPY DEATH DAY'

'Groundhog Day' meets 'Scream' in this raucous horror-comedy, featuring Jessica Rothe as the drunken college kid Tree, who keeps getting murdered by a masked maniac. Every time she reawakens, she edges closer to discovering the killer's identity. But as often happens in these movies, to stop the slaughter Tree first must figure out why her life is a mess.

'GROUNDHOG DAY'

The movie 'Groundhog Day' came out in 1993, but it feels as if we've been watching it over and over ever since. This story of a smug weatherman (Bill Murray) who is stuck endlessly repeating the same day has remained popular and inspired countless movies and shows. 'Groundhog Day' wasn't the first of its kind, but it was an especially clever twist on the time-loop plot.

'EDGE OF TOMORROW'

Also known as 'Live Die Repeat,' this techno-thriller stars Tom Cruise as William Cage, a military bureaucrat, forced to join the fight against beastly alien invaders. Like a newbie playing a video game, Cage keeps dying, often in stupid ways. But each death transports him back in time to train with a hard-boiled soldier (Emily Blunt) before restarting the battle.

'THE FINAL GIRLS'

The loop in 'The Final Girls' is a 1980s slasher movie called 'Camp Bloodbath,' which starred the late mother of a woman named Max (Taissa Farmiga). When Max and her friends find themselves stuck in 'Camp Bloodbath' – where scenes restart whenever they try to escape – they use their knowledge of the plot to try to make it to the credits. Unlike most time-loop films, the heroes here don't endure a slew of resets. Instead, their awareness of horror clichés helps them hold on.

How deep is the ocean?

Explorers started making navigation charts showing how wide the ocean was more than 500 years ago. But it's much harder to calculate actually how deep it is.

If you wanted to measure the depth of a pool or lake, you could tie a weight to a string, lower it to the bottom, then pull it up and measure the wet part of the string. In the ocean, you would need a rope thousands of feet long.

In 1872, the HMS Challenger, a British Navy ship, set

sail to learn about the ocean, including its depth. It carried 181 miles (291 kilometers) of rope.

During their four-year voyage, the Challenger crew collected samples of rocks, mud and animals from many different areas of the ocean. They also found one of the deepest zones, in the western Pacific, the Mariana Trench which stretches for 1,580 miles (2,540 kilometers).

Today scientists know that on average the ocean is 2.3 miles (3.7 kilometers) deep, but many parts are much shallower or deeper. To measure depth they use sonar, which stands for Sound Navigation And Ranging. A ship sends out pulses of sound energy and measures depth based on how quickly the sound travels back. The deepest parts of the ocean are trenches – long, narrow depressions, like a trench in the ground, but much bigger.

QUIZ TIME (NATURAL SCIENCE)

Q.1) Which tree in the world has maximum water storing capacity, as much as 30,000 gallons?

- A. Sequoia dendron
B. Eucalyptus
C. Calvaria
D. Adansonia

Q.2) The fastest spreading bioluminescent fungus is ____

- A. Polysporous B. Rhizopus
C. Agaricus D. Armillaria

Q.3) The Nilgiri Hills are so named because of ____

- A. High mountain ranges B. Endemic species of 'neelgai'
C. Strobilanthes Kunthiana which flowers once after 12 years making the hills blue
D. All of the above

Q.4) The 'Super bug', genetically engineered

by Ananda M Chakravorty, is ____

- A. Insect pest which cannot destroy crops
B. Virus attacking HIV
C. Insect attacking virus
D. A bacteria for bioremediation

ANSWERS

1. D) Adansonia 2. D) Armillaria 3. C) Strobilanthes Kunthiana which flowers once after 12 years making the hills blue
4. D) A bacteria for bioremediation

AKS develops creative hand-washing station

Aga Khan School, Mundra, staff uses science creatively to improve the quality of their environment for future generations

Waste is everywhere and is generated from all aspects of society all over the world. Waste, and how it is managed, can wreak havoc on our world and create long-lasting damage. The World Bank (2018) anticipates that unless urgent action is taken, global annual waste generation will increase by 70% from 2016 levels in 2050.

Each one of us can start to make a difference today by reducing, reusing and recycling materials at home and in our communities, and by encouraging our neighbours to do the same. Whilst we cannot prevent waste entirely, each of us can reduce and manage waste more efficiently.

The Aga Khan Education Service, India (AKESI), is conscious about environmental conservation and is taking steps to highlight and instil awareness across all its schools. The school provides opportunities through an Eco Club where students plant trees, hold environmental awareness rallies and put on street plays for the community about reducing plastic use. They have even recycled plastic to make useful objects, such as tiles and also bring in a plant to grow at the school to commemorate their birthdays.

The COVID-19 pandemic has created a newfound awareness of the importance of hand-washing. Keeping this in mind, along with the concept of reducing, reusing and recycling in everyday life, school staff pioneered the innovative idea of building a hand-washing station from materials such as an unused water tank, 20 litre filtered water bottles and waste construction ma-



terials such as iron rods.

The team reused the water tank to hold the freshwater for the hand-washing station, and used the 20-litre water bottles as washbasins by cutting out the bottom of the bottle and connecting the mouth to a drainage outlet. The central collection unit was made from an old PVC pipe left over from previous construction work. The team improvised and added taps in different directions, so that those using the station could maintain their distance from one another. When school physically resumes, this hand-washing station will greet visitors, students and staff at the school's entrance.

Akbar Khoja, a member of staff who was instrumental in creating the station said, "Many ideas were running through my mind when I was working on this. I am happy that we were successful in making this hand-washing station and I will use such ideas to create many more reusable items in the future."

Prachi awarded school scholarship

Delhi Public School-Bopal felicitated its star student in a ceremony hosted on its premises. Prachi Jindal, a student of class X, was recognized for her remarkable performance in the board examinations held in March 2020. Acing the exams with a stellar performance of 499/500, a 99.8% score, she was declared the school, city, and state topper. Prachi tested her own prowess, investing more in regularity than in burning the midnight oil, seeking assistance from her brother when in a quandary. Having achieved an AIR rank 2 with her focus on academics and well-set goals, Prachi has showcased her academic excellence.

She was invited as the guest of the Government of India to witness the Republic Day parade from the Prime Minister's box. Prachi defines herself quoting Estee Lauder, 'I never dreamed of success, I worked for it.'

DPS-Bopal, presented her with a scholarship of Rs. 1 lakh



which she received at the hands of the District Education Officer RR Vyas. In his address, Vyas referred to Prachi as the 'pride of Ahmedabad district and the pride of Gujarat'. Principal Surender Pal Sachdeva expressed his joy at Prachi's achievement. He mentioned how the recognition awarded to students at school, served as a motivator for achieving greater heights.

Prachi aspires to clear the UPSC exams and follow in her father's footsteps. For Prachi, the school has been the arena where she has demonstrated her acumen, proven herself, and served as an inspiration to others to achieve.

CREATIVE GENIUS!

"A simple line painted with the brush can lead to freedom of happiness."



Prachi Jindal

Art helps children to learn to trust their ideas themselves and to explore what is possible. The H B Kapadia New High School proudly congratulates Kavya Shah of class IV, has been awarded a cash prize of ₹500 for her work titled 'Gamdanu Jivan', by Gujarat State Lalit Kala Academy that conducted its 60th state level drawing and painting exhibition (2019 - 2020). Kavya has been awarded in the category of class I to V, where around 151 schools participated. Out of 532 entries, 89 paintings have been awarded.



"Enjoy your work and there will be no stress!"

Vishwa Trivedi, the Pre-Primary Coordinator, JNS in conversation with Prerna Bhandari of class XI shared her views on how technology-facilitated learning during the pandemic...

Q: Has the pandemic added a new dimension to teaching?

Of course, it has. Never in our dreams had we thought that we could do so much with technology for our young batch of children. We have tried to add creativity to our sessions and planning to make them more engaging, keeping in mind that the lessons are delivered properly. For me, it was always an attraction to try using technology as much as we can even in physical classes. So, this was an opportunity for me to explore.

Q: What are the challenges of online classes for younger children?

There were a few challenges and the major one was, making the children sit in front of the screen and keeping them engaged. It took some time for the children and the teachers to adjust to this new normal. Once we got hold of the strings, it worked wonders. We included more hands-on activities to enhance the motor skills, also every time, we made sure that some kind of lesson is imparted along with these activities. So, it became more of learning with fun for the children.

Q: How do you manage stress during such a challenging period?

Well, that depends on how you look at your work. For me, work is never stressful, maybe because I love doing my work. For me, it is always like what is new that I am going to do today. But yes, Spending time with family, reading, painting, watching movies, and cooking new dishes, help me to unwind.

Q: How did you discover that you have the talent of story-telling



through puppetry?

Storytelling is something that I always love to do for the children. I never knew that I can actually do it till I became a teacher. It was my Dad who used to tell us bed-time stories, with all the expressions, with voice modulation. I loved listening to him. When I started teaching and taking story-telling sessions for the children, my mentor, Nimisha Kane taught me how to do all the voice modulations. Once, I attended a story-telling session of a very famous story-teller Geeta Ramanujam. That was the time, I realized that stories can be used in so many different ways; to teach children not only moral values but also our mythology and the daily lessons as well. So, there were so many different opportunities in my career that made me acquire this talent. And, I actually started believing in my talent when I won a competition for an innovative teaching aid wherein, I made a bioscope for children. I am glad that the pandemic gave me a chance to actually record these sessions and I could reach all the grades in the school. And of course, with technology as a blessing for all of us, I try to make it as fun-filled as possible for the little children.

Painters' Gallery



Soumya Donapati, Class IX, Cygnus World School, Vadodra



Madhura Mashankar, Class V, Podar World School, Sherkhi

WEEKEND PLAN JOYS OF FAMILY TIME!

Weekend for me is the perfect time to go and make stories for Monday. After an entire workweek, the weekend provides a great refreshment. Last weekend, I woke up at 8 am, got up, brushed, and flossed my teeth,



and ran towards my mom and little brother to cuddle him, which is my routine on other days as well. My dad was so happy to see me playing, while I watched him having tea with my grandparents. We got together joined together for yoga, as my grandfather

believes that it clears your mind and gets you fresh ideas. An hour-long yoga session was quite refreshing. After breakfast, my dad went to meet his friends, and I spent time with my brother while my



mother took care of the household chores. After a nap, I was too excited as my mom, and I had planned to bake yummy, delightful cookies. As my dad is fond of playing indoor and outdoor sports, we then went to the club. We played and had dinner there. My weekend ended reading my story-book and music while my mother made the schedule for the coming week. I have learned from my grandmother that Sunday is the perfect day to refuel your soul and be grateful to everyone for their blessings. I had a perfect weekend and I was all set for the coming week.

PRANSHI SOMANI, Class I, Udgam School

THE FOOD CHAIN

Food chain says, Who eats what, who eats whom? Who is herbivorous, And who is carnivorous? Starts with the Sun, carrot grows. Rabbit comes for food, Hop, hop, hop, and eats the carrot. Awww, Quite tasty! A fox sees the rabbit. Cunning Fox thought I will hunt it. Walk quietly, quietly, quietly, And eats the rabbit! But, who eats the fox? Food chain shows, who? Who? That's a Lion! Lion run, run, run and grab the fox!

SAI SASWAT DAS, Class II, Siddharth's Miracles School, Gandhinagar

POLLUTION

Plant more trees, To get more breeze.. Don't pollute the earth, It's not worth it.. Recycle old things, And let the world sing. Turn Newspapers into bags, Don't throw it into the trash. Go for a walk and ride a bike, Keep your cars out of sight. Please say no to plastic, That will be fantastic, Keep the Earth clean and green, And don't you be mean!

ANAYA SHETH, Class I, Udgam School

BOOK: KNOW ALL ABOUT THE MANKIND

The book "Sapiens: The Birth of Humankind (A Graphic History)" by Yuval Noah Harari, amazes me to the core. It is about the history of mankind dating back to about 14 billion years ago, Matter, Energy, Time, and Space came into being in what is known as the Big Bang. Around 2.5 Million years ago, the first human evolves in Africa. There were 6 species of humans. 30,000 years ago, The Neanderthals, the only species left except Sapiens, were extinct.

The book explains the story of 6 species of Humans (Homo Erectus, Homo Neanderthals, Homo Luzonensis, Homo Denisova, Homo Floresiensis, Homo Sapiens) in a fun and illustrative way. The author takes the reader on an adventurous and enjoyable ride. This is the story of how an insignificant ape became the ruler of the Earth, capable of traveling to the



Moon, splitting the genetic code of life, and much, much more. He further goes on to explain how they ruled the earth, how they originated, all in a humorous and easy-to-read way. The original book is not illustrated. However, this new version is illustrated and is given more like a comic and less as a book. Sapiens is one of the most bestselling books now.

With fun Characters such as Professor Saraswati, Zoe, Detective Lopez, Prehistoric Bill, Dr. Fiction, Robin Dunbar, Armand Peugeot, Skyman, Lion man, The Corp, Lady Liberty, Iron Kaiser and many, many, many more. Also, as it is the first volume, there can be more. It's

so popular that it has been translated into 60+ languages.

MAITREY DAVE, Class V, Rachana School

BOOK: A MUST-READ BOOK FOR PET LOVERS

The Gopi Diaries is a series of three books for children written by prolific writer Sudha Murthy is about a dog called "Gopi". 'Coming Home' is the first book in the series. It is illustrated by Sandhya Prabha who is an independent animator and illustrator from Chennai. Narrated in Gopi's voice, the book begins with Gopi going to his new home and tells the story of how he settles down with his loving, human family that adopts him. How Gopi sees



the world around him and what he thinks of the people in his life give the story a unique flavour. Written in Sudha

Murthy's inimitable style, this simple story told from a dog's perspective. It talks of basic values and also shows us why pets are so precious for their love, devotion, and boundless affection. This book will be a treasure for both adults and children and will surely take your heart away.

REYANSH MITTAL, Class II, Essar International School, Surat



BIO-BUBBLE STRAIN

Psychologists have called for better support for cricketers' mental wellbeing as they head into a second year confined to biosecure "bubbles" around the world

IT HAS REACHED 'ALMOST EPIDEMIC PROPORTIONS'

► Cricket's long tours away from homes and family have often caused problems in the past but the restrictions of quarantine and bubble life are posing extra difficulties, experts say. England's Jonny Bairstow said he spent just six nights at home in the second half of last year, while Pakistan bowling coach Waqar Younis saw his family for the first in seven months in January. India fast bowler Mohammed Siraj missed his father's funeral after deciding to stay in Australia in quarantine with his teammates in November.

► Sports psychologists and psychiatrists have warned of the toll being taken on players and said there is a "stigma" over coming forward, particularly in Asian nations. Amit Anand, a consultant psychiatrist and a panel member for golf's European tour, quoted one former Australian national captain as saying that mental health problems had reached "almost epidemic proportions" among players.

► "England, Australia and New Zealand have structured mental health support; their respective players' associations are strong on supporting players' mental health and wellbeing," Hassan Mahmood, a British psychiatrist who works with elite English cricketers, told AFP. "It would be ideal to have this in place for all Test-playing nations. There are a significant number of Test nations in South Asia, where there might be stigma related to mental health issues."

► Anand said players can suffer problems ranging from lack of sleep and anxiety to depression, while their families also suffer, especially those with young children. He said better "mental health literacy" is needed among players to "address the issues related to stigma and provide approximate interventions".

BIO-BUBBLE IS TOUGH ON PLAYERS: BAIRSTOW

► England batsman Bairstow told how players had become "addicted" to the Call of Duty war game as he highlighted the pressures while in Sri Lanka. "I am not going to lie about it, it is something that does take a toll because you are going from the hotel to the cricket ground, back to the hotel," said Bairstow. "Unfortunately the guys are unable to see their families, their kids, wives over a long period of time, which is tricky. The Skype chats, the people who have been with you through thick and thin back home are the ones that you call up and chat to and keep you going," he added.

► Cricket Australia took the lead in hiring a mental health expert last year and many top nations followed, including England who brought a psychologist on their current tour to Sri Lanka and India.

► Shree Advani, India's leading sports psychologist who has advised stars including top badminton player PV Sindhu and cricketer Robin Uthappa, said more players are coming forward because of the pandemic. "So many cricketers come to me for advice," he said, adding that players are struggling "to get back with that same level of confidence. With the insecurity about selection, the extra pressure to perform".

► England skipper Joe Root urged his teammates to "not hide away if they are feeling (the) blues" before they left for Sri Lanka and India, the start of a long year for the team who will play 17 Tests in 2021. Mahmood said any psychological fallout from bubble life will come in for intense scrutiny once the crisis has passed. "Hopefully, once the COVID-19 pandemic is over, there will be a period of reflection to ascertain the full impact of the bio-secure bubbles on the mental health of cricketers," he said.

I looked at the schedule today and realised that it is going to be a very long year. Few series coming up. Managing the body will be important if you have to play a lot. Anyone that's criticising (player rotation) has never stayed in a bubble. At the end of the day, humans are social people, especially when you're not having a great game. There's no escape, nowhere to go.

Jofra Archer, England pacer

INDIA vs ENGLAND, 1st TEST PREVIEW

CAN ENGLAND CHALLENGE THE MIGHTY INDIAN TEAM?

India will hope to maintain their formidable home record against England who have boldly placed players' well-being above team prospects in the four-match Tests series beginning on Friday

WE'LL HAVE OUR PLANS IN PLACE: BHARAT ARUN

► An injury-ravaged India conjured one of the greatest comebacks in the history of the game in Australia after being humiliated in the Adelaide opener and playing the rest of the series under a stand-in captain. Their gladiatorial 2-1 triumph, however, was not without scars and pacers Mohammed Shami and Umesh Yadav and all-rounder Ravindra Jadeja continue to nurse injuries which will keep them out of the first half of the England series.

► India will welcome back regular skipper Virat Kohli, who missed the last three tests in Australia to attend the birth of his daughter. "We have done an excellent job in Australia ...but we need to forget this and look forward to the England series," bowling coach Bharat Arun said. "We'll have our plans in place."

► Shubman Gill's assured display on his Australia debut appears to have re-

solved India's opening woes as they prepare to stretch their awe-inspiring home record against Joe Root's men. India have won a record 12 successive test series at home, losing only one of the last 35 matches they have hosted. It includes a 4-0 series victory in England's previous tour in 2016-17.

► England are also the last team to have triumphed in India in 2012-13 when Root, who will be playing his 100th test on Friday in Chennai, made his debut.

BOLD ROTATION POLICY

► England blanked Sri Lanka 2-0 last month but their decision to rotate multi-format players undermines their prospects in India. Under their policy, wicketkeeper Jos Buttler will return home after the opening test, while the trio of Jonathan Bairstow, Sam Curran and Mark Wood will be available only for the last two matches.

► England may not necessarily be fielding their strongest playing XI in every

match but coach Chris Silverwood stands by the move. "We're spending a lot of time locked in hotel rooms inside biosecure bubbles and it's not easy," he said. "It's good that we're being proactive and looking after people. I'm perfectly happy with the system."

► They will be reinforced by the return of speedster Jofra Archer, all-rounder Ben Stokes and opener Rory Burns, who all missed the Sri Lanka series. Burns is likely to open with Dom Sibley with Zak Crawley expected to drop down to number three.

► Spin all-rounder Moeen Ali will fancy his chances on India's turning tracks, while England will also be tempted to play veteran seamers James Anderson and Stuart Broad together. India need to win the series by at least a 2-1 margin to reach the final of the inaugural World Test Championship against New Zealand.

► England will have to win at least three tests to pip India to the July final, while a stalemate will benefit Australia.



Shubman Gill

Photo: GETTY IMAGES



Stuart Broad

Photo: GETTY IMAGES

QUIZ TIME!

Q1: Which of the following players have the highest career batting average in ICC Women's One Day Internationals?

- a) Bronwyn Calver ☐ b) Rachael Heyhoe-Flint ☐
 c) Lindsay Reeler ☐ d) Meg Lanning ☐

Q2: In the year 2018 and 2019, which of the following players was awarded NBA Defensive Player of Year award?

- a) Giannis Antetokounmpo ☐ b) Draymond Green ☐
 c) Rudy Gobert ☐ d) Tyson Chandler ☐

Q3: Who is the oldest Olympic swimming medalist?

- a) Amy Van Dyken ☐ b) Natalie Coughlin ☐
 c) Jenny Thompson ☐ d) Dara Torres ☐

Q4: Which of the following countries won most medals at a single Summer Olympic Games?

- a) China ☐ b) United States of America ☐
 c) Canada ☐ d) United Kingdom ☐

Q5: After MS Dhoni, which of the following players have played most matches as captain in India Premier League?

- a) Gautam Gambhir ☐ b) Adam Gilchrist ☐
 c) Rohit Sharma ☐ d) Virat Kohli ☐

Q6: Who was awarded NBA 2019 Coach of the Year?

- a) Mike D'Antoni ☐ b) Mike Budenholzer ☐
 c) Dwane Casey ☐ d) Nick Nurse ☐

Q7: Sofia Kenin won which of the following Grand Slam



Sofia Kenin

title in 2020?

- a) Wimbledon ☐ b) French Open ☐
 c) US Open ☐ d) Australian Open ☐

Q8: As per WTA rankings, who is the current number one Tennis player?

- a) Ashleigh Barty ☐ b) Sofia Kenin ☐
 c) Naomi Osaka ☐ d) Simona Halep ☐

Q9: Which of the following countries have won most Asian Women's Handball Championship?

- a) China ☐ b) United States ☐
 c) United Kingdom ☐ d) South Korea ☐

Q10: Who among the following became the first

cricketer to reach 9000 runs in career IPL T20 history?

- a) Virat Kohli ☐ b) Dinesh Karthik ☐
 c) Rohit Sharma ☐ d) Suresh Raina ☐

Q11: The fastest badminton hit in competition by a male is 426 kph (264.70 mph), and was achieved by

- a) Kim Astrup ☐ b) Mads Conrad-Petersen ☐
 c) Mads Pieler Kolding ☐ d) Mathias Boe ☐

ANSWERS: 1 b) Rachael Heyhoe-Flint
 2 c) Rudy Gobert 3 d) Dara Torres
 4 b) United States of America
 5 a) Gautam Gambhir 6 b) Mike Budenholzer
 7 d) Australian Open 8 a) Ashleigh Barty
 9 d) South Korea 10 c) Virat Kohli
 11 c) Mads Pieler Kolding



THE TIMES OF INDIA

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TODAY'S EDITION

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➤ Students share their travel diary
➤ Join your peers in reliving your school experiences
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➤ Top five players from England, who can pose a big threat to India
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STUDENT EDITION

WEDNESDAY, FEBRUARY 3, 2021


WEB EDITION
[CLICK HERE: PAGE 1 AND 2](#)

GAGANYAAN's first unmanned launch slated for DECEMBER 2021: NIRMALA SITHARAMAN

The launch of the first unmanned mission of Gaganyaan is slated for December, finance minister Nirmala Sitharaman said on Monday. The mission was originally scheduled for launch in December 2020 but had to be postponed due to the coronavirus pandemic. In her Budget speech, Sitharaman said, as part of Gaganyaan, India's manned space mission, four Indian astronauts are being trained on generic space flight aspects in Russia. Initially, the first unmanned mission was planned in December 2020, the second unmanned mission in June 2021. The final and the main component, the manned mission of Gaganyaan, was scheduled six months later in December 2021, much before the 2022 deadline.



The ₹ 10,000 crore Gaganyaan mission aims to send a three-member crew to space for a period of five to seven days by 2022, when India completes 75 years of Independence

Myanmar generals in control after coup

Myanmar's generals appeared in firm control on Tuesday, a day after a surgical coup that saw democracy hero Aung San Suu Kyi detained, as they offered silence to a barrage of global condemnation. There were few signs of extra security on the streets of Yangon, Myanmar's biggest city and commercial capital, indicating the military's comfort levels, as they faced no mass protests. The military staged its lightning coup on Monday, arresting Suu Kyi and other leaders from her National League for Democracy (NLD) party, just ahead of a scheduled resumption of parliament. The military justified its seizure of power by alleging widespread fraud in elections held three months ago, which the NLD won in a landslide. US President Joe Biden led the chorus of global outrage, calling for a quick restoration of democracy and warning that Washington could reimpose sanctions.

IN FOCUS

The UN Security Council members will be briefed on the situation in Myanmar



➤ Myanmar, also known as Burma, was ruled by the armed forces until 2011, when democratic reforms led by Aung San Suu Kyi ended the military rule
➤ Suu Kyi, who spent nearly 15 years in detention between 1989 and 2010, was internationally hailed as a beacon of democracy and received the Nobel Peace Prize in 1991, but her international reputation suffered severely, following an army crackdown on the mostly-Muslim Rohingya minority, as she didn't condemn it



WHY THE 'HAPPY FACE CRATER' ON MARS HAS A WIDER SMILE

This smiling crater on Mars is even happier than it was 10 years ago, and thermal erosion is the reason, explained scientists. In photos taken by the camera on board the Mars Reconnaissance Orbiter, one can see the changes in the surface of Mars over time. Thermal erosion has caused the "mouth" of the face to become larger. Some of the "blobby" features have changed due to the heat of the sun causing sublimation, a process where solid turns directly to gas, they added.

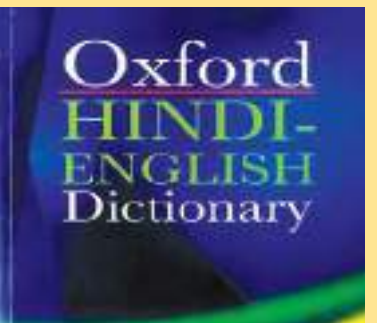
Spotlight

CBSE CLASS X, XII DATESHEET RELEASED

The Central Board of Secondary Education (CBSE) released the datesheet of classes X and XII examinations on Tuesday. The datesheet is available at the CBSE website cbse.nic.in. The exams, slated to begin from May 4 to June 10, will be held in the offline written mode, with all the Covid-19 pandemic protocols in place.

OXFORD LANGUAGES PICKS 'AATMANIRBHARTA' AS THE HINDI WORD OF 2020

'Aatmanirbharta' implying self-reliance has been named by Oxford Languages as its Hindi word of the year 2020, as it "validated the day-to-day achievements of the countless Indians, who dealt with and survived the perils of a pandemic".



There was a massive increase in the usage of 'aatmanirbharta' following the prime minister's address, highlighting its increased prominence as a phrase and concept in the public lexicon of India, Oxford spokesperson said.



NEWS IN CLUES

The founding date of which global body is observed as 'World Health Day' annually?

CLUE 1: Union health minister Harsh Vardhan is currently the chairman of its executive board.

CLUE 2: Headquartered in Geneva, Switzerland, it boasts 194 member states.

CLUE 3: India's Soumya Swaminathan was elected as its first chief scientist.

ANSWER: WORLD HEALTH ORGANISATION (WHO). A WHO team, who are in Wuhan to trace the origins of Covid-19, visited a food market in Wuhan on Sunday, where the virus was initially detected. The 10-strong international team walked through sections of the Baishazhou seafood centre – one of the largest wet markets in Wuhan

GIRISH KARNAD MEMOIR IN ENGLISH TO BE OUT IN MAY

Girish Karnad's memoir, which was to be translated from Kannada into English by the actor-playwright himself but could only finish a part of it before his death in 2019, will now be out in May after final touches by award-winning translator Srinath Perur. 'This Life at Play: A Memoir by Girish Karnad' will be released on the director's 83rd birth anniversary on May 19 by Fourth Estate, an imprint of HarperCollins Publishers.

BOOK


➤ Karnad, considered as one of modern India's greatest cultural figures, first published his memoir in Kannada in 2011
➤ Covering the first half of his remarkable life – from growing up in Dharwad and engaging with local theatre to his education in Mumbai, and as a Rhodes Scholar in Oxford, his career as a publisher, his suc-

cesses and travails in the film industry, and his personal life, Karnad's inimitable voice shines through it all
➤ The no-holds-barred account provides a glimpse into the life-shaping experiences of this towering figure on India's cultural scene, and a unique window into the India in which he lived and worked

MICROSOFT CUTS CARBON EMISSIONS BY 6% IN FIRST YEAR

Microsoft has reduced carbon emissions by 6 per cent, or roughly 730,000 metric tons, in its first year as part of its broad commitment to become carbon negative by 2030. According to Microsoft President Brad Smith, the company has purchased the removal of 1.3 million metric tons of carbon from 15 suppliers across 26 projects around the world.

➤ "By 2030, our goal is to cut our emissions by more than half. This means that if we sustain and then improve upon these reductions for 10 consecutive years, we will reach and hopefully exceed this goal," Smith said in a blog post
➤ By 2050, Microsoft has committed to remove from the environment all the carbon that the company has emitted directly or through electricity use since the company was founded in 1975

ENVIRONMENT


JUSTIN TIMBERLAKE IS WORKING ON A NEW ALBUM

Singer-songwriter Justin Timberlake has revealed that he is currently working on new music and may soon release an album. The star's last album, was 'Man of the Woods'. The singer-actor made the revelation during an appear-

MUSIC


ance on 'The Tonight Show Starring Jimmy Fallon'. Timberlake, who turned 40 on Sunday, was quizzed by host Jimmy Fallon if it would be ok to say that "a new Justin Timberlake album" is in the works. "Yeah, we can say that. There's a possibility... Let's go with yes," he replied. The 'Give it to me' hit-maker said, he takes time in creating an album, as he analyses the relevance of the song over a period of time.

In 'Finding Love', the second book in the 'Gopi' trilogy, acclaimed author and Infosys foundation chairman Sudha Murty continues to show us the human world from her furry friend's perspective. In an interview, she tells us the importance of being kind to animals, and shares tips on how to write better....



I write from real-life experiences: Sudha Murty

nitya.shukla@timesgroup.com

'FINDING LOVE' WITH GOPI

When her family adopted a golden retriever, philanthropist and author Sudha Murty was so smitten that she decided to pen the 'Gopi Series,' a trilogy of stories, told from a dog's perspective. In part one 'Coming Home' (2019), the readers were introduced to Gopi, the pup, who narrates how he came to live with his human family, which include his doting grandparents and a dad. In part two, the recently-released 'Finding Love,' the adventure continues with a bigger, stronger and a naughtier Gopi, who faces new challenges, like going to office and having a teacher, and makes new 'friends' as the story builds up to a surprise ending. Speaking why she chose to write in a dog's voice, Murty

said that observing her pooch made her wonder what he would have thought when he saw humans in their daily lives. She said, "When I write from the point of view of a character, I become them. In these books, I became Gopi, the dog. I tried to understand his language, how or why he barks, and what is he trying to say."

ON BEING RELATABLE

By narrating the story as Gopi, Murty has not only showed us how pets fill our lives with unconditional love and affection but also captured the elations and the anxieties of every pet parent in the world. For Murty, it was a live experience and hence she could relate to it. In fact, Murty likes writing from real-life experiences. For her, it is more honest than penning something that has to be imagined. So what keeps Murty going? We



ON THE IMPORTANCE OF KINDNESS AND COMPASSION

One of the key takeaways from the Gopi Series is looking at pets as family members, who deserve our kindness and compassion. Said Murty, "even though it is not always possible for everyone to own/adopt or maintain a pet, one should simply do what they can. Taking care of the street dogs, or other stray animals is also a way to show kindness and compassion to our mates, who don't speak our language"

ask. I enjoy writing for 2-3 hours every morning, she said. I don't push myself, but yes, I like to finish a story once I start writing. "Sometimes I must write because I cannot hold an experience in my

mind!" she added.

ON BECOMING A BETTER WRITER

The Big Q: what are the qualities to become a good writer? "Disarming, honest and down to earth," she promptly answered. Reading widely can also help one to be sensitive to things around in our environment and write better. "When writing, don't be in a hurry to publish the next bestseller. Instead, write as much as you can and wherever you can; keep it aside and come back to it after a gap," she added.

We've posted the first chapter of 'Gopi series: Finding Love' on WWW.TOISTUDENT.COM in the Bookmark section. If you enjoyed reading it, do let her know

PANDEMIC SHAPED FOOD and dining trends in 2021

The year 2020 made many of us #quarantinechef, #quarantinebaker and the business of home-chefs boomed like never before. Meanwhile, we also learnt to nail minimalist cooking as well as appreciate our local food more. In the new year, most of these trends continue, while some other trends like dining at home and wellness cooking will seem a boom as per experts. Here is the lowdown on which food trends will rule 2021.

In 2021, people will invest more in desi immunity and wellness food

Make it local

As per the Godrej Food Trends report, the country had been levitating towards regional and micro-cuisine since 2019, but after the pandemic set in, the trend saw a major boost. Chef Ranveer Brar notes, "Most people would prefer eating hyperlocal, and in a way they would be compelled to appreciate all that is around us. This may be the best time for neighbourhood eateries, as more people will keep hunting for regional cuisine." The trend will continue to rule 2021 as well.



Rise of home food

As we were forced to stay indoors for most part of last year, reliance on home-made food grew. This in turn also made home chefs, cloud kitchen trend over the year, which according to experts will continue to rise in the current year too. Comfort food is also here to stay. With a stagnant lifestyle, home-made fare like dal chawal or roti sabzi is easier to digest than rich foods like butter chicken and naan.

GYOF - Grow your own food

Last year made us work on our gardening skills to grow our own food. "Pandemic shifted our focus towards more sustainable living, and we all learnt that we can easily grow daily vegetables like onion, brinjals, spinach, tomatoes, etc. This year the focus may also shift towards more plant-based diet," says Mumbai-based chef Ajay Chaudhary.

Investing in wellness and immunity boosters

A lesson that 2020 imbibed in all of us, is to keep focus on health. Carrying forward the lessons from last year, 2021 will see a rise in food that prioritises wellness and immunity. "While wellness food has always been doing good, this year the focus will be more on Indian ingredients that boost immunity like turmeric, ginger, ghee, amla, jaggery, etc.



5 websites to help educate about the horrors of the Holocaust

Whenever there is discussion about how much people know about the Holocaust, the focus is often on what they don't know. For instance, a 2018 survey of 1,350 people age 18 and older found that 11% of U.S. adults and 22% of millennials had not heard of, or were not sure if they had heard of - the Holocaust. Almost half of US adults, 45% - and millennials - 49% - could not name one concentration camp or ghetto established in Europe during the Holocaust, the survey found. To better develop better understanding of the Holocaust, here are five interesting websites.



THE LIFE OF BEBE EPSTEIN

This first foray into digital education from YIVO, The Institute for Jewish Research, tells the story of a young girl, Bebe Epstein, born in Vilna, Poland, from before the Holocaust through her immigration to the US. A staggering amount of information can be found in this digital tool, which consists of 10 self-guided "chapters" about Epstein's struggles.

IN MRS. GOLDBERG'S KITCHEN



ANNE FRANK HOUSE: THE SECRET ANNEX

Anne Frank's diary is one of the best-known primary sources to have survived the Holocaust. The annex where Anne and her family hid during the war still exists in the Netherlands and is a popular tourist site. For those who are unable to visit the site in person - the augmented-reality site created by the Anne Frank Museum is an impressive alternative.

This augmented reality experience is a part of a larger project about Lodz, Poland, during the period between World Wars I and II, created by Halina Goldberg, a musicology professor at Indiana University Bloomington. This interactive exhibit allows users to explore space in the Jewish Quarter of Prewar Lodz (a popular ghetto back then).



VIRTUAL TOUR OF THE AUSCHWITZ MEMORIAL

Auschwitz is the best-known concentration camp built with the express purpose of murdering Jews. While the memorial and museum remain closed because of COVID-19, the virtual tour presents what the memorial website describes as "authentic sites and buildings of the former German Nazi concentration and extermination camp, complete with historical descriptions."

HISTORY UNFOLDED: US NEWSPAPERS AND THE HOLOCAUST

The United States Holocaust Memorial Museum has a number of online exhibits that can be used for teaching and learning, but "History Unfolded" fills a gap: This website aims to show what Americans knew about the Holocaust, and when they knew it, by using articles from US newspapers published during the 1930s and 1940s. Users can explore by event. Example: search for Kristallnacht, a series of violence against Jews in Germany, referred to as the "Night of Broken Glass."



5 Reasons Why Every Reader Should Listen to Audiobooks



UPLIFTS YOUR MOOD

Audiobooks act as amazing mood uplifters, especially when you are engaged in a menial chore you don't enjoy much. You can try this too. Pick an audiobook the next time you have to do something you wouldn't derive much pleasure from. This way, Your mood won't be affected thinking how much you hate what you are doing.

You will be able to concentrate better on the audiobook because your brain wants an escape.

You will find a great way of multi-tasking, without actually investing too much time or effort.

HELPS YOU SLEEP BETTER

According to a study carried out by Harvard Medical School, mindfulness meditation - a mind-calming practice that focuses on breathing and awareness of the present moment - can help in relaxing the mind and improving your quality of sleep.

MAKES YOUR JOURNEYS MORE BEARABLE

When I am travelling, I am always torn between wanting to make the best use of my time (by reading a book or watching a movie) and making the best of the journey (by looking at the scenery or observing the people around me).

SAVES YOU MONEY

A problem that every book lover will be able to relate to is this: no matter how many unread books you have on your bookshelf, new releases by your favourite authors will ALWAYS entice you. Of course, it's not possible or practical to buy every new release, especially when you don't trust yourself on how quickly you'll be able to complete.

GETS A MORE IMMERSIVE READING EXPERIENCE

The voice modulation and inflections of a professional narrator make the author's words come alive. It feels like you are watching a movie unfold in your mind's eye. In addition, you can differentiate the minor characters because each one of them has a different tone of voice.

READY TO SIP

Mushroom Cappuccino?

Craving for a delicious warm treat? Try this healthy mushroom beverage that is flavourful and easy to make

- INGREDIENTS**
- 250 gm mushroom
 - 5 gm thyme
 - 50 gm fresh cream
 - Salt as required
 - 100 ml veg stock
 - Truffle oil as required
 - 1/2 teaspoon mint leaves



HOW TO MAKE

Step 1 - Puree mushrooms
Blend the mushrooms into a puree using a little water.
Step 2 - Add the vegetable stock
Add mushroom puree in a pan and then add vegetable stock in it. Mix well. Cook for 2-4 minutes.
Step 3 - Create the Cappuccino
Now, add sour cream in the simmering mushroom puree and cook for a few seconds. Then, add thyme and fresh cream in it. Stir well and cook for 2 minutes. Transfer in a soup cup and garnish with 1 tsp fresh cream, crushed mint leaves and truffle oil. Serve hot.

TNN

Colours of patriotism shine!

ST. KABIR SCHOOL, NARANPURA



St. Kabir School, Naranpura celebrated the 72nd Republic Day on January 26. The school usually celebrates this day in a very eventful manner. This year also they took up the challenge and celebrated this National festival by streaming it live on YouTube. It was celebrated with great enthusiasm and zeal. Kabirians took pride in glorifying and celebrating the spirit of unity and brotherhood.

The cultural program was hosted by the Student Council. A short speech was delivered by Nija Sanghavi, where she shared some interesting facts about the Indian constitution. This was followed by a debate "Duties versus Rights, which should take precedence". And the participants - Haard and Priyanshi gave their viewpoints. Devang summarized the debate topic. Aashvi and Hetvi did a great job as anchors. Nakshatra our young and budding IT expert helped in the live streaming of the event. The children of Class IV, V, and VI danced to the tunes of patriotic songs and even wore tri-coloured clothes to mark the occasion. The melodious music and graceful movements of the dancers were spellbinding. The excitement of Kabirians made everyone watching the programme, dance along with them. Various asanas including Padmasana, Vajrasana, Dhanurasana, Natarajasana, Bhujangasana, Chakrasana were also performed by the students of class II, IV, IX.

SAINIK SCHOOL, BALACHADI



Sainik School Balachadi, Jamnagar celebrated the 72nd Republic Day online. On this auspicious occasion, the

Chief Guest Gp Capt Ravinder Singh, Principal, Sainik School Balachadi laid the wreath on Shourya Stambh – the war memorial of martyrs and unfurled the Indian Tricolour followed by the National Anthem. Documentary on Republic Day was showcased on this occasion. Cadet Krish Ninama of class IX and Cdt Hrushabh Vaza of class X expressed the importance and greatness of Republic Day through video conference in Hindi and English respectively followed by Patriotic songs sung by Cadets and staff. Cadets of class XII presented an online patriotic poem to honour the brave hearts of the country. School Cadet Captain Amit Raushan and Cadet Devang Bhargav reflected on their seven years in the school in the Passing-out Course Memoir. A virtual candle passing ceremony of class XII was also conducted. Anchoring of the complete event was done by Cadet Devanshu Yadav and Cadet Chris Francis of class IX. The Chief Guest in his address extended his warm wishes to Cadets, Staff and family members and emphasized on the sense of patriotism and belongingness towards the nation. He asked the Cadets to understand the requirement of the Constitution for a country and imbibe the spirit of the Constitution in their daily lives. The event culminated with the school song presented by the Cadets.

ANAND NIKETAN SCHOOL, SATELLITE



Republic Day was celebrated with a keen spirit of patriotism and cheer, although from one's own personal bedrooms but all dressed in the Indian colours of freedom. While the students of class I and II discussed the importance of the flag along with drawing and colouring of the flag, the students of class III and IV participated in a challenging quiz on India and its constitution. The students of class V and VI had an exciting time, writing the script as well as enacting the same with colourful props and virtual backgrounds, reflecting the true spirit of Indian values and history. Class VII and VIII simply exceeded the expectations of the teachers by composing heartfelt poems on their beloved country.

Every year, ANTS has a double celebration on the 26th January as they celebrate their Annual sports day – "Challenges" with an earnest spirit of nationalism and patriotism. The zeal and spirit was not dampened this

year too as we conducted an online sports quiz with the 4 houses – Agni, Jal, Prithvi, and Vaayu. The vibrant atmosphere of the sports ground was recreated online as the teachers too joined in the cheering, inspiring their respective houses to give their best.

The Tricolour was unfurled in the school campus by Nashy Chauhan, Director, Anand Niketan Group of Schools, accompanied by the school heads. As we look forward to a virus free world and school campuses filled with students yet again, we continue to make the best of the present situation and engage the students as much as possible in collaborative learning experiences, keeping the enthusiasm of social interaction alive.

ZEBAR SCHOOL FOR CHILDREN



The staff of Zebur School celebrated Republic Day with splendour and gaiety. The celebrations brought the campus back to life as it was decorated and brimming with activity. The event was attended by Principal Sharmistha Sinha and the Vice Principals Mili Bhattacharyya, Priya Jha, Shruti Shekhawat, Shiwani Joshi, and Vice-Principal of Bodakdev School Amoli Patell. Radhika Iyer, Academic Advisor, and Manju Malaviya, Grievance Redressal Office graced the event. Rujul Desai, trustee of Zebur School attended the event too. It also had guests from the medical fraternity.

The event began with the National Flag's hoisting by Radhika Iyer, the academic advisor of Zebur School. Music teachers Nupur Shah and Urvashi Shastri presented a melodious patriotic song. Dance teachers Neha Maniyyar and Bhumiika Trivedi showcased the uniqueness of our cultural heritage through dance. The highlight of the day was a talk show 'Let's take the vaccine'. Navneet Aroha Biswas, Content Manager of the school moderated it. The guests included – Dr Praveg Gupta, who handles the Microbiology department in a reputed hospital in Rajkot. Kinjal Shah is an educationist involved in teaching the slum kids and continued providing offline classes to more than seven hundred slum kids during the pandemic. Janvi Asnani, a Zebur parent who is a successful businesswoman. Dr Praveg Gupta answered questions related to whether a COVID recovered person should take the vaccine or not? He also cleared doubts on whether a person currently having COVID-19 confirmed or suspected in-

Schools across the state celebrated the national festival with great enthusiasm and zeal...

fection should be vaccinated or not. The main message he conveyed to everyone was that every responsible citizen of the country should take the vaccine shot. Janhvi Asnani thanked the teachers for conducting the online as well as the offline classes. She also shared her offline classes' experiences and thanked the school teachers for teaching the offline classes keeping the social distancing norms. Kinjal Shah shared her experiences of the pandemic.

To increase vaccine awareness among the school and the parents' faculty, the school had invited three doctors who had recently received the vaccine. The frontline heroes in white were the stars of the day. Dhaval Shashtri from Sola Civil hospital working with the ICU department spoke mainly about the vaccine's myths. Dr Dhaval shared the procedure to get vaccinated; he cleared the doubts about the vaccine's side effects. The other guests Dr. Mamta Shah and Dr. Chintan Shah, shared their experiences of getting vaccinated and how they felt after getting the shot. The informative and detailed talk show on the vaccine kept the audience glued to their seats till the end. The republic day event ended with a vote of thanks by Vice-Principal Priya Jha.

AMAZING FACTS ABOUT INDIAN REPUBLIC DAY!

- January 26, 1930, was earlier celebrated as India's Independence Day or Purna Swaraj Day.
- The first Republic Day was celebrated on January 26, 1950, three years after we got independence.
- The first Republic Day parade at Rajpath was held in 1955.
- The first copy of the constitution was not printed, but handwritten and calligraphed in both Hindi and English.
- Dr. Rajendra Prasad was sworn in as the first President of India on January 26, 1950.
- It was signed by 308 members on January 24, 1950, and became effective two days later.
- Republic Day is a 3-day affair which ends on 29th January with the Beating Retreat Ceremony.
- On January 26th, 1965, Hindi was declared the national language of India.
- The Indian Air Force came into existence as an independent body on Republic Day.
- During the Republic Day Parade, a Christian hymn, 'Abide With Me' is played as the concluding piece of the Beating Retreat ceremony on January 29 every year. It was a favourite choice of Gandhiji too.
- Flying an Indian flag made from any material other than khadi is punishable by law.
- India's Constitution is the longest in the world. It has a total of 448 articles.

MUSKAN RAJ, Class X, Zebur School



Fitness week at JNS

Thoroughly believing the lines of the adage "Health is the greatest of human blessings.", the school celebrated a six day 'Fitness Week' with prodigious enthusiasm on the virtual platform through the 'JNS Fitness Arena'. The prime objective was to bring about a behavioural change in school children from spending "Passive Screen Time" to "Active Field Time". The JNS Fitness Arena provided the students with a daily dose of basic fitness activities which they did in the comfort of their home. All students from Nursery to class XI participated in the event. Day wise timetable was provided to the students where they carried out three activities each day. The activities included balloon jump, object transfer with hopping, alternate toe touch, upper body rotation, bend knee push-ups, 360 degree jump turns, burpees with flip the bottle and many more. An inferential impact could be seen in each student through these exercises. Each student performed the activities and recorded the same on a



sheet of paper which was further mailed at the end of the week to the respective class teachers. An Inter House Online Chess Competition was pertinent to the theme of the week which was a good way to optimize the brain health.

The 'Fitness Week' was culminated with the JNS Run- 5 km / Ride- 10 km cycling for fitness. The Principal, staff and students along with their parents, took part in the Run/ Ride for fitness on January 26 with energizing endeavour. Online certificates for participation was awarded to all students who carried out these activities.

BLING IN THE NEW YEAR!

St. Kabir School, Drive In Old family left no stone unturned when it came to take the leap into the new year, 2021. The students and teachers had a gala time celebrating it virtually with students showcasing their talent, grooving to some peppy music, dancing their hearts out, enjoying short movies, doing a fashion show and some exciting games. The Virtual snacks party was the cherry on the cake!

Some of the enthusiastic parents also joined in with their kids. As the saying goes "The sparkle in children's eyes of wonder and delight shines brighter than any Christmas lights", for everyone, it indeed was a moment of joy for-



"WISH TO BE BACK IN SCHOOL"

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

Covid times when studying online is the new normal, the times we cherished in school seems like a distant memory.

The most fascinating concept of school is that we learn with fellow mates of the same age i.e. Friends. Learning with friends makes studying more effective and congenial as students take in new perspective and gain knowledge through competition. Let's say that we would all agree that school is not fun without friends.

This fun is extensively missed when now we have to sit in front of the screen and study.

Another interesting aspect of school is the extra-curricular activities. These activities make learning quite fun. P.E. is one of the periods that students crave for. But now because of everything being online Aerobics from home has taken place of team games. This covid crisis has shown us the importance of school and the fun we had at school. No matter how much we dislike waking up early or doing homework, but we can't deny the fact that School is Pretty Fun.

RIYA SHAH, Class X, Udgam School For Children



Visit the cleanest and greenest city

The name Singapore brings smile as the feeling of wow started right from landing at one of the most beautiful airports in the world "Changi Airport". Singapore is a beautiful island and is one of the most cleanest and greenest city in the world. Some of the must-visit destinations are: MERLION PARK : Merlion is the national symbol of Singapore. From this place

we can also see the famous Singapore flyer & world-renowned boat shaped Marina Bay Sands Hotel.



SINGAPORE FLYER : It is Asia's Largest Giant Observation wheel. Standing at 165mtrs from the ground we were able to see the panoramic breath-taking view of the city.

GARDENS BY THE BAY : It is one of the biggest nature park in the world. There are 2 beautiful domes which are Flower dome and Cloud Forest Dome. I really enjoyed being close to the nature and see so many tropical flowers at one place.

JURONG BIRD PARK : It is Asia's largest bird paradise where we were able to see more than 3000 birds. I loved giving food & water to Parrot's and Macaw's with my hand.



UNIVERSAL STUDIO : located on the beautiful Sentosa Island. Universal Studio features more than 25 rides and other attractions which gives lot of joy & fun not only to kids but to parents also. My favorite ride was Transformer, it was a thrilling experience for all of us.

For me Singapore is like a City of Dreams where we can enjoy each and every moment with Love & Joy. It is a perfect mix of nature and technology. I would love to visit this city again very soon. :)

KIYAAN SHARMA, Class III, Zebur School

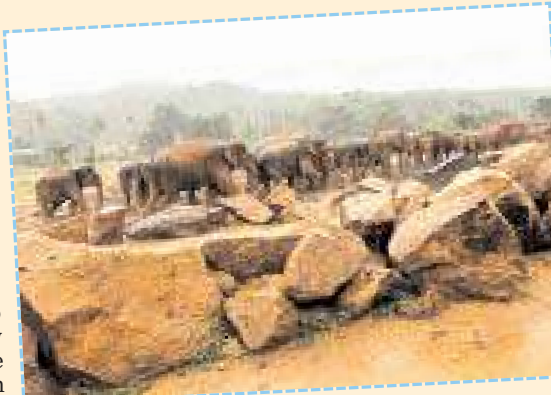


Beautiful destination: Sri Lanka

Every place has its charm and beauty, history, and atmosphere. There are many ways to know about a place, but the best way is by exploring it.

I don't miss a chance to pack my suitcase, say bye to home to meet new people and explore parts of the world. In the year 2018, I seized such an opportunity. My family and I visited Sri Lanka.

We began our Sri Lanka tour from Colombo city and explored four cities named Colombo, Kandy, Nuwara Eliya and Bentota. We then visited Kelaniya Buddhist Temple, the Natural History Museum, Spice garden in



Mawanella.

We also visited the most popular tourist attraction place named "The Pinnawala elephant orphanage", which is the

world's biggest collection of captive elephants.

After a pleasant journey of Colombo, we moved to Kandy, a UNESCO world heritage Centre, where we saw the Temple of The Tooth, the Royal Botanical garden and Kiri Muhuda lake. Then we moved to Nuwara Eliya, the heart of

the tea country to see the plantation, a factory en route here and witnessed how the famous "Ceylon Tea" gets brewed. We also tasted a variety of different types of tea. In Bentota, KOSGODA Turtle Hatchery and boat ride at Madu river presented a great experience. I returned back with mind full of memories.

KHUSHI VORA, Class IV, Udgam School For Children

TOP 5 ENGLISH PLAYERS TO WATCH OUT FOR

Let's look at the top five players from the visiting side (in no particular order) who can pose a big threat to the charged up and rejuvenated Indian side, who will have the services of players like Virat Kohli, Ishant Sharma and Hardik Pandya again:

BEN STOKES

MATCHES: 67, RUNS: 4428, AVERAGE: 37.84, 100s: 10, 50s: 22, WICKETS: 158

The return of talismanic all-rounder Ben Stokes after being rested for the Sri Lanka tour is obviously a great boost for the England team. His overall record in Asia is not that bad as he has a batting average 29.92 combined with an excellent 26.48 with the ball from 13 Tests. But Stokes is not a player whom you can judge on the basis of just his stats though. He is the kind of player who comes up with an uncanny knock at an important juncture of the match or chips in with crucial wickets and a few stunning catches or run-outs here and there, turning the match on its head, in his team's favour. That's what makes him a unique player.

JAMES ANDERSON

MATCHES: 157, WICKETS: 606, BEST: 7/42, 5 WICKET HAULS: 30

Lanky English pacer James Anderson – the most experienced amongst all the Englishmen in the current squad and England's all time highest Test wicket taker – will be the man to watch out for in the upcoming series. Anderson became the first fast bowler to take 600 Test wickets when he dismissed Pakistan's captain Azhar Ali last August at the Ageas Bowl in Southampton. Only Muttiah Muralitharan, Shane Warne and Anil Kumble had previously gone past the 600-wicket mark in the longest format of the game, making Anderson just the fourth player with 600 or more Test scalps. Anderson has played a total of 10 Tests in India and picked up 26 wickets so far.

JOE ROOT

MATCHES: 99, RUNS: 8249, AVERAGE: 49.39, 100s: 19, 50s: 49

England skipper Joe Root, who will become the 15th England cricketer to play 100 Test matches when he takes the field at the MA Chidambaram Stadium on February 5, will be looking to make his milestone match memorable after a great start on their sub-continent tour. Root showed great ability against the spinners and batted for long periods of time in the just-concluded Test series in Sri Lanka, scoring 426 runs at an average of 106.5 across two Tests. The prized wicket of Root will certainly be the main aim of Indian bowlers in the upcoming series. Root has played a total of 6 Tests against India in India far, scoring 584 runs, which included 1 century and 5 half centuries, at an average of 53.09 with a highest score of 124.

JOFRA ARCHER

MATCHES: 11, WICKETS: 38, BEST: 6/45, 5 WICKET HAULS: 3

He is only 11 Tests matches old, but right-arm pacer Jofra Archer has everything it takes to be a huge X-factor player for the English on this tour. He is the fastest of the England pacers and despite the Indian tracks not being the fastest or liveliest, Archer can trouble the Indian batsmen. The 25 year old who was born in Barbados and played U-19 cricket for the West Indies is yet to play a Test against India, be it at home or away. Archer was rested for the Sri Lanka tour as per ECB's workload management and rotation system, so he will be raring to go full steam at the Indian batsmen.

STUART BROAD

MATCHES: 144, WICKETS: 517, BEST: 8/15, 5 WICKET HAULS: 18

Seasoned fast bowler Stuart Broad, who believes India's confidence will be "sky high" following their remarkable series win in Australia, will leave no stone unturned to put his best foot forward against the formidable Indian batting line-up. Broad doesn't want England players to build India up in their "minds" in the upcoming four-Test series and think that the hosts are impregnable. The 34-year-old Broad will have to bank on all his experience on the docile Indian pitches to put England in a dominating position. Broad has represented England in 6 matches against India in India and claimed 10 wickets so far with 4/33 being his best figures in an innings.



Photo: GETTY IMAGES



Photo: GETTY IMAGES

3 PLAYERS WHO CAN HIT ₹10 CRORE JACKPOT

The auction for the next edition of the Indian Premier League (IPL) is set to take place on February 18. Despite it being a mini-auction, there is much talk about the event due to certain reasons. Firstly, the IPL 2021 will mark the league's comeback to India. And secondly, not every franchise will get to play at its home as the board will ink on certain venues where it will host the tournament. Before the action unfolds at the IPL 2021 auction, we have a look at 3 players who can hit ₹10 crore jackpot:

GLENN MAXWELL

Despite being a one-season wonder in his nearly one-decade association with IPL, Glenn Maxwell has managed to draw contracts worth millions every time he has entered the auction. And this year as well, the history could repeat itself as the Australian all-rounder is expected to make big financial gains. Even though he had a poor IPL 2020, Maxwell returned to form at the highest level and smashed 167 runs off just 86 balls against India in ODIs. In 3 T20Is, he batted at 150.00 for his 78 runs off just 52 balls. Maxwell's recent form is too good to be ignored and franchises might once again take a risk, which can see him minting a ₹10 crore contract. He has already drawn over ₹49 crore by plying his trade in the T20 league.

MITCHELL STARC

One of the top contenders to draw the highest bid at the IPL 2021 auction, Mitchell Starc will most likely breach the 10 crore-mark should he enter the auction. Despite not playing an IPL fixture since 2015, Starc was in demand in IPL 2018 auction and bagged a contract worth ₹9.4 crore with Kolkata Knight Riders. An injury prevented him from landing in India and Starc did not enter the auction after that. Since India is scheduled to host this year's T20 World Cup, there are high chances of Starc playing the tournament. And if the left-arm pacer is available, he is highly expected to draw a fat paycheck. Despite playing just 27 matches for RCB, Starc continues to hold the second spot among overseas bowlers for most wickets for the Virat Kohli-led side. Starc scalped 34 wickets in two seasons.

CHRIS MORRIS

Chris Morris' name might surprise many but not to forget, Mike Hesson, RCB's, Director of Cricket, heaped praised Morris and cited his fitness issues as the reason behind releasing him. It means that Morris' form is not an issue. The lanky South-African all-rounder can bowl during any stage of the innings. On his day, he can decimate any bowling attack. The IPL 2020 auction reflected the value of being an overseas all-rounder. This year as well, Morris is expected to repeat his heroics and fetch a multi-crore contract. He had joined RCB for ₹10 crore last year.



Photo: GETTY IMAGES

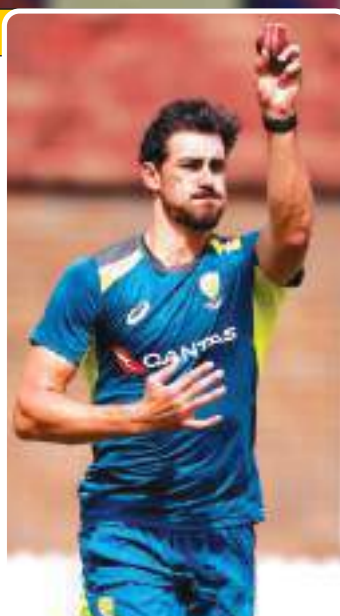


Photo: GETTY IMAGES



Photo: GETTY IMAGES

QUIZ TIME!

Q1: Which of the following players hold the record of fastest 1000 runs in One Day Internationals?

- a) Viv Richards ☐ b) Fakhar Zaman ☐
c) Imam-ul-Haq ☐ d) Kevin Pietersen ☐

Q2: The most football goals scored in a calendar year is 91, and was achieved by which of the following players?

- a) Pele ☐ b) Cristiano Ronaldo ☐
c) Neymar ☐ d) Lionel Messi ☐

Q3: Which of the following players won the 2015 NBA Rookie Player of the Year award?

- a) Karl-Anthony Towns ☐ b) Michael Carter-Williams ☐
c) Andrew Wiggins ☐ d) Ben Simmons ☐

Q4: Which of the following players won the Australian Open Tennis championship in 2018?

- a) Roger Federer ☐ b) Novak Djokovic ☐
c) Rafael Nadal ☐ d) Andy Murray ☐

Q5: The most Winter Olympic medals won in women's cross-country skiing is 15, by ____

- a) Marit Bjorgen ☐ b) Justyna Kowalczyk ☐
c) Therese Johaug ☐ d) Charlotte Kalla ☐

Q6: US tennis player Serena Williams holds the Open Era record for most titles won at the Australian Open. How many

times has she won it?

- a) Seven ☐ b) Nine ☐ c) Ten ☐ d) Eleven ☐



Serena Williams

Q7: Former Aussie pacer Brett Lee holds the record of second fastest 250 wickets in One Day Internationals? In how many ODIs, he reached the milestone?

- a) 138 ☐ b) 140 ☐ c) 139 ☐ d) 142 ☐

Q8: Who is the youngest individual to score 5,000 points in an NBA career?

- a) Kobe Bryant ☐ b) LeBron James ☐
c) Andrew Wiggins ☐ d) Ben Simmons ☐

Q9: Who among the following is only player in history of professional tennis to complete twice the Career Golden Masters?

- a) Roger Federer ☐ b) Novak Djokovic ☐
c) Rafael Nadal ☐ d) Andy Murray ☐

Q10: Which of the following players hold the record of fastest 5000 runs in Test cricket?

- a) Garry Sobers ☐ b) Sunil Gavaskar ☐
c) Donald Bradman ☐ d) Jack Hobbs ☐

Q11: The most NBA postseason wins by a player is 162, achieved by ____

- a) Tyreke Evans ☐ b) LeBron James ☐
c) Andrew Wiggins ☐ d) Ben Simmons ☐

ANSWERS: 1 b) Fakhar Zaman 2 d) Lionel Messi
3 c) Andrew Wiggins 4 a) Roger Federer
5 a) Marit Bjorgen 6 a) Seven
7 c) 139 8 b) LeBron James
9b) Novak Djokovic 10 c) Donald Bradman
11 b) LeBron James



TODAY'S EDITION

➤ Memorising Shakespeare's plays can be tough. An educator tells us how to master them
PAGE 2



➤ Maths and other subjects can be fun, if presented in a simplified manner. Our experts tell us how
PAGE 3



➤ Will India ditch a specialist wicket-keeper plan and go for an extra batsman?
PAGE 4



STUDENT EDITION

TUESDAY, FEBRUARY 2, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

BUDGET 2021 MANTRA

STAND UP INDIA

FOCUS ON VACCINE, FARMERS, START-UPS, HEALTH AND INFRASTRUCTURE

In a bid to strike a right balance to boost the health infrastructure and support the Covid-19-hit economy, finance minister Nirmala Sitharaman proposed a slew of reforms, along with providing an impetus to various sectors, in her first paperless Budget...

LOOKING AHEAD

EDUCATION

■ For the effective implementation of the National Education Policy (NEP), 15,000 schools will be strengthened initially. These schools will mentor and work as a model for the NEP implementation across the country.
■ 100 new Sainik schools will be established in collaboration with the NGOs and private organisations.

■ The government will set up a Higher Education Commission responsible for the accreditation and regular funding of the Colleges and Universities. Through this, the institutes will have better synergy.
■ For making higher education accessible to the Ladakh region, a central university will be established in Leh.

HEALTH



■ Jal Jeevan mission with an outlay of ₹ 2.87 lakh crore for 4,378 urban local bodies has been announced.
■ 12 central institutions will be established. All public health labs will be connected.
■ 15 health emergency operation centres, 4 national institutes for virology will be established.

INFRASTRUCTURE

■ By March 2022, 8,500 kms of roads would be awarded under the Bharatmala Pariyojana project
■ The FM also announced highway works in various states, including 3,500 km-corridor in Tamil Nadu, 1,100 km in Kerala, with an investment of ₹ 65,000 crore, 675 km in West Bengal at a cost of ₹ 95,000 crore and 1,300 km in Assam in the next 3 years

OTHERS



➤ The Indian Railways will have a National Rail Plan for up to 2030. On the passenger front, Sitharaman said that the new Vistadome LHB coaches (designed to provide passengers with travel comfort as well as an enhanced viewing experience of their surroundings) will be attached to the trains on tourist routes to enhance comfort
➤ In the aviation sector, airports will be privatised in tier 2 and 3 towns and cities
➤ The Ujjwala scheme will be expanded to over one crore more-beneficiaries



➤ A gas pipeline project will be taken up in Jammu and Kashmir
➤ ₹ 4.78 lakh cr allocated for defence, 19 pc increase in capital outlay
➤ Women will be allowed to work in all categories, and also in night shifts with adequate protection
➤ Persons above the age of 75, who only have pension and interest income, to be granted exemption from filing income tax returns
➤ Start-ups will get capital gains exemption by one more year to March 31, 2022. Start-ups also have one more year to claim tax holiday

THE MAJOR GAME CHANGERS

₹ 1.41 LAKH CRORE FOR URBAN CLEAN INDIA MISSION

1 This scheme will focus on complete faecal sludge management, waste water treatment, source segregation, management of waste from urban construction, and also include bio-remediation of legacy dump sites

₹ 35,000 CRORE FOR VACCINE DEVELOPMENT

2 It will overcome fears and boost the service sector for full recovery. As vaccination progresses, hospitality, tourism and formal retail sectors will resume their normal pace

₹ 64,180 CRORE SPENDING PLAN FOR HEALTHCARE

3 The 'PM Atmanirbhar Swasth Bharat Yojana' will be launched over a period of next six years. The scheme will focus on developing capacities

of healthcare systems, develop institutions for detection and cure of new and emerging diseases. This mega boost to health and well-being will create employment opportunities.

TO COMBAT POLLUTION, VEHICLE SCRAPPING POLICY ANNOUNCED

4 Vehicles will have to undergo fitness test at automated fitness centres after 20 years (for personal vehicles) and 15 years (for commercial vehicles)

₹ ONE LAKH CRORE INFRASTRUCTURE FUND FOR THE INFRASTRUCTURE DEVELOPMENT OF STATE-CONTROLLED MANDIS

5 This may allay fears of the protesting farmers that the Centre is planning to destroy mandi system through the new farm laws

WHAT'S COSTLIER & WHAT'S CHEAPER

COSTLIER ITEMS

- Electronic items
- Mobile Phones
- Chargers
- Gemstones
- Solar Inverters
- Solar Lanterns

- Auto parts
- Raw and Yarn Silk: Customs duty increased to 15%.
- Gold & Silver
- Crude palm oil, soyabean & sunflower oil
- Apples, Peas, Kabuli Chana, Bengal Gram/Chick peas, Lentil

■ The govt has imposed a cess on petrol, diesel, gold, other items to fund agri infra development. As per the Budget documents, AIDC of ₹ 2.5 per litre has been imposed on petrol and ₹ 4 per litre on diesel

CHEAPER ITEMS

- Iron
- Steel
- Nylon clothes
- Copper items
- Shoes
- Naptha



Budget bytes



1st paperless Budget in Indian history. Union finance minister Nirmala Sitharaman read out her third Union Budget from a made-in-India tablet. This was the first time that the Budget became entirely paperless. Sitharaman posed with the tablet wrapped in a traditional red cover

7th Budget of Narendra Modi-led government

90 Budgets have been presented, since India got its Independence

2 FMs-IK Gujral (stint of 9 days) and HN Bahugana (7 months) couldn't present the Budget

800 Number of words—the shortest-ever interim Budget presented by HN Patel in 1977

2.5 hours taken by Arun Jaitley to finish the longest-Budget in 2015

The Merchant Of Venice Class X, ICSE

Sharpen your Shakespeare skills

Suryakumari Dennison, teacher, Aavishkar Academy, Bengaluru

ACT I & II

Those of you who are studying Shakespeare's 'The Merchant of Venice' ought to know it well; so well that, if you had to take the Board Exam earlier than expected, you would find the play smooth sailing. Attempt this quiz on Acts I and II and prepare to master 'The Merchant'.

Are each of these statements True (T) or False (F)?

EXAMPLE: Launcelot Gobbo is addressed as 'a merry devil'. T

1. Lorenzo says, 'For Gratiano never lets me speak.'
2. Bassanio compares Portia to the wife of Cato.
3. Falconbridge does not attempt the casket test.
4. Shylock is sure of Tubal's financial assistance.
5. 'Lord, how art thou changed!' Salarino speaks these words.
6. Margery is a maid who attends on Portia.
7. Shylock is reluctant to dine at Bassanio's house.
8. 'Her' in 'Beshrew me but I love her heartily' is Jessica.
9. A gold coin that bears 'the figure of an angel' is found in Morocco.
10. The duke helps Shylock to search for his daughter.
11. 'Him' in 'Why, all the boys in Venice follow him' is Antonio.
12. The Prince of Arragon finds a skull in the casket he chooses.

ANSWERS:

(1) T (2) F (daughter) (3) T (4) T (5) F (Old Gobbo) (6) F (Launcelot's mother) (7) T (8) T (9) F (England) (10) T (11) F (Shylock) (12.) F ('a fool's head')

ACT III & IV

Attempt Part II of this quiz on Shakespeare's 'The Merchant of Venice'. Since you will not be tested on Act V for the Board Exam, the questions are based on Acts III and IV.

Are each of these statements True (T) or False (F)?

EXAMPLE: Tubal brings news of Antonio's misfortune. T

1. Jessica remains in Venice after her elopement.
2. Portia wants Bassanio to delay choosing a casket.
3. 'I' in 'I got a promise of this fair one here --' is Lorenzo.
4. Chus is one of Antonio's associates.
5. Antonio attempts to plead with Shylock for mercy.
6. Portia puts Gratiano and Nerissa in charge at Belmont.
7. 'I' in 'I wish your ladyship all heart's content' is Jessica.
8. 'What, wouldst thou have a serpent sting thee twice?' says the Duke.
9. Bassanio demands, 'Do all men kill the things they do not love?'
10. Portia, disguised, assumes the name of another character in the play.
11. Portia declares that justice is 'enthroned in the hearts of kings'.
12. Shylock is not compelled to convert to another faith.
13. Antonio parts with his gloves when asked for them.
14. Portia refuses a dinner invitation from the Duke.
15. Bassanio hands over his ring without hesitation.

ANSWERS:

1. F (seen in Genoa) 2. T 3. F (Gratiano) 4. F (known to Shylock) 5. T 6. F (Lorenzo and Jessica) 7. T 8. F (Shylock) 9. T 10. T 11. F (mercy) 12. F (forced to convert) 13. T 14. T 15. F (reluctant)



Photo: GETTY IMAGES



CHALLENGES OF ONLINE LEARNING

Online learning has been quite a challenge, especially for the Board year students. Firstly, I feel that it develops a non-serious attitude towards studies in many. Besides inconsistent network problems, there is a gap in thoroughly understanding the concepts being taught. Not that something like this cannot happen in a real classroom, but at least one is assured of a congenial study environment in school. Even the online exams do not help in true assessment of one's capabilities and knowledge as one can resort to opening books or take the help of search engines during a test. And this thought is not restricted to a few students, as many of us, at some point in time, have faced this conundrum. I have experienced this myself and realised that this approach can't take us further.

Tips:

It's very important to stay focused while attending the online class. Be very, very attentive and don't hesitate to ask doubts and even revise what all has been taught on the very same day. Self-study really helps to reinforce the lessons taught. There is no one-fit-all method of learning, so I divide my topics (every subject) to be taken up every day and read/practice it carefully. Consider the NCERT books as your Bible. The study-routine doesn't just comprise only studying, it also means to manage time and take care of health along the way. Eat healthy, exercise a lot, stay calm and positive. If possible, take a break from social media. And the best thing you can do is to sincerely take the online tests and exams so that you get an actual picture of where you stand.

Bhavya Gulati, class XII, Bhavan Vidyalaya, Panchkula



Solve Physics with these tricks at your fingertips

Science is a practical subject and learning by doing makes it easy to understand but unfortunately due to COVID-19 the classes have mostly been conducted virtually. The current situation has deprived the students of hands-on experience. Students need proper guidance and preparation strategy to score good marks in science.

Students must study through the NCERT Class X Science textbook. The book covers the entire syllabus and the question paper is designed from it. So, students must be thorough with all the concepts and diagrams. They must also solve the exercise questions of the book and NCERT Exemplar questions.

Preparation Tips for Class 10 Science - Physics (Fleming's left hand and right hand rules)

In physics, conceptual and formula-based questions are mostly asked in the exam. Fleming's left hand and right-hand rules are frequently asked and many students get confused with the rules and their use.

As per Fleming's left hand rule, stretch the thumb, forefinger and middle finger of your left hand such that they are mutually perpendicular. If the first finger points in the direction of magnetic field and the second finger in the direction of current, then the thumb will point in the direction of motion or the force acting on the conductor.

FLEMING'S LEFT HAND RULE

Fleming's left hand and right hand rule don't have much of a difference. The forefinger, the central finger and the thumb represent the same thing in both the rules.

Students can remember what the fingers represent by associating the first alphabet in the following way:



F is for Forefinger and F is for field (Magnetic field direction) so the forefinger represents the direction of magnetic field.

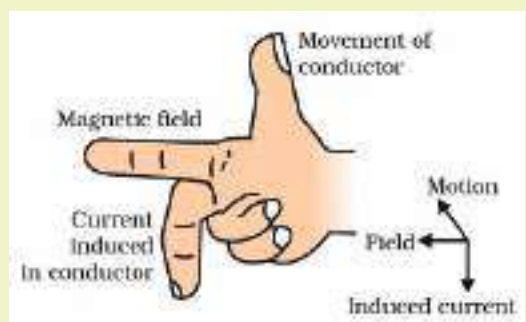
C is for Central (Middle) finger and C is for Current (Direction of current) so the middle finger represents the direction of current.

Thumb is for Motion of conductor.

FLEMING'S RIGHT HAND RULE

Next students should remember that the two fingers and thumb are to be stretched in such a way that they are mutually perpendicular to each other.

Finally, the students have to remember that Fleming's left-hand rule is used to find the direction of motion or force acting on the conductor i.e., we will be



interested in the direction in which the left-hand Thumb points.

Fleming's right rule is used to find the direction of induced current i.e. Finally, we will be interested in the direction in which the right-hand Middle finger or central finger points.

Most importantly the students are advised to practice at least previous 5 to 6 years' CBSE question papers. It helps the students to understand the exam pattern and enhances their speed, accuracy, and time management skills. Following these techniques will surely ensure excellent performance in the CBSE Class X Science Board Exam.

Ravneet Singh Nagi,
Assistant Science Teacher,
The Lucknow Public
Collegiate, Lucknow



MY SCHOOL PROJECT

WHAT IT IS?

Conic sections are certain curves that are obtained by intersecting a plane into a cone.

There are four conic sections. Namely:

1 CIRCLE: it is a closed curve, which is obtained when a plane intersects a cone at an angle perpendicular to the axis of revolution.

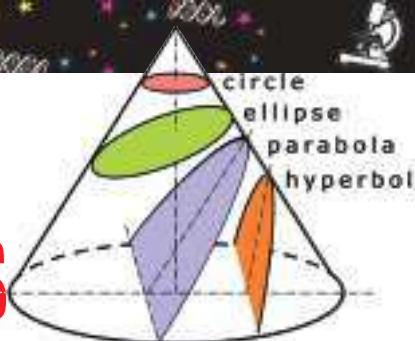
2 ELLIPSE: it is also a closed curve, which is obtained when a plane intersects a cone at an angle that is more than 90 degrees but less than 180 degrees.

3 PARABOLA: it is an open curve, which is obtained when a plane intersects a cone at an angle that is parallel to any one of its generating lines.

4 HYPERBOLA: it is also an open curve, which is obtained at an angle that is parallel to the axis of revolution.



CONIC SECTIONS



SALIENT FEATURES: EQUATIONS OF CONIC SECTIONS

Circle: $x^2 + y^2 = a^2$

Ellipse: $x^2/a^2 + y^2/b^2 = 1$

Parabola: $y^2 = 4ax$ with $a > 0$

Hyperbola: $x^2/a^2 - y^2/b^2 = 1$

VALUES OF ECCENTRICITY FOR EACH CONIC SECTION:

The eccentricity of a circle is zero.

The eccentricity of an ellipse is greater than zero but less than 1.

The eccentricity of parabola is 1.

The eccentricity of a hyperbola is greater than 1.

The eccentricity of the conic section is defined as the distance from any point to its focus, divided by the perpendicular distance from that point to its nearest directrix. The eccentricity value is constant for any conics.



HOW WE WENT ABOUT WITH IT:

We made 4 3D cones and sliced each cone at a different angle, obtaining 4 models representing all conic sections. We made 4 more models/structures representing the applications and uses of conic sections such as various logos and monumental structures. We took help of an online application known as GeoGebra, to create virtual 3D models of the cones for better understanding. We explained to the visitors, the uses, the importance of conic sections and how they are obtained.

MORE FACTS:

We see the applications of conic sections almost every day: in the form of some of our favourite cartoons (anime); in the form of many logos and illustrations of our favourite snack franchises, automobile industries, fashion industries etc. like,

1. McDonalds (parabola)
2. PEPSI (circle)
3. Toyota (ellipse)



TWISHA KARRA, Aman Sarode & Riya Ratnani, class IX, Fr. Agnel Multipurpose School & Jr College, Ambarnath



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



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

toinie175@gmail.com WITH YOUR PHOTOGRAPH

CLASSROOMS TO EXPERIENCE ZONES

MATHS

BOUNTY

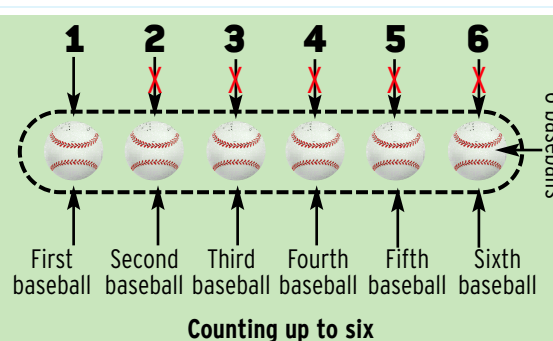


Sandeep Srivastava, educator for 20 years, specialises in making Maths easy and fun

Recall, A stood for 'Approximation', for quantification that is less than certain, not precise. Moving forward, B must stand for quantification that is very specific, certain. In mathematics, counting is the name given to the process that helps us express precise quantity of given things. Incidentally, a historical need for counting was 'Bounty' — a sum paid by governments to promote trade, a quantity that better be precise. Hence, we can say, in math B stands for 'Bounty'.

Let's count

We should count using counting numbers (ordinal numbers) — First (I), Second (II), Third (III), Fourth (IV) ..., and NOT One (1), Two (2), Three (3), Four (4) ... (cardinal numbers). Why? For instance:



Counting up to six

Nature of counting numbers

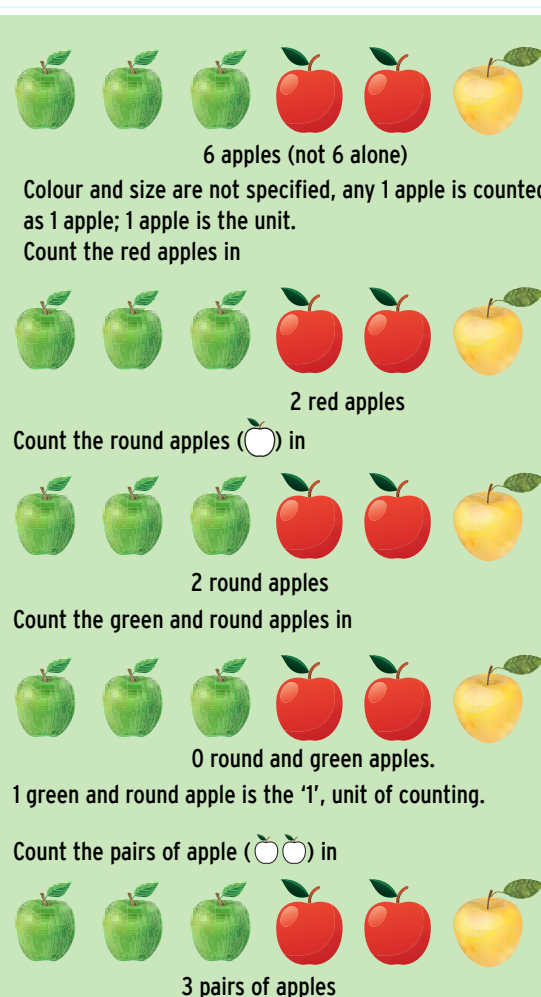
Unfortunately, school math is inaccurate on counting. For example, Roman numerals are symbols for counting, but are taught in Grade III/IV without any relevance, and are treated as cardinal numbers (e.g., school math adds Roman numbers). Ordinal numbers can't be added; what may be 'first apple + third apple'? First is one quantity as is third (or eleventh, or hundred first), so it's 2 apples. In the same way, 'nineteenth ball and seventy first ball' and 'One hundredth ball and two thousandth ball' are also 2 balls.

Why do we count?

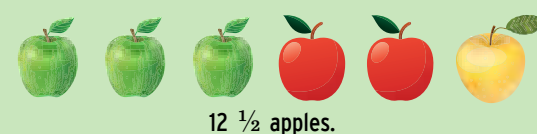
You are right, to get the cardinal quantity (the 'given quantity'). Indeed, the last ordinal number in a counting gives us the 'answer' to the 'how many/much' question). Thus, if the last thing counted is Nineteenth, the quantity of things is Nineteen (19).

Unit is everything in counting

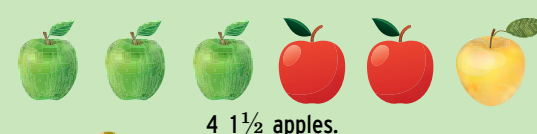
Every counting starts with defining what's the unit or '1' of counting. We find the number of that 1 in the given quantity. Underlined quantities are the unit of counting in the examples:
Count the apples in



1 pair of apples is the '1', unit of counting. Count () (1/2 apple) in



Count () in



Count () in

₹15 is '1', unit of counting; there are 4 ₹15 possible in ₹60.

Count () in
1/2 Dozen eggs
6 eggs are only + dozen eggs.

CRITICAL IMPORTANCE: Poor foundation of counting is at the heart of poor math for most. Not looking at a unit of quantities is a very

common and a big mistake. **IT'S EASY FOR CHILDREN:** Learning to count is easier too — 'Third' is simpler than 'Three' as a concept, there is no association with quantity in 'Third' but 'Three' is also about 3 things. **NUMBERS:** Counting is one of the ways by which numbers are generated, measurement, however, is the only other way.

SEND YOUR QUESTIONS TO TOINIE175@GMAIL.COM

LANGUAGE

BACKGROUND



Kartik Bajoria, Counsellor and educator specialising in communication skills

In most types of writing — fiction or non-fiction, background is essential. We can call any important information that makes the piece of writing more relatable, background. Therefore, in the case of a story, when we share information about the habits, traits, and appearance of a character, it is important 'background' information that helps bring the character to life for the reader.

"Andrew woke up at the usual 5 am, slipped on his farm boots, and packed his lunch of two sandwiches." This tells us that Andrew probably performs these activities as a matter of habit. It also gives us a clear hint of his work/profession. This is an example of background in fiction writing.

Similarly, background is used in non-fiction writing as well. If you were writing an essay about a wonderful holiday/vacation you took and began your essay from the point at which you arrived at your holiday destination, it



might seem a little abrupt. However, if you wrote even a single sentence such as, "During the recent summer holidays, my parents and I decided to invite my cousins and take a beach-holiday together in a big group, which turned out to be a memorable trip"; you provide interesting background that keeps the reader engaged and 'whet their appetite' for what's to come. This kind of a background can also be called 'Build-Up or Context'.

GEOGRAPHY

BAY

A bay is a body of water partially surrounded by land. A bay is usually smaller and less enclosed than a gulf. The mouth of the bay, where it meets the ocean or the lake, is typically wider than that of a gulf. Eg: Hudson Bay, Marina Bay, Bay Of Bengal.

OTHER NAMES OF BAYS: Bays can also be called lagoons, sounds, and bights. Lagos, the capital of Nigeria, is a bayside city. It sits on Lagos Lagoon, on the Bight of Benin, in the Gulf of Guinea, in the Atlantic Ocean.

HOW ARE BAYS FORMED?

Bays form in many ways. Plate tectonics, the process of continents drifting together and rifting apart, causes the formation of many large bays. Many bays are formed as the coastline erodes into the ocean. For example, the Guanabara Bay in South America.



The Bay of Bengal, the largest bay in the world, was formed by plate tectonics. Millions of years ago, the Indian subcontinent crashed into the the Eurasian plate network. As plate tectonics remain an active force in the Bay of Bengal even today, the region is prone to underwater earthquakes and tsunamis.



Take this quiz
Name a freshwater bay.

ANS: A bay on the Swan River, near the busy urban area of Perth, Australia.

SOURCE: NATIONAL GEOGRAPHIC

HISTORY

BUCEPHALUS

Mahia Bashir writes for Times NIE about interesting events and terms from History. The author is pursuing BA prog at St Stephen's College, and interning at the History Diaries, an initiative to revamp the current pedagogical system of History through tours, drama in schools



associated with Bucephalus. According to one account, Bucephalus was presented to Alexander's father Philip II as a gift. However, no one was able to mount or bridle the horse. At that time, the 14 year old Alexander realised that the horse feared its own shadow, and used this to his benefit. He succeeded in taming the stubborn horse.

According to another story, Bucephalus was Alexander's companion in the battlefield and died at the Battle of Hydaspes fighting against king Porus in 326 BC.



Alexander named a town (most likely in Punjab) in honour of his horse. In the 'Natural History', the historian Pliny the Elder writes about the horse: "So that when it died, the king duly performed its obsequies, and built around its tomb a city, which he named after it".



Ancient accounts state that Bucephalus died after the Battle of Hydaspes in 326 BC, in what is now modern Punjab Province of Pakistan, and is buried in Jalalpur Sharif, outside Jhelum, Punjab, Pakistan. Another account states that Bucephalus is buried in Phalia, a town in Pakistan's Mandi Bahauddin District in Punjab Province, which is named after him (Alexandria Bucephalous).

CHEMISTRY

BOILING POINT



Salt is put on the roads before they freeze or before the snow arrives. Then, as snow falls, the salt mixes with it, lowering its freezing point. The result is a brine solution, preventing subsequent ice forming.



■ **BOILING:** Boiling is the name for the phase transition from the liquid to the gas phase.
■ **BOILING POINT:** The boiling point is the temperature at which the vapour pressure of a liquid equals the external pressure surrounding the liquid. Therefore, the boiling point of a liquid depends on atmospheric pressure.
■ **BOILING POINT ELEVATION:** Boiling point elevation occurs when the boiling point of a solvent is increased when another compound is added, such that the resulting solution has a higher boiling point than the pure solvent.
EXAMPLE: The boiling point of salted water is higher than the boiling point of pure water. (see experiment)

EXPERIMENT
Half fill a funnel with ice. Clamp the funnel above a beaker. Insert a -20°-110°C thermometer inside the ice. Put salt over the ice, and watch the water trickle into the beaker as the ice melts. The more salt you add, the more the ice melts. The melted ice does not re-freeze as salt water has a lower freezing point than fresh water.

ECONOMICS

BRAND

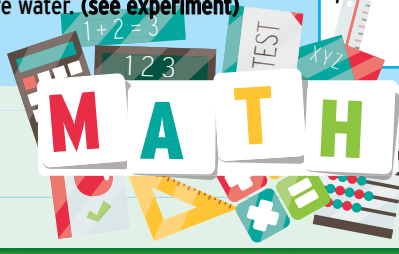
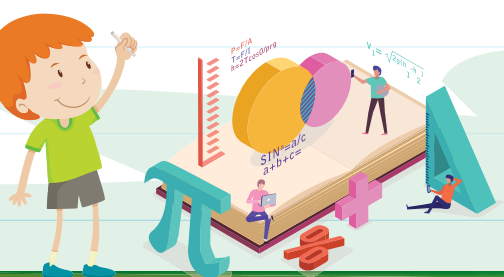
Simply put, a brand is a promise a firm makes to a customer. It tells them what they can expect from the products and services, and it differentiates the firm's offering from that of the competitors. Your brand is derived from who you are, who you want to be and who people perceive you to be.

How to teach brand value

- 1 Make groups. Let Team A be in production and Team B the marketers, Team C the buyers.
- 2 Turn the classroom to a market and tell students to first sell a product at original production cost.
- 3 Then, ask Team B to add 'brand value' and see the same product at a higher price.



LEARNING OUTCOME: They will know how branding drives purchasing.
PART B OF ACTIVITY: Ask all students to do 'personal branding' and find ways in which they can be employable.



Rishabh Pant should be allowed to keep on home soil. Keeping against our spinners will test his keeping skills. Why are we hiding him from turning tracks? Where else will he learn?"
Saba Karim, former India wicketkeeper



I think he (Rishabh) will enjoy keeping wickets (in India) more. You are always in the game. You get a lot of opportunities also. You might miss a couple but you will always get chances whereas on flatter wickets, it is very difficult to keep wickets because hardly any ball comes to you."
Kiran More, former India wicketkeeper

Rishabh Pant

Photo: AFP

SPECIALIST KEEPER or EFFECTIVE BATSMAN?

Rishabh Pant's match-saving and match-winning performances against Australia in the Sydney and Brisbane Tests may force the Indian team management to discard their old plan of playing Wriddhiman Saha at home and Pant outside Asia

RISHABH WILL DO A GOOD JOB: KIRAN MORE

Although the team management is yet to finalise the eleven, the Indian team that faces England in the first Test from February 5 may feature Pant and not Saha, considering that India are likely to play five bowlers. With Kohli likely to be back at No. 4 and Ajinkya Rahane at No. 5, Pant will most probably bat at No. 6 followed by a couple of bowling all-rounders like R Ashwin/Washington Sundar/Axar Patel.

Up until now, Pant's weak wicket-keeping skills were the reason why he wasn't played in Tests in India. He has played just two of his 16 Tests in India and they came well over two years ago.

India also has an option of playing both. But for the sake of balance — playing two wicket-keepers may reduce India's bowling options as Saha

will walk in at No. 7 — India may play Pant in what will be his first Test in India since October, 2018. Though it is considered risky to not play a conventional wicket-keeper on Indian pitches, former India stumper Kiran More said that Pant will come good as Indian tracks offer a lot of chances to dismiss batsmen. More also said that keeping in India demands total concentration and that is why it can get easier to keep wickets here.

It depends on the balance: Ben Foakes
Indian or sub-continent wickets being good for wicket-keeping is something that England wicket-keeper Jos Buttler also discussed while speaking to Indian media.

"It is a challenge, but it is also a great place to keep wickets because you are always in the game. There are quick,

reactive chances. I certainly enjoyed it in Sri Lanka. I think wicket-keeping in spinning conditions is a lot of fun," Buttler said.

On Sunday, England's reserve wicket-keeper Ben Foakes said choosing between a specialist wicket-keeper Saha or batsman-wicket keeper Pant will depend on the balance.

"You need to have a blend of both. I think it depends on the batting line-up. If you have a batting line-up that is scoring 600 runs every time then you go for specialist wicket-keeper. If you want a frontline batsmen then you go for a batting wicket-keeper," he told the media.

It looks like both India and England may go for batting wicket-keepers with specialists Foakes and Saha warming the bench at least in the first Test.

FAITHKEEPERS

A look at the wicket-keeping options for India and England for the first test beginning on Feb 5 in Chennai

INDIA				
WRIDDHIMAN SAHA Age: 36				
OVERALL	Matches	Runs	Avg	Catches/Stumpings
	38	1,251	29.09	92/11



IN INDIA				
Matches	Runs	Avg	Catches/Stumpings	
23	678	30.81	56/4	

RISHABH PANT Age: 23				
OVERALL	Matches	Runs	Avg	Catches/Stumpings
	16	1,088	43.52	67/2



IN INDIA				
Matches	Runs	Avg	Catches/Stumpings	
2	184	92	5/2	

ENGLAND				
JOS BUTTLER Age: 30				
OVERALL	Matches	Runs	Avg	Catches/Stumpings
	49	2674	34.72	95/1



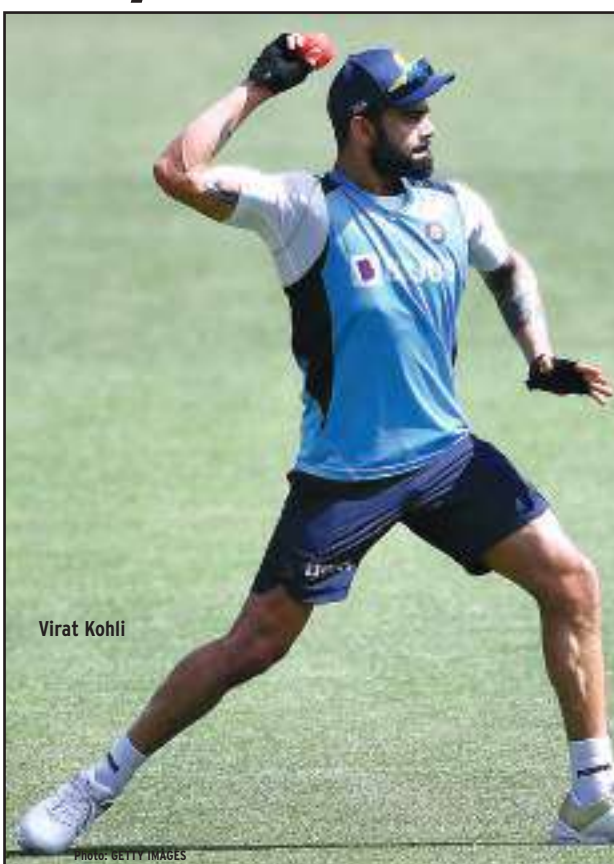
IN INDIA				
Matches	Runs	Avg	Catches/Stumpings	
3	154	38.50	0/0	

BEN FOAKES Age: 27				
OVERALL	Matches	Runs	Avg	Catches/Stumpings
	5	332	41.5	10/2



IN INDIA				
Matches	Runs	Avg	Catches/Stumpings	
Yet to play				

Why India start favourites against England



Virat Kohli

Photo: GETTY IMAGES

Former Australia captain Ian Chappell believes India "will start as favourites" in the upcoming Test series against England owing to their "quality pace bowling" attack and a consistent batting top-order

'ADDITION OF KOHLI WILL PROVIDE A BULLETPROOF CLOAK TO THE TEAM'

India will start as favourites after an exhilarating victory over Australia, overcoming all obstacles. When you add the name Virat Kohli to the batting order, the team suddenly assumes a bullet-proof cloak. In also adding the names R Ashwin, Hardik Pandya and Ishant Sharma to the list of available players, India take on an unbeatable appearance.

India's top three feature an impressive Shubman Gill, a talented but flawed Rohit Sharma and the indomitable Cheteshwar Pujara, which places them well ahead of England's top order.

Ajinkya Rahane, Rishabh Pant and the possible addition of Pandya have India well placed to take full advantage of any good start. The ability to swiftly accelerate the scoring is nearly as important to winning Test matches as the capability of taking 20 wickets.

England are similarly placed with Stokes and Jos Buttler as their lethal weapons. The possible return of Ollie Pope would add some dependability to the threatening nature of that section of the batting order. However Buttler's departure after just one Test and the possible return of Ravindra Jadeja to the Indian line-up would swing the scales further in favour of the home team.

The presence of Archer, along with the skill and experience of stalwarts Jimmy Anderson and Stuart Broad, would normally provide England with an advantage in the pace department.

However India's improvement in that category is amply illustrated by their performance in matching Australia's much-vaunted pace attack in two successive away series.

Ian Chappell, former Australia captain

Messi hits goal 650 as Barcelona get revenge on Athletic



Photo: AP

Lionel Messi scored his 650th goal for Barcelona while Antoine Griezmann struck the winner in a 2-1 home success over Athletic Bilbao in La Liga, avenging a defeat by the Basque side in the Spanish Super Cup final. Messi curled in a stunning free kick after 20 minutes for his milestone goal on the same day the club pledged to sue Spanish newspaper El Mundo for publishing the full details of the Argentine's contract.

Ronald Koeman's side recorded a fifth straight Liga win and moved above Real Madrid into second on goal difference with 40 points, 10 behind Atletico Madrid who have a game in hand. Griezmann paid tribute to Messi after the game when asked whether the Argentine, who tried to leave Barcelona in the close season, was being pushed further away from the club. "We're all enjoying Messi, he's a legend and we hope he can continue to help the club to win," said the Frenchman. — REUTERS

QUIZ TIME!



Q1: Which of the following players hold the record of most runs scored by a player in a Test match innings?

- a) Sir Donald Bradman ☐ b) Sachin Tendulkar ☐
c) Brian Lara ☐ d) Sir Vivian Richards ☐

Q2: Who is the youngest player to appear in a FIFA World Cup Final?

- a) Franz Beckenbauer ☐ b) Johan Cruyff ☐
c) Pele ☐ d) Diego Maradona ☐

Q3: Which of the following women players hold the record of fastest serve of a tennis ball?

- a) Sabine Lisicki ☐ b) Venus Williams ☐
c) Petra Kvitova ☐ d) Ana Ivanovic ☐

Q4: The most medals won at the World Artistic Gymnastics Championships by a gymnast is 25, achieved by which of the following athletes?

- a) Laurie Hernandez ☐ b) Larisa Latynina ☐
c) Gina Gogean ☐ d) Simone Biles ☐

Q5: Which of the following two players hold the record of highest partnership for any wicket in a One-Day International?

- a) Sir Vivian Richards and Sir Donald Bradman ☐
b) Chris Gayle and Marlon Samuels ☐
c) Sachin Tendulkar and Rahul Dravid ☐
d) Sir Vivian Richards and Clive Lloyd ☐

Q6: Other than Cristiano Ronaldo, which of the following two players hold the record of most goals scored in a single FIFA Club World Cup match?



Photo: GETTY IMAGES

- a) Luis Suarez and Gareth Bale ☐
b) Karim Benzema and Luis Suarez ☐
c) Gareth Bale and Karim Benzema ☐
d) Lionel Messi and Sergio Ramos ☐

Q7: Which of the following athletes hold the record of most gymnastic giants on asymmetric bars in one minute?

- a) Laurie Hernandez ☐ b) Aly Raisman ☐
c) Esther Moya Salvador ☐ d) Simone Biles ☐

Q8: Who is the oldest female ice hockey medalist at Winter Olympic Games?

- a) Sarah Vaillancourt ☐
b) Jocelyne Lamoureux ☐
c) Monique Lamoureux ☐ d) Riikka Valila ☐

Q9: The most saves in a single FIFA World Cup match is 16 and was achieved by which of the following players?

- a) Peter Schmeichel ☐ b) Tim Howard ☐
c) Oliver Kahn ☐ d) Gianluigi Buffon ☐

Q10: Which English captain's 71-ball innings of 148 was the first time a batsman had scored a century of sixes — 102 runs in total — in international cricket?

- a) Stuart Broad ☐ b) James Taylor ☐
c) Jos Buttler ☐ d) Eoin Morgan ☐

ANSWERS: 1 c) Brian Lara 2 c) Pele
3 a) Sabine Lisicki 4 d) Simone Biles
5 b) Chris Gayle and Marlon Samuels
6 a) Luis Suarez and Gareth Bale
7 c) Esther Moya Salvador 8 d) Riikka Valila
9 b) Tim Howard 10 d) Eoin Morgan



THE TIMES OF INDIA

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TODAY'S EDITION

➤ A look at the podcasts that celebrate the wonders of science through expert-led deep dives & storytelling
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➤ Educators and students share their views on various issues engulfing the nation
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➤ Skipper Joe Root will be key for England in the forthcoming Test against India
PAGE 4


STUDENT EDITION

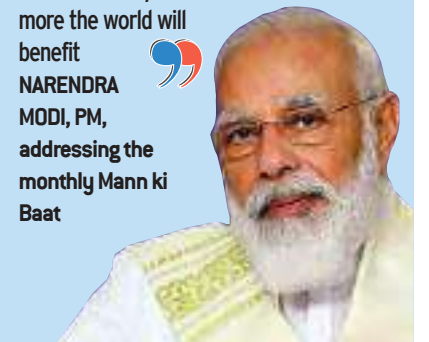
MONDAY, FEBRUARY 1, 2021


WEB EDITION

Quote unquote

Just as India's war against coronavirus became an example for the world, our vaccination programme is also becoming an example for the world. India is conducting the biggest vaccination drive in the world. Do you know what is an even better matter of pride? We are not only running the world's biggest vaccination drive but we are also the fastest in vaccinating our citizens. In merely 15 days, India has vaccinated more than 30 lakhs Covid-19 warrior, while a rich country like the US has completed the same target in 18 days and the UK in 36 days. The Made in India vaccines are not only a symbol of an Atmanirbhar Bharat but they are also a symbol of self-pride. In times of crisis, India is able to serve the world because today India is capable of medicines and vaccine, and is self-sufficient. This is also the idea of a self-reliant India campaign. The more capable India is, the more it will serve humanity, and the more the world will benefit.

NARENDRA MODI, PM, addressing the monthly Mann Ki Baat



100 per cent occupancy will be allowed in theatres from Feb 1: Javadekar



The cinema halls across the country will be permitted to operate at 100 per cent capacity from February 1 in adherence to the Covid-19 safety protocols, Union minister for information and broadcasting Prakash Javadekar announced on Sunday. Digital booking of tickets and staggered show timings will be encouraged, the minister said, releasing a set of the Standard Operating Procedures (SOPs). "Staggered show timings will be encouraged so that the entry and exit of the crowd can be managed better. Sanitisation and all Covid-19 safety protocols must be followed," the minister added. The development comes days after the ministry of home affairs (MHA) allowed the cinema halls and theatres to operate with more people as per fresh Covid-19 reopening guidelines to be effective from February 1.

BUDGET 2021:

WHAT SHOULD WE EXPECT FROM IT?

All eyes will be on finance minister Nirmala Sitharaman, as she presents the Budget today, amid the Covid pandemic. Will the annual financial statement boost the already-battered economy? Experts and students hope for a people-friendly Budget as they share their wishlist...

THE STATE OF INDIAN ECONOMY

1 According to the first advance estimates, India's economy is projected to contract by 7.7 per cent in 2020-21. India's economy slipped into a technical recession, after it posted two successive quarters of decline. But the contraction slowed down significantly in the second quarter of FY21, led by pent-up demand and a festive push

2 Experts have predicted the economy to rebound sharply in the next fiscal on the back of a low base effect and continued recovery. The Budget could be a key driver of growth, they add

WHAT IS IN STORE?

➤ The govt has made it clear that it won't shy away from spending to revive the economy. The infrastructure push will have a multiplier effect on the economy

➤ The finance minister has said that the deficit concerns won't hold her back from pump priming the economy by easing the

purse strings

➤ Any further tax sops could be difficult, as the government is already grappling with a difficult revenue situation. The Budget could focus on generating more non-tax revenue and a large-scale asset sale programme could be on the cards

INDIA INC'S WISH LIST

1 FISCAL CONSOLIDATION ROADMAP

➤ Relax fiscal deficit target to boost infra spending

➤ Ensure greater transparency in deficit

numbers

➤ Adopt a rangebound deficit target

2 REVIVING DEMAND & INVESTMENT

➤ Take steps to spur consumer spending
➤ Enhance infrastructure spend
➤ Clear pending dues of industries
➤ Ensure stability of long-term interest rates
➤ Continue with higher allocation for MGNREGA

3 TAX RELIEF FOR INDUSTRY & PAYERS

➤ Do not impose any new tax or cess
➤ Abolish minimum alternate tax
➤ Reduce personal income tax rates

4 PUSH TO EXPORTS-EXTEND TRADE

➤ Infrastructure for Export Scheme (TIES) for another 3 years
➤ Extend interest rate equalisation to all exporters

STUDENTS' WISH LIST

Keeping the pandemic in mind, the FM should exempt taxes from the food and beverage, and the tourism industry. Besides, people, who were infected with Covid-19 and were hospitalised, should be given a tax deduction for this fiscal year.

AADITYA TM, class VI, Kendriya Vidyalaya, Chennai

At a time when a resurgent India is looking to become self-reliant, I feel Budget 2021 should focus on pumping more money in skill advancement and re-skilling the youth. In the absence of skills, literate rural youth end up working as unskilled migrant workers.

ABHISHEK KUMAR, class IX, AKSIPSS school, Chd

The Budget should focus more on the Human Development Index factors, like education, better life expectancy, etc, along with a focus on improving the per capita income of the common man.

NOYONIKA DEV SHARMA, class X, Apeejay School, Nerul, Mumbai

The finance minister should allocate a major chunk for Covid-related issues, including providing vaccines free of cost to the poor and the

needy in the future.

LIKHITH L GOWDA, class X, Delhi Public School, North, Bengaluru

ONE OF THE WORLD'S FASTEST SUPERCOMPUTERS TO STUDY CLIMATE CHANGE AND SEVERE WEATHER

A new supercomputer in Wyoming, US, is all set to be ranked among the world's-fastest and help study phenomena, including climate change, severe weather, wildfires and solar flares. Houston-based Hewlett Packard Enterprise (HPE) has won a bid to provide the \$35 million to \$40 million machine for a supercomputing centre in Cheyenne, the National Center for Atmospheric Research in Boulder, Colorado, has announced.


TECH BUZZ

The HPE-Cray EX supercomputer will theoretically be able to perform almost 20 quadrillion calculations per second, 3.5 times faster than the existing machine at the NCAR-Wyoming Supercomputing Center. The new machine's maximum speed per second will be roughly equivalent to each person on the Earth, completing a math equation every second for an entire month. That power, according to experts, will enable some of the most-sophisticated simulations of large-scale natural and human-influenced events

The facility's current supercomputer, named Cheyenne, is over three times faster than its predecessor, which was named Yellowstone. A contest among the Wyoming schoolchildren will decide the new supercomputer's name



'SOORARAI POTTRU', FIRST TAMIL FILM TO RELEASE ON OTT, JOINS THE OSCAR RACE

It is official. The Suriya-starrer, 'Soorai Pottru' has got an Oscar entry. The movie's co-producer Rajsekhar Pandian, who is a close friend of actor Suriya, took to Twitter to reveal that the 2020 Amazon release has joined the Oscars race. He elaborated that the film is in contention in the best actor, best actress, best director, best original score, among other categories.

ENTERTAINMENT


➤ The Sudha Kongara-directorial, which also feature actors Aparna Balamurli and Paresh Rawal, was the first Tamil film to get an OTT launch last year during the nationwide lockdown imposed in India due to the coronavirus pandemic

➤ The movie, which was released on November 12 last year, is loosely-based on the life of Air Deccan founder Captain GR Gopinath

Last year, India sent Malayalam feature film 'Jallikattu', directed by Lijo Jose Pellissery, to the Oscars as its official entry for the International Feature Film category



AN IGLOO CAFE THAT SERVES HOT FOOD ON TABLES MADE OF ICE AND SNOW!



➤ Tourists in Kashmir's Gulmarg ski resort now have a new place to chill out – an igloo cafe that serves hot food and drink on tables made of ice and snow

➤ Inspired from the Arctic shelters, the staff at the Kolahoi Green Heights hotel, which owns this cafe, gave few local touch to it by including an arched door, and patterns on the curved walls

➤ The igloo, 26 feet around and 15 feet high, holds four tables, with enough room for 16 guests



FACTOID

255 MILLION

Full-time jobs were lost in 2020 due to the Covid pandemic, according to the UN. In a fresh study, the UN's International Labour Organisation (ILO) found that a full 8.8 per cent of global working hours were lost in 2020, compared to the fourth quarter of 2019. This has been the most-severe crisis for the world of work since the Great Depression of the 1930s, it added

THE OFFICIAL GLOBAL UNEMPLOYMENT SHOT UP BY 1.1 PER CENT. IN OTHER WORDS, 33 MILLION MORE PEOPLE WERE UNEMPLOYED LAST YEAR

Podcasts about the WONDERS OF SCIENCE

The approval of two COVID-19 vaccines for use in the United States was a much-needed flicker of hope in recent weeks, although that wave of relief has since

been dampened by a slow and stumbling rollout, with inoculation appointments scarce in many states as the ongoing pandemic continues to ravage the nation.

But in the spirit of a gratitude practice, let's focus on

the positive. It is nothing short of miraculous that within a year, scientists have developed multiple vaccines against such an aggressive virus — the previous record-holder for the fastest vaccine ever developed was mumps, which took four years.

This is a triumphant moment, and these seven podcasts celebrate the wonders of science through expert-led deep dives, humorous debates and rich storytelling.

'OLOGIES WITH ALIE WARD'

There's something thrilling about hearing very smart people talk passionately about the things they're smartest about, especially when their area of expertise is unusual. Anchored by the witty and charismatic presence of Alie Ward, a science correspondent for CBS' "The Henry Ford's Innovation Nation with Mo Rocca," "Ologies" puts the spotlight on scientific experts working in fields you may never have heard of — and gives them an entertaining platform to wax lyrical about their particular "ology." Ward's intellectual curiosity is as infectious as her guests' enthusiasm, and she keeps things accessible no matter how esoteric the subject: Recent episodes have focused on desaiology (the science of mortuary makeup), agnotology (the science of ignorance) and pelicanology...

Starter episode:
'URBAN RODENTOLOGY'

'THE STORY COLLIDER'

The premise behind this decade-old show is simple: We all have science stories to tell, because simply existing in the world means we're interacting with science all the time. The Story Collider is a non-profit group founded by two physicists who wanted to amplify personal

Starter episode:
'CELEBRATING 10 YEARS: OUR FAVORITE STORIES'

stories that "spark emotional connections to science," a mission encapsulated by its podcast. Most episodes present two stories that share a common thread about the human experience behind scientific experiments, interactions with animals or how biological impulses shape our lives. Since November, the show has been dedicated to telling "Stories of COVID-19" from different angles, such as the pandemic's impact on different generations or how society adapts to a new normal.

'STUFF TO BLOW YOUR MIND'

The title might sound hyperbolic, but it's generally pretty accurate. In each episode of this show from iHeartRadio, the hosts, Robert Lamb and Joe McCormick, tackle a different scientific phenomenon, mystery or quandary that will expand your understanding of how the world works. "Deep in the back of your mind, you've always had the feeling that there's something strange about reality," reads the show's official teaser, which might lead you to suspect that you're in for an hour of wacky conspiracy theories. But "Stuff to Blow Your Mind" is always evidence-based and thoroughly researched, whether it's exploring seemingly unremarkable subjects, mythical figures or the question of whether Santa Claus is a god.

Starter episode:
'PSYCHEDELICS: THE MANIFESTED MIND, PART 1'

'THE CURIOUS CASES OF RUTHERFORD & FRY'

If you like your science stories with a side of Sherlock Holmes-esque intrigue, look no further than this charming BBC series. Hosted by "science sleuths" Dr Adam Rutherford and Dr Hannah Fry, "The Curious Cases" sees the duo tackle listener-submitted scientific mysteries, many of which you may have wondered yourself (why do we find noises like a fork scraping a plate so unbearable?) and others you may never have thought of.

Starter episode:
'THE MOSQUITO CONUNDRUM'

'SCIENCE VS'

The sheer volume of misinformation around the coronavirus has become such a liability that it's been referred to as an "infodemic," but it's also a symptom of a bigger and more systemic anti-science movement. In this Gimlet Media show, journalist Wendy Zukerman pits "fads, trends and the opinionated mob" against science — fact-checking falsehoods and delivering the truth in entertaining and authoritative style. Although many recent episodes are devoted to COVID-19 mythbusting.

Starter episode:
'HUNTING AN INVISIBLE KILLER'

'INVISIBILIA'

Listening to its blend of rich narrative storytelling and scientific concepts, it's no surprise that "Invisibilia" shares DNA with "This American Life" and "Radiolab." Created by Alix Spiegel and Lulu Miller in 2015, the show focuses on the invisible forces that shape our world, control our behaviour and — when harnessed — can help us to live better. Although the show has continuously shape-shifted during its six-season run, its very first episode remains a perfect encapsulation of everything "Invisibilia" does best.

Starter episode:
'THE SECRET HISTORY OF THOUGHTS'

'AMERICA DISSECTED: CORONAVIRUS'



Best known for left-wing political hits like "Pod Save America," Crooked Media expanded its horizons significantly a couple of years back and in September 2019 debuted "America Dissected" with the aim of "discussing pressing health questions in America." Six months later, for obvious reasons, it rebranded itself as "America Dissected: Coronavirus," and now dedicates each weekly episode to a different aspect of the pandemic. Hosted by Dr Abdul El-Sayed, a physician and epidemiologist who first rose to prominence as Detroit's director of public health during the Flint water crisis, the show offers both a merciless analysis of the federal government's COVID-19 failures, etc.

Starter episode:
'THE VACCINE EPISODE'

SUPER FOODS to help boost immunity

A healthy immune system begins with what you eat, and adding these ingredients to your diet could do wonders for your health



HANDFUL OF NUTS

Eating a small handful of nuts (at least 20 grams) everyday can cut your risk of premature death by 22 per cent, the journal BMC Medicine reported. It said that nuts protect us against the biggest health killers, including heart disease, cancer and diabetes. In addition to being a good source of unsaturated fat, protein and fibre, some nuts, such as walnuts, also offer a plant source of omega-3. However, it's important to stick to a small, unsalted serving everyday to prevent weight gain.



A great source of fibre, vitamins and minerals, they also contain sulphur compounds, which protect cells from damage. However, adding too much vegetables to your diet suddenly could result in bowel problems, so go easy initially.

GO FOR GRAINS

A study published in 'JAMA Internal Medicine' showed that eating dietary fibre, particularly from grains, could lengthen a person's life. "Fibre remains undigested until it reaches our gut, where it provides food for bacteria that make up our microbiome. Digested by-products help regulate blood sugar levels and cholesterol," says UK-based nutrition counsellor Pixie Turner.

BEAN STALK

The world's longest living people rarely eat meat, less than five times a month. "Their diet is 95 to 100 per cent plant-

based, and they even substitute beans for meat," says Turner. "Meat free days can help you get more fibre and less saturated fat into your diet. And all of this can potentially reduce your risk of heart disease."

TURN UP THE HEAT

Research from the US discovered that people who regularly eat hot chillies live longer than those who don't like spice at all. Besides having anti-inflammatory effects, the substance that gives chillies their heat, capsaicin, appears to have a role in boosting heart health. — Daily Mirror



Just became pet parents?

Read on to learn how to get it right

As the pandemic restricted regular social interactions and staying at home emerged as the new normal, people adopted different ways to uplift and cheer their lives. Among the many things that peaked during the lockdown, included pet ownership and adoption.

As people looked to pets to help alleviate fear, anxiety and loneliness, it became one of the top things. Even influencers and celebrities backed the initiative and didn't shy away from showcasing and promoting pet parenting and adoption on their social media. But pets come with their own set of responsibilities. We need to take care of them as we take care of ourselves or any other family member; by ensuring healthy diet, timely walks, play time, good health and most important, a hygienic living environment. Maintaining pets and a clean home environment, simultaneously, comes with its own set of challenges.



For many pet owners, the frustration of

constantly clearing up hair is an everyday problem, particularly as one has started to spend more time indoors. But spotting the hair is half the battle. Beyond the locks left behind is a world of microscopic mess consisting of skin, hair and dirt.

Why is pet hair such a big issue? Animal hair stops growing as soon as it reaches a certain length and shed to be replaced by new hair. Frequently, pet hair embeds into carpeted surfaces or electrostatically "sticks" to a hard floor.

Beyond the pet hair and food, there is a host of microscopic life that pets bring in with them that's invisible to the naked eye. Pet dander is just one of those things.

Composed of tiny, microscopic, skin particles shed by pets with fur or feathers. It can be shed onto surfaces or transported through the air in household dust. Once air-borne, dander and the dust mites that live on it can be inhaled, triggering allergies.

Beyond the pet hair and food, there is a host of microscopic life that pets bring in with them that's invisible to the naked eye. Pet dander is one of those things

YOU CAN FOLLOW THESE EASY TIPS, CURATED BY AN ENGINEER, FOR MANAGING PET HAIR AND ENSURING A CLEAN AND HEALTHY HOME

1 Groom the source of the problem: Pets shed much more regularly than humans do, so grooming your pet frequently will avoid hair being deposited in your home. Groom your pet in the same area and spot clean this with slow vacuuming using a mini-motorised tool, designed with fine nylon bristles to remove embedded pet hair and dander. It is important to maintain hygiene.

2 Clean from top to bottom: Like dust, pet hair and dander can become airborne when disturbed and fall onto lower surfaces, so start cleaning up high and finish on your floors. Don't miss out armchairs and sofa, especially if your pet spends time there.

3 Wash pet blankets and remove covers: Washing blankets, cushions and bedding, wherever your pets spend the most time, at 60 degrees Celsius will help to break down allergens.



Colours of patriotism shine!

Schools across the state celebrated the national festival with great enthusiasm and zeal...

THE JOYOUS ENGLISH SCHOOL, SURAT



The school celebrated 72nd Republic Day with great enthusiasm. Flag hoisting was done by D. Goswami, Senior Sevak of school working for last 30 years. Students of class X and XII gave a salute to the flag and sang National songs. Students were distributed flags and sweets.

PODAR INTERNATIONAL SCHOOL, AHMEDABAD



Like every year the students & staff of PIS, Ahmedabad celebrated this glorious event of Indian History. Keeping in mind the necessity of social distancing few staff members were there on the school premises to attend the auspicious occasion. To make the students, parents & the staff view the program who couldn't attend it in person PIS Live was enabled. The program started with the hoisting of the tricolor by the Principal of the school, Sreenarayanan. He congratulated the students & the members of the staff on the occasion of 72nd Republic Day. He emphasized the importance of being self-reliant & buying the goods that are made in India. He insisted on investing in educational innovations & ushering new dawn to carry forward the glorious past of our motherland.

On this joyous occasion several staff members who have successfully completed the dedicated service of 5 & 10 years respectively were honoured. The Principal handed over the citation to them to acknowledge their commitment towards their responsibility.

SIDDHARTH'S MIRACLES SCHOOL



Students of Siddharth's Miracles School celebrated the festival virtually. Students impersonated their favourite leaders to pay them tribute for their valuable contributions to our country India. The students also spoke briefly about the achievement of their leaders. The students also drew pictures of their favourite leaders and made craft items. Educators briefed the students about the leader's life and sacrifices. Educators also sang patriotic songs. Though this year the Republic day was celebrated virtually due to pandemic, the zest and zeal of the students were as high as always.

SATELLITE SCHOOL FOR CHILDREN



A special assembly was conducted for the students at Satellite School for Children to commemorate Republic Day. The pre-schoolers, dressed in the colours of tricolour, got involved in different activities. The tiny-tots of Early Child Care (ECC) and Nursery made flags and took part in various art & craft activities. The students of Junior Kg participated in the quiz

based on our country, where questions were clubbed in a PowerPoint presentation. The students, divided into two teams, participated with enthusiasm answering all questions promptly. The quiz was an interesting way to celebrate Republic Day and brief the children about the basic knowledge that they should have about India. The students of Senior Kg explained the meaning and importance of Republic Day. Some students got dressed to represent different states of India, while some explained the celebration which as well included the parade. They saluted the national flag and sang the National Anthem, National Song, and patriotic songs. This assembly concluded with the message on how united our country is despite diverse cultures and traditions.

CYGNUS WORLD SCHOOL



The 72nd Republic Day was celebrated virtually by the students of Cygnus World School owing to the current Covid-19 pandemic. The students took pride in glorifying and celebrating the spirit of unity and brotherhood. In the cultural event, the students delivered speeches, sang, and danced to the patriotic tunes to commemorate the values and principles which our country upholds. The entire program was conducted by the students themselves after dedicated training and rehearsals with the in-charge teachers. Enthusiastic students had various images based on the tricolour as their virtual backgrounds and were even dressed in the tri-coloured clothes to mark the occasion. Along with the beautiful rendition of speeches and adrenaline-raising dance and song performances, secondary students also performed a skit that highlighted the importance of this auspicious day and how our constitution came into force. The school Principal and administrative staff hoisted the flag on the school premises on behalf of all the students. Students definitely missed hoisting the real flag at school and the enthusiastic gathering and singing the national anthem with pride and passion; but the significance, ethos, and glory of the Republic Day were successfully reverberated by each and everyone present there.

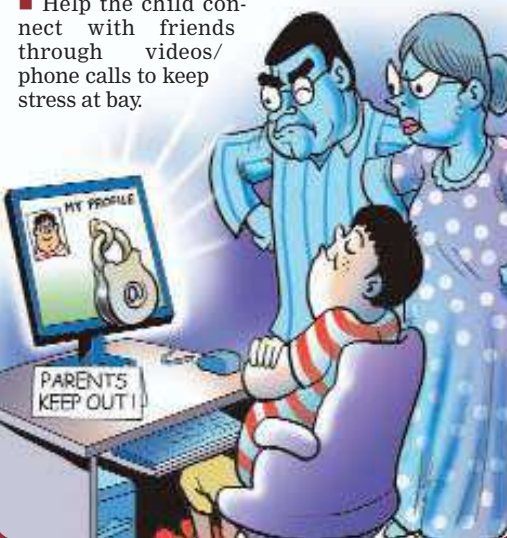
THE EDUCATIONIST

Challenge of parenting during pandemic

PRIYA JHA, VICE-PRINCIPAL (PRIMARY), ZEBAR SCHOOL FOR CHILDREN

The unprecedented outbreak of epidemic due to Covid 19 and its continued existence has affected every segment of the society be it young or old. The sudden change in daily routine and lifestyle has also led to stress and anxiety specially amongst school going children, who had a set routine of study and play. Staying indoors and keeping away from physical activities to adhere to social distancing norms, online classes, etc have furthered their woes. Though, the children are having more time to spend with their loved ones at home, it's the responsibility of the parents too to keep them at ease to do away with the stress by following a few tips as under:

- Create a flexible and consistent daily routine with respect to online classes, study at home, and activities.
- Regularly engage children by discussing their areas of interest, be it Sports, Music, Celebrities, Hobbies etc.,
- Exercise or Meditate involving children
- Ensure that children have a regular habit of studying
- Help the child connect with friends through videos/ phone calls to keep stress at bay.



Express YOURSELF

Maanya Dubey, Class IV, DPS, Gandhinagar



Shanaya Chomal, Class I, Lalji Mehrotra Lions School



Suhasini Rout, Class VII, Delhi Public School, Bopal



Jiyan Padaliya, Class SR. KG, SGVP International School



Mokshit Jain, Class V, C N English Medium School



Mudra Purohit, Class VI, St Kabir School



Dhian Patel, Class I, St Kabir School



Jiyan Padaliya, SR. KG, SGVP International School



Heer Parmar, Class V, Krishna School, Jamnagar

"CORONAVIRUS"



Devang Pandit, Class VII, St. Xaviers High School, Gandhinagar

Coronavirus pain is present in the world This daily pain has rocked the entire world Corona infected people suffering and dying No medicine, no solution has been found. WHO recommends basic hygiene - Washing hands, Wearing a face mask maintaining social distancing Avoiding contact with infected people Staying at home Saying No to Hug, Hand Shake Rapidly spreading coronavirus affecting the respiratory system Threatening fear and anxiety Killing many people destructing thousands of lives If I had one wish to make it would have to be, That God would kill the Corona Virus May the powerful light of healing Spread in each corner of the world.

HEMA TANEJA, educator, Zebur School of Children

You work to make your friends and family happy. Have you ever sensed this unconditional, strong bond between you and your loved ones? We generally call it 'love'. Many say that love takes place deep down inside your heart. But then, the fact is that the heart just pumps blood. Personally, I believe that love is an emotion that no part of your body, except those two beautiful, delicate balls in your sockets can express. Your eyes; they tell everything.

'Hate. It has caused many problems but hasn't solved one yet.' With this common knowledge too, we still have wars, political and social issues, conflicts, and what not? When will people learn to love and live in peace and harmony?

Today, maybe the richest person on earth owns a lot of mansions, cars, flats, etc. But do you think that these things are handy for him to



NOTHING IS PERMANENT

stay happy and satisfied for eternity? We have a mindset of owning things. But over time, in the end, that thing is never yours. Actually, we don't own anything or anyone. Happiness won't accompany you all your life. Sadness will not walk by your side in every step you take ahead.

One day, you'll be at the peak of your happiness, you'll be very famous, successful or totally depressed and low. But, that's just a matter of moments. Everything changes every now and then. In short, you can't live forever; smile for eternity, or mourn endlessly. However, if your will pow-

er supports, you can stand this universal truth in many different ways.

We all are a part of the biggest family on earth, the family of humanity. Every human whom we may or may not know- from a beggar on the street to a rich businessman in his office- 'everyone' is a part of us directly or indirectly. So if you love this big family of yours, you are very well aware of some of your family members who suffer on the sidewalks, homeless, helpless, and hopeless. However, as a family, if you can afford to help at least one of them with the numerous resources you have, God will surely bless you. That's what the Almighty wants from us, to turn the dark days of the people into a bright light. But in order to do that, we must change our mindset from 'Everything is mine' to 'Nothing is permanent'.

JERUSA THOMAS, Class VII, Essar International School, Surat

ADD MUSIC TO LIFE

Music is found in every known society, past, and present, and is considered to be a cultural universal. Since all people of the world, including the most isolated tribal groups, have a form of music, it may be concluded that music is likely to have been present in the ancestral population prior to the dispersal of humans around the world. Consequently, the first music may have been invented in Africa and then evolved to become a fundamental

constituent of human life, using various different materials to make various instruments. A culture's music is influenced by all other aspects of that culture, including social and economic organization and experience, climate, access to technology, and what religion we believe. The emotions and ideas that music expresses, the situations in which music is played and listened to, and the attitudes toward music players and composers all vary between regions and periods.

DAIVIK PATEL, Class VI, Siddharth's Miracles School

ENGLAND'S KEY MAN

Joe Root will become the 15th English cricketer to play 100 Test matches when he takes the field at the MA Chidambaram Stadium in Chennai on February 5. Among the batsmen considered the cream in contemporary cricket – Root, Virat Kohli (87), Steve Smith (77) and Kane Williamson (83), the England captain is the first to get to 100 Tests

NOT IN THE SAME LEAGUE AS KOHLI, SMITH AND WILLIAMSON: ROOT

➤ Having played more Tests he is also the first to get past 8,000 runs among the four although unlike the other three his average is below 50. Root will be England's key in the forthcoming series. He showed the ability to play against spinners in the recent Test series in Sri Lanka, scoring 426 runs across two Tests, which included a double century and a score of 185.

➤ "It is a great achievement, the longevity. You need a good sense of humour. He (Root) has had a lot of highs but there will be moments when you have lows. You have to show character and resilience, tinker technique. Playing 100 Tests is no mean feat. He has always remained humble. Great student," said England batting coach Graham Thorpe, who also played 100 Test matches.

➤ Root though had recently said that he doesn't consider himself to be in the same league as Kohli, Smith and Williamson. "You're looking at three of the greatest players the game has seen. They're three brilliant people to watch play and learn from. I'm not sure I'd put myself in their bracket, to be honest," Joe Root told ESPNcricinfo recently. However, if he leads England to even a draw in this series after racking up big scores he will surely be counted among that bracket of the top four batsmen.

ROOT HAS A BRILLIANT GAME AGAINST SPINNERS: BUTTLER

➤ Teammate and wicketkeeper batsman Jos Buttler spoke on how crucial Root will be in India. "Joe was in fantastic form in Sri Lanka. He has always had a brilliant game in playing spin bowling. One of the best exponents of sweeps shots which is obviously a big strength when playing against spin. It is obviously very hard to keep dot balls away. He has so many options to score. He scores quickly and rotates strike," said Buttler. "I think the biggest thing when he batted against Sri Lanka was that he showed great application. Mentally, tactically and physically batted for so long. That is a great place for him to be at the start of the year."

➤ The series against Sri Lanka earlier this month has provided a glimmer of hope to him to work back among the elite batsmen. Before the Sri Lanka tour, he had just one century in 17 Test matches since the start of the English summer in 2019.

➤ Over the last three years he has averaged just over 42 which is lower than his career average of 49.39. And if the recent series against Sri Lanka is removed then the average in the period (since January 30, 2018) slips further to 37.89. Root has found a new lifeline in the tour of Sri Lanka and he will hope to continue the rich vein of form on the current tour.

OVERALL RECORD

MATCHES	99
RUNS	8249
AVG	49.39
50s	49
100s	19

VS INDIA

MATCHES	16
RUNS	1421
AVG	56.84
50s	9
100s	4

IN INDIA

MATCHES	6
RUNS	584
AVG	53.09
50s	5
100s	1

Root is currently the fourth-highest scorer for England in Test cricket. Root needs 251 runs more to register the mark of 8,500 in Tests. He could become only the third England batsman to achieve this mark after Alastair Cook (12,472) and Graham Gooch (8,900)

Photo: GETTY IMAGES

Kohli, Ashwin and Ishant on the cusp of huge records

RECORD 1: Kohli can overtake MS Dhoni to become the most successful Indian captain at home

Under Virat Kohli's captaincy, India have won 20 Test matches so far in India, while Dhoni holds the record for most wins as captain on Indian soil (21). With two more victories, Kohli will become the most successful Indian captain at home.

RECORD 2: Virat Kohli 14 runs away from surpassing Clive Lloyd in an elite list

If Kohli scores 14 or more in the opening Test against England, he will move past two-time World Cup-winning skipper Lloyd to become the 4th highest run-getter in the purest format as captain. The only players above Kohli and Lloyd in the list currently are Graeme Smith (8,659),

Allan Border (6,623), and Ricky Ponting (6,542).

RECORD 3: Kohli could become only the third Indian with 2,000 Test runs against England

Kohli has tallied 1,570 runs from 19 Tests at an average of 49.06 against England. This is the sixth-highest by Indian batsmen against them in Tests after Sachin Tendulkar (2,535), Sunil Gavaskar (2,483), Rahul Dravid (1,950), Gundappa Viswanath (1,880) and Dilip Vengsarkar (1,589).

RECORD 4: Ashwin can become the fastest Indian to reach 400 Test wickets

Indian off-spinner Ravichandran Ashwin needs 23 scalps to reach 400 Test wickets. The bowler currently has 377 wickets in 74 Tests at an average of

25.53. If he does so, Ashwin will become the fastest Indian to reach 400 Test scalps. Presently, Kumble holds this record for India, having achieved it in 85 Tests. He is followed by Harbhajan Singh (96) and Kapil Dev (115).

RECORD 5: Ishant Sharma could become India's second-highest wicket-taker among pacers

Ishant is just three wickets away from becoming the 6th Indian bowler and 3rd Indian pacer to bag 300 Test scalps. Ishant will join the likes of Kapil Dev and Zaheer Khan if he gets to 300 Test wickets in Chennai. However, Ishant will be the slowest to reach this milestone among Indians, after R Ashwin (54), Anil Kumble (66), Harbhajan Singh (72), Kapil Dev (83) and Zaheer Khan (89).

QUIZ TIME!

Q1: The heaviest total weight lifted in the men's 105 kg category is 437 kg by.....

- a) Lasha Talakhadze ☐ b) Gor Minasyan ☐
c) Irakli Turmanidze ☐ d) Ilya Ilyin ☐

Q2: Which of the following players hold the record of most international caps for football by an individual (female)?

- a) Abby Wambach ☐ b) Julie Foudy ☐
c) Kristine Lilly ☐ d) Mia Hamm ☐

Q3: Till date, 13 players have recorded bowling hat-tricks in international Twenty20

matches. Who was the first player to take hat-trick in T20I?

- a) Lasith Malinga ☐ b) Brett Lee ☐
c) Jacob Oram ☐ d) Tim Southee ☐

Q4: Who is the oldest female boxing world champion?

- a) Alicia Ashley ☐ b) Chevelle Hallback ☐
c) Elena Reid ☐ d) Marcela Acuna ☐

Q5: Who won the first Grand slam title by winning the Australian Open women's singles title in the year 2020?

- a) Naomi Osaka ☐ b) Ashleigh Barty ☐
c) Garbine Muguruza ☐ d) Sofia Kenin ☐

Q6: Who is the oldest goalscorer in a football

(soccer) FIFA Women's World Cup?

- a) Abby Wambach ☐ b) Lucien Laurent ☐
c) Homare Sawa ☐ d) Miraildes Maciel Mota ☐

Q7: Yasir Shah is the fastest cricketer to claim 200

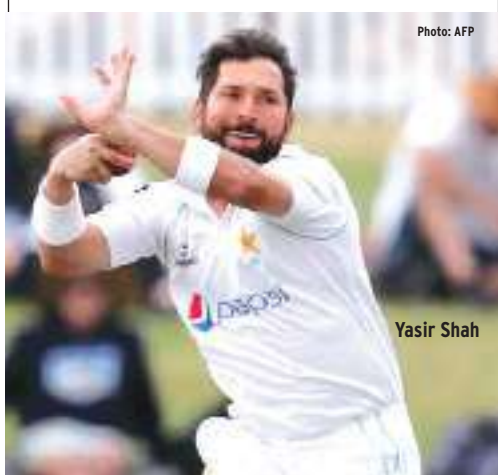


Photo: AFP

Yasir Shah

wickets in Test cricket (male). In how many Tests, he reached that landmark?

- a) 33 ☐ b) 36 ☐ c) 37 ☐ d) 39 ☐

Q8: Who was the first Indian badminton Player to hold number one rank in World Rankings?

- a) Saina Nehwal ☐ b) PV Sindhu ☐
c) Pullela Gopichand ☐ d) Prakash Padukone ☐

Q9: Which of the following players hold the record of fastest goal in Premier League history?

- a) Christian Eriksen ☐ b) Shane Long ☐
c) Ledley King ☐ d) Alan Shearer ☐

Ronaldo doesn't always have to score for Juventus: Pirlo



Photo: REUTERS

Juventus coach Andrea Pirlo said his side can cope when Cristiano Ronaldo does not score after the Portuguese failed to net in their win at Sampdoria on Saturday to go three league games without a goal for the first time since August, 2019. Three matches without a goal is hardly a scoring drought, but by Ronaldo's standards it represents a dry spell of sorts and he has registered only once in his last five Serie A starts. "Ronaldo's goals are not always important for us," Pirlo told reporters. "He made a good assist for the second goal and it's okay to score without his goals. We do not rely on him." Goals from Federico Chiesa and a late strike from substitute Aaron Ramsey earned champions Juve the win that moved them within seven points of leaders AC Milan and above AS Roma into third place in the standings. REUTERS

Q10: Which of the following ball bowled record in a Test match?

- a) Shaun Tait ☐ b) Brett Lee ☐
c) Shoaib Akhtar ☐ d) Mitchell Johnson ☐

Q11: The most gold medals won at a Winter Olympics by a snowboarder is three, by which of the following athletes?

- a) Tony Hawk ☐ b) Kevin Pearce ☐
c) Mark McMorris ☐ d) Shaun White ☐

ANSWERS: 1 d) Ilya Ilyin 2 c) Kristine Lilly 3 b) Brett Lee 4 a) Alicia Ashley 5 d) Sofia Kenin 6 d) Miraildes Maciel Mota 7 a) 33 8 d) Prakash Padukone 9 b) Shane Long 10 c) Shoaib Akhtar 11 d) Shaun White